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Phillips Exeter Academy, Exeter, New Hampshire

Academy Center Honors Female Co-Founder

By ANNE BRANDES and GINNY LITTLE
Staff Writers

At the end of his Opening Assembly speech, Interim Principal Bill Rawson announced that the Phelps Academy Center has been renamed to the Elizabeth Phillips Academy Center, in honor of the Academy's lesser-known co-founder Elizabeth Phillips.

According to Dean of Faculty Ellen Wolff, the lead donors of the Academy Center proposed renaming the building, and Wolff created a committee to propose new names. This committee "unanimously recommended that the building carry Elizabeth Phillips's name," Wolff said.

The building was previously named the Phelps Academy Center after Stanford N. Phelps, one of the building's lead donors. According to Downer, Phelps was "a supportive participant in the group process which charted out the process and the outcome of the building's change in name." Mr. Phelps could not be reached for comment at this time.

Biology Instructor Richard Aaronian, Mathematics Instructor Stephanie Girard, History Instructor Jack Herney, Assistant Principal Karen Lassey and Head of Archives and Special Collections Peter Nel-

RENAMING, 2



Seniors pose for a photo at the beach cleanup.

Claire McGrath/The Exonian

Custodial Staff Stretched Thin

By BEN CAI, MAI HOANG and SHIVANI TRIPATHI
Staff Writers

With the recent opening of new buildings on campus and vacancies in the custodial staff, some members of Exeter's Facilities Department have felt strained to complete their duties.

Despite public building custodians' increased workload, the Academy has only hired two new custodians. Residential building custodians are also understaffed by two people: one left on leave and another was let go three weeks ago. Some custodians struggle to keep up with their newly augmented workloads, while others find their work manageable.

One of the new hires is responsible for the David E. and Stacey L. Goel Center for Theater and Dance. No newly hired staff are stationed at the field house, but Director of Facilities Management Mark Leighton has said that existing custodial support has been relocated in the form of "part time or other full time custodians" to compensate for the additional work there.

Leighton explained that he hired two new people for the facilities management crew to accommodate the additional buildings. "The number of facilities employees has slightly increased this year due to the opening of the Field House and Center for Theater and Dance," he said.

The relocation of staff may be an effort to mitigate short-handed service, but workers' schedules are taking a toll. According

CUSTODIANS, 2

Packages Flood P.O., Staff Overwhelmed

By SAM WEIL and RACHEL WON
Staff Writers

The start of the 2018-19 school year spurred a frenzy of students ordering decorations for their dorm room, overflowing Exeter's mailroom and forcing it to stop receiving packages and to leave 104 boxes unprocessed.

Last week, the packages entirely filled the mailroom storage space. Despite Mailroom Supervisor Joseph Goudreault extending the Post Office's hours of operation, the mailroom workers could not keep up with the influx of boxes.

The overcrowding meant some students could not pick up their packages. Upper Celine Jeun ordered a pair of cross country sneakers in preparation for the season, but did not receive them until a week into the season. "I was really hoping to have them before try-outs, but that didn't happen. I did end up making the team, but I still need the shoes for practice and...don't have them yet," Jeun said. "It was urgent so I spent extra money to ship with Amazon Prime...I'm disappointed that that money went to waste."

In order to prepare a package for students and faculty members to pick up, the mailroom couriers must go through an intricate system. The job becomes significantly more difficult when there are more boxes to receive. "You've got to consider the workload on the Academy employees...The harder the workload, the more the workload...it makes us go fast and we make more mistakes," Goudreault said. "Everyone wants to work together, and we like you guys...But we just don't want to be so buried that we can't do the job."

The mailroom has received an average of 12 percent more packages each year for the past seven to eight years. According to Goudreault, the post office



Upper Mai Hoang picks up her package. Angelina Zhang/The Exonian

processed 275 to 300 packages per day since the start of the 2018-19 school year. Each package needs to be checked up to seven times before its owner can pick it up.

Goudreault said he felt that students were "taking advantage" of the Post Office's leniency in terms of what students can send to the mailroom. "According to the E Book, students are supposed to ship big and heavy packages like rugs or any big boxes they need help carrying into the dorms and stuff like that to Exeter Packaging," Goudreault said.

Lower Audrey Yin, however, had never heard of this E Book policy before. "I've never actually shipped anything over 50 pounds [to the post office], but I wouldn't know not to in the future either because no one knows about that rule," Yin said. "Instead of blaming the students for not following this rule, if the rule is this important maybe the school should publicize it more and make it well-known."

Upper Thomas Wang, who ordered a desk chair to the Post Office, also experienced delays. Despite confirmation from the shipping company that it had delivered the chair, Wang did not receive a slip from the Post Office for several days. "I do think this is a failing on the Post Office's part, because firstly it's a failing in labor, and secondly they should definitely

POST OFFICE, 2

Students Question Orientation Events

By ERIN CHOI and SHIVANI TRIPATHI
Staff Writers

Exonians participated in mandatory class activities on Sunday, Sept. 9. Though some enjoyed the school-sponsored events, many questioned their effectiveness in bringing the class together.

Director of Student Activities Joanne Lembo and Dean of Students Melissa Mischke oversaw the weekend program. Preps travelled to the University of New Hampshire's Browne Center to complete a ropes course, while lowers stayed on campus and played icebreaker games run by the Playfair organization. Uppers attended an assembly about leadership, and seniors cleaned up Salisbury Beach in conjunction with the Blue Ocean Society. While some students appreciated the activities, others questioned whether they were a necessary part of orientation.

The activities aimed to foster positive relationships between returning and new members of each grade. "We break it into classes so we give students the opportunity to make new connections," Lembo said. "The goal of this day is to have students, both new and old, to get to know each other."

The lowers' activities consisted of playing rock, paper, scissors and participating in group kick-line dances. Returning lower Eunice Kim described the morning as "a complete waste of time." She said, "I've met more new people in our grade at the dining hall than through this event. Instead of relying on a planned event, we should take the liberty ourselves to become closer as a grade."

Upon arriving at the Browne Center, preps divided into groups of 12 students and participated in a ropes course. Ninth Grade Coordinator and English Instructor

CLASS EVENTS, 3

Commentary: Hopes and Challenges for Rawson

By EMMANUEL TRAN
Staff Writer

If Exeter embodies one value more than any other, it would probably be stability. When John Phillips founded our institution in 1789, he meant it to be an institution that would last, even in the most contentious of environments. Our school principal is supposed to maintain order and unity in a diverse student population that often doesn't see eye to eye. Our principal should be able to represent the students, parents and alumni, who all make up Exeter. All students should feel that they matter to the administration and that

they are taken seriously. However, at the same time, he or she is also supposed to remain a leader and respectfully challenge alumni, donors and student groups when their demands become unreasonable.

Our last principal, Lisa MacFarlane, did not completely fulfill that role. For many minority Exonians, she was not strong enough on racial issues. This position contributed in part to the Afro-Latinx Exonian Society's sit-in protest in spring 2017, which in turn led to an environment where students saw the administration in a more negative light instead of the vital institution that we need to ensure that

RAWSON, 4



Students exit the renamed Academy Center. Paula Perez-Glassner/The Exonian

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Elizabeth Phillips Recognized, Community Celebrates

Continued from [RENAMING, 1](#)

son made up the committee to rename the building that Wolff chaired. Dean of Multicultural Affairs Sami Atif and Chemistry Instructor Andrew McTammany were invited to participate but were unable to do so.

The Academy Center is the first major building on campus named after a woman. It was only fitting that the Academy's first female principal, Kendra Stearns O'Donnell, was present at the Opening Assembly when Rawson announced the name change.

The name change recognizes the Academy's co-founder, who sacrificed greatly—both personally and financially—to support Exeter. While many think of John Phillips as Exeter's sole founder, both John and Elizabeth Phillips signed the Act of Incorporation of the Academy

and the Deed of Gift.

As Rawson explained in his speech, Elizabeth Phillips "relinquished her one third interest in her husband's estate to support the founding of the school" by signing the Deed of Gift. Given the lack of financial security for women in the late 1700s, this was no small sacrifice. Elizabeth had only reserved 1000 silver dollars and an annual supply of essentials.

Former faculty member and Emerita Pamela Parris was overjoyed at the name change. "It is hugely gratifying to see a major building on campus named for a woman," Parris said. "Let's remember women in that era could not have careers, and their only hope for money for any purpose was to 'marry well.'"

Aaronian also hoped that the name change would send the message about the vital roles that significant others

play at Exeter. "Spouses and partners often fill vital roles in our community which can be overlooked and underappreciated," he said. Aaronian himself credits his wife with helping him be more effective as a dorm head and for providing not only him but his students with sound advice.

Students' reactions similarly favored the renaming. "As a female student, I think the name change is long overdue," upper Annie Small said. "Exeter's come a long way since our beginning as an all-boys school, but there are still many things that Exeter can improve on."

Physics Instructor Tatiana Waterman also noted that, "Honoring Elizabeth Phillips should make everyone feel good, not just the females on campus. [The] boys need to see such recognition and symbolism just as much as the girls do."

Director of Institutional Advancement Morgan Dudley explained that Phelps would still be recognized through the school renaming Phelps Commons, the area formerly known as the Agora.

Phelps wrote in a letter to the school, "It is long past time to recognize [Phillips'] role in the creation of our great school, and it is a great privilege to be a part of this important change." He added, "It is particularly fitting that her name now appears on a building that forms one side of our main academic quad and stands directly across from the building that bears her husband's name."

Wolff was also enthusiastic about the name change. "I am thrilled beyond words that we are undoing over 200 years of near silence about Elizabeth Phillips's status as co-founder of the school. We have written her back into history."

New Buildings, Staff Shortage Challenge Custodial Work

Continued from [CUSTODIANS, 1](#)

to custodian Lance*, public buildings are each maintained by two groups of two to four custodians, with one group working the day shift from 7:00 a.m. to 4:00 p.m. and another working the night shift from 5:30 p.m. to 2:00 a.m.

"Absolutely yes, we have a lot more work now," custodian Doe* said. Doe and Doe's coworker have to maintain the entire athletic complex, which includes the Thompson Field House and Love Gym, with its multiple facilities such as the Thompson Gym, squash courts and ice rinks. "Because we have a whole other building to tend to, we have shorter amounts of time to do specific things, like cleaning."

Furthermore, according to Doe, this increased workload could lead to less upkeep of existing buildings. Custodians responsible for the North Side of campus, for example, used to help the athletic custodians maintain the Saltonstall Boat-house, but now the athletics custodians are the sole caretakers of the boathouse. As a result, Doe's work schedule as an athletic custodian has not only become more hectic, but the maintenance of the boathouse may not be up to previous standards where more time could be dedicated to its cleaning.

The Facilities Department has closed some facilities for the time being, such as

bathrooms, in an effort to improve the efficiency of the management. According to Leighton, the second floor bathroom in the Thompson Field House will be closed when the wrestling room is not in use. "All bathrooms are opened when they are needed to support the buildings in use," he said.

Leighton acknowledged that there was not a plan to hire additional custodians and facilities plans to continue improving its existing systems. "At this time, we are constantly evaluating the Facilities Management organization to optimize efficiency."

According to Leighton, there is "a very detailed process through our Human Resources department to obtain approval to add personnel." The budget is one aspect of this process and "requires a very thorough analysis and ultimate approval through senior leadership," Leighton said.

Doe is aware that there are currently no plans to increase the number of staff and wished there were more people to help out with the field house. "We're always so busy; I've been here so long that I can get the extra job with the field house done quickly. It is more work than usual, though."

When the two buildings were under construction, Doe also had to take on extra work cleaning the dust from the scaffolding. In addition to budget constraints, Doe noted the unusually late opening of the field house in the last fiscal year as something that factored into facilities' inability to react in time to hire more maintenance

staff.

This apparent shortage has also raised difficulties in the residential sector, particularly girls' dorms. Traditionally, a custodian is stationed for every one or two dorms, depending on dorm size. In recent weeks, however, with Dunbar Hall and Moulton House's custodian on leave, other dorm custodians have had to put in extra work. "For the girls' dorms, they're pretty overwhelmed," Doe said. "In sum, we're short two custodians. There's an on-call person for Bancroft and Kirtland; some custodians have to team up to take on the extra responsibilities at Moulton and Dunbar."

Shannon Wallace, an on-call custodian, mentioned that everyone has had to pitch in to accommodate for the extra workload. "If some emergency happens at the other buildings, I call and say I can't do Moulton, and they have other people cover it. Two or three people also help out." Though her schedule is quite busy, Wallace described the workload as "manageable," and believed she could handle it until the custodian on-leave returns or is permanently replaced by a new hire. "It's a very temporary arrangement," she said.

Lance*, a residential custodian, has found the work feasible despite the absence of fellow custodians. "The workload is manageable, rougher in the summer when you have to get every dorm room clean for math and science conferences,

get the rooms ready for summer school and then after that, for returning students," Lance said.

Wallace felt similarly. "Even though we're down two custodians, everyone works well together so nothing is neglected," Wallace said, attributing good communication as the key to success. "Everyone makes sure what they need gets done, and we leave notes for each other."

Indeed, few residents notice a difference. Upper and Moulton House resident Jasmine Liao commented that although her dorm currently does not have a designated custodian, the facilities are always clean and tidy. "I didn't notice anything different," she said. "My adviser tells us to tidy after ourselves. It's not a big deal. We only have 10 people."

Upper and Dunbar resident Asha Alla shared similar sentiments. "I just noticed that our usual custodian has left," she said. "As far as the cleanliness, it seems pretty normal. I can't say I've noticed a big change."

In the near future, Leighton hopes to hire more custodians. "We currently have several vacancies in custodial that we hope to fill as soon as possible," he said. "The actual building assignments will be determined at that time."

*Asterisk denotes name change to protect anonymity.

Overflow of Student Packages Slows Down P.O. Operations

Continued from [POST OFFICE, A1](#)

make the rule more widely known if it's going to cause a breakdown in the Post Office," Wang said. He added, however, "In the end it doesn't matter, and it's just a trivial issue."

Goudreaux said that students have disobeyed the E Book policy, and some have sent large numbers of heavy packages to the mailroom since the start of the school year. "We've had some students send very large packages over 60, 70 pounds to the mailroom... And some of them it's not only one or two packages, but three or four packages, five packages," he said.

Senior Isadora Kron places about 10 online delivery orders a term. While she understands the issues associated with her habit, the ease of Amazon is too enticing to pass up. "I don't like Amazon's

business practices and their treatment of their employees, but I do love the convenience that it provides in my life," she said. "I'll order toiletries and stuff that I could just walk to the Walgreens and buy, but it's just so much easier to buy on Amazon."

English Instructor and Sustainability Education Coordinator Jason BreMiller acknowledged the problem. "I think there are many of us who use Amazon and use it really liberally because it's so easy with Amazon Prime to order rather than shop locally or make the decision to not buy the thing that they want," BreMiller said.

He continued, adding that Exeter being a boarding institution exacerbates this problem. "Most of our students don't have access to cars... So absolutely, being here on a campus is reflected in that volume of packages. But our numbers in terms of people in the community have

stayed the same more or less for a long time [while] that volume in packages is increasing."

The rise in the number of orders also impacts the environment. From July 2017 through June 2018, the Academy produced 232 tons of trash and 110 tons of recycling material. Packaging materials increase this waste output.

Waste from the Phelps Academy Center, which includes Post Office waste, is picked up daily and is consistently overfull. "There are four 95-gallon totes and two 1-cubic yard (202 gallons) hampers of recycling," Environmental Compliance Manager Tegan DeGenova said. "With just one pick up per day that would be 3920 gallons per week!"

Last year, students in the Green Umbrella Learning Lab (GULL), a course where students can research, design and implement campus sustainability projects, decided to focus on the Post

Office to see if they could make a positive difference in its waste output. "They wanted to see if they could enhance the student box breakdown stations because students and faculty weren't breaking down the boxes themselves," BreMiller, also co-chair of the Green Umbrella Advisory Board, said. The team therefore introduced its social media initiative, "Break That Thang."

Throughout her time at Exeter, upper Saskia Braden has discovered ways to decrease her waste output. "Every month I do a bulk order from Amazon so it comes in the same box to reduce my waste," she said.

BreMiller explained that students should be mindful of both their orders and how they act in the Post Office. "When you receive a package, you recognize that taking the extra 30 seconds to break it down is playing a role in easing what everyone else has to do."



The Exonian

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Class Activities Garner Mixed Student Reviews

Continued from CLASS EVENTS.1

Tyler Caldwell organized the event with the hope that students would draw connections between the activity and the Harkness method. “The mindsets and behaviors and approaches the students used at the Browne Center to problem solve or achieve their goals translates beautifully to our work at the table,” he said. “Each group created a list of norms within an outline of a Harkness table, and we hope the preps will keep those aspirational words and phrases in mind

during their first year at PEA.”

As Caldwell intended, prep Pedro Coelho thought the activity set a foundation for Harkness discussions. “It was the perfect definition of outdoor Harkness, when we could be there and discuss the best solution to a problem,” he said.

Prep Tanya Das enjoyed the Browne Center. “When we started the activity, we didn’t know any of the people in our group but by the end, we were all friends,” she said.

Lower May Chen, however, thought the class representatives should have been

involved in planning the event. “I wish we could’ve helped more and pitched in a student voice for today’s activity but no one reached out to us,” she said. “It would’ve been better if we started off with a survey to see what people would want to do.”

Upper Selma Unver felt similarly to Chen. She participated in the upper class event, a two-hour lecture about leadership led by Dave Zamansky, a leadership speaker and consultant. “Normally the events end up being more effective if they are student planned,” she said. “The speaker’s messages

were important, but the event could have been orchestrated a way that interests the students more.”

Upper Justin Li noted that some students’ boredom led to disrespect towards the speaker. “A lot of my friends didn’t take it seriously. I felt really bad for the speaker because people were being quite rude in the audience,” he said.

Senior Gordon Chi felt that the senior class’s service effort was inefficient. “The beach cleanup was ineffective because there wasn’t much to clean up.”

Student Council Previews Work for ‘18-19 Year

By SUAN LEE
and RACHEL WON
Staff Writers

While most Exonians will not be resuming their extracurricular activities until this Saturday’s annual Club Night, for members of the Student Council (StuCo) executive board and various committees, meetings and discussions planning for the upcoming school year are already in full swing. By continuing initiatives worked on by last year’s StuCo board as well as developing new policies, senior and StuCo President Elizabeth Yang hopes the council will make “significant and hopefully long-term” contributions to the community this year.

One of StuCo’s main goals is to pass the Day Student Driving Policy, which several boards have attempted to develop in the past. The policy will dictate when and where day students will be allowed to drive boarders and determine the level of parental monitoring. While StuCo has already received approval from former Dean of Residential Life Arthur Cosgrove, Dean of Students Melissa Mischke and the Academy’s lawyers, parents have yet to review and provide feedback on the policy. “We need to get the day students parents’ approval so that faculty will be more on board with it when we do propose it,” senior and StuCo Vice President Michaela Phan said.

The Executive Board has also been working closely with the StuCo Mental Health Committee. Established last spring,

the committee is currently working to promote greater awareness of mental health issues and the various resources available on campus to students seeking support.

According to upper and committee co-head Lucy Gilchrist, results shared last year from the Youth Health and Risk Behavior Survey (YHRBS) revealed a rising trend in student stress levels on campus and demonstrated a need for greater action in this area. “More students said that they had struggled with mental health issues than we as a school had been prepared to admit. I think people are finally coming around to realize what an important issue this is, especially on our campus where people are away from home and things can get stressful,” she said.

Gilchrist elaborated that while the Academy offers plenty of options for mental health support, many students are not taking full advantage of those resources. “There are very good resources available to students on campus like the counseling office and Student Listeners, but most students either don’t know about them or they’re afraid to go because it’s stigmatized. We’re trying to foster awareness about what resources are available and normalize going to a counselor so that it’s less stigmatized,” she said.

In addition to these larger and more developed initiatives, StuCo is hoping to implement other smaller changes such as the addition of female hygiene products to Grill, the installation of a Redbox on campus, construction of shower stalls in boys’

locker rooms and organization of a spring E/a day. The Policy Committee is looking to adjust bookstore and Wetherall dining hall hours and revise the pass/fail policy to be more accommodating for new lowers and upperclassmen. The executive board has also been communicating with local vendors and Interim Chief Financial Officer Marijka Beauchesne to develop the On-Card program, which would enable Exonians to use stipends on their Lioncards to make purchases in town.

According to Phan, StuCo will not be focusing on revising the Visitations Policy as previous boards have done in recent years. “This board isn’t focusing on the Vs policy as much because it hasn’t come to fruition in the past couple of years. We want to have tangible results with this board and make actual changes by shooting for things we can definitely do,” she said. “If the administration wants to work on it with us, we’re definitely open to it. We’re just aware that it might not work within the time frame of the school year.”

In addition to specific policies, the StuCo executive board hopes to improve the dynamic of the council by ensuring that all members are fulfilling their duties as representatives of the student body. “We definitely want to make elected positions more accountable for communicating with their constituents and informing them about what’s going on in Student Council. I know that a lot of dorm reps don’t actually take their role very seriously. We’ll be delineating roles so that every single per-

son knows their role and is serious about their responsibilities,” Yang said. “We want Student Council to have broader reach on campus than it’s had in previous years.”

Yang believes that the strength and compatibility of the new board will help them collaborate productively and accomplish their goals for the year. “We’re all putting a lot of great work into our roles. We’re communicating effectively and we have less people, so everyone’s more accountable and it’s a lot easier to pass information onto everybody,” Yang said on her experience of working with a smaller board compared to last year.

Upper and StuCo Co-secretary Audrey Vanderslice agreed. “We have a very concrete and steady outline of what we want done and we’re all geared towards action, which is great. It’s a good atmosphere to be in,” she said.

Upper and StuCo Co-secretary Ayush Noori believes that this year’s board has “unique potential to take action” thanks to their “exceptional teamwork and communication” skills.

In two weeks’ time, once new and returning members have been informed of StuCo procedure and their responsibilities, the Policy Committee and executive board will present ideas and initiatives they have been working on since last spring to the rest of the council. “We want to see what students are interested in pursuing. That’s going to be our time and our outlet to zone in on a few main projects,” Yang said. “That’s when the work will really begin.”

Students Appreciate Rawson’s Opening Speech



Courtesy of Exeter.edu

By ANNE BRANDES
and SHIVANI TRIPATHI
Staff Writers

The Exeter community gathered in the Assembly Hall this past Friday to celebrate the beginning of the Academy’s 238th year. New, senior and retired faculty members were honored as Interim Principal Bill Rawson addressed the student body for the first time.

Rawson began by introducing himself and greeting the audience. “We come together to celebrate the beginning of a new school year,” he said. “We reflect on the mission of our school. We recognize many for their past service to the rich history of our school, and we welcome new members to our community.”

Dean of Faculty Ellen Wolff introduced new faculty members and recognized those who have been teaching at the Academy the longest. The longest serving instructor is Biology Instructor Richard Aaronian, who has been teaching at the Academy for 47 years.

“The practice of intermingling new faculty members with emeriti on stage and introducing them all together is a way to honor each and every one of them at the ceremonial start to a new school year,” Wolff said. “It’s also a way to express our commitment to what we value in our school’s past and to celebrate our openness to an inevitably different future. No institution stays excellent by remaining the same.”

Rawson began his speech with a personal anecdote about when he was a new student at Exeter. “Coming to Exeter was a transformative experience for me. But sitting in this room as a new lower, I had very little understanding of what lay ahead,” he said. “To new students today who have some of the same feelings, I say rest assured you can do the work, you will make lifelong friends and absolutely you belong here.”

Mathematics Instructor Hobart Hardej appreciated how Rawson’s experiences recognized students who weren’t four year seniors. “We celebrate our four year students often, but we forget that a lot of our students come in at different times,” he said. “I think [the speech] resonated for a lot of people who were there.”

Rawson also recalled in his speech how his lower year was “a very difficult year in the history of the United States.” 1968 was the year Dr. Martin Luther King Jr. and presidential candidate Bobby Kennedy were assassinated. Moreover, the United States was embroiled in the Vietnam War, and Richard Nixon resigned from the presidency.

“We [students] were very troubled by much of what we saw in the news but at times were also inspired, for example, by Dr. King’s great leadership and the powerful words that he spoke. Inside of class, the national and world events played heavily into our conversations and had an impact on our experience,” Rawson continued. “What about today? What about you? What

troubles inspire you in the news that you see everyday? What actions might you take?”

Rawson offered three critical pieces of advice for Exonians. “First, believe in yourselves, believe in your abilities, believe in that your presence here matters,” he said. “Believe that every one of you is an important member of this community, and believe that you are preparing to make a difference, a positive difference in the world.”

“My second piece of advice is focus on learning and growth rather than worrying too much about a narrow definition of success,” Rawson said. “If you focus on learning and growth, success is likely to follow, typically in greater measure than when you focus on success alone.”

“My third piece of advice: respect our school,” Rawson cited following the rules and more specifically, abiding by affirmative consent as ways to respect Exeter. He commented that while being at Exeter is a privilege, students’ experiences are defined by what they achieve at Exeter rather than just being at the school. “We are not special simply because we are here, but because we are here we have the opportunity to accomplish special things together,” he said.

Hardej noted how Rawson referred to the community as a whole when speaking of respect. “[Rawson] said to respect all people,” he said. “He didn’t categorize students or teachers or staff members. It wasn’t a high ground conversation, it was a language of a commonality.”

“I have heard only rave reviews for Mr Rawson’s assembly,” Wolff said. “One colleague has said it was the best Opening Assembly they’d heard in over 20 years. [Rawson’s] message is simple and crucial: Believe in yourself; you belong; respect yourself, each other and your school.”

Towards the end of his speech, Rawson explained how Elizabeth Phillips was a co-founder of Phillips Exeter, but “wasn’t recognized anywhere” on campus. “It is time to honor someone whose contributions to the founding of our school have gone unrecognized for 238 years,” he said. “When you leave this Assembly Hall and go out to the Academy Quad, you will see the Academy Center is now named the Elizabeth Phillips Academy Center.”

Upper and Feminist club co-head Aiven Desai expressed enthusiasm for this development. “I’m thrilled that the school has decided to recognize Elizabeth Phillips in such a prominent way,” she said. “It’s great to see a previously unrecognized woman being given the appreciation she deserves. It shows that the administration is taking steps to become more inclusive.”

As the audience buzzed at the announcement, Rawson concluded his speech on an optimistic note. “How you will learn and grow, what paths you will take remain for you to discover. We are delighted that you are here, we can’t wait to get started, we are eager to see what wonderful things you will accomplish this year.”

Coffee: The Social Lubricant

Mai Hoang '20

Columnist

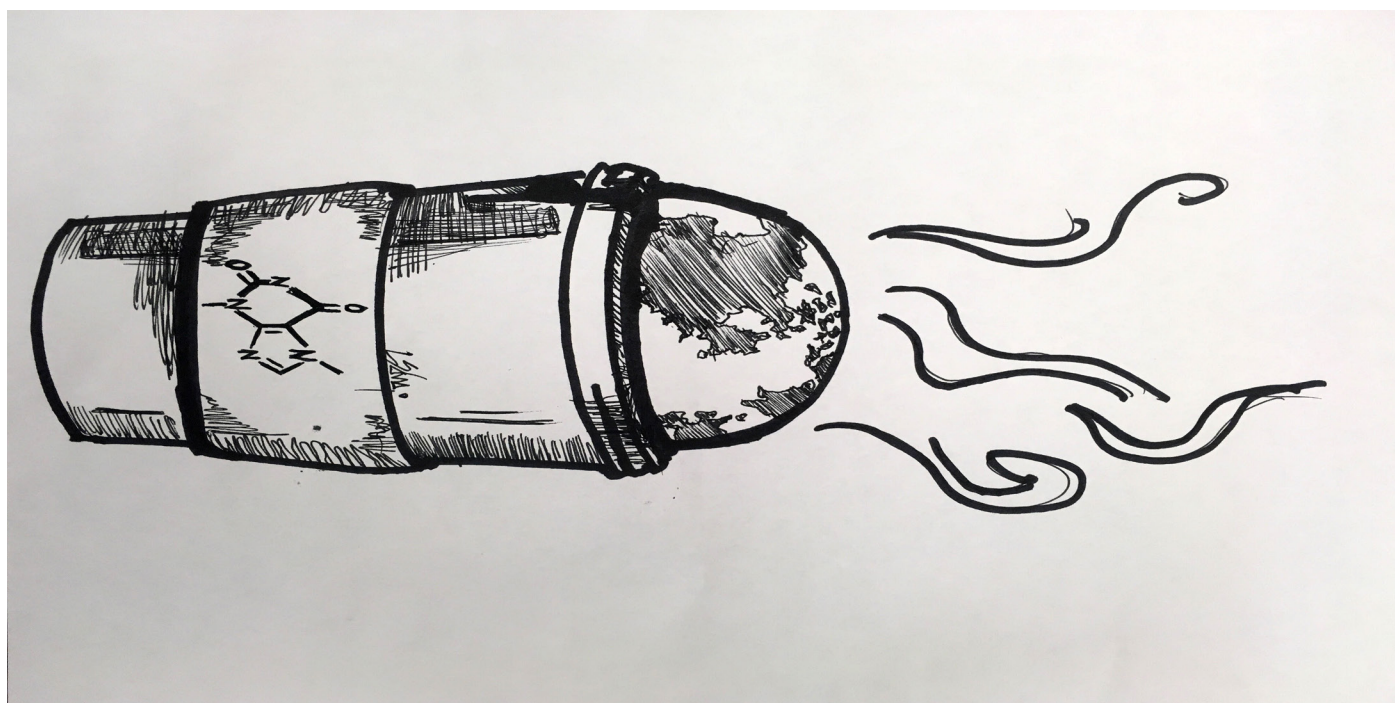
$C_8H_{10}N_4O_2$ —if you know what this compound is, you are either an organic chemistry lover or a sleep-deprived Exonian, or both. I still remember the late nights spent in a certain proctor's room last year, staring at the curious compound—heterocyclic ring, nitrogen atoms, methyl groups—drawn with markers on her body-length mirror.

I will not credit the aforementioned proctor for my love affair with $C_8H_{10}N_4O_2$ —the compound caffeine, for those of you who don't know—because it started much earlier, sometime during my prep year. I must confess, the substance does have its negative effects—my mom remarks on this often as she rushes to shop for more acne cream every summer or Christmas break when I'm home. And that time when, to counteract the three hours of sleep I got, I drank more energy drinks than I should have to get through my subject tests? I do not recommend it.

However, most Exonians would agree that it's a necessary component of the Exeter lifestyle, an unvanquishable evil that gets us through our 333s and college applications. "Is Exeter so woke because it gets so little sleep?" an anonymous student once sarcastically commented on a certain Facebook page, garnering the largest number of reacts in the page's recent history. Whether one likes the substance's taste or not, in order to power through, one gulps it down: dining hall coffee, black tea, Monster Energy or caffeine pills.

The proliferation of coffee chains like Starbucks, similar to the proliferation of fast food, is predicated upon the culture of eating or drinking on the run for the sheer intake of energy rather than the enjoyment of flavorful tastes.

Such is also the general perception of $C_8H_{10}N_4O_2$ in most American institutions, according to my observation; the proliferation of coffee chains like Starbucks, similar to the proliferation of fast food, is predicated upon the culture of eating or drinking on the run for the



Sebastian Bango/The Exonian

sheer intake of energy rather than the enjoyment of flavorful tastes.

But do you think you really know coffee? Despite your excessive consumption of this substance, have you ever stopped to consider its touch upon your tastebuds, its characteristic bitterness and sweetness and addictive warmth? $C_8H_{10}N_4O_2$ is not just about staying awake; it holds more much flavor, culture and history than most other items we interact with on a daily basis. This article pleads the case for an underappreciated culinary art. In the wake of the recent landing of fast-coffee Starbucks in Italia, the birthplace of espresso, I want to convince you to be more mindful, stop and reflect on the human condition and its vast potential for good and evil the next time you take a sip of morning coffee.

Coffee is a reflection of modern world development, especially during the past two centuries. I am not exaggerating; it is not a coincidence that the only two coffee-preferring countries in Asia, South Korea and the Philippines, both have ties to the United States. In Vietnam, meanwhile, Saigon is the hub of coffee culture, while the rest of the country adamantly drinks tea. If you divide the world according to the coffee vs. tea blocks, one gets a map reminiscent of the Cold War. The first world consumes coffee, the second world consumes tea, and the third world, well, the third world consumes neither, though its members produce some of the tea and a whole lot of the coffee: in fact, the top coffee exporters are Brazil, Vietnam, Columbia, Indonesia and Ethiopia. Except for Brazil, these countries tend to regard coffee as a cash crop, to be valued as a commodity and a luxury, rather than a

staple of everyday life.

Perhaps the most serious effect of $C_8H_{10}N_4O_2$ is not its ability to block adenosine receptors after all, but its destructive and generative properties. According to Steven Topic of UC Irvine, coffee's saga is entwined with issues of religion, slavery and independence.

Like humans, coffee started in Africa—Ethiopia to be exact—but it soon became a tool of oppression when Europeans joined the craze in the seventeenth century. From the start, the French were particularly enthusiastic about coffee, due to its role as an enlightening catalyst of the French revolution, according to historian Mark Pendergast. "One of the ironies about coffee is it makes people think. It sort of creates egalitarian places—coffeehouses where people can come together—and so the French Revolution and the American Revolution were planned in coffeehouses," Pendergast said. "On the other hand, that same coffee that was fueling the French Revolution was also being produced by African slaves who had been taken to America adopted coffee for pretty much the same reasons, after the BoSan Domingo, which we now know as Haiti." Boston Tea Party rendered tea unpatriotic; similarly to France, it also developed its own set of plantations in Hawaii and, later on, Puerto Rico, where cheap or even free labor was heavily exploited.

Coffee reflects a society's approach to life; the general term "coffee culture," flaunted as a universal phenomenon, is in fact no more similar from one country to the next than the most traditional of dishes, though it is generally synonymous with intellectually-minded urban bourgeoisie. Other than that, coffee cul-

ture can take on a multitude of forms: the lazy mornings Saigonese spend watching coffee drip from the characteristic filter (cà phêphin), the Swedish fika, a midday break dedicated to socializing over coffee and the quick on-the-go double shot in a paper cup favored by New Yorkers.

One can observe a culture's degree of adventurousness, or deviance from the traditional form, through the different types of coffee they make. Coffee straight out of an animal's digestive tract (some candidates include monkeys, foxes, cats). Coffee with durian. Coffee with eggs. Coffee with liqueur.

No matter which coffee style one drinks, all coffee drinkers seek to make a statement. Many great inventions came into being in the warmth of a coffeehouse, including Harry Potter, existentialism and the insurer Lloyd's of London. As a social lubricant, it brings people from different walks of life—new acquaintances, old friends, partners in crime—together, for an afternoon of discussions and productive creativity.

The problem is rendering its production and trade a fairer, more equitable process, in which farmers are able to produce for domestic consumers as well as enjoy the product themselves. With the recent rise of the urban middle class in Kenya, Cameroon, Uganda and the Ivory Coast, consumption has jumped more than 50 percent since the beginning of this decade; the government of Cameroon in particular has been most proactive when it comes to encouraging local consumption by creating Festicoffee, the coffee festival that promotes made-in-Cameroon beans. Finally, coffee is starting to return to the continent it came from.

Hopes and Hurdles for Principal Rawson

Emmanuel Tran '21

Guest Contributor

Continued from RAWSON, 1
Exeter runs smoothly.

Times have been tough for Exeter in the last few years. We have seen a large amount of turmoil rock our school. We are in an extremely political environment, with walk-outs, sit-ins and protests now a common occurrence. So what important issues should our new interim principal, William Rawson, confront?

One issue is how he will reply to allegations of racism at Exeter. Last year, the administration expanded efforts to promote diversity, with new support for minority students. For example, extending support for ALES, hiring a Director of Equity and Inclusion and appointing coordinators for both Asian and LGBTQ+ students.

However, many students feel that progress is overdue, particularly in regards to hiring and retaining faculty

of color.

Rawson must address—and prioritize—these issues at Exeter. However, he must not let students tell him what to do. I do not blame minority students who held a sit-in to protest an administration that ignored them. But students should not have to battle with their own administration. Rather, the administration should be out in front of issues that students think are important, not reliant on their own student body to broach the conversations that need to be had. Rawson should firmly position himself as someone who is able

Rather, the administration should be out in front of issues that students think are important, not reliant on their own student body to broach the conversations that need to be had.

to understand student issues, but also a firm leader.

Now of course, Rawson is not in an easy position. He is an interim principal, not a permanent one. He will only remain in office for two years. He is also not a professional teacher; rather, he was a lawyer for most of his life. In other words, he is sort of an outsider in our administration. While he may need to adjust to a new environment, someone who is new may be what we need.

My year, namely the class of 2021, will see quite a few principals in our time at Exeter. Last year, Lisa MacFarlane was our principal; now, we have Rawson for two years. Senior year, someone new will hand us our diplomas. Rawson therefore has a crucial role to play. While Exeter needs new leaders, it also has to have stability. Part of the school's reputation relies on a principal who can cultivate links with universities as well as alumni. If we constantly move from principal to principal, he or she is not in office for a sufficient amount of time to cultivate those connections.

If we constantly move from principal to principal, he or she is not in office for an amount of time necessary to cultivate those connections.

In sum, our new principal does not have an easy task ahead of him. He must be a firm leader who is also able to listen to Exeter. He must pave the way for whoever follows him, and also be more than just a placeholder until someone new arrives. We are at a key moment in Exeter's history and we need a leader who can deal with that. Fortunately for us, Rawson is an eminently qualified alumnus. As an outsider, he will be able to take on institutional rot. As a former student and trustee, he will also understand what problems he must respond to. After the past few years, which were filled with instability, let us hope he will steer Exeter towards unity.

The Exonian

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Asia Argento: Undermining #MeToo

Andrea So '20

Columnist

In a stunning turn of events, Italian actress and director Asia Argento was recently accused of sexual assault by actor Jimmy Bennett. Bennett alleges that a non-consensual sexual encounter occurred between them when he was 17 years old. While Argento has vehemently denied the charges, she previously agreed to pay him \$380,000 in a settlement and multiple media sites have also released shirtless photos of Bennett and Argento together. However, she has since accused him of “sexually attacking” her.

If the allegations of non-consensual sex are true, Argento must hold herself accountable at once. She owes it to the numerous victims of sexual assault and young people who look up to her, and see her as a woman unafraid to speak up about her own experience of assault.

This came as a shock to the general public because Argento, along with actress Rose McGowan, had been one of the first women to accuse infamous movie producer Harvey Weinstein of sexual assault. In the months since the accusations, the #MeToo moment on social media has become a widespread, powerful campaign demanding accountability for sexual abusers, especially those in the workplace who often hold positions of power. However, some now fear that #MeToo's influence and credibility will be undermined by the actions of the same woman who first sparked the movement. Argento has already lost some of her credibility due to contradictions on her original statement;

she previously said that she and Bennett never had a “sexual relationship”, which was disproved by text messages sent by her to model Rain Dove.

If the allegations of non-consensual sex are true, Argento must hold herself accountable at once. She owes it to the numerous victims of sexual assault and young people who look up to her, and see her as a woman unafraid to speak up about her own experience of assault. She owes it to herself, as someone who has suffered sexual abuse at the hands of a man. One of the key points of #MeToo is that people who are brave enough to report sexual harassment or abuse shouldn't immediately be doubted, but instead be supported. However, Asia Argento, who has been one of the most vocal champions of that cause, has not extended that philosophy to her own accuser. Just because she suffered abuse at the hands of Harvey Weinstein doesn't absolve her of the blame for allegedly raping a 17-year old boy.

According to the Sexual Assault Prevention and Awareness Center at the University of Michigan, male survivors of sexual violence are less likely to report it than female survivors due to reasons such as social stigma. Until 2012, the FBI's official definition of rape was gender-specific, defining it as “the carnal knowledge of a female, forcibly and against her will.”

By consistently denying the accusations against her and attempting to rewrite the narrative to position herself as the victim, she is perpetuating the belief that male victims are less likely to be rape survivors. This will make it even harder for males to come forward with their accusations. This is the greatest hypocrisy, and could be ultimately responsible for the unravelling of the movement itself.

Rose McGowan, another actress who was one of the first women who accused Weinstein

of sexual assault, also initially upheld these double standards. She perpetuated this belief that males are less likely to be rape survivors by tweeting that people should “be gentle” after the sexual assault claims against Argento were first published. Even if the allegations against Argento prove

By consistently denying the accusations against her and attempting to rewrite the narrative to position herself as the victim, she is perpetuating the belief that male victims are less likely to be rape survivors. This will make it even harder for males to come forward with their accusations.

to be untrue, that statement was inappropriate on McGowan's part. If someone had responded to her claims against Harvey Weinstein with “be gentle” and “none of us know the truth of the situation, I'm sure more will be revealed it would most definitely be condemned. Rose McGowan has since released a full statement denouncing Argento and Argento has publicly returned the criticism on her Twitter, but as a vocal supporter of rape victims, her final statement was too little too late— McGowan needed to do better.

Ultimately, this is an extremely complicated issue, but some things are for certain: although the general attitude towards reporting sexual assault has evolved greatly in the past decades, we must continue to ensure that sexual predators are liable for their actions, and to highlight the fact that survivors are never to blame. Our society must continue striving for an environment where everyone, regardless of gender, feels safe and supported when reporting incidents of sexual violence.

Betrayal at the White House

Dennis Kostakoglu Aydin '20

Guest Contributor

Donald Trump's White House is very unlike other U.S. administrations, in that the amount of leaks coming from within it are unprecedented in American history. Just this Tuesday, Bob Woodward, the journalist who co-broke the story that exposed the Watergate scandal, has released a book entitled *Fear: Trump in the White House*, which details day-to-day life in the 45th president's Oval Office.

There have been many books about the Trump administration's inner workings released in the past two years, such as *Fire and Fury: Inside the Trump White House* by Michael Wolff, and *Unhinged: An Insider's Account of the Trump White House* by Omarosa Manigault-Newman, who is actually a former White House aide. Like these two books, *Fear* is primarily composed of interviews with White House aides; in fact, many of the leaks from the Trump administration come from

aides, who are more than willing to spill their secrets in exchange for media publicity. For example, the recent *New York Times* op-ed about a “secret Trump resistance inside the White House” was allegedly written by a top White House official. We can speculate the op-ed's credibility, or we can believe it, but the fact that this is being discussed and considered is scary in and of itself. The Trump administration's repeated willingness to malign themselves and their boss speaks to how disorganized and demoralized the US government is right now.

In released excerpts from *Fear*, U.S. Economic Advisor Gary Cohn is reported to have said to Trump: “You have a Norman Rockwell view of America.” Chief of Staff John Kelly supposedly called the President “an idiot,” and Secretary of Defense James Mattis defied the President's order to assassinate Syrian president Bashar al-Assad. These types of actions are not indicative of a “steady state,” as the *Times*' op-ed claims. Gary Cohn literally stole a paper off of the President's desk in order to prevent Trump from signing the order and with-

drawing the US from the US-Korea Trade Agreement, which is beneficial to both parties. Fear reports that to explain his actions, Cohn said, “Got to protect the country.”

We're in one of the most politically dangerous years in history. Russia, a major foreign power is meddling in our elections, and Kim-Jong Un, a crazy dictator, has access to nuclear weapons and is aiming them at the U.S. But rather than worry about these real threats, the government is forced to focus on containing its own president. Because of Trump's ineptitude, the government can't function, and this makes us vulnerable to attacks from the outside. The Democrats have already claimed to stop a hacking threat to their voter database, and Russian agents such as Maria Butina have been accused of conspiring with a foreign power to influence American government. We're two months out from the midterm elections, but our president is focused on his Space Force, making sure people cheer for him at his rallies and alleged betrayal. There is no “deep state.” There's barely an actual state.

Progressive Misconceptions

Jack Zhang '20

Guest Contributor

The Democratic Party is the final evolution of ineffective, liberal reformism. Whether it is at the personal level with uninspiring candidates (see: Hillary Clinton) or at the ideological level with their corporate endorsers, the Democrats never cease to impress on the world how aggressively useless they are. Within the Democratic Party, student supporters not only toe the conservative party line, but put their own spin on traditional Democratic positions. And it's not a good one.

It's no secret that the recent history of the Democratic Party is a history of thinly-veiled militarism, progressive authoritarianism and barely-suppressed racism. From Democratic senators who vehemently support unilateral aggression in Iraq in 2002, to proposing expansions of the PATRIOT Act (which condones indefinite immigrant detention), to Democratic nominee Hillary Clinton calling black youths “super-predators” at a New Hampshire rally in 1996, it's a wonder that so many self-proclaimed progressives cling onto the Democrats.

The Democrats' only leg to stand on is that they aren't as explicitly regressive as the Republican Party. Apparently, that is sufficient for young progressives. We see Trump, (internal shriek) and turn to the closest thing not associated with Trump—even if that means supporting the party that supported the launching of 100 Tomahawk cruise missiles at Tripoli while ignoring international calls for a ceasefire.

There can be no progress in the United States until we recognize that there is another path to reform, without Democratic Party reformism. Until that moment, don't hold your breath. Change won't come through the Democratic Party.

A few firebrand Democrats are popping up, but above the Red Scare-esque denunciations, Democrats like Alexandra Ocasio-Cortez of New York still support reformist platforms that stray from party ideologies. Reforms are obviously necessary, but reformism is defined not by supporting reforms. Reformism is defined by surrendering to the current political environment and working within it to achieve reforms.

Common-sense proposals like universal healthcare and anti-imperialism are already part of Ocasio-Cortez's platform. But considering the massive “donations” insurance corporations and armament manufacturers make to senators and house representatives, it's difficult to see major change coming out of Congress. When even the most radical Democrats see working through a 200-year-old political system as the only option, then it might be time to reconsider supporting the Democrats.

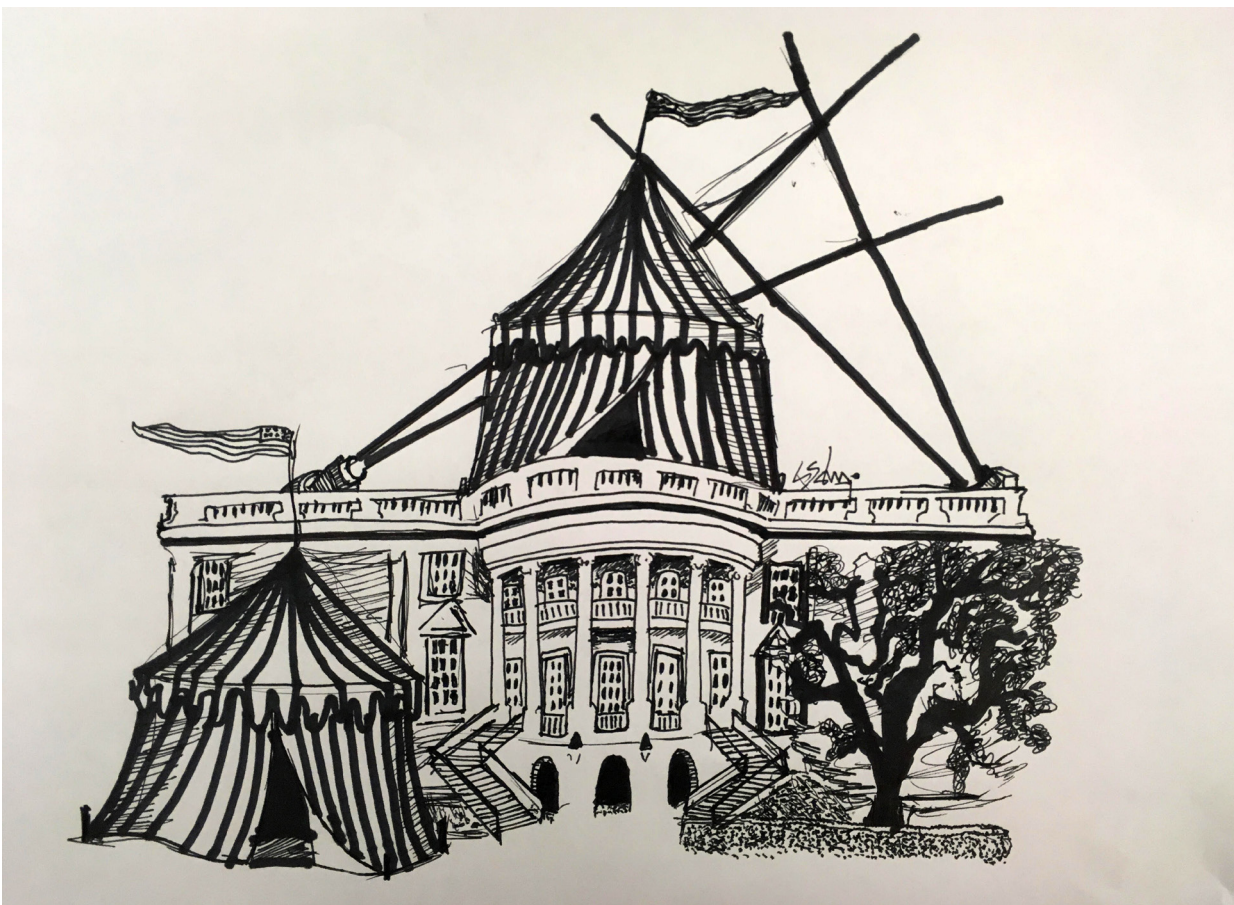
When Democrats supported Obama, they envisioned a symbol of the American left. He was so well-respected to serve two terms in office. Progressives forget that under Obama, military spending spiked to nearly 130 percent of the highest military expenditure under George W. Bush. Progressives forget that Obama signed off on the PATRIOT Sunset Extensions Act, which extended programs for roving wiretaps, bulk data collection, and potentially spying on individuals not associated with a terrorist organization. Above all, progressives forget Obama's role in provoking potentially unlawful surveillance of innocent civilians. But, he framed his platform as supporting human dignity and the middle class, so that made it all fine for young “progressives.”

Students, busy as we are, fall even deeper than most into taking Democrats at face value. We barely had the time to react when Obama spent nearly two billion dollars every single day dropping bombs on the Libyan desert. We never read the articles or watched the news about the other authoritarian and conservative misadventures of the recent Democratic Party. All we see is the glorified memory of Barack Obama, the first black “progressive” in the White House.

Progressive feel-good politics are only enforced by the lack of need for personal political thought. In our current society, it is sufficient to simply say “Haha, Trump is dumb!” to assure fellow students that you are a good, non-racist and non-sexist progressive. As for what's next, well, let's go with whatever that guy's saying. He believes in ballooning the defense budget? Well, that's alright as long as he's a Democrat and not Trump. She believes in expanding internet surveillance bills? Well, at least she's not a Conservative.

There can be no progress in the United States until we recognize that there is another path to reform, without Democratic Party reformism. Until that moment, don't hold your breath. Change won't come through the Democratic Party.

Got Opinions?
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Op-Ed!



MLK Day 2018: Unresolved Feelings

Isabella Ahmad '20

Guest Contributor

School has only just started and the Academy's Martin Luther King Day will not take place until after Parents' Weekend, Thanksgiving Break, the "Hell Weeks," a whole other term and then some. However, I think it is in the spirit of Exeter that we do not require a day cleared of academic appointments to have conversations and listen to one another. With that, I will say that I still have unresolved feelings about last year's tumultuous MLK Day.

Especially now with the homogeneous mentality surrounding our political climate, I feel as though controversial events occur rapidly and on-lookers react and point fingers. Then, it all blows over, never being thoroughly debated by two opposing sides despite all the available resources on our campus to do so.

It bothers me that I have not heard or seen a response from the instructor in mathematics about all the backlash he received for the statistics he posted on his wall or about the public outing he was subjected to in keynote speaker Lourdes Ashley Hunter's address. It is

the same case for anything directed specifically (and appropriately) to the math teacher addressing personal grievances resulting from his actions.

2018's MLK Day theme of Walls, Barriers and Boundaries is particularly evocative of a recurring message in Dr. King's movements. "In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred," he said in his 1963 I Have a Dream speech.

MLK believed that through conversation and critical questioning, the ignorance often at the roots of prejudice directed towards any audience could be undone. I suspect that MLK would not be overly pleased by the lack of dialogue that transpired on our campus last year. Hectoring is not conversation; many of us Exonians came away from both the keynote speech and the math teacher's posts feeling very much disappointed by their conduct.

For me, the ideal proper response to the last MLK Day would have been some sort of debate at assembly, or all-school emails over Outlook, or even Opinion pieces, exchanged among a range of viewpoints.

Without transparent dialogue, people can only continue living with biases. For example, talk on campus after the posting of the statistics reminded me of a time when former Dean of Harvard Graduate School of Education James E. Ryan highlighted the difference between insulting questions and genuine questions in a viral video.

I am inclined to feel that Sain's intent was also in the vein of the "insulting question," because if he wanted to contribute to the dialogue, he would have asked for the time, space, and platform to publicly discuss his views.

Ryan grew up in a poor New Jersey town called Midland Park. When his working class parents came for a weekend to see their son at Yale University, they bought a Yale bumper sticker for their car. In his talk, Ryan described a "particularly well-coiffed woman" coming over to his mother and asking her where she lived. When Ryan's mother

responded, the woman "questioned" whether the Yale sticker had been on the car already when she'd bought it. Clearly, this woman had no legitimate curiosity; her intent was to offend and belittle Ryan's mother and her capabilities.

I am inclined to feel that the math teacher's intent in posting the questioning statistics on his classroom door was also in the vein of the "insulting question," because if he wanted to contribute to the dialogue, he would have asked for the time, space and platform to publicly discuss his views. At the same time, I find it uncharacteristic of an Exeter teacher to foster an environment that is anything less than safe and conducive for learning. However, I won't know for sure until I am exposed to a different perspective. It is unlikely that Hunter will return to Exeter. However, the majority of community adults and three grades of Exonians, all of whom experienced the last MLK Day, as well as the math teacher, remain on this campus. In the spirit of breaking down walls and barriers, I think it is necessary for the Exeter community to reopen dialogue. Exeter must sustain an environment where legitimate questions are encouraged and honored throughout the year.

Obama's Strategic Opinions on Trump

Jordan Davidson '19

Senior Columnist

When former President Barack Obama speaks, the American public listens. It is hard to deny that the masses pay at-

The lack of transparency in executive proceedings at the White House has many times aided the Trump administration by obscuring accountability and seeding confusion.

attention when he provides his opinion about our nation's condition. Unfortunately, Obama has grown quiet in his

post-presidential years in comparison to the political noise being made by the Trump administration. Yet, the country was surprised last week when Obama walked back into the limelight by giving a long address in which he called the Trump administration not "normal" and "radical." Just a day after, Obama spoke at a rally in California to endorse Democratic candidates for the House. He roused the crowd by criticizing current politicians and calling for the nation "to restore some sanity to our politics." This recent re-appearance into the political world after months of silence is no poorly-coordinated attempt to get at Trump, but part of a well-conceived plan to help turn the tables in the midterm elections.

The lack of transparency in executive proceedings at the White House has many times aided the Trump ad-

ministration by obscuring accountability and seeding confusion. If Obama regularly came out against the president every time his administration unveiled a new contentious initiative or policy, the former president's voice would not be taken as seriously.

Most importantly, however, is that Obama represents calm in a political storm that threatens the wellbeing and future of the United States.

Obama has proven that he is a master of commanding audiences; and his prior months of inactivity only bolster the public's interest in what Obama has to say now. With Obama finally weighing in on his impressions of Trump's

presidency, everyone is listening in hopes that he can have some influence over Trump's constituents.

By speaking in support of the democratic platforms, Obama may begin to call out the GOP and the Trump administration more specifically as we move closer to midterm elections. If he chooses to, Obama can play a crucial part in how the next few months will play out in Washington due to the public's idolization of the Obama years. Many view Trump's presidency as a mess while looking back at Obama's eight years in the White House as more stable. If the Democrats are able to capitalize on the fact that Obama can reach a national audience on his whim, it will be greatly advantageous. Most importantly, however, is that Obama represents calm in a political storm that threatens the wellbeing and future of the United States.

Drugs in an Elitist Society

Jacob Feigenberg '21

Guest Contributor

Nicotine, Adderall, Ritalin. With the increased connectivity of the modern world, drugs have percolated down into the grasp of younger people from generation to generation. Although they are still dominant, the "hard drugs" such as cocaine and methamphetamine are starting to be less frequently used than the "second tier" of drugs. Therefore, there is a different attitude towards these lesser drugs.

However, it is still extremely easy to become addicted to these substances, and they can still have negative effects on one's health. JUULing and even vaping may reduce some of the risks from smoking cigarettes. They use special technology to regulate the heating temperature to avoid combustion or overheating, and, so far, its smoke has not been shown to induce lung cancer. However, JUUL pods contain the nicotine equivalent of about 200 cigarettes and are still very addictive. This addictiveness is being attributed to the short-term dopamine rush and the resulting stimulation. The fact that these "lesser drugs" are less psychoactive and debilitating than "hard drugs," (and thus "not as bad for you") has made it easier for one to abuse drugs like Adderall.

Attention deficit disorder (ADD)

drugs like Adderall and Ritalin are pioneering the latest and greatest advantage of the upper class. Throughout history, the elite class has believed itself to be superior to the masses. They used that belief to justify their entitlement to societal advantages, mainly wealth. It is with these extra resources that people can pay for the tutors and test preparatory courses and academic summer camps to get their children into elite high schools, into elite colleges, and elite graduate schools. The list can go on, but all of these resources come with the same goal: to lock up a prestigious, high-paying job for the next generation of wealthy people.

The fact that these "lesser drugs" are less psychoactive and debilitating than "hard drugs," (and thus "not as bad for you") has made it easier for one to abuse drugs like adderall.

However, this cutthroat system has become more and more competitive due to the increasing number of qualified participants. Every family is investing thousands of dollars to ensure that the next generation is wealthier, but there are too few positions in these elite schools and corporations to accommodate this academic investment. As a result, people are becoming

desperate and will take any means necessary to receive returns, even if it means resorting to drug use.

Adderall is an amphetamine, a drug that dramatically improves brain function for a period of time: a "smart" drug. What makes Adderall and Ritalin different from other smart drugs is that they improve confidence. Confidence may just be the most important cog in becoming successful, but it also serves as the most addicting aspect of these smart drugs.

But, these drugs do require a prescription and a diagnosis of some sort of attention deficit disorder. It is common for students to buy them illegally by the pill from people who already have a prescription. Smart drugs are surrounded by the same culture that subtends mild drugs: if everyone else is taking it, then why would Adderall be so bad? Despite risks such as addiction, people often succumb to the cultural pressures of taking every advantage possible.

This problem is not as pronounced at Exeter as it is in universities and the workspace, but the trickle-down effect of drug use has made its mark on this campus. It has become almost necessary to conform to this new advantage



Sebastian Bango/The Exonian

to survive to Exeter grind. The pressure to be the best transforms elitist advantages into common necessities.

Add this to the decreased concern and danger surrounding "mild drugs," and suddenly we have an epidemic, maybe not at Exeter, but at other high schools, universities, workplaces and preparatory schools across the nation. If a culture approves and even endorses a drug such as these "mild drugs," not only because of its relative impotence but because of its necessity to keep up with a competitive society, how can one possibly argue that "hard drugs" pose a greater threat to the next generation?



The Exonian

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



ExonianHumor



Signs of Early Onset Senioritis

By **ABBY ZHANG**
PhD

1. Getting told you can't put peer tutoring on your common app as community service because you're the one receiving the community service. To be fair, the common app doesn't make it clear but okay...
2. Publicly eating flaming hot cheetos with vanilla ice cream in Agora
3. Telling Exeter horror stories very loudly hoping that nearby preps will hear
4. Constantly forgetting about half the responsibilities you have, feeling annoyed when you remember
5. Failing to warn at your upper friends who say things like "upper year is actually not too bad!" and "I actually find U.S. history really interesting!"
6. Showing up to dance so late that you get locked out of the building
7. Someone pls finish this article i haven't been in the newsroom since like April idk how to be funny

The life of an angry teenager: a poem

By **Elizabeth Madamidola**
It's Fine; I'm Fine

i had three pencils but they are gone
i...i dont know where they went
So naturally I went to look alone
in my thoughts
what are...what are my thoughts
they are so taught
but i kept foughing
because the end is near
it is my senior year!
but fear is almost here
but the question is—Where are my three

pencils?

TFW You Accidentally Call Principal Rawson Principal MacFarlane

By **ABBY ZHANG**
It's Fine; I'm Fine



Shoot, Ava went to England and this page has a total of negative two writers now!

Help us change that.

Submit to exonianhumor@gmail.com.

Academic Departments as Fast Food

By **NICK SCHWARZ**
Professional Nutritionist

Ready or not, the school year is here. It brings, of course, the all-too-familiar ping of Canvas notifications, grey New Hampshire skies, and the over-priced drinks at grill calling your name "because you can't have cookies without washing them down with Sprite. Everyone knows that's a killer combo, right?" Yeah, like Fat, I mean Long, E-Block and Math. But of course, this year welcomes many new faces, both among the faculty (welcome to the Interim-Principal Rawson-Era) and the students (the yield was what?!). And what better way to familiarize our new peers with the departments than by comparing them with fast food restaurants from home? (You better not co me up with something better. I thought about this for hours and this is what I came up with. Maybe I shouldn't have skipped lunch.)

Latin is Sonic: Sonic and Latin are both known for their charm, though Sonic more for the throwback-style drive-in orders kind of charm, which is not something the dead language can pull off very easily. Sonic may not be the first restaurant anyone thinks of when looking for a fast and cheap bite, but like Latin and its students, the modest fanbase is loyal till the end.

Science is Panera Bread: Sure, Panera may be a bit pricey compared to other places on this list. Maybe Science tests have a reputation for being difficult to pass. Panera may try to distract you with their \$1 pastries at checkout. I have met few things more distracting than Mr. Chisholm's hedgehog. But at Panera, you can get soup. Where else, on God's green and very flat Earth, are you gonna get soup? The grocery store? Stop pretending you know where the can opener is. The disciplines of Science bring something special to the Harkness table. That something is soup.

Math is Dairy Queen: Outside of Texas, DQ locations are few and far between. Navigating your way to the nearest franchise in search of a Blizzard or Orange Julius can be difficult. Kinda like Exeter math tests. No, scratch that. Exactly like Exeter math tests. But once they cashier flips that Blizzard upside down and

you've tasted that thing, you know the trek was worth it. Math teachers, having seen your "process", like DQ, will reward your resolve. And that is why I dub math... the Queen of Dairy! Or just math. That makes more sense, I guess.

History is Pizza Hut: Cause no one out histories the history. Ok, I'll admit, the slogan needs some work. But aside from that, it's a perfect match. History always seems to be in a good mood, and even on your worst of days, that smile can keep you going. You can't go wrong with pizza. Like a history class, it solves all your problems, at least for a while. Food for group? Pizza. Perfect leftover snack? Pizza. On family fued and need to name a food? Pizza. On the phone with customer service and inevitably getting frustrated? Pizza. Y2K? Pizza. You get the idea. Often, Pizza Hut shares its locations with Wing Street. Yup, that's right. Wing Street = Mr. Killinc's awesome greyhound. I rest my case.

Religion is Dunkin Donuts: Like coffee, a religion class is a great way to wake up in the morning. Partially because teachers' attitudes are very engaging, but also because they'll notice if you're drifting away. How do you sustain the boost from the coffee for the entire day? Eat donuts. A good religion, supplemented with donuts, sets the tone for the rest of your day.

Art is Taco Bell: This one's a bit of a stretch, but hear me out. Whether it's the mainstage performance or a photography class, the art department wants you to try new things when the sparks aren't flying. Dorito taco shell? Skittles Baja Blast? Partnership with Cinabon? Breakfast menu? Most of your ideas will flop, but the department won't give up on you until you can pull something great off.

The administration is McDonalds: Complain all you want. Sure, you've got the assembly checks and handles other disciplinary duties, so some may think of admin as somewhat of an adversary. J. Smith look can be scary. Ronald McDonald is scary. But, whenever all the other places around are closed, or you're low on cash, or Subway's busting out another silly gimmick,

Welcome to Exeter Part the Sequel

By **Elizabeth Madamidola**

Well, you've finally made it through your first week! The school year has started and there is nowhere else to go but up! This is the 3rd best prep school in America according to Niche, so you should feel super proud to go here. As the days progress you will learn more about this fine institution, but my main job as a trustworthy journalist is to inform you of important things before others!

Preps should regard the humor page as their only source of real news. Others should too, but especially the preps. The only things more trustworthy than us are the responses in Bus Ride.

Some may find high school musical to be a great model for life, so just start singing at random times and people will be bound to join you. The elm mezzanine is the best spot to stand above everyone else like Sharpay in "Stick to the Status Quo".

It is imperative that at least one of your free periods will be dedicated to napping each week. You could do homework instead, but school is overrated. Besides, you'll soon learn that the work load here is quite small.

Wetherell is the less cool dining hall. Anyone who tells you otherwise is trying to trick you, but I would never do that. It's actually further from north side dorms like Langdell and Merrill than elm is. Back in my day, they didn't have an ice cream machine, but rumor has it that the ice cream actually comes from elm. If you insist on going, sit on the left side and you might get to eat next to your teachers' families!

The most important thing you should remember for the year is that the best meal here is the bubble tea from Pad Thai. Have fun!

Principal Rawson's Speech Was So Good That An Article About it in the Humor Section Would Be Insulting so I am Just Gonna Leave this Here, And I am Not Doing this to Fill Up the Space Because Rose Yelled at Me to Finish Up :)

Quotes of the Week

"Phillips Exeter Academy—it's a hot mess...and expensive!"

"Do you think that God made the Ten Commandments a list because list articles get more clicks?"

-Madison Kang, '19, *Exonian* Executive Member

"What if mock trial had gear that was a picture of a gavel and it said gavel time? Like hammer time...but with a gavel. You're welcome."

-JaQ Lai, '21

"Hey, you know what they say! Hydrate or diedrate. Water or wat-er you doing? Haha."

-Abby Zhang, '19



ExeterLife



Seniors enjoy their first week back at school.

Numi Oyebole/*The Exonian*

THINKFAST INTERACTIVE GAME SHOW

By MAI HOANG
Staff Writer

On the first Saturday night of the school year, Grainger was completely packed with groups of friend crowding around clickers, arguing over which button to click. From the loudspeakers, DJ Crossfire blasted a mashup of EDM songs. One could feel the energy of a room full of Exonians, intent upon winning gift cards, cash or Grill bucks in the trivia game ThinkFast.

"I went with three other friends from Lamont; we all formed a group and sat together," upper Annabelle Lee said. "We went last year and I thought it was really fun because of the intensity of the trivia questions and the hand-out remotes, so I dragged my friends to the event again."

ThinkFast is an interactive game show developed by production company TjohnE in 1997, with the goal of building an entertaining and educational event for college communities; it is currently run by a group of producers

who split off into teams that tour the United States. "The concept of ThinkFast is interactive engagement with everyone in the crowd. It has been rated the most engaging game show in the US," DJ Crossfire said.

Crossfire has been with the team since August of this year. "I'm on the East coast tour which is shorter, but ThinkFast does 1000 shows per year roughly," he said. "Every show is different, and I like to change things up a little. I do research about each school or college, and my goal is to get people as excited as possible." Aside from the trivia questions, the event also includes a dancing, singing and two acting challenges for randomly chosen teams.

This was the fourth time that Student Activities organized the annual ThinkFast game show, although the event was moved from February to the first weekend of the school year. "I think the energy at the beginning of the school year is better with the new students who are not yet jaded checking every Exeter email," said Kelly McGahie, assistant director of Student Activities.

McGahie learned about ThinkFast Interac-

tive from a convention with other independent schools' student activities directors, and decided to bring the event to Exeter because of the stellar reviews. "The idea was that it'd be a lot of fun, high energy, and tie into what's important to the Academy, things that students like," she said. In order to achieve this, she added trivia questions related to PEA history and sought out gift cards from popular places in town like Stillwells and D2. Another change McGahie made this year was making it compulsory for students to compete in teams rather than individually.

Although Lee's team from Lamont hovered around 8th place for most of the game show, they all thoroughly enjoyed the event. Claudia Sanchez, the team's captain, commented, "There were some questions about Exeter which a lot of people didn't know, like in what year was the tuition \$250, or where [Mark] Zuckerberg's dorm was."

For Lee, the most interesting component of the game show was when teams were asked to guess how others in the room answered. "There was this question, 'What do you not wash as much as you should,'" she laughed. "The

answer was 'bedsheets.' Unfortunately, no one from her team was picked out for the dancing or singing challenges this year, but she is determined to participate in these activities next time around as well.

Julia Vilela, a new upper from Brazil, participated in the event with a group of mostly new international students. Despite saying that the game was too competitive for players from different teams to connect well with each other, Vilela thought the format was great for "bonding with people within your team." She commented, "Everyone was so into it because the questions were very engaging, with topics such as music and pop culture. We lost; we were 29th out of 33 teams, but we had a lot of fun."

Vilela's team member, new senior Rina Kawagishi, similarly thought the event was very entertaining because of the intense atmosphere. Kawagishi and Vilela appreciated the presence of DJ Crossfire and his electronic mix. "I liked how they tried to keep us entertained with the video and the music and created opportunities for students to do things like sing and dance," she said.

MOVIE REVIEW: TO ALL THE BOYS I'VE LOVED BEFORE

By CANDY TANTICHIRASAKUL
Staff Writer

After classics such as "Sleepless in Seattle," "10 Things I Hate About You" and "She's The Man," the romantic comedy genre seemed to disappear from the big screen. However, Netflix recently attempted to revive the genre, following the viral success of the unexpected hit "The Kissing Booth." Continuing off that success, the company planned to release six new original Rom-Coms this past summer, including "To All The Boys I've Loved Before." Based on a *New York Times* best selling novel of the same name, the film quickly became the breakout hit of the summer.

Written by Jenny Han, the novel revolves around quirky teen Lara Jean Covey, played by Lana Condor in the film, as she begins her junior year. Wanting simply to blend in with the crowd and graduate high school, Lara Jean's worst nightmares come to life as the love letters to all the boys she's crushed on before are suddenly sent out. Problems continue to grow as one of the love letters is received by Josh Sanderson, her sister's ex-boyfriend. In an attempt to show her disinterest, Lara Jean teams up with the most popular guy in school, Peter Kavinsky—played by Noah Centineo—who also happens to be another recipient of one of her love letters. Throughout the entire film, the protagonist undergoes a journey of self-discovery and love.

As a fan of Jenny Han's trilogy, I was naturally skeptical about its adaptation onto the small screen upon hearing the news of the movie's release. Just by watching the trailer, I already saw the multiple scenes they changed from the book: Kitty, Lara Jean's younger sister, was now older, Lara Jean actually fainted and the iconic kiss in the hallway was moved to an outdoor track. I found that Noah Centineo looked nowhere near to the Peter Kavinsky had imagined. However, the final result did not disappoint.

Though the film has a predictable plot, the lovable characters and chem-

istry between the cast makes it a great choice for a light-hearted movie. Centineo's adorable character combined with Condor's hilarious facial expressions melted my heart. Watching the movie was like eating a cupcake with rainbow sprinkles: sweet and fluffy. The movie was filled with swoon-worthy scenes that I couldn't help but smile at: Lara Jean and Kavinsky using each other as pillows during a nap, Kavinsky moving the popcorn off the sofa before a pillow fight and the two of them sharing their favorite movies together. The entire movie revolves around the characters' love and care for each other.

Not only did Lara Jean and Peter's relationship blow me away, but it was wonderful to see the love between the Covey family as well. The sisters' close relationship and constant support for one another was wonderful to see and aspire towards within my own sibling and family.

Released right before "Crazy Rich Asians," it was amazing to finally see Asian-American representation on film. Growing up watching Hollywood movies, I had rarely seen any Asians on screen with the exception of stereotypically Asian characters like the Kung-fu master in "Karate Kid." This film stars an Asian-American actress as the lead while the storyline is not fixated on her race. The diversity was very refreshing to see. Both the movie and book also included small details of Korean culture such as the Korean yogurt drink Yakult and Korean-style marinated braised pork.

I'm glad that romantic comedies are finally popular again. Though this genre is often critiqued for its over-the-top and unrealistic plot, it is relaxing to escape the stresses of life every once in a while to appreciate the love between people. I recommend this movie to anyone who is looking for a light-hearted movie to make them smile, especially when they are having a sad or stressful day.

FIRST WEEK IN REVIEW

By NIKITA THUMMALA
Staff Writer

"My first day of upper year was pretty okay. I was under the impression that I was going to struggle a lot right away because no one says good things about upper year, but when I went into my history class and got to know the teacher and classmates, I figured that it was probably going to be fine since the teacher was so welcoming and kind. He made it clear that we could ask for help whenever, so it was a good start to a very difficult year."

-Cristal Reyes '20

"The first couple of days were stressful, but also relaxing at the same time. The people are really nice, and the teachers seem kind so far. I have homework, which I was kind of surprised about, but I got it done!"

-Kiesse Nanor '22

"I'm excited to be back at school! It's been wonderful to see old friends and meet so many new faces. Upper year is off to a phenomenal start."

-Ayush Noori '20

"The first couple of days have been pretty busy, especially with senior electives. I am taking Greek, and that got started immediately. Within the first twenty five minutes, we had done an entire chapter. Other than that, it's been awesome to be back on campus to see all of my friends and start new classes, and I'm excited for this year."


-Ingrid Bergill '19

"It was really hard for me [in the beginning] because I'm not a very social person, so it was hard for me to make friends. But I have a sister here who is a senior who lives in Lamont so she introduced me to her friends who introduced me to their friends, and it was easier to make friends that way."

-Stella Shattuck '22

"The first few days of the term were very busy because I had proctor and student listening [training] everyday, and it's all really vigorous and important stuff, so it's not like you can take anything lightly. But I learned a lot, and I got to know some people a lot better than I expected with the Walk the Line [activity], and Exonian Encounters did stuff with the student listeners and proctors, and I learned a lot about my peers. It's so useful."

-Selin Ferhangil '19



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SeniorSpotlight

HANNA PAK

By SHIVANI TRIPATHI and
RACHEL WON
Staff Writers

Senior Hanna Pak's neon-colored hair can be spotted afar wherever she is on campus: performing a trumpet solo in the Bowld, dashing through trails for cross-country practice, or designing innovative products as co-head of the Engineering Club.

Hailing from Texas, Pak has been a musician since childhood. "Because both my parents were classical musicians—not professionally—I've been exposed to music since day one," she said. In fact, Bob Dylan's Forever Young (Slow Version) was playing in the operating room when she was born.

After experimenting with several different instruments as a child, Pak eventually came to love the trumpet. "I was terrible at violin, and then I realized piano wasn't really my thing. I decided to switch to trumpet as my main instrument in fifth grade," Pak said. During Pak's lower year, she attended the prestigious New England Conservatory, travelling to Boston every Saturday to participate in rehearsals.

Pak is also an avid singer and a co-head of the female acapella group Sans Hommes. On campus, she is also involved in the symphony orchestra, concert choir, vocal chamber music, and Exeter Association of Rock (EAR). On campus, she has performed in several EAR concerts and her own Evening Prayer.

Upper and fellow musician Meili Gupta praised Pak's kindness and musical ability. "Hanna plays the trumpet so beautifully. It's definitely something that she pursues with a lot of drive," she said. "She is so warm to everyone she meets."

Lower and fellow member of Sans Hommes Audrey Yin has known Pak for several years. Yin explained that in addition to arranging the group's performances, Pak also serves as a role model within the group. "She's always at rehearsal, always on time, and doesn't make excuses for herself. She shows us what the expectations are and how to hold yourself to a high standard," Yin said.

In fact, even before Pak arrived at Exeter, she already made her mark at the Interlochen Arts Camp in Michigan. Yin, who also attended, described her first impression of Pak. "At first I was actually really intimidated by her because she was super well-known in the camp for being an amazingly talented musician," Yin said.



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Despite her fame, music holds an intrinsic value for Pak. "There's something about music that allows for self expression, allows for someone to go through a lot of complicated emotions. It's very humbling to know that a few notes on a page can do that to you," Pak remarked. "It's really not about the medals or the awards. I definitely want to be involved with music until the day I die."

Along with being a talented musician, Pak has been on the varsity cross-country team since her prep year. One of the most defining aspects of her relationship with the sport has been her persistent knee injury. "I've dealt with a chronic knee injury since prep winter. That's been one of the biggest barriers in my performance in cross-country," she said.

However, the injury was instrumental in changing Pak's outlook towards the sport. "Going through that whole process of injury and not being able to run for so long made me learn to love running for what it is as an activity, as a sport," she said. "It's just you in your body running, and not as some way to gain accomplishments. So, I just want to continue with running in whatever form I can for the love of the sport."

Senior and cross-country captain Grace Gray has known Pak since their prep year. "I would characterize [Pak] as someone who is amazing to be around and is always there for her friends," she said. "Hanna has such a huge heart to take on the world; she is empa-

thetic and also to ready listen to anyone."

Gray often feels inspired by Pak's determination. "I see her putting herself out into the world every day. She battled an extremely tough, persistent knee injury but she never gave up. She would always destroy those races and put so much passion and energy in them," Gray said.

Upper and cross-country runner Celine Jeun agreed with Gray. "Hanna just has this aura about her. My first impression of her was purely admiration for her confident presence, but as I got to know her, I came to realize that she is so warm and so driven," Jeun said. "She really is a role model in so many ways."

English Instructor and Pak's advisor Christina Breen shared these sentiments and described Pak as a "terrific student" with a unique personality. "Hanna is deeply connected to the community in a lot of different ways, such as music, athletics, academics and other clubs," Breen said. "She sets a really high standard for herself and works really hard to reach that standard at all times."

In addition to her several extracurricular passions, Pak hopes to pursue design engineering in the future. "When I was little, I always told people I wanted to be an inventor. It's still true. I realize now that the proper term is maybe design engineer, or something like that," Pak admits.

Pak knew that she wanted to invent ever since she first read the series Franny K.

Stein. "[Franny K. Stein] is a series about a little girl who is a mad scientist. I saw her building these weird monsters and robots and I immediately thought 'that looks really cool. I knew I really wanted to do that,'" Pak said. "I wanted to be that little girl mad scientist."

While she explained that she does not have time to devote herself to major projects while at Exeter, she enjoys committing her energies to solving small problems. "I made myself a hanging shelf to put in my dorm and I helped some cross-country boys build steeplechase barriers last year. It's just the little things that make me really happy," Pak said.

"I don't really have any specific ideas for what field of problem I want to solve [in the future], but I want to be one of those people who's not just following an instruction manual to build something. I want to be helping to create things the world hasn't seen before, whether that's at the forefront of some kind of Microsoft technology or even if I ended up working for Google or Apple or something like that," Pak said.

Pak has also designed a pair of walkable six-inch heels with shattered glass fragments in her 3-D: Tech + Form + Fashion class.

One of Pak's most iconic traits is her personal style. Her hair is always dyed vibrant colors, her outfit and accessories chosen accordingly. "I like the whole beauty thing," Pak admitted. "Sometimes I'll spend too much time on it, but I do it for myself."

Pak recalls developing an interest in fashion after coming to Exeter. "It all kind of exploded for me once I came to school without a uniform because Exeter is the first place where I didn't have to wear a uniform. When I came here, there were just so many years of experimenting with my own personal style," Pak explained.

This term, Pak is enrolled in Art 500, an advanced studio arts course. Pak said of her goals in the course, "I want to use this class to explore the marriage of engineering and fashion and push the boundaries of my own personal ability."

Throughout her four years here, Pak has impacted the lives of many Exonians—even if through an act as simple as performing a beautiful piece of music during Evening Prayer. Yet for others, the relationship is deeper. Yin even described her relationship with Pak as parental. "When I got into Exeter, Hanna took me in as a daughter," Yin said. "I really love her so much like family. She's given me things that my own family can't give me, and that's really special."

FacultySpotlight

MICHELE CHAPMAN

By ANNE BRANDES and
ANGELE YANG
Staff Writers

Biology Instructor Michele Chapman has been fascinated by animals since childhood. Originally from Kansas City, Chapman has travelled all over the world—from Wisconsin to Antarctica, she has pursued her passion in zoology.

Though she wanted to become a wildlife veterinarian at first, after several internships, she became more interested in studying animals' environments through fieldwork. During one of her first field projects, she studied double-crested cormorants in Green Bay and the effects of the bay's toxic pollutants on their development.

She later travelled to Virginia to study dark-eyed juncos, to Wisconsin to study the ecotoxicology of frogs and to Antarctica to study the breeding biology of Adélie penguins. "The most interesting field job that I've had is probably the one in Big Bend National Park, because I spent several months [studying amphibians] there with a whole field team, and we lived right in the park," she said. "It was an amazing four months to live in the middle of the desert. In the desert, organisms are always living on the edge, and it's incredible to see the adaptations that allow them to do that."

Biology Instructor Elizabeth Stevens described the first time she met Chapman. "I was struck by her enthusiasm for, and knowledge of biology, her interesting life experiences and friendly personality," she said.

Biology Instructor Anne Rankin respected Chapman for her expertise in birdwatching, noticing her talent when all of the biology teachers visited Yellowstone. "I wouldn't have even seen it, identified it and told you something about the biology of it. It's just cool to see someone have a skill that you totally lack," Rankin said.

After extensive fieldwork, Chap-



Numi Oyebole/The Exonian

man discovered her passion for teaching in graduate school, when she became a teaching assistant. "I realized that I was a pretty decent teacher. People were giving me feedback: 'You explain things well,' or 'I learn well from you' or 'This is really helpful,'" she said. "If I gave a review session, a lot of people would show up [...] taking these huge courses, [...] and it's nice when you can get help from somebody who can spend more time with you."

Chapman explained why she chose to teach high schoolers. "They are more open to the world [...] They haven't made their decisions about some things. I like their goofiness and the fact that they will share a little bit more," she said. "I think it's probably harder in college to get to know [students] because they're adults, so they don't have as much time to spend with their teachers."

A major reason why Chapman came to Exeter after teaching at Lakeside

School in Seattle, Washington was to experience the tight-knit boarding community and to live closer to family. "[At Lakeside,] I didn't get to know the students all that well," she said. "One thing I loved about [Exeter] was [knowing that] I'm going to see these students at night in the dorm, after class, at lunch, or on the track. I like being able to get to know the kids much better here at Exeter. That's what keeps me here."

Rankin also spoke to Chapman's ability to manage Knight House. "She really loves the dorm. That's something you might not know—she puts a lot of energy into the dorm; she cares about the kids in the dorm," she said. "She's invested in them in a way that I really respect."

Stevens described Chapman's compassion and how it translates to dorm life. "As a friend, she is an empathetic person and likes to have fun. These attributes transfer to her teaching and dorm parenting and have significant impact on many

students' lives."

In class, Exonians feel welcomed and encouraged by Chapman's enthusiasm for her students and the subject. "The first thing I thought was that she is very nice; she greeted everyone with a big smile. That's how I knew I was going to like her," lower Adia Allison said.

"She made topics interesting and made them more fun," Allison continued. "She was always excited when she was explaining things, and that made me excited to learn about it and excited to go to her class because she had such good energy."

According to lower Sadie Griffith, Chapman was always available to help struggling students. "She made it very clear that she would meet with us one on one, and she really went out of her way to make sure we had that time outside of class to meet," Griffith said.

Allison noted how Chapman involved each member of her class. "She had a way of making sure everyone was evenly engaged. If she saw someone less engaged, she would try to ease them into the conversation."

Biology Instructor Townley Chisholm described his teaching experience with Chapman. "Ms. Chapman and I worked together closely when she came to the school a few years ago, and we taught Bio 500," he said. "She has always been hugely enthusiastic about biology and is very kind to her students."

Chisholm noted that among Chapman's best characteristics were her honesty and ability to be "forthright about everything." He added, "She's a positive, caring faculty member who cares a great deal about her students, her colleagues and her work."

Rankin described how their relationship as colleagues parlayed into friendship. "She is gregarious. She's confident, she has a 'can do' attitude and she's outgoing because she's extroverted," she said. "The biology teachers spend a lot of time together talking about what we're doing and why we're doing it. I respect her input and perspective in the curriculum."

COACH'S SPOTLIGHT: ALEXA CALDWELL

By **BENJAMIN CAI & EMILY CLOONAN**
Staff Writer & Sports Editor

Positive, energetic and helpful to all students whether she is in the dorm, classroom, or on the fields, Alexa Caldwell is the Academy's renowned girls' varsity soccer head coach and junior varsity lacrosse coach. Since arriving at PEA in the spring of 2015, Caldwell has continuously pushed her athletes to their best and helped them reach their full potential, not only in their sports, but the rest of their lives, earning the respect and love of countless students.

Caldwell has always had a passion for soccer, lacrosse and instilling goodness within her athletes. In addition to being a Division I lacrosse player for four years at Brown University, Caldwell was a coach to boys' varsity soccer and girls' varsity lacrosse at the Asheville School in North Carolina. She earned the 2013 Positive Coaching Alliance Double-Goal Coach Award for teaching life lessons through sports. For Caldwell, challenging and encouraging her players is what makes coaching so enjoyable and worthwhile. "There is so much I love about coaching the teams," Caldwell said. "Every team I coach, I try to teach the players how to push themselves to be better, both physically and mentally. That is fun—to challenge and encourage the players to push themselves."

Varsity soccer player and upper Denesha Rolle expressed how Caldwell's high standard for her players since the start of preseason this year have already helped the team improve dramatically. "Coach Caldwell gives us very good, constructive criticism and holds our team to a high standard, which aids us in improving every day," Rolle said. "It's only been about a week, but our team is already progressing faster than I've ever seen."

Rolle also described how Caldwell's passion for soccer translates onto the field and resonates amongst her players. "Coach Caldwell makes practice interesting with all the fun drills she does and she even plays with us sometimes, which



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makes it really fun," Rolle said.

Even when practices or games become challenging, Rolle mentions how Caldwell invigorates the entire team. "She is a very good motivator and is able to coach us through challenges we might face on the field."

Varsity soccer co-captain and senior Juliana Merullo agreed with Rolle, highlighting how Caldwell is key contributor to the team's intense spirit. "Even at this early point in the season, I love having Caldwell as our coach," Merullo said. "She brings such energy and passion to every practice, meeting and game and it boosts the morale of the whole team."

Merullo also praised Coach Caldwell for her ability to understand and help each athlete. "As a captain, it's a joy to work with her because she always asks for our opinion and truly values what we say."

Echoing Rolle's reflections on Caldwell's coaching, Merullo described how everything Caldwell asks her athletes to do during practice is clear and with the pure intention of making them better athletes. "Her drills are intentional and easy to understand, and their purpose is

clear and helpful," Merullo said.

Similarly, Merullo described how Caldwell actively encourages and instructs during games as well. "In our jamboree this weekend, she perfectly balanced encouraging and coaching us and her advice is clear and practical."

To Merullo, Caldwell's willingness to play on the same level as her athletes is what makes her such a great coach. "Overall, I love having her as a coach because of how relatable she is, and how visible her love for the game is," Merullo said. "She loves to play with us and run with us, and she is never unfair in any of her decisions."

Even when Caldwell is not coaching varsity soccer and coaching junior varsity lacrosse instead, she has the same passion and positivity for the sport and her athletes. Junior varsity lacrosse player and senior Michaela O'Brien expressed how Caldwell has been one of her favorite role models on campus. "Coach Caldwell is one of the greatest coaches I've ever had," O'Brien said. "She is one of the most positive, influential, and kind-hearted people on the campus and does an amazing job

transforming athletes."

Although the JV lacrosse season does not begin until spring term, Caldwell is looking forward to helping her team to "be the best team we can be."

Specifically for this soccer season, Caldwell looks forward to getting to know the newer players and expressed how the group is already working together to make progress in their games. "I am so excited for this soccer season and this group of players has a wonderful blend of tenacity and competitiveness, as well as a joy and love of the game," Caldwell said. "This is a solid group of young players mixed with some older returners who have been a backbone of the program for a couple years now."

So far this season, Caldwell has worked with Assistant Coach Aykut Kilinc and her players to improve their technical skills and "pace of play" through focused and fun practices. "Currently we are honing in on having clean, quick and precise passes and better off-ball movement," Caldwell said. "We are also working on our finishing as scoring goals was something we struggled with last year."

Caldwell hopes to improve the team each game and practice with the goal of making playoffs at the end of the season. Additionally, she hopes to continue to instill a strong work ethic, growth mindset, mental toughness, tenacity, and love of the game in her players.

In regard to their most recent scrimmage at Berwick, Caldwell is optimistic about the team and their gameplay. "We got better over the course of the day," Caldwell said. "We have a lot of potential, and as we get more practice playing in certain combinations and areas on the field, I think there will be a lot of really great connections, passing and scoring sequences."

For many students, Caldwell continues to be their role model whether on or off the field. Rolle expressed her immense gratitude for Caldwell and said she looks forward to one more year with her after this season. "She's an amazing head coach and I'm so glad that she's the head coach for my last two years here."

Community Reacts to NFL Week One



Courtesy of Google Images

By **CHARLIE VENCI**
Staff Writer

"I don't follow that stuff, man."
-Kojo Aduhene '19

"Based on what I've seen, this year is the best representation of what it means to work hard, be strong and come back to figure out what you need to do in order to be the best."
-Irving Parker '20

"The Steelers should get rid of Le'veon Bell; the Browns are making playoffs."
-Will Coogan '20

"The Giants are going 12-4."
-John Hawkins '20

"Tom Brady is still the greatest of all time!"
-Gabe Rodriguez '20

"Rodgers only faked the injury to

make a comeback."
-Andrew Dawe '19

"There were a lot of unexpected wins. I loved watching the Tampa Bay win, personally. But I am disappointed in the Falcons."
-Nick Schwarz '20

"A tie is the most Browns thing ever."
-Aidan O'Brien '21

"Didn't someone do a dance in the end

zone or something?"
-Peyton Sanborn '19

"Based on my calculations, I think we are going to the Super Bowl."
-Keaghan Tierney '20

"I concur with Keaghan."
-Jenna Brooks '20

"I heard that football players drink raw eggs with their spaghetti."
-Issy Wise '19



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ATHLETES OF THE WEEK: JOHN MARTEL & CHARLIE NEUHAUS

By CAROLINE FLEMING & ABBY SMITH
Staff Writers

The boys' varsity cross-country team speeds across campus in a tight pack, some runners playing an intricate game the team invented with a tennis ball, others motivating each other and wielding sticks from their jog through the forest. Leading them are co-captains and seniors Charlie Neuhaus and John Martel.

No spectator truly knows what goes on when the championship-winning team of runners goes on its 20-mile sunrise runs to the beach, but one thing is very clear: these boys know how to run, and they know how to do it together under the leadership of great captains.

Neuhaus is coming up on his third season of running cross-country for Big Red. "Cross-country is a painful sport, but for me the team experience is what makes it worth it," he said. After practice, runners get together for chess games on Friday nights or team movie nights on Saturdays. The friendship between teammates is what Neuhaus has valued most about the sport throughout his time at Exeter.

Upper Jinwoo Kang also noted the captains' inclusion and care shown toward all runners. "The captains have been welcoming to all the runners regardless if they are returning, new at the sport or new at PEA."

Neuhaus is excited to meet new runners, noticing a higher number of new students trying out for the team this year. "It's fun for me as a senior to see new people introduced to the culture of the team and [the students in] this team."

He also looks forward to organizing events and gear. "John and I have brainstormed team gear singlets and possible plans for a social with the girls' cross-country team. I hope, as a captain, that coordinating these things will make



Numi Oyeboide/The Exonian

the season more fun and memorable for everyone," he said.

Neuhaus commended his partner, four-year cross-country runner and co-captain John Martel. Martel has only been running for Big Red for two years, but he is confident about leading his troop of runners. "We are fast and determined. A lot of our returning runners made good progress over the past year and we gained some solid talent this year. Right now we have a bunch of guys contending for the seven varsity spots, which is exciting because we will be able to push each other and make the best of this season," he said.

As for his leadership skills, most of the boys can agree: as an exuberant runner and impeccable teammate, Martel leads by example by giving his all in every race and every practice.

Upper Samuel Kim praised both of his teammates for their profound impacts on the group. "Charlie and John have been central figures for the team these past couple years. Even before they were named captains they demonstrated simple forms of leadership—being early to practice, logging a lot of miles, talking to everybody on the team or explaining a workout for the first time."

Martel started running as early as fourth grade, explaining his passion and skill on the course. The speedster finds running to be extremely gratifying, adding: "I love cross-country because you get out exactly what you put in. When you train and prepare well for the season, it shows. It's not exactly instant gratification, but it feels good when you can go out and perform at a high level, and know

that all the training was worth it."

Together this duo is unstoppable both on the trails and in supporting their team.

Kim describes, "Team captains sometimes tend to be overly intimidating, making it scary to approach them, but John and Charlie have always done a good job making themselves easy to talk to."

Cross-country is regarded as one of the hardest sports, physically and mentally. Cross-country captains guide their runners through the long haul of training, self-care, and racing. Martel concluded, "I'm excited to be captain because I get to make this a successful and memorable season for all the guys on the team. But most importantly, I want to put Phillips Exeter boys' cross-country back on top of the podium, where it belongs."

WoPo Remains Hopeful Despite First Loss *Big Red Travels to Brunswick to Face Top-Ten Team*



Lower Osiris Russell-Delano readies for a pass.

Eva Carchidi/The Exonian

By WYNTER SANDS
Staff Writer

The boys' water polo team, nicknamed Bear Polo, went head to head against the reigning Interschols champion Brunswick School this weekend—their first game of the season. Though Brunswick's team has some of the top players in the league, Bear Polo put up a valiant fight from Exeter; the final game ended in a 1-16 defeat.

The Exeter team spent only a short period of time together to prepare for this challenging game. Upper Charlie Venci commented on the training this past week, saying, "We only had one week together as a team and a total of 5 new faces in the starting lineup. We knew Brunswick was going to be the hardest team we would face all season."

Senior and co-captain Troy Marrero detailed their training regimen. "We did lots of legs and swimming this past

week, but one week just isn't much time for us to train. We focused on creating team camaraderie, too, especially knowing we would face Brunswick very early in the season."

Knowing that Brunswick would be a skilled opponent for them to compete against, the boys headed into the game hoping to hold their own and maintain the strategies that they had been working on during preseason.

"In practice, we trained shutting down their set player [the offensive player nearest to the net; a "hotspot" for scoring] to try and make them shoot from the outside. We did our best to execute this throughout the game," Marrero explained.

Lower Cooper Walshe maintained a positive outlook on the game. "We knew that going up against last year's champions was going to be tough, especially playing them in our first game," he said. "However, we looked at the game

as a test to see what parts of our team flourished and what parts needed to be built up."

Throughout the game, several Big Red players stood out for their achievements. Venci highlighted fellow teammate and upper Milo Walshe for his performance. "A big standout performance came from [Walshe]; he never really stopped fighting until the end. He continued to fire shots at the goalie and draw fouls long after the game went out of reach. His performance best personifies the Bear Polo mentality for this season. We will fight until the end."

Venci also applauded the goal-tenders' on their play this past game, and commended both of their efforts. "[Upper] Sebastian Beck stepped up; he has been on JV for 2 years and suddenly he was playing in the varsity game against the best team in the league. He did a spectacular job. [Senior] James Wang also played phenomenally. He

converted from a field player to a goalie at the end of last season. He started against Brunswick this weekend and really helped us out," he said.

In addition to Walshe's spectacular playing, Marrero praised upper Michael Carbone for his contributions to the team. "He played nearly the whole game, starting three out of the four quarters. He defended Brunswick's best players with skill and got through their defense, earning us our one goal," Marrero elaborated.

Next weekend, the boys will face another grueling game day in a double header against Suffield and Hotchkiss, at the former team's school. The boys are ready to get back in the water again and pull out some wins. Venci expressed this sentiment with determination. "Brunswick may have beaten us, but next weekend we will dominate and separate ourselves from the rest of the league."



ExonianSports



Moxie Dominates Annual Jamboree

Field Hockey Defeats Lawrence and Nobles

By SAVI KEIDEL
& TESSA SHIELDS
Staff & Contributing Writers

The varsity field hockey team opened the season this past Saturday with their annual jamboree, playing games against Lawrence Academy, Nobles and Gre-enough and Brooks School.

They first competed against Lawrence Academy. Despite having only a few minutes to warm up, due to Saturday classes, the team found success. “We came out really strong and everyone was excited to start the season off with a win,” said senior Gracie Goodwin.

During a preseason starting on September 1st, the players worked to prepare for both the jamboree and season. “The new girls and returners really got to know each other and we grew quickly as a team, building off of one another and working on plays,” upper Jill Cloonan said.

After long days of practice together, the team feels even closer than previous years already. During the first few minutes of play, the players had many scoring opportunities, but unfortunately unable to put them away. As the game continued, the midfielders and forwards began stringing passes along. With 10 minutes left in the game, upper Leah Cohen drove the ball firmly towards the goal; it flew by the Lawrence Academy defenders and into the back of the net. Shortly after, another point was scored by Exeter by Cloonan to finish off the game.

The girls faced Nobles in the next match, one of the strongest teams Exeter will face during their season. After the first victory, Big Red came out filled with excitement and ready to take another win. “We played really well as a unit against Lawrence Academy and that gave all of the players a lot of energy going into the Brooks game,” senior and co-captain Hannah Littlewood explained.

With an hour and a half between



Upper Leah Cohen drives the ball up the field.

Avery Napier/The Exonian

games, the team was able to have a full warm-up that amplified confidence going into the second game. The Nobles girls sprinted out to the field and took control of the ball, starting to attack Exeter’s half. Big Red faced them head on and were able to take back the ball, working it up through the midfield to the attackers, who then scored against the other team’s defenders. Exeter’s attacking plays all started with a strong defense, stealing the ball away from their opponent.

“Nobles has really fast attackers but our defenders played well together and

blocked them out so we were able to keep up our lead,” Cloonan said, praising her teammates. Throughout the first two games, the new players and returners all had positive attitudes that helped them work together to gain another win in the Jamboree.

Despite it being their third game of the day, Exeter brought high amounts of energy to the Brooks match. The defense connected perfectly and communicated well to break down the Brooks offense, keeping them away from the net. With one minute left on the clock, the Brooks girls had one more opportunity to get

ahead of Exeter. Upper Beez Dentzer, however, stepped in and intercepted a pass. She cleared it away from Exeter’s defensive half, taking away any chance Brooks had to score—ending the match in a tie.

Exeter’s field hockey team used this past weekend’s jamboree to kick-start its season and bond on and off the field. Throughout the day, the team had maintained its positive morale. “We have great senior leaders on the team this year and our younger players bring a lot of excitement to the team. We are going to have a great season,” said Littlewood.

Boys’ Soccer Comes Up Short

Falls to Roxbury Latin with Score of 2-3

By MILO WALSH
Staff Writer

The boys’ varsity soccer team played a scrimmage against the Roxbury Latin School Saturday night in preparation for its upcoming season. Big Red competed in three 30-minute halves, with a close final score of 2-3.

New upper Carson Garland broke through the defensive backs and dribbled the ball forward with a breakthrough. He fired a hard shot but the goalie managed to block it. The ball rebounded off of the keeper, leaving Garland with an open net for a second try. Garland fired the ball, sending it soaring into the net. The bench cheered as he scored the equalizer.

The team had mixed feelings going into the scrimmage. Senior Kojo Aduhene said, “We won our Brooks game the day before, so we were hopeful for the best. But we weren’t thinking it was an easy win.” Garland, however, mentioned that “The team’s been shaping up nicely and I’ve never heard of [Roxbury Latin], so I thought we’d do all right.”

This scrimmage was a good test of the team’s strengths and weakness. Lower JD Jean-Jacques said, “Our chemistry started to show at the end and although it didn’t show in the score, I think on the field we all knew that based off this game, this year will be special.”

Jean-Jacques also commented on a new set-up the team was working with. He added, “This is only our second game

playing with a new back four and I think they did a very good job communicating together and not letting them get by as much as people would have expected.”

Apart from the new defensive formation, Garland also appreciated the skills of the team’s midfielders. Garland said, “Our biggest strengths are probably the middies, like Billy [Menken], Jonah [Johnson] and Behaylu [Barry]. They’re really technical.” Garland was also the player to score one of the two goals during the scrimmage. “My first shot could have been hit nicer, but then it rebounded and I was able to shoot it on an open net.”

Some of the success the team is showing this year is a result of the hard work that they put in during preseason.

This year, the team went to the track for a practice and had a grueling fitness test. Jean-Jacques said, “We had to run three miles and it was pretty hard for us. It was a tough day, but we all pulled through.” Jean-Jacques also claimed that this year, due to the new leadership, the team is closer than ever. He said, “Most teams have a hierarchy that starts with the seniors and goes down: uppers, lowers, preps. But, I think on this team, it’s more inclusive. I guess it sounds cliché, but we are more of a family now.”

The team’s next game is on Wednesday against strong competition—Milton Academy. Aduhene said, “They are a top ten team, and they are really good. Last year we got pretty close to beating them, so this year it should be a close game.”



Senior co-captain Jonah Johnson dribbles the ball.

Avery Napier/The Exonian

Inside This Week’s Sports Section

Water Polo



Bear Polo opens season against defending New England champions, Brunswick. Read more on 11.

Eva Carchidi/The Exonian

Athletes of the Week



Seniors John Martel and Charlie Neuhaus lead the boys’ cross country team as co-captains. More on 11.

Numi Oyebode/The Exonian

Coach’s Spotlight



As the varsity soccer and JV lacrosse head coach, Caldwell is an influential mentor on campus. Learn more on 10.

Numi Oyebode/The Exonian