



The Exeter track team celebrates the opening of the "Palace." Captain Claire Melvin pictured center.

JaQ Lai/The Exonian

## Pre-Game Visit Spurs Backlash

By MAI HOANG  
and SAMANTHA WEIL  
Staff Writers

A former member of the boys' varsity hockey team who was dismissed from the Academy last year returned to the boys' locker room prior to the team's Jan. 13 home game against Andover. Upon seeing the former student, Head Coach Dana Barbin did not require him to leave. After a complaint was registered by an anonymous student athlete, Barbin apologized for his actions, and has since spoken with the team on how to move forward, working in conjunction with Dean of Multicultural Affairs Sami Atif to craft conversations around the event.

Due to his expulsion from PEA after a racially insensitive action, the former student was barred from campus for one year after his leave, which had not yet passed by Jan. 13. The E-Book states that "students who are required to withdraw may not return to campus for one year without prior written approval of the Academy." The former student himself emphasized that "Barbin and the hockey team had no knowledge of me going." He also noted that he did not want Barbin or his former teammates to receive any backlash or punishment for their actions, willingly taking sole responsibility for his return.

According to Dean of Residential Life Arthur Cosgrove and Atif, no permission was granted for the former student's return. However, both considered the fact that the former student in question visited campus only three weeks before the one year mark, after which he would again be allowed on campus. Because of this, Atif trusts that the mistake was unintentional. "I think one can understand that someone made a decision, not realizing that it

VISIT, A2

## William Boyce Thompson Field House Opens

By ANGELE YANG  
and RACHEL WON  
Staff Writers

The crowd watched intently as rows of crimson-clad track and field athletes warmed up before their meet. Soon a wave of over 100 Exonians sprinted down the track. The overflowing stands erupted with cheers from alumni and current students as the Academy celebrated the opening of the William Boyce Thompson Field House this Saturday.

The Field House replaced Thompson Cage, which was demolished in 2016. The new 67,000 square-foot facility accommodates a 200-meter track, four tennis courts, a wrestling room and two batting cages. Many believe that the new multi-purpose structure, estimated to cost \$34 million, will revolutionize the athletic program at Exeter.

Lower David Kim looks forward to the new facilities that were unavailable in the previous gym. "I'm most looking forward to having a space to throw shot put. Right now we're throwing in an old squash court, [where] we can't even measure the distances that we're throwing," he said.

Upper Linus Manchester agreed with Kim's sentiments. "The problem was that you couldn't really wear spikes on [the gym floor], and if you ran on it for more than ten minutes, dust would come up, and that caused some problems with breathing," he said.

Kim also thought that workouts on the hardwood floors of Love and Thompson Gym affected athletes' physical conditions. "Since there's limited space in the gym, we have to run back and forth, and we have to keep on stopping, and that's bad for our shins—that's how we get shin splints," he said. "But having a circular track that's a bigger space means we can run longer distances and it actually feels like how it's going to be in competition."

Senior Abel Ngala, who specializes in the long jump, looks forward to getting to jump in the facility's new sand pit, which previous athletic facilities didn't allow for. "We haven't had [a pit] for a very long time. Before we were just jumping on ground. We didn't get to practice landing at all, but now we can," he said.

For other teams as well, the Field House will be the solution to several problems they've had in past years. Nancy Thompson, the head coach of the girls' varsity softball team, highlighted the insufficiencies of the previous facilities. "It was too small to accommodate a full practice; the surface and lighting were dangerous, and there was limited storage," she said.

For wrestlers, the new wrestling facility is an enormous upgrade from the Cage, which was the previous home of the wrestling team. "Before the Cage was demolished, we had a little room up top. That room was pretty small, and if we had the size of the team we had now in there, we probably wouldn't all be able to fit" upper Chimenum Tasié-Amadi said.

Many student-athletes cite boosted morale as the main advantage of the new Field House. Tasié-Amadi compared the Field House to an Olympic Training Center. "One thing I do like about the positioning is seeing track down there on Wednesdays or other days during the week," he said. "It builds a closer community seeing that there's another team down there."

Ngala also felt that the new facility will unite the community. "I think having a space that's ours will definitely boost the team spirit and the team sense of community because we're able to come to an actual track everyday and workout together," Ngala said. "That will bring the team closer together for sure."

Senior Menat Bahnsy believes that the Field House will welcome new players to the softball team. "[The Field House] is so new and nice, and there's a batting cage there. I think that the new players to the team will [say], 'Oh my

god, they actually take softball seriously,'" she said. Bahnsy hopes that because the team now has a dedicated space and batting cage, both new and returning players will feel that they have a space designated by the school for practice.

Several minor factors also make the Field House a vast improvement in athletics at Exeter.

According to Freddie Brussel, the head coach of the boys' varsity tennis team, the team has never had indoor courts before, which will now give the team more opportunity to practice and will ensure that weather doesn't affect their practices. In addition, they will be able to run fair tryouts in a setting where weather won't affect performance.

Last year, tennis matches had to be canceled due to inclement weather, some of which could not be rescheduled. Girls' varsity tennis captain senior Gabby Gabel said that tennis teams will now be able to hold captain's practices during the winter. "We've never really done captain's practice before, but once we're allowed to use the courts and once the poles and nets are set up, we'll have them every Sunday," she said. "I think we'll be practicing and doing drills and maybe some matches to just get ready for the season, because I know [many] of the girls are playing other sports where they haven't really had the chance to play a lot." Similarly, Manchester believes that the climate control in the Field House will improve performance.

Now that the Field House is constructed and opened to the public, only one question

FIELD HOUSE, A2

## Flu Hits PEA, Health Center Over-occupied

By BEN CAI  
and OLIVIA LAZORIK  
Staff Writers

Flu season is well underway, and with 10 confirmed cases of this year's strain of influenza, the Exeter community is not immune to its presence.

According to the Centers for Disease Control (CDC), this year's flu season is considered the worst since the 2009 swine flu pandemic. Nationwide, 37 children have already died this year and schools have had to close in at least 11 states. According to Medical Director of the Lamont Health and Wellness Center Dr. Myra Citrin, this year's predominant strain of influenza, Influenza A - H3N2, has been far more resistant to the standard vaccine.

PEA has engaged in several protocols to reduce the possibility of an influenza outbreak on campus, such as initiating the flu vaccine program at the Lamont Health and Wellness Center and placing bottles of hand sanitizer on dining hall tables. Even so, it is possible there will be

FLU, A2

## Medical Director Citrin Leaves After 25 Years

By ISABELLA AHMAD  
and ANGELINA ZHANG  
Staff Writers

After twenty-five years of serving as Phillips Exeter Academy's beloved medical director at the Lamont Health and Wellness Center, Myra Citrin, M.D., is set to leave Exeter at the end of this winter term. Both students and faculty are saddened by the upcoming departure of a supportive friend, loving mother figure and, above all else, extraordinary physician.

Though for a brief period of time Citrin considered working as a park ranger, she ultimately followed what was for her the natural path to medical school. Exposed to medicine at an early age from her parents' jobs as medical professionals, Citrin drifted towards the field. "I remember writing my application for

CITRIN, A2



Myra Citrin, pictured above, prepares to leave the Academy. Angelina Zhang/The Exonian

### INSIDE

#### NEWS

View Deans Cosgrove and Mischke's recommendations for crossing the street. A3.

#### SPORTS

Read about Athletes of the Week Brian Zhao and Emmett Shell. B5.

#### LIFE

Read about the environmental impact of lettuce. B1.

Read about the ALES Regional Dance. B1.

#### OPINIONS

Lower Mai Hoang discusses Pakistan's coal industry. A6.

Prep Charlie Preston discusses the justification of self-defense. A4.



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# Hockey Coach, Team Reflect After Former Student Returns

Continued from **VISIT.1**  
was a full year. Atif said.

The Exonian learned of the event after receiving an anonymous letter, also sent to Principal Lisa MacFarlane, postmarked Jan. 16, 2018. The writer, self-identified as a "student athlete," noted that the incident occurred one day after the school's MLK Day observances, and three days before the nationally-recognized holiday in celebration of Dr. Martin Luther King Jr.'s legacy. They also highlighted the student's reason for expulsion and questioned the head coach's response to racially-charged situations, asking, "How insensitive can Coach Barbin be by allowing a student that was expelled for a racial incident to [participate] in a school event on this particular weekend?"

Barbin referred to the frenetic energy in the locker room to explain why, in the moment, he did not comprehend that the former student's presence could affect teammates. "By the time I entered the team room, [he] was already inside in animated conversation with his former teammates," he said. "I chose not to embarrass [him] in that moment by asking him to leave immediately and went outside the room with my assistant coaches."

Taking responsibility for his missteps, Barbin affirmed his regret and his commitment to reparation. "[He] was required to withdraw from Exeter for behavior that is unacceptable, behavior I would never condone. Upon reflection, I can see how his presence in our team room [for the] few minutes was hurtful to members of this community, and for that I apologize," he said.

Senior and hockey co-captain Sam Stone also responded on behalf of the varsity hockey team. "We, as Exeter hockey, do not condone any of [the former student's] actions and did not anticipate his arrival on campus," he said. "We have discussed his wrongdoings as a team and are sorry that his arrival has caused discomfort among students and teachers."

Accounts of what actually happened in the locker room are contradictory. Hockey player Mason<sup>\*</sup> asserted that he was in the room while the events transpired. He said that the former student "walked in on his own really fast and started talking to the team," emphasizing that no one was expecting it. "It was over in probably 25 to 30 seconds before anyone really had comprehended what was going on," Mason said.

Although senior Ted Aiken agreed that the events that occurred quickly, he estimated that the episode took approximately two to five minutes. "From what I remember, I was just sitting in my stall in the locker room, and the door swung open with this kid, and I didn't even know who he was," he said. "He walked in and started saying 'hi' to all the kids that he knew from last year."

Aiken said the former student began by addressing specific teammates, before speaking to the whole group. Aiken said that Barbin "happened to walk through while [the student] was still in the locker room," adding that Barbin did, in fact, acknowledge the student. "Our coach walked into the locker room before the game. I think he saw [the student] and greeted him and then went on his way back out of the locker room," Aiken said. "This was maybe two minutes after [the student] was in the locker room."

Senior Cameron Speck, however, insisted that before the game, the coaches were "just going in and out, preoccupied with the upcoming game," he said. "I don't think they paid much attention."

All involved agreed that Barbin had not brought the former student to campus nor sponsored any of his words to fellow team-

mates, while recognizing his failure to abide by school rules. Upper Matthew Bates, despite not being present during the incident, believed that his coach's actions could have been more thoughtful. "I think [Barbin] made a mistake and he did not realize that there would be such backlash," Bates said. "He said that if he had realized that people would be hurt by [the student] being back in the locker room, he would have told [him] that he needed to leave."

After Atif read the letter, he approached Barbin, Assistant Hockey Coach Timothy Mitropoulos and Athletic Director Shane LaPointe to understand what exactly had taken place and strategize with the adults on how to have a productive team conversation on this subject.

Atif clarified whether any inflammatory comments were uttered during the former student's locker room visit. "I probed to see whether [the student] made any comments that may have caused any problems," he said. "It seems from everything I have heard that his comments were typical comments that you would [make] before a hockey game against a rival."

According to Track and Field Coach Oluotoju Augustus, Barbin was "understandably" troubled after hearing about the letter. "I respect that he was willing to reach out to colleagues about how to heal a situation that was obviously hurtful," Augustus said. "He should have known that the situation would be hurtful, so there is some room for growth and skill development there."

However, Augustus emphasized the importance of forgiveness and empathy. "We should give each other grace when mistakes are made and allow people to fix their wrongs. No individual should be judged only by their mistakes," she said. Augustus looks forward to seeing Barbin and his team learn from this incident. "I know Barbin has begun a journey to understand diversity, equity and inclusion, as well as how his role as a coach can be instrumental in leading his white, male-dominated team to a place of improved cultural competency," Augustus said.

Bates felt sympathetic for Barbin, saying, "He was put in a situation that anybody would make a mistake over. I think he feels badly about that, and I feel bad for him. I don't think he should be blamed at all for anything."

In response to this incident, Barbin spoke with his athletes after a game last Saturday. "[The hockey team] set aside time to discuss the DC case from a year ago," Barbin said. "Important conversations will continue."

Aiken admired Barbin's willingness to engage in dialogue. "We talked about how [Barbin] said that if he could go back and do it again, he realizes that he made a mistake and that he should have definitely told the student to get off campus and leave the locker room because he wasn't supposed to be there," Aiken said. "But at the time, he didn't really realize what was happening; he was more focused on the game." Aiken affirmed that Barbin, along with the other hockey coaches, did not condone the former student's behavior. "The coaches were in agreement that his actions did qualify for being kicked out for what he did."

Mason also appreciated the conversation that Barbin and the other hockey coaches encouraged. "The team then discussed the former student's DC, and how to be a more responsible and culturally, racially sensitive team. Of the coaches, Mason said, "they were very supportive if anyone had any concerns."

<sup>\*</sup>Name changed to protect anonymity

# Citrin to Depart Community

Continued from **CITRIN.1**

medical school at the ranger station in the Hoh River Rainforest," she recalled. "But my application was successful, and off I went to medical school."

After medical school, Citrin continued to train in the pediatric field at the Strong Memorial Hospital in Rochester, New York. There, she met Dr. Richard Kreipe, a well-known giant in the field of adolescent medicine who inspired and taught her skills she still uses today. "[Kreipe] trained me in the art of communicating with adolescents," Citrin said. "He taught me how to laugh, share stories, show compassion and most importantly, gain the trust of my patients," she said.

As a result of Kreipe's mentorship, Citrin decided that adolescent medicine was the field for her. She and her husband took front-line emergency calls in their respective practices. She recalls one night when she and her husband were both called in to the hospital at 2 a.m., forcing them to pull their then-18-month-old son out of bed to rush to work. "At this moment, we realized this arrangement wouldn't be sustainable as our family grew," Citrin said. Soon after this incident, Citrin saw an advertisement for a position at Exeter in the Carriage Town News and applied. Citrin was then hired by Kendra Stearns O'Donnell, principal emerita, and Kathy Brownback, who was a dean at the time.

"I was fortunate that Exeter afforded me the opportunity to work with teens from all over the world, and from all walks of life," Citrin said, reflecting on what she will miss about the Exeter community. She elaborated on her joyful experience at PEA, particularly on the impact her patients had on her. "Many students have left a lasting impression on my heart, and it has been my honor and my privilege to help them when they have struggled with health related issues. I have been inspired over and over again by their strength, resilience, intellect and creativity," Citrin said.

Empathetic as a mother of four Exonians herself, Citrin also hoped to help ease the concerns of her patients' parents. "Importantly, I have also found my work with parents to be very rewarding," she said. "It is challenging and stressful to be far away when your child is ill or struggling, and I hope I have made this experience easier for many caring families over the years."

Aside from providing care and relief for Exonians throughout her time here, Dr. Citrin has been a vocal advocate for women's rights for a significant part of her career. She fights for the sexual and reproductive rights of both women and adolescent girls.

Citrin also prioritizes doctor-patient confidentiality. Director of Counseling and

Psychological Services Jeanne Stern called Citrin a vocal champion "for upholding the constitutional protection of teenagers and their right to receive private and confidential medical care."

When she begins her time off, Citrin plans to continue advocating for women's and adolescents' rights. "I would like to participate in the fight to preserve them," she said. Citrin wants to support movements led by the American Civil Liberties Union (ACLU) and Planned Parenthood and intends on pursuing yoga, standing up while paddle boarding and spending time with her close friends and family.

Many members of the PEA community will miss Citrin's caring nature and medical expertise. "I feel like a small part of Exeter is dying because of all the support and love she gives to this school," said lower Morgan LeBrun. "Even when I'm sick, Dr. Citrin always puts a smile on my face and makes me feel better both physically and emotionally."

Other Exonians held similar sentiments.

"We will miss Dr. Citrin's energy, wisdom, sense of humor and genuine humanity. We are enormously grateful that she has shaped our Health Center and tended to the needs of so many students for the past quarter of a century," Stern said. English Instructor Barbara Desmond added, "I am going to miss her great humor, her warmth and her strong voice at faculty meeting." Upper Sebastian Bangso similarly said, "Dr. Citrin made me certain my well being was her highest priority—she's the kindest, coolest woman and it's been an honor to have her level of care available during a PEA experience where I often neglect my own health. I wish her a wonderful retirement."

Physician Assistant Rebecca Fisher agreed, and said, "It has been a pleasure to work with such a skilled and intelligent physician who brings joy and humor to every interaction. We will all miss her wise counsel and friendship." Health Services Coordinator Sarah Kelly echoed Fisher's statements. "What I will miss most are her humorous and often sarcastic comments that take you by surprise, and come when you need a good laugh the most," Kelly said. "I will miss her approachability and genuine caring for all of the staff here at the Health Center. She is always everyone's biggest supporter and number one fan. She is the first to offer kind words or congratulatory hugs."

Overall, Citrin is grateful to have worked at PEA and formed lasting bonds with students and faculty alike. "I have loved this community, and have made many friends with whom I hope to stay in touch. I will miss the lunchtime conversations with my colleagues, the joy and richness of the discourse here," she said. "This is a unique community that always strives to be even better."

# "Palace" Hosts First PEA Indoor Track and Wrestling Meet

Continued from **FIELD HOUSE.1**

remains: What does the Field House's future look like? Brussel is waiting for the new track's certification in order to ensure that if a student were to set a new record, that record would be official. He is also enthusiastic about the 169-car parking garage below the Field House which parents and community members can now utilize.

Some students, however, have voiced their concerns. Thompson thinks that "when weather is bad, sharing the space between all of the teams that will need to practice will be challenging." Although there is much more space than there was

in the Cage, Thompson believes that there is still not enough to accommodate practices for tennis, softball and two baseball teams simultaneously.

However, other teams remain optimistic. Brussel thinks that several teams using the Field House at once will not be a problem. "All the netting lets you have multiple sports going on at the same time. You have an outer circle when track comes down, tennis going on in the middle, and baseball practicing," he said.

Kim expressed that with the new Field House, track practice scheduling could possibly change. "Usually we do our workouts separately

in different groups. But once we have a track, everybody can do it at the same time because it's a bigger space. Right now distance is usually in EF format with the throwers, and AB format is sprinters," he said.

The general sentiment towards the Field House is overwhelmingly positive. "The big thing is it gives wrestling a beautiful place to practice and have their events. It gives tennis an indoor facility we've never had. It gives winter track, probably one of the best facilities outside of Boston," Brussel said. For Ngala, who will graduate this year, he regrets that he won't be able to enjoy the Field

House for longer.

Manchester, more than anything, is grateful towards the people who made the Field House possible. "We can't say thank you enough for [the Field House]. It's such a great space. We're just so honored and humbled, and so blessed to have it," he said. "We're really thankful for all the donors and construction crew and the architects who put this whole thing together, and everyone else in the Exeter community for allowing this to be built and for supporting us through all of it. It's just really great to see how we can all be together and be one big family!"

# National Influenza Epidemic Finds Its Way to Exeter Campus

Continued from **ELU.1**

more cases of influenza beyond the 10 reported cases in the following weeks. The Health Center has reportedly had to disallow fatiguing due to a lack of beds and concerns of the virus spreading.

Influenza, or the seasonal flu, is caused by viruses Influenza A, B or C. Symptoms can include fever, body aches, headache and cough and can last for one to two weeks. There are vaccines for both Influenza A and B, but there are no immunizations for C. Each year, scientists must develop a new vaccine that matches up with the circulating strains, but even in the best case scenarios, the vaccine is only 70 percent effective at preventing influenza.

According to Dr. Citrin, the influenza vaccine this year has only a 30 percent effectiveness against the predominant Influenza A strain. While students at Phillips Exeter Academy are not required to get the flu vaccine, both Dr. Citrin and Dr. Nancy Thompson, the director of nursing, strongly recommend vaccination.

Even though the flu shot will not necessarily prevent students or faculty at Phillips Exeter Academy from contracting the flu, "the severity and duration of the illness will be lessened" after the vaccination is administered.

Dr. Thompson agreed, noting how all cases of influenza on campus have been relatively mild. She attributed this to the fact that "most of Phillips Exeter Academy students are vaccinated against the flu."

However, not all students receive flu vaccinations for a variety of reasons. According to Dr. Thompson and Dr. Citrin, some students cite medical contraindications, religious or philosophical beliefs and allergies to ingredients in the vaccine as some of these reasons. Even so, Dr. Citrin stressed that vaccines are not only critical to safeguarding each student's health, but the entire community's health as well. By reducing each person's chance of contracting influenza, the chance of an outbreak on campus is also reduced. Dr. Citrin hopes that there will be relatively

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# Crosswalk Etiquette

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Be Safe!

Put your  
cellphone away

Heads up,  
Pay Attention!

Smile and say hello  
to others on the pathway

When crossing, wave  
to the patient motorists

Look both ways!  
(If you are on a bike, walk it!)

## Disparity at The Grammys

Andrea So '20  
Columnist

On Sunday night, the 60th Annual Grammy Awards were broadcast across the world. Rapper Kendrick Lamar opened the awards ceremony with his song, putting on a stunning and evocative performance highlighting the issue of police brutality in America. A large group of celebrities also chose to wear white roses to the event, which was a tribute to the Time's Up movement of justice for sexual assault victims and accountability for perpetrators currently sweeping the entertainment industry.

In the wake of such powerful ges-

**A large group of celebrities also chose to wear white roses to the event, which was a tribute to the Time's Up movement of justice for sexual assault victims and accountability for perpetrators that is currently sweeping the entertainment industry.**

tures, something didn't feel quite right. Despite these seemingly progressive statements, the Grammy organizers and voters still haven't caught on with the changing times. Lorde, the only female singer nominated in the Album of the Year category, was also the only nominee to not be offered a solo performance in the awards ceremony. However, the Grammys had plenty of male acts, including those not nominated for any award, such as U2 and Sting. Overall, the annual awards show remains male dominated, with 90.7 percent of the nominees be-

tween 2013 and 2018 being male. That means only a meager 9.3 percent of all those nominees were women.

**Despite these seemingly progressive statements, the Grammy organizers and voters still haven't caught on with the changing times.**

In a night where retaliation against institutionalized sexual harassment was promoted as a major theme, it seems almost ironic that in the category of "Best Pop Solo Performance," "Shape of You" by Ed Sheeran won over "Praying" by Ke\$ha. A mediocre-at-best song based on how much Ed Sheeran loves a woman's body won over a commanding yet vulnerable anthem of strength. "Praying" was Ke\$ha's first release after revealing that she had suffered years of sexual, emotional and physical abuse under producer Dr. Luke.

**In a night where retaliation against institutionalized sexual harassment was promoted as a major theme, it seems almost ironic that in the category of "Best Pop Solo Performance," "Shape of You" by Ed Sheeran won over "Praying" by Ke\$ha.**

In addition, the awards announcement happened right after Ke\$ha performed "Praying" at the awards ceremony, surrounded by many other female celebrities, all dressed in white. If this isn't a perfect metaphor for the role of women in today's society, I don't know what is.



Courtesy of Google

Sure, men are showing their will to relinquish patriarchal spaces for women to speak up, but the ultimate credit and achievement still isn't ours to claim. No matter what, women are always taking a backseat to men. In a speech introducing Ke\$ha's performance, singer Janelle

**In order for it to be of any significance to them, it has to relate to their lives personally. Women have to be imagined as their mothers, sisters and wives in order for men to care.**

Monae talked about the Time's Up movement, noting, "We are also daughters, wives, mothers, sisters and human beings." That is precisely the problem

with the way men in all industries view issues pertaining to sexual harassment and assault—in order for it to be of any significance to them, it has to relate to their lives personally. Women have to be imagined as their mothers, sisters and wives in order for men to care.

Grammy organizers are putting up these façades of support because of its enormous cultural relevance right now and the possibility of huge backlash if they don't. Instead of choosing to genuinely depict a critical issue in our society, people behind the Grammys have neglected the simple fact that it is the morally right thing to do. If the Grammys wanted to feature a true commitment to supporting women who have been oppressed and silenced for decades, women wouldn't still be blatantly denied their rightful places at the Grammys. Or who knows, maybe I'm just biased because I think Ed Sheeran is mediocre.

## The Ethics of Self-Defense Killings

Charlie Preston '21  
Guest Contributor

There is one doctrine universal to all humans: thou shalt not murder. Although caveats have emerged depending on culture, religion and ideology, we can all agree that, to at least some degree, murder is morally wrong. One of the formal exceptions to this rule commonly cited in law is "murder as self-defense." Although this sort of violence is widely accepted as justified, it is this practice I would like to argue against. In order to do so, I will argue solely from a moral perspective.

First, I must ask you a complex question: what does it mean to be human? Though this question has many answers, there are two major ones that are the most relevant to the morality surrounding self-defense killings. These are the capacity to do both good and evil and the capacity to think critically. Now, imagine you are in a "kill or be killed" situation. Someone is attacking you. There is no chance to run or hide, only your death or their death. What do you do? I'm guessing that the answer is that you would kill rather than be killed. Why? Why are you allowed to murder in self-defense? The traditional response to this question is that both parties in the situation would rather preserve their own life than the life of the other person. According to this logic, given that the other person is initiating this "kill or be killed" scenario, that person is the aggressor, so you are ethically allowed to kill that aggressor.

Though this rationalization may seem tidy and neat, I do not think that this justifies the killing of another human being. This theory is contingent on accepting that each person is only in control of their own life and thus must act only in their own self interest. No person is purely evil or purely good. We are all humans—simply

bodies with brains, making choices. Since both parties here are on an equal footing, in respect to their humanity, both murders have equal repercussions; each wipe one human being off the earth and become a killer. If each person must act in their own self interest due to their lack of control beyond their own life, they must strive for as good of a life as they can achieve.

Therefore the preservation of their final narrative takes precedence over their physical life. So, when faced with the only decision you are able to definitively decide—either to become a murderer or die—die and complete your life without breaking an ultimate transgression must be preferred over living as murder, which is an unforgivable character flaw.

Given that everyone, as we have established, is capable of good and bad actions, both parties in this situation might be able to do good things following this event. Due to the fact that you cannot control or predict what your aggressor does after they kill you, citing your duty to nullify future evil acts perpetrated by your aggressor is not a strong enough of justification to killing them, which would cement your role as a murderer. Additionally, accepting that each person must act in their own self interest, each subsequent "kill or be killed" scenario must be examined on an individual level.

Therefore, since it is not morally permissible to kill, it is obligatory to allow yourself to be murdered, to die innocent rather than to live while having killed a fellow human.

The effects of this practice can also lead to global progress. In recent history, those leaders whose humanitarian efforts we praise—Rev. Dr. Martin Luther King, Jr., Mahatma Gandhi and Lech Walesa—have all served as advocates for non-violent retaliation against oppressive or even murderous regimes. In addition, regardless of whether you follow a Christian religion

or not, Jesus of Nazareth has surely been one of the greatest philosophical and ethical influences on the modern world. In Chapter Five of the Gospel of Matthew, Jesus argues for complete non-retaliation: "Do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also...love your enemies."

It is through imbibing these examples of people like Jesus and Rev. Dr. King, who risked their lives for the common good, that we as a people can progress as stronger and more peaceful than before. If this scenario were to ever occur to me, I would hope to know that maybe my sacrifice for my aggressor may have some sort of im-

pact, whatever that impact may be.

However, someone doing the right thing isn't going to make as big a difference on the world as someone who makes a large mistake and learns from it. When I think of this, I can think of only one phrase: "Forgive them, for they know not what they do." To be fair, this is a difficult practice to carry out. Not only is it against one's own intuition, but it also involves offering up one's life to another who has done them wrong. But in my opinion, this is the sole, ethically right thing to do. No matter what the situation, it is wrong to murder—even with a gun pointed to your head.

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## Havoc Unleashed in Hawaii

Phil Horrigan '21  
Guest Contributor

For months, President Trump has expressed aggression towards Kim Jong-Un's nuclear threats, even bragging about how America's nukes "are bigger and more powerful." Some have dismissed this dialogue as superficial due to the serious amount of discretion both parties would need for any preemptive conflict. However, others have truly speculated the repercussions of nuclear conflict and our preparedness in the face of such an event. If the recent false alarm in Hawaii indicates anything, it's that we are truly not prepared.

**If the recent false alarm in Hawaii indicates anything, it's that we are truly not prepared.**

After a routine shift change at the Hawaii Emergency Management Agency on Saturday, January 14, at 8:07 a.m., an employee initiated a ballistic missile warning that reached the nearly 1.5 million people on the islands.

The government initially postulated that this was an accident, but recent investigations after the employee's firing have alluded to the fact that the employee actually thought that there was a real missile threat. In the ensuing frenzy, it took 13 minutes for the first widely known public official to notify the public (she posted a tweet to her 147,000 followers) that the alert was a false alarm and another 25 minutes for the message to go out through Hawaii's emergency contact systems. For those 38 minutes, thousands panicked, fearing that they had only minutes to say goodbye to their loved ones and seek shelter before they were vaporized by North Korean nuclear missiles.

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After seeing a message that read, "BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A

DRILL," on their phones, people began screaming, crying and running in the streets. Over 5,000 people called 911 in desperation, but less than half of those calls were actually received. Phone lines jammed and the Internet slowed down in what was a true demonstration of what would happen if there was actually the possibility of a nuclear attack on Hawaii. After all of the dust settled and public officials issued proper apologies, everybody realized that the public was not prepared for an actual nuclear attack.

**Phone lines jammed and the Internet slowed down in what was a true demonstration of what would happen if there was actually the possibility of a nuclear attack on Hawaii.**

The last time that the nuclear alert systems were used in the U.S. was at the end of the Cold War in the late '80s. This means that unless you're old enough to remember the "duck and cover" drills in middle school, you have no idea what to do in the case of a nuclear attack. In Hawaii, the command to "SEEK IMMEDIATE SHELTER" was largely ignored and surveillance cameras caught thousands of people leaving buildings and running through streets, a disorganized reaction to a seemingly critical nuclear alert.

A nuclear attack from North Korea, our most likely threat, would be delivered from an intercontinental ballistic missile (ICBM). These missiles, essentially rockets, follow three stages to reach their target: lift-off, orbit through space, and re-entry through the atmosphere to the target. That gives the US nuclear defense system three options to disarm the weapon.

In the lift-off phase, we could destroy the launch pad or hit the missile while it is in the air. However, North Korea's launchpads are mobile and hard to track; the missiles accelerate too quickly for our defense missile systems to intercept them. While in space, the ICBMs aren't vulnerable to Reagan's Star Wars defense system; the building of laser-shooting satellites proved to be too expensive to keep in place. Currently, we can use kill-vehicles that target and collide with the rocket.

However, the ICBMs use countermeasures like decoy warheads, and in the event of a legitimate nuclear attack, North Korea would send multiple rockets that would overwhelm the de-



Courtesy of Google

fenses. That leaves the re-entry phase, where the ICBM reaches a speed of about five miles per second. Basically, we wouldn't be able to stop the nuke.

To give some form of reassurance, there's always the archaic policy of mutually-assured destruction (MAD) that surfaced in the Cold War, especially with the Cuban Missile Crisis.

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If they nuke us, we nuke them, and we're all dead. That's supposed to be good, right? Compared to other countries that North Korea has threatened, the American government has done shockingly little. Even Guam, whose population is barely more than that of Manchester, New Hampshire, recently distributed a two-page instruction guide to surviving a nuclear attack. According to experts, it's excellently informative; the director of the National Center for Disaster Preparedness at Columbia University said, "The fact sheet looks pretty good. I think we need more of that sort of thing in the U.S. generally."

With our current international climate and the increasing risk from North Korea, the country leaders need to determine a way to effectively educate the public for the possibility of nuclear war. We should not, however, return to the paranoia and chaos that encapsulated the late 1900s feud with the Soviet Union. We must keep in

mind that North Korea might have 60 nuclear warheads, and this is all based entirely on speculation, and at its height in 1990, the Soviet Union had 40,000.

The incident in Hawaii uncovered another issue in the American nuclear warning system: the technology is old and faulty. It shouldn't be possible for one person to accidentally notify an entire state of incoming doom with one misclick.

The current alert system the United States is called the Emergency Alert System. It was built as a collaboration between the Federal Communications Commission, the Federal Emergency Management Agency and the National Weather Service. It allows them, and the president, to communicate with the whole American public in 10 minutes. Versions of this system are in place in most states and are routinely used to send alerts for hurricanes, tsunamis, tornadoes, flash floods and various other disasters.

However, they are also hackable. In February of 2013, many citizens of Michigan and Montana were issued alerts saying that zombies had risen and were hunting for food. Now imagine the chaos that would ensue if the millions in Los Angeles were wrongly notified that they had 15 minutes to live.

If you find yourself even within half a mile of the blast site, you would be unfortunately in mortal danger. In light of the range and scope of North Korea's potential ICBMs, it is important that we upgrade the notification systems to ensure as many American lives can be saved. The incident in Hawaii is a sign that we need to improve our emergency alert system. As the nuclear threat of North Korea continues to grow, let's hope that we do.

## Politics in Pyeongchang Olympics

Suan Lee '20  
Guest Contributor

It's sure to be an extraordinary spectacle: North and South Korean athletes marching together at the Olympic Opening Ceremony under the Korean Unification flag, a blue silhouette of the Korean Peninsula against a plain white background. Athletes from both countries competing side-by-side as a team, obeying the same rules, wearing the same uniforms, pursuing the same goals, sharing the same outcome. This is not the "Pyeongchang Olympics," as protestors have called it, but a momentous occasion that will symbolize unity and hope.

I was astounded when I first learned of these decisions mid-January. I had been fretting over the rising tensions and warnings of impending conflict for months. Though my father—who disregards North Korean threats like most in my country—had attempted to reassure me on numerous occasions, it wasn't until this promise of an international exhibit of peace that I gained some peace in my own mind. I figured it was about time the two Koreas took matters into their own hands. Between reckless threats of "fire and fury" and empty claims that "eventually, it will all work out," Trump proved himself useless long ago.

The more I learned about these initiatives, however, the more disillusioned I became about their sincerity and meaning. I couldn't understand why women's ice hockey,

**We must never forget to hold Trump to the standard of representing the United States to the rest of the world and call him out when he violates those boundaries, no matter how often that may be.**

out of all teams, became the only one to be merged with the North. My question was answered shortly after when our Prime Minister Lee Nak-yeon suggested that the women's

hockey team could be sacrificed for political purposes because it was "not a medal contender." His statement was not only blatantly sexist and disrespectful towards the team, but it also undermined the immeasurable value of unity with North Korea by suggesting its worth could be weighed against an Olympic medal.

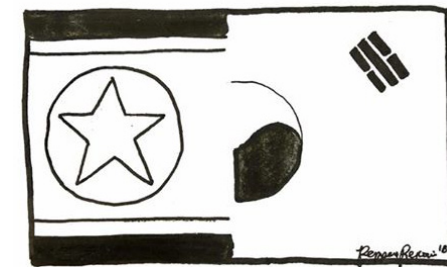
**His statement was not only blatantly sexist and disrespectful towards the team, but it also undermined the immeasurable value of unity with North Korea by suggesting its worth could be weighed against an Olympic medal.**

The nature of the decision inevitably bred resentment, for it would result in less playing time for the athletes and had been made against the team's wishes to begin with. "How can one think that the players would take this situation in a good mood when anyone can become such a sacrificed player?" questioned Lee Min-ji, who was removed from the Olympic roster as a result of the merger.

The decision to combine teams at an event, where frenzied national pride is often on display, has reinforced the greater notion that Korean unity can only come at the unfair expense of personal and national sacrifice.

**The decision to combine teams at an event, where frenzied national pride is often on display, has reinforced the greater notion that Korean unity can only come at the unfair expense of personal and national sacrifice.**

The principal argument for those who oppose reunification has always been that its economic and societal costs would far outweigh



the benefits. Though a single Olympic roster might seem insignificant in the grander scheme of events, this year's Winter Olympics have turned into a widely broadcasted stage for political drama (which is rather ironic, considering the whole point of these efforts was to look past political differences). This means that any act or decision associated with the Olympics has the ability to ignite strong national sentiments about North Korea as a whole.

Trump's administration, as always, hasn't been much of a help. Pence's vow to "ensure from a messaging standpoint that [the Olympics] isn't turned into two weeks of propa-

**This means that any act or decision associated with the Olympics has the ability to ignite strong national sentiments about North Korea as a whole.**

ganda" was not only a foolish one, but it also disregarded the importance of our efforts to establish peace with the common foe. How does the Trump administration plan to stop North Korean propaganda exactly? Last time I checked, "Little Rocket Man" didn't care much about the American vice president. A

willingness to put on a cordial and negotiating front, however ingenuine it might be, is much better than what we've gotten from North Korea over the past few months. It should have served as a pleasant surprise for Americans, particularly seeing as the efforts did not require any national concessions on their part.

**A willingness to put on a cordial and negotiating front, however ingenuine it might be, is much better than what we've gotten from North Korea over the past few months.**

By now, it has become abundantly clear that this supposed display of Korean solidarity isn't as great as it sounds. As someone who desperately desires unity between the two countries, I find it upsetting that the best the two governments could come up with, 65 years after our divide, was a combined ice hockey team and a recycled flag from 1991. But I've decided regardless to take what I can get. These tense couple of years have set the bar low, and I'm sure the Olympic spectacle itself will prove quite spectacular, as long as we take it at face value.

## The Secret Force Behind Asia's Coal Growth

Mai Hoang '20  
Columnist

"I want the government to give me and my friends a safe environment to grow up in. I want it to help me conserve it for future generations," said Rabab Ali, a 7-year-old Pakistani who recently sued the government for developing coal-fired power plants in Sindh province's Tharparkar district that used lignite coal, which is particularly low-grade and carries a significant environmental footprint.

Pakistan is one of South Asia's headquarters of coal development, preparing to install 19 coal-fired power plants in the pipeline within the next 15 years and estimated to generate an additional 16,000 megawatts. And much like other developing countries in the region, it does not have enough money to fund these projects. The Water and Power Development Authority of Pakistan, as part of the China-Pakistan Economic Corridor, plans to draw 15 billion dollars from China over the next 15 years to finance its energy development.

Despite its commitment to green energy for domestic power demands, China has no qualms about funneling money into at least 79 coal-fired generation projects, with a total capacity of over 52 gigawatts in countries such as Indonesia, Pakistan, Turkey and the Balkans, as well as other places in Africa and Latin America. Though it is pushing to recreate its image from a coal-gorging, developing country to a green-energy leader, garnering praise for its promise to peak greenhouse gas emissions by 2030 at the UN Climate Change Conference in 2015, China's public banks—the Exim Bank of China and the China Development Bank—are among the main forces pushing for coal development worldwide.

China, however, is not alone in its mission to finance dirty thermal energy projects. Leaders of the Or-

ganisation for Economic Co-operation and Development (OECD) and the Group of Twenty (G20) blocks—especially Japan, Germany and Korea—have violated their promise at the 2015 OECD meeting to stop financing coal plants. Since then, export credit agencies from these countries have continued to provide subsidized loans to overseas projects which, in turn, assist export industries in their home countries. Altogether, OECD superpowers provided 45 percent of the total lending for thermal energy projects around the world. Meanwhile, from 2013–2016, G20 financing supported coal projects in Vietnam (9 gigawatts), Indonesia (9 gigawatts), India (6 gigawatts), Morocco (2 gigawatts) and Mongolia (2 gigawatts), among other places.

Vietnam's biggest foreign investor is Korea, with registered investments of 55.6 billion USD, while Japan comes in second at 45.9 billion USD. Since Korea Electric Power Corporation (KEPCO) and the Japanese conglomerate Marubeni won the first international tender project in Vietnam for a large-scale coal-fired station in 2008, Eaton Vance Municipal Income Trust (EVN) has increasingly relied on Build-Transfer-Operate (BOTs) and other independent power producers to finance Vietnam's skyrocketing power demands, assuming that Vietnam has reached its hydroelectric limits, while diesel, nuclear and of course, renewable energy, are all too expensive.

According to the Power Master Plan VII revised for 2016–2020 with a vision that in 2030, 22,000 of Vietnam's 90,000 megawatts of electricity will come from sixteen new BOT power projects. Although many OECD countries try to justify their investments with claims of "bringing electric power to the poorest villages," not a single coal-fired project in the past nine years has been built in OECD-designated low-income countries, such as Cambodia or Tanzania. Recipient countries mostly fall

into the category of developing economies, with opaque government regulations and central planning committees eager to hog cheap energy.

Ironically, as the divestment movement gains global momentum, commercial banks—including Bank of America, Citigroup, Natixis and Wells Fargo—have been striving to eliminate coal from their financial profiles due to fear of stranded assets, which cost more to build than they would later generate in revenues.

Coal power plants have great risks of becoming stranded assets in the event of inaccurate forecasts by the government, which lead to excess capacity, or simply when externalities such as environmental damage and health impacts are taken into consideration. According to calculations made by the International Monetary Fund (IMF), an estimated 32.1 billion dollars per year are lost for every 20 coal plants, or roughly 1.6 billion dollars per year, due the costs of toxic emissions such as sulfur dioxide, nitrogen oxides, particulate matter and mercury.

This concept is not too difficult for wary private investors to grasp: the real challenge is to change the policies of public-financed banks like Korea Eximbank, which are too content to claim the profit margin from contracts for construction, equipment and technology, while recipient governments take care of the environmental and social ramifications when they arise.

It is hypocritical for countries in positions of power to say that they would "go green" and phase out domestic reliance on coal while ripping profit off of thermal plants in the developing world. In order to be seen as true leaders, they must stand by their commitments and abolish all forms of foreign investment in the coal sector, whether it be direct project financing in the form of loans, grants and equity financing or loans to financial intermediaries such as local banks and special government-managed funds.

2018

## Women's March

Johanna Martinez '21  
Guest Contributor

Jan. 20-21, 2018 marked the one year anniversary of the 2017 Women's March that garnered the support of millions across the globe. This year, hundreds of thousands of people gathered in cities across the nation to participate in this reprise march. Sister rallies, known as the Impeachment Marches, also gathered under similar goals but with an overall intention of impeaching Trump. However, the names of these marches should not be the center of attention. Rather we should be focusing on what they are pushing for: political and social change. The fact that so many protesters once again gathered—a year after the initial march—shows that there is still work to be done and that some Americans want to impeach the current president, and rightfully so.

This weekend, a myriad of protesters consolidated, bearing colorful signs, pink hats and pins that showcased what they were marching for. These protesters united for the same causes as last year: immigration, healthcare, women's rights, the impeachment of the President and the improvement of race relations. The solidarity at the marches in major cities like New York, Washington D.C. and Los Angeles demonstrated just how passionate people are about these topics. However, new movements also arose since the last march, including the #MeToo movement, Time's Up and Power to the Polls.

Power to the Polls aims to increase voter participation in all elections and encourages more women to advocate for women's rights and run for office. This organization is now more essential than ever. We learned last year the consequences of absent voters in elections and the subsequent

rise of representatives whose goals don't align with fundamental rights of all communities.

Often, participants of marches and protests only go as far as decorating posters and going out to march one day a year. However, it is time for "activists" to be more involved throughout the year. As feminists and human beings, it is important to learn about the struggles of minorities and protest on behalf of other communities. People who participate in the Women's March need to also attend BLM protests and LGBTQIA+ rallies, becoming allies for other marginalized groups.

It is one thing to say that you stand in solidarity with other communities and support their struggles. It is another thing to actually show up for these communities and attend marches that may not relate to your own community but that mean a lot for others. This year will hopefully bring more activists to participate in marches and push for tangible changes in our nation.

The various marches that took place last weekend aimed to mobilize protesters and push for resistance and solidarity among many communities. We need to keep this momentum and use it to achieve change. We must channel all the solidarity and energy of participants in the 2018 Women's March and harness their power to form concrete wins this year. One way we can do this is what Power to the Polls aims to do; we need to advocate for and support policies and candidates that reflect our values.

Although we have seen more women and representation of marginalized groups win recent elections, there is still much more to be done. As activists and community leaders, those who attended the marches on Jan. 21, 2018 need to continue to push for change. We need to make sure that there is no room for homophobia, racism, fascism, sexism and hate of any kind. This is a huge task but an important one for the betterment of this nation. Our fight shouldn't end after attending one march a year and calling ourselves activists. We need to continuously educate ourselves and others about the systematic oppressions and struggles that other communities face and show up for them. We need to continue having discussions and being intersectional, not just focusing on one group. The Women's March is a great first step, but there are many more that need to be taken this year.

## Politics in Assembly Hall

Jordan Davidson '19  
Senior Columnist

Whether internal, local or national, it has become clear to me over the past two-and-a-half years that politics is a huge aspect of Exeter life. I am proud that our student body is more politically active than most high schools and that many of our teachers publicly stand for whatever political or social causes they are passionate about. I, myself, am an incredibly political person who is almost always excited to talk with family and friends about my opinions and current events. Nonetheless, it is time for Exeter to take a break from politics in the Assembly Hall.

**Whether internal, local, or national, it has become clear to me over the past two-and-a-half years that politics is a huge aspect of life at Exeter.**

The strong majority of the assemblies this year have been left-wing speakers with an obvious political agenda. It seems that no matter what topic a speaker is discussing, politics sneaks its way into the conversation and quickly begins to take over. When Lourdes Ashley Hunter came to our school, she was expected to talk about what many view as a political topic: issues within the trans women of color community. Though the words haven't been used by faculty (as expected), the whole event quickly turned into Ms. Hunter white bashing, so to speak.

I recognize that Ms. Hunter's identity struggles are far greater than I—a white, straight, male—could possibly imagine. That still does not excuse what happened on MLK Day. Although no assembly speaker in the three years I have been here has been as disrespectful and hate-filled as she was, her talk should have served as a wake up call that we not only need to vet our speakers better but also consider that maybe it's time that Exeter cools down on the political stuff.

This does not mean that we have to stop talking about political issues

altogether, as that would not be healthy for our community. We just need to have a variation of speakers with a variation of opinions. Fellow students have stopped coming to assembly altogether because of how single-minded our speakers are.

Exeter assemblies may have become the least educational part

**Instead of preventing liberal students from facing the fact that their cause is not perfect, PEA needs to open the discussion between liberal and conservative students.**

of life here; education is not about memorizing equations or learning new facts, it is about seeing different perspectives on the same issues. Exeter is a place with so much diversity that it would be a shame if we continued to talk about the same topics with people who share the same point of view.

I would propose that we have more assemblies on things that have nothing to do with politics.

**Exeter is a place with so much diversity that it would be a shame if we continued to talk about the same topics with people who share the same point of view.**

For example, I believe it would be beneficial to have more speakers that talk about STEM related topics, mental health or even religion. Last Friday's assembly about a young man who died of an opioid overdose, left everyone in the crowd silent in sadness and in thought. That assembly, an exception to the recent trend of politicized talks, had a standing ovation and was perhaps more powerful than any other assembly this year.

Some of the best assemblies that we have had, in my opinion, have touched on scientific topics or health-related issues. I remember my prep or lower year, we had an oncologist deliver an assembly about his observations and studies on why certain people with specific character traits survive or live longer through

the final stages of cancer. A few years ago we had someone from a major tech company come in and talk about the future of artificial intelligence. Dan Brown talked about the intersection of artificial intelligence and organized

**Some of the best assemblies that we have had, in my opinion, have been about science or health related issues.**

religion. While our school does not have a religious affiliation, I think that learning more about different religions and cultures would be great for our community. There are just so many important, interesting conversations that our school could be having that we are not.

**When we do discuss politics at Exeter, we need to have liberals, centrists and, yes, right-wing conservatives.**

When we do discuss politics at Exeter, we need to have liberals, centrists—and, yes, right-wing conservatives. That might be a scary few words for some Exonians because of our expectancy for left-wing speakers, but we need a wider spectrum of political viewpoints.

And it's not just me. So many students want to see issues from other perspectives. This year, students had the ability to cast a vote on which assembly speaker they would most like to see again.

The most popular speaker to walk on our stage was, no doubt, conservative *New York Times* columnist Ross Douthat. Mr. Douthat came back to Exeter to speak about political issues from a more conservative point of view, and the crowd went wild. If we are to be the best high school in the country, we need to start exposing ourselves to not only different opinions but also topics that we never even thought to think about.

Want to have your voice heard?

Submit a piece to the Opinions

section of *The Exonian!*

Contact [exonian@gmail.com](mailto:exonian@gmail.com)

Send Letters to the Editor to the same address.



# ExonianHumor



## Sleep Deprivation Quote Box

By THE EXETER COMMUNITY  
*Doing REALLY GREAT*

"I wore my right shoe on my left foot and vice versa for the whole day without noticing."

"I typed 'books' into Google when looking for the Exeter library catalog."

"I accidentally slept in my clothes overnight and when I woke up I thought it was nighttime so I put my pajamas on and started getting ready for bed."

"I once slept through half a history class that my essay was due in, ran into the wrong classroom to apologize and realized I had printed out the wrong version."

"I threw a D-Hall spoon in the trash."

"I showered with my clothes on."

"I accidentally went to assembly."

"Did you ever notice penguins don't have kneecaps?"

## Adventurous Ways to Distract Yourself from the Pain of Upper Winter

By ABBY ZHANG  
*Does Not Actually Condone Rule-Breaking*

1. Foment insurrection against the E-Book, following in the footsteps of John Brown, who you learned about in U.S. History. (Who says history class is useless?) For example, burn incense in your room, walk out of D-Hall with the entire spinach bucket from the salad bar, etc. Don't be afraid to really push some boundaries.
2. Walk past a herd—I mean, group of preps while pretending to be on the phone. Declare as loudly as possible, "Yes, but it's not hazing unless you think about it." Complain to your senior friends about how stressed you are about the college process and sprint away before they can smack you.
3. The next time your math teacher calls your method of solving a problem, "Very dangerous," respond, "Good. I try to live on the edge."
4. Submit to the Humor Page.
5. Sleep.
6. ^A joke. Humor, if you will.

## TFW Your Mom Hangs up on You Because It's HQ Time

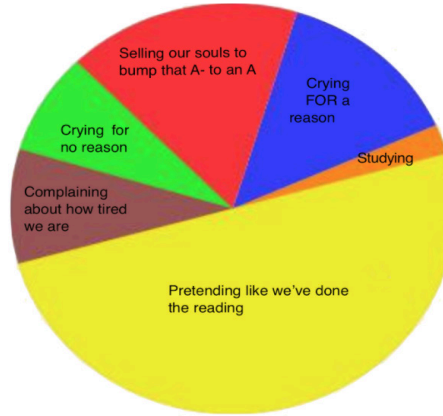
By THE HUMOR EDITORS  
*This Actually Happened*



Do you sleep? Submit to the Humor Page.  
Do you not sleep? Submit to the Humor Page.  
Email [exonianhumor@gmail.com](mailto:exonianhumor@gmail.com).

## Exonian Talents

By JASMINE LIAO  
*Science*



## Do Not Eat Tide Pods

By MAEGAN PAUL  
*Crisis Management*

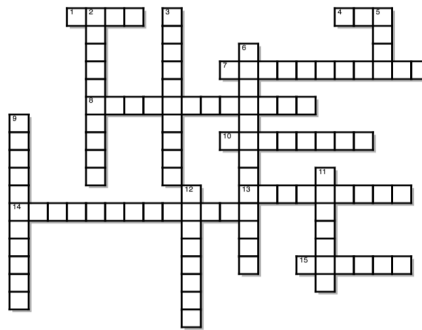
Hello, future leaders of the world. There is a new, super cool trend going around called the Tide Pod Challenge and I am here to warn you against being sucked in by the alluring powers of the forbidden fruit. Despite their pretty colors, good smell and squishiness, Tide Pods are called the "forbidden" fruit for a reason! They

can burn the smooth muscle in your body, so that's definitely not fun. The pain is really bad even if you don't swallow, and you can still die. The packaging also deteriorates if you just put it in your mouth because of saliva, so it's just not safe. Of course, you will have to fight the urge to... just bite one of those tempting pods... But

don't! Just ask some of your peers who have tried it and they will hopefully warn you against it. A great alternative is actual fruit – or Gushers. You could also technically eat the Mona Lisa if you were somehow able to acquire it. So if you're looking for a snack, eat famous and priceless art. #lifeadvicefromaprep

## February Crossword

By ABBY ZHANG  
*Not Sorry*



ACROSS

- 1 A non sibi yellow-wearing organization in which I am most definitely involved but you probably shouldn't fact-check this
- 4 Interior dining hall
- 7 The best way to spend 50 cents
- 8 Mr. Climatefork, iconic for his Morgan Freeman voice and for literally just being who he is
- 10 Biweekly required "Let's see if I can outrun the deans" appointment
- 13 Superior dining hall
- 14 Tuesday night religious service with so many candles in the dark it's definitely a fire hazard
- 15 Unjust punishment given to underclassmen caught awake at 11:01pm

DOWN

- 2 Really good ice cream, really good music and a lot of people wondering if they're on a date or not
- 3 You've never been more excited about the smell of paint. Or running.
- 5 Zuckerberg and Blekherman
- 6 A better title for this classic lower year read would be The Fruits of Fury.
- 9 "AND I OUnD IT \_\_\_\_\_ THAT" "everyone in your English class
- 11 Notable alum whose namesake represents a public speaking club and a dorm beginning with W, both of which are alright but not the best of their kind, you know?
- 12 Harsh and stressful grading system for preps

## Quote of the Week

"I got personally blocked from Domino's Pizza by its manager."  
-Lizzie Madamidola '19 (Stay tuned for the full story next week.)

STRKS (Snap Us)  
@aharry01  
@abbyz\_hang  
@lizzy127345

## Exeter's Public Speaking Clubs Are No Strangers to Success

By GINNY LITTLE  
and RACHEL WON  
Staff Writers

Exeter is renowned for the strength and dedication of its student clubs, and its public speaking groups are no exception. Showcasing skills akin to participating around the Harkness table, these clubs continue to thrive, attracting regional and national attention in interscholastic competitions. Exeter's Mock Trial team is set for the state competitions this weekend and the Ethics Forum team is preparing for regionals. Model United Nations (MUN) has just returned from a successful trip at the competitive Harvard MUN conference, and the Daniel Webster Debate Society has returned from a competition at Choate. Beneath the accomplished exterior of these clubs are teams of close friends who sacrifice a large amount of time, all in agreement that the camaraderie makes debate fully worth it.

"I don't call Mock Trial a club; I call it a team," senior and co-head Anna Clark said. The group is smaller than most as trial competition only allows for thirty-five participants, but within that framework are members who are "very, very close for months on end," according to Clark, especially when the teams are broken down further into groups of eight or twelve. The mock trial team was showcased in their performance during assembly last Tuesday. The team tried to "dispel rumors [that] the club was elite, and to make people see the humorous side of mock trial as well as all the hard work that goes into it," Clark said.

Unlike many clubs which meet weekly, Mock Trial is more concentrated, with fewer meetings in the fall and spring but near daily meetings of two or more hours each during the championship season of February

through May. However, these hours spent honing the team's skills pay off in the end. "Competitions are thrilling," Clark said. "Every trial is three hours of adrenaline. It's so exciting to enter a completely different world, where different facts reign." For Clark, one of the most exciting parts of Mock Trial is seeing students from all across the state exhibit passion for one case.

Exeter's Model UN team also has its share of long hours, grueling competitions and an award-filled legacy. "It depends on the tournament," MUN Secretary General and Vice President senior Julia Goydan said, "but HMUN [the Harvard Model UN competition] is special in particular because it's one of the most difficult tournaments that we attend throughout the year." The Harvard competition features teams from as far away as Costa Rica, providing a true global presence to a competition based on the debate and resolution of international issues. In addition to tournaments such as these, the club also organizes and hosts the annual PEAMUN competition on Exeter's campus each October, inviting over 500 high school students from the surrounding area.

Members meet on a weekly basis for roughly one hour to practice mock assemblies debating different issues. As competition season nears, meetings frequent to two or three times each week to prepare Exeter's delegates.

For well-known competitions such as Harvard Model UN, not every member is able to attend. "Because we're only given a certain amount of spots for each conference, we have to pick and choose the students that we bring to each one. This year, there were 11 spots available for Exeter students. That means we do have to have some sort of selection process," Director of Training Michael

Garcia explained. "So the board takes upon [itself] to choose which students are able to go to each conference. HMUN is more competitive; it's considered one of the top three in the country, if not the world, so we tend to select from more experienced candidates for HMUN. But we also do want to have some underclassmen representation so we have a strong team in the future," Garcia said. He noted that candidates' experience, age, unique profile and commitment to the club are the board's main considerations.

The process that goes into choosing the best candidates can be contextualized by the rigor of the conference. "There are a lot of obstacles we have to overcome," co-head Dhruva Nistane said. Nistane noted that the committee sessions at HMUN are extremely long—each of the four days of HMUN consist of three to seven hours of speaking. "It's almost like a marathon—you're always speaking, you're always working on writing your paper, you're always talking to other delegates. You're always doing something so it's almost making sure you stay engaged," Nistane said.

Goydan cherishes Exeter's 2017 seizure of the "Best Small Delegation" award at Harvard. Larger teams have 15 or more members, but Exeter's modest group impressed the judges with only twelve members. "It means that overall, our combined awards did the best out of the groups with less than 15 people. So that was very cool to be in this room of over 1,000 people and have them call Phillips Exeter, and we got to go up and get our award," she said.

Garcia had hoped to repeat this success at this year's Model UN to establish the team's presence in the New England and American Model UN circuit, but the team did not receive the award again. However, according to cohead Nistane, out of eleven candidates sent,

seven delegates received awards, with Garcia and senior Elly Lee awarded Best Delegate, Tim Han awarded Outstanding Delegate, Nistane and lower Chai Vankirkeddy awarded Honorable Mention, and upper Mark Bleisherman and lower Audrey Vandresic awarded Verbal Commendation. Nistane says that this is still impressive—especially given that the current Model UN team is young.

On the other end of the spectrum, Exeter's Daniel Webster Debate Society, founded in 1818, is the oldest secondary school student debate union and literary club in the United States, and its tradition of excellence in public speaking continues. The team performed well at the recent tournament at Choate. "Our novice team swept, which usually happens at tournaments," lower Janalie Cobb said. She added that the advanced teams didn't do as well as they had hoped, but the team still had some talented debaters who are sure to excel in the future. Debate co-captain and senior Grace Huang said that many newer students were able to have their first experience debating in tournaments. In the end, Exeter's combined teams placed third.

According to co-captain and senior Sagar Rao, Choate is a formidable opponent. Rao explained that the Choate tournament is a "parliamentary debate format, extemporaneous and unprepared" where there the sides for debate are assigned by a coin toss.

Despite the difficulties faced in their competitions, Huang remains optimistic about the club. "We have had really good retention of new people, and the club is expanding. It's been a great year," Huang said. This year, the Society has expanded into public forum debate on the national speech and debate circuit. "It's not just the local circuit but nationwide as well, so that's been pretty fun."

## Disciplinary Committee Review, Revise Process Pending Vote

By SUAN LEE  
and SAM WEIL  
Staff Writers

A committee consisting of eight faculty members, counselors and administrators was established earlier this term to review the Academy's disciplinary process. Committee members have been conducting an extensive investigation of school policies by gathering community feedback, and will discuss potential revisions in the weeks ahead. Proposals will be submitted for a faculty vote in April.

The last disciplinary review took place more than twenty years ago, resulting primarily in changes to the probationary process. Committee Member and Classics Instructor Matthew Hartnett suggested that periodic assessments are necessary in all areas of Academy life to ensure fairness and efficiency. "This isn't coming from any particular sense that there's a problem. The disciplinary system is simply an important part of student life. We examine everything we do at this school to make sure that it's functioning as well as possible," he said.

Committee Member and Counselor Szu-Hui Lee agreed, saying, "We need to make sure policies and procedures are keeping up to date with any new research that informs our practice and relevant to current school trends and cultures."

The written charge, established by committee members and approved by Principal Lisa MacFarlane, states that the committee "will evaluate the assumptions, history, strengths and weaknesses of our disciplinary system... [and] present a review of the system and propose possible changes to the faculty for discussion and vote."

The committee is still in its early stages of review and has been gathering information by examining the disciplinary policies of various institutions and seeking community feedback. Religion Instructor Hannah Hofheinz explained that the extensive time and effort required for the process made the task more suitable for adults. "It's an information-gathering process at this point. It will become a different type of conversation once we get to the analysis stage," Hofheinz said.

Committee Chair and Dean of Residential Life Arthur Cosgrove affirmed that efforts have been made to adequately represent student voices in the reform process through surveys and focus group discussions. "These proposals will potentially shift the language of the E-Book around discipline so they're ultimately faculty decisions. But once we determine what direction we're going in, we'll go back to the student body in some way to solicit feedback," he said.

To make the investigation more efficient,

members have been working in pairs to investigate specific aspects of the disciplinary system. Rabbi Jennifer Marx-Asch and Hartnett have been gathering input from students with previous experience in a disciplinary case about their sentiments before the incident, their experience during the process, and its ultimate impact on their Exeter career.

Hartnett expressed that members have been careful to conduct their research with an unbiased outlook in order to complete an effective and comprehensive review. "This process isn't really front-loaded with any presuppositions or any predetermined outcomes," he said.

Several committee members, including Cosgrove and Marx-Asch, expressed that they have specific concerns which they would like to address, however, particularly concerning mental health. "The mental health piece has been the most troubling to me because I think that's a very influential part of the discipline process. Part of it is just respecting student privacy. They shouldn't have to disclose things they aren't comfortable disclosing," Marx-Asch said. "We also need to question how committee members would evaluate mental health since none of us are experts in that. I feel like that's a big hole in the system right now and a huge piece we have to consider. It's affecting students' lives and their choices."

## Exeter Board of Trustees Visits Campus, Discusses Future

By SHIVANI TRIPATHI  
and CHARLOTTE LISA  
Staff Writers

The Academy's Board of Trustees visited campus from Jan. 24 to 27 to discuss issues around inclusion and the Exeter experience with both students and administration.

Trustees arrived on Wednesday and began their stay with an informal dinner. From Thursday to Saturday, they attended meetings with members of the administration leadership, MLK Committee members, students in dorms and Robert Greene, a leadership trainer at a firm that helps organizations build greater cultural awareness on the subject of diversity. They completed their visit by attending the William Boyce Thompson Field House opening dedication ceremony on Saturday, Jan. 27.

According to President of the Trustees Tony Downer '75, the goal of any trustee meeting is to "direct our focus on issues facing the Academy today as well as challenges and opportunities that we can see ahead in the community's future." The discussions ranged from investing in the student experience, establishing tuition strategy and issues concerning the dining halls. "We want to ensure that every student—regardless of her or his background or circumstances—is able to thrive while here," Downer said.

This includes envisioning what college counseling should look like in the years ahead, overseeing the school's strategic planning process and discussing "what progress are we making in regards to addressing the issue of sexual misconduct and bringing closure to our survivors," he said.

Campus diversity and inclusion were paramount topics covered by the trustees.

The expert on Diversity, Equity and Inclusion with whom we met is Robert Greene, a consultant with JONES, a firm that specializes in diversity-based organizational development consulting. Downer said, "During our session with him, we explored the topic of uncon-

scious or implicit bias—how we may knowingly or unknowingly be guilty of it, how to recognize it and how to counteract it."

Although the trustees may not agree with each other on every topic, all of them ultimately support each other and proceed in unity. "Not surprisingly, when you have 21 Exonians around the table, you are not going to have agreement on every element of every issue," Downer said. "We want there to be advocates on different sides. Our discussions are true Harkness discussions—respectful speaking, respectful listening, a table around which each and every voice is heard and valued."

Along with holding discussions amongst each other, the trustees also went to nine dorms to talk to students in person. "The conversations that the Trustees held in the nine dorms on Thursday evening touched on a remarkable array of topics," Downer said. "These topics included issues regarding the physical conditions of their living spaces, the students' perceptions of the strategic planning process, why the students came to Exeter and how the school has or has not lived up to its expectations, the culture of their particular dorm, the students' assessment of the level of stress and workload they experience." Principal Lisa MacFarlane said, "They were enthusiastic about their visits with students in the dorm and appreciated students taking the time to talk with them."

Students, in turn, enjoyed the topics they discussed with the trustees. "I had a conversation with the president of the trustees, and I expressed my concerns about the administration's dedication to issues of equity," lower Tatam Schutt said. "And he said that he personally, as well as the other trustees, will be keeping that in mind during this session, which was very nice to hear." Schutt continued to describe how she would like the trustees to focus on hiring more faculty of color and to establish competency training for current faculty members.

Upper Sophie Falerio, a co-head of Divest

Exeter, spoke to the trustees about her club's goal to stop Exeter from investing in companies that use fossil fuels. The school currently has \$93 million invested in fossil fuels and fossil fuel industries and companies. "Divest Exeter is trying to introduce a divestment plan entailing how the school can divest from fossil fuel companies and why they should divest." Falerio appreciated the trustees' feedback and opinions on divestment after their conversation.

Students enjoyed hearing others' views. "I found it very interesting to see people's different takes on Exeter and the community as a whole," lower Justin Li said. "Especially since the trustees are adults and they've experienced Exeter themselves, it was cool to see the culture and generational differences." Trustee Isadora Kron thought that the trustees could have focused more on diversity and inclusion. "We definitely talked about equity and inclusion, but I wish we had focused on that a little bit more," she said. "They made some vague statements, and I wish we had asked them more specific questions."

Along the same lines, Schutt hopes the trustees will encourage the administration to address ALES's requests. "ALES's document of requests still has not been completely affirmed," she said. "Principal MacFarlane and the Racial Literacy Task Force, they do have plans, so I think that some motivation from the trustees might go a long way toward helping everyone in J. Smith accountable for the promises made to the student body."

At the same time, some students didn't feel like they had any input with the trustees. "I feel like some students feel that they have no input with the administration at all, and by association, the trustees," upper Selin Ferhangil said. "The trustees also aren't on campus as frequently as the administration—you can't reach out to them whenever you want."

Ferhangil continued how she would appreciate more face-to-face interactions with the trustees. "I feel like if students did want to

Cosgrove was mindful of including diverse perspectives and expertise in the committee when he first reached out to a number of community adults, seeking their membership. Having completed her tenure on the Discipline Committee very recently, Marx-Asch considers it her responsibility to offer a firsthand account of the Academy's disciplinary decision-making. "I feel very strongly about evolving the process," she said.

Hofheinz, a new Academy instructor this year, believes he was asked to join the committee for his fresh and unbiased outlook on school policies. "It's nice to have somebody who is new to the committee for this type of project," he said. Hofheinz believes his previous work in "conflict management and resolution, community health and wellbeing processes" will also contribute valuable insight to the discussion.

Despite the breadth and complexity of their task, Hartnett is hopeful that the multitude of voices and commitment will fuel the committee's success. "I like the broad range of voices on the committee and I'm inspired by how thoughtfully folks are considering these questions. The stakes are high and upholding the community's values is important," he said. "I take that as seriously as anybody and I feel like the other folks on the committee have been taking it seriously, too."

talk to the trustees, having more dinners and meetings would be beneficial because with face to face interactions you actually get to see the people who are making important decisions about our school," Ferhangil said. "I appreciate it whenever a member of the administration or a trustee comes to the dorm and speaks to us, but some students might feel that they're just coming for show."

Senior Ifechi Ilorfe felt a sense of detachment around the trustees. "I feel like I was a track kid sitting through two hours of 'Here's the new field house that we gave to you,' she said. "They're just kind of there giving money, so I don't really know how to feel about them."

Kron disagreed, saying that she felt like the trustees had an impact on students. In addition, she feels like the discussion that took place in her dorm had an impact on the trustees as well. "Some of the questions they asked, we provided pretty convincing arguments," she said. "Specifically, when we were talking about vertical housing, our passionate responses might have had an impact in their conversations."

Schutt noted the benefits of the work they do behind the scenes. "Whether or not we have personal impact with them, what we do is very much a result of everything they do on campus," she said. "The trustees' purpose is not to interact with students all the time. It's still nice to meet with them once a year or so and have a reaffirmation of what they're working on and express to them my concerns."

Downer continued to describe the commitment each trustee has to the school. "We believe passionately in the deed of gifts youth from every quarter and its marriage of knowledge and goodness," he said. "We share a common belief in the uncommon power and value of the Harkness system where we can have vigorous discussions about how best to achieve our goals, how best to advance our values and how to most thoughtfully create an unmatched experience for our students and our adults on campus."





# ExeterLife



Uppers Emily Cloonan and Hillary Davis admire students' ceramic work on display.

Reina Matsumoto/The Exonian

## CERAMICS AND CHEMISTRY COLLIDE

By **VERONICA CHOULGA and CANDY TANTI**  
Staff Writers

Matt Katz received a C in his high school chemistry class. Nevertheless, he pursued a career as a ceramic engineer, exploring the inherent bond between glazing pottery and science. One might never have imagined the complex chemical reactions that connect the ceramic plates in dining halls to pottery created by the ancient Romans, but without the Stull Chart, glazing would be all but a hit or miss.

This past Thursday, the Exeter art and science departments held a slide talk with artist and ceramic engineer Matthew Katz. During his presentation, Katz explained the chemical aspect of ceramic glazes and described his journey to becoming the artist and scientist that he is today.

The talk piqued students' interests, and Exonians now have an opportunity to participate in a class which is a mar-

riage of the two subjects. After taking a ceramics course over the summer at the New York State College of Ceramics at Alfred University, art instructor Carla Collins was inspired to create her own ceramics and chemistry course at Exeter.

Before starting the course, Collins recruited chemistry instructor Anne Johnson to co-instruct and explain the chemical side of the class. Although Johnson teaches chemistry, she has long wanted to explore ceramics. "I've always wanted to do ceramics but never found the time for it... [Mrs. Collins] was looking for someone so I instantly jumped on the bandwagon," she explained. With advice from Collins, Johnson took an online course with Katz to prepare her to instruct the class at Exeter.

Now an official sandbox course open to uppers and seniors in winter term, "EX1409: Advanced Ceramics + Chemistry: C-Squared" offers Exonians the opportunity to explore the formulation and science behind ceramic glazes and textures through hands-on labs including throwing, hand building, modeling and industrial slip casting. Despite

this lab approach, students in the course are still given enough freedom to explore and develop their individual style. Upper Emily Oliphant, a current student of the EX1409 course, explained how the course often referred back to Katz's works. She even credits him as being the "backbone of [the ceramic chemistry] field with his work." Because of his importance in ceramics and chemistry, she expressed how "awesome" it was to work with him in person.

Much like current Exonians, the ceramic engineer took his first ever pottery course as a part of the arts requirement at his high school after an initial fascination with the process. While studying ceramics at Hebron Academy, Katz was entranced by how the product changed after being baked in the kiln. "To me, the mystery of that was really engaging," he said. "Just like any great mystery story, you want to figure out how it happened and that really took me into it."

Ceramic chemists uncover the science behind this baking process. Through countless experiments and re-

search, Katz has published many studies that relate the elements of ceramics, such as glaze color and porcelain texture, to chemical reactions in order to provide reliability for the artist. "It's not my idea; it's been part of the ceramic process for a long time," Katz explained. It can be heartbreaking for a sculptor to spend hours on a work, only to find out it had cracked due to poor glazing choice. This subtle yet crucial detail can greatly affect a piece, changing how others perceive it. Katz continued to describe how "amazing" it is to be able to see pottery, glazes and firings come together as one chemical reaction.

In the end, it was his love of art and science that inspired Katz to pursue a career as a ceramic chemist, regardless of the initial setback in chemistry class. "I went back and saw my teacher and we laughed about the fact that I am now essentially a professional chemist," Katz said. "So never shut anything down and never say you can't do something. You have to be open to everything even if the first path seems like it's not going to work for you."

## BIG RED GOES GREEN

By **ASHLEY LIN**  
Columnist

Take a look at your D-Hall plate. Do the greens pushed to the very edge of the circle look greener this week? "They're a nice, classy shade of green," upper Matt Kang noted, complementing the chlorophyll-suffused, renewed color of the leaves in the salad bar.

Last Thursday during lunch, you may have seen Don Grandmaison, the Sales and Marketing Manager of Lef Farms, showcasing their three unique blends. The most popular blend is called Spice, including arugula and seven other mild mustards. Another blend is labeled Smooth, with ten varieties of sweet lettuces and crunchen mustard greens. Their third blend, Balanced, is an equal amount of red and green baby kales. This display marks an important turning point for Exeter's salad bar. Formerly importing greens solely from the west coast, the two campus dining halls have decided to import local greens from Lef Farms of Loudon, New Hampshire, putting the company's recently harvested vegetables on rotation in Elm and Wetherell.

Lef Farms' greens are unique; they are grown using nutrient film technique (NFT), a hydroponics style growing process. Hydroponic farming uses nutrient rich water instead of soil to cultivate crops. Plants can thus be grown indoors, with supplemental lighting during winter months to heat and enable photosynthesis. Outdoor growing company Pleasant View Gardens acquired this unconventional, yet brilliant idea five years ago, when its owner aimed to grow crops year round in New Hampshire, where the growing season is a usually a mere four to five months. "By using this method of growing, we can extend it year round and produce baby greens right in our backyard even when there is a foot of snow," said Grandmaison.

Since Lef Farms is based an hour from campus, the greens can be delivered to campus within a few days of harvesting, arriving clean and fresh. "The goal is for us to harvest today and deliver to you within 24 hours," said Grandmaison. "We try to reduce as much waste and handling through the distribution channels as possible," he continued, referencing the company's goal to reduce food miles.

"Instead of the greens on your plate driving 3000 miles they now only arrive from 30 miles away, saving lots of fuel, energy, and of course, tasting fresh," he said.

The quick turnaround from harvest to plate showed in the Exonians' reactions to the new greens. While enjoying the arugula-rich Spice blend, upper Caroline Matule said, "As a huge salad person, it's really nice that the greens are now fresh and taste great."

An unexpected advocate of greens even complimented the new leaves. "It's as good as a salad can get," added Kang, who typically chooses meat over salads and still seasons his Lef Farms' salad with protein powder.

Not only is hydroponic farming beneficial to students' taste buds and overall health, it also promotes the Academy's initiative to address one of the most demanding problems of this generation: climate change. 90 percent less water is consumed in the process of growing the plants hydroponically, and the water and nutrients are recycled after helping a plant grow. Moreover, Lef Farms is committed to producing all of their greens completely pesticide-free, preventing hazardous fertilizer runoff into bodies of water, which is a common issue associated with more traditional methods of growing. Charlie Polland, the Sales Representative at Sysco, PEAs food supplier, said, "We're all about sustainability, and I'm trying to keep up with the generation."

Of course, the greens from Lef Farms come with a price. A normal pound of lettuce costs three dollars, while a pound of hydroponically grown lettuce costs six, but they are worth it. Since Lef Farms greens are so fresh, they will last longer, which will help to reduce food waste in the kitchen.

Wetherell dining hall manager Heidi Brousseau maneuvered the budget to incorporate Lef Farms into the dining hall. "I wouldn't use the term cutting," Brousseau said. "It's all on how you manipulate where you're going." Polland emphasized that Sysco's first priority for supplying the dining hall is to consider the caliber of the food for the students. He said, "It's about the quality and the freshness of the product and the nutritional value, and we're getting that from local farmers like this."

## ALES REGIONAL DANCE

By **JOHANNA MARTINEZ and NIKITA THUMMALA**  
Staff Writers

On Saturday night, Jan. 27 at 8:30 p.m., Exonians flocked to Grainger Auditorium for the annual ALES Dance. Strobe lights and glow sticks illuminated the dark room as students danced to DJ Jasmine Solano's playlist. Students from three other regional preparatory schools—Phillips Academy Andover, St. Paul's and Concord Academy—joined Exonians in a celebration of African-American and Latinx culture by dancing and singing along to songs from a diverse pool of artists.

The ALES (African/Latino Exonian Society) board began preparing for the dance at the start of winter term. They contacted DJ Solano, an international music influencer who has previously been a DJ at Dunbar Hall's Back in Black dance.

Assistant Director of Student Activities Kelly McGahie, who worked with the board to set up the dance, commented that the school has been working with Solano since 2010. Aside from her "incredible club DJ skill set," McGahie appreciated the fact that Solano is "one of the only female DJs that I know... I think it is particularly appropriate for ALES because we're requesting black and brown artists, but we also have a biracial DJ." The diversity of the students who attended, the songs and the DJ's representation the African-American and Latinx community had allowed the dance to live up to expectations.

The ALES board coordinated a playlist consisting of popular songs and different musical styles, such as hip-hop and reggaeton, highlighting African-American and Latinx artists. The result was a night filled with booming rhythms and great dancing. McGahie mentioned how successful the ALES board had been in contacting other schools in comparison to other years, saying that, "this year was one of the most successful years in terms of getting other schools to attend." Exonians and other boarding school students bonded throughout the night, dancing to the upbeat music and enjoying snacks provided by ALES. Se-

nior Cristina Gonzalez described the theme of the dance as "black and gold with music from the 2000s to now." This dynamic added to the night's lively ambiance and created great photo opportunities.

The annual ALES Dance allows Exonians and affinity groups from other schools to join together and celebrate their identities. However, the dance is not limited to students from affinity groups, opening up to students of all races in order to showcase the culture of African-American and Latinx people. "For me, the purpose of the dance is to celebrate the music of Africans, African-Americans and Latinos to give those students a chance at celebrating and sharing that part of their culture, which is a rare opportunity here at Exeter," said lower and ALES board member Nicole Blanco.

Students' reactions to the ALES dance were overwhelmingly positive; many even referred to it as one of their favorite dances of the school year. Upper Raj Das said, "The music was incredible. Overall, I know that it was a great experience for a lot of people." The high-energy atmosphere shaped the experience for students and created an eventful night. The mix of students from Concord Academy, St. Paul's and Andover also allowed for students to form better interscholastic relationships. Lower Leah Delacruz appreciated the communal aspect of the dance and said that the diverse music made it "different and better."

The dance was a unique experience for Exeter students. It became a place for students of color from different schools to interact and bond through dancing. Various students felt that more dances like the ALES dance should occur throughout the year.

Prep Senai Robinson described how the sense of community and exposure to current songs of different genres made the ALES dance stand out from many others, saying, "My favorite part was being [in] a huge community that's just having fun and dancing to good music."

FacultySpotlight

# THOMAS SEIDENBERG

By RAMYANEE MUKHERJEE and SHIVANI TRIPATHI  
Staff Writers

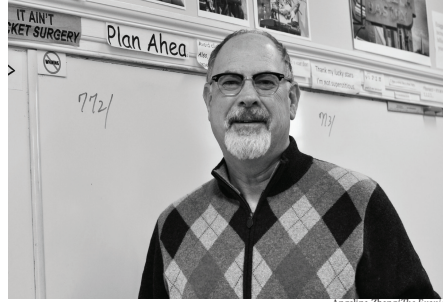
The walls of Math Instructor Thomas Seidenberg's classroom are lined with satirical jokes, reflecting his unique sense of humor. It's hard not to laugh around Seidenberg, one of the Academy's funniest teachers. Even while cracking jokes, he makes every student feel comfortable, and many cite him as the reason they were able to succeed in their first few terms of Exeter math.

Seidenberg was born in Philadelphia and grew up in the San Francisco Bay Area. He attended college at Woodworth University and taught chemistry, physics and math at a high school in Leavenworth, Washington.

However, teaching wasn't always a career Seidenberg wanted to pursue. "I wanted to coach because I played basketball all through school," he said. However, once Seidenberg started teaching, he found that he really enjoyed it. "I found out I was probably a better teacher than I was a coach," he said. "So, I pursued teaching a bit more seriously than coaching, although I kept my hand in coaching."

Seidenberg traveled from Washington State to Exeter in 1987 to attend the Anja S. Greer Conference on secondary school mathematics. "It was the first time I had ever seen a school like this," he said. The next year, he attended the same conference to teach a course on hand-held calculators. "There, I noticed on the bulletin board, an index card announcing that there was going to be a job opening in the fall of 1990," he said.

Throughout his tenure, Seidenberg has been an involved member of the Exeter community. On campus, Seidenberg ran the Anja S. Greer



Angelina Zhang/the Exonian

conference for 23 years. Prior to his current role of timekeeper for basketball and football games, he coached the boys' varsity and JV basketball teams. He was the chair of the Disciplinary Committee and dorm head of Ewald dormitory for six years, the head of Lamont Hall for four years and used to be an affiliate of Moulton House.

He tries to be involved in his students' extracurriculars. "My favorite memory is when Mr. Seidenberg came to two of my dance concerts," said upper Samantha Resnick. "He tries to get involved with the different activities that his students do, and he watches many sports games."

In fact, his favorite memories at Exeter involve students either in the classroom or the dormitory. "I like to laugh," Seidenberg said. "One of my favorite lines is from a girl who was putting problems up on the board. I made a comment 'Are you sure?' and

she turned around to me and said 'Mr. Seidenberg, every day you rain on my freaking parade.'" Seidenberg continued to describe how comments like those "make [his] day."

Students appreciate Seidenberg's vivacious and humorous personality. "He is so funny, and he really explains the problems the class doesn't understand," lower Phoebe Weil said. Upper Elizabeth Williams agreed, describing how Seidenberg has taught her how to lighten up. "Mr. Seidenberg has taught me to take each class and, further—each day—with a smile," she said.

In Seidenberg's opinion, what truly sets Exeter apart is the opportunities it offers. "If you were to compare our course catalog to the schools I taught at, there's just no comparison," he said. "Kids here have such opportunity to take courses in art, music and drama, as well as mathematics."

He continued to describe the wide

variety of mathematics courses Exeter offers. "In math, we can essentially offer kids the first two years of college mathematics with our advanced math courses," Seidenberg said.

Moreover, Seidenberg appreciates how Exeter enables students to contribute to the curriculum. "Before coming to Exeter, I had believed that one way to improve public education was to actually make classes smaller so that there could be more discussion, there could be more teaching going on, instead of telling," he said. Here at Exeter, he has discovered that environment.

He encourages his students to speak up and ask questions in class. Lower Tien Duong said, "During my first term as a new lower at Exeter, I underwent a huge transition from learning math through the rote method to Exeter math." He discussed how Seidenberg's classroom dynamic allowed him to feel comfortable voicing any concerns.

Lower Justin Li agreed, saying that Seidenberg "checked in with [the students] about the class and the homework load." Li also appreciated Seidenberg's flexibility about helping individual students with specific problems outside of class.

As a teacher, coach and mentor, Seidenberg loves helping Exonians succeed in an often stressful environment. Seidenberg supports his students as they take advantage of the opportunities that Exeter provides, but his students often unknowingly provide him a similar support. "I learn something from the kids and the way they approach problems that I might not think about," Seidenberg said. "The open dialogue I think is so important in math too, and that's what attracted me to Exeter."

## TV REVIEW: ONE DAY AT A TIME

By JOHANNA MARTINEZ  
Staff Writer

Netflix released its original series "One Day at a Time" last year and premiered the second season on Jan. 26, 2018. The sitcom is loosely based on the 1975 series of the same name, which followed the story of a white divorced mother raising her two teenage daughters. The new series, written by Gloria Calderon Kellett and Mike Royce, tells the story of the Cuban-American Alvarez family, which consists of two teenagers, their single mother and their grandmother.

The matriarchal family is held together by Lydia, the outgoing grandma, and her daughter, Penelope. Penelope is a divorced military veteran and a mother of two. Like most sitcom families, the Alvarezes face struggles and petty fights. However, the show also addresses issues that are particular to minorities and the Latinx community, especially in modern times. The show's first episode focuses on Alex, Penelope's son. Like most teenagers, at one point or another, Alex is embarrassed by his family. Yet, the viewer later learns the real reason he doesn't want his family to attend his baseball games: after Alex spoke Spanish to a friend, some strangers told him to "go back to Mexico" and screamed "build the wall" after his game.

Although the show is at times clichéd, it addresses real issues and balances them with humor. One instance of Latinx-specific humor that was relatable for me was the scene where Lydia tries to cure her daughter with Vicks VapoRub, which is typically pronounced as "vapori" in the Latinx community. This product is used by what seems like all Latinx families to cure just about everything. Despite these specifically-targeted jokes, families from various backgrounds can identify with the show and the issues it addresses.

Some of the most important topics that the show addressed both in the first and second season centered around Elena, Penelope's daughter. Her character is one that many young viewers can relate to. She is an intelligent young woman who strives to be an activist and ally for many groups and tries to educate herself on the struggles people experience. Simultaneously, we see this teenager face coming out as a lesbian Cuban woman to her family and Catholic school. The experiences of being part of the LGBTQIA+ community are very rarely told in the entertainment industry and are told even less when it comes to people of color, specifically within the Latinx community.

In the first season, we see Elena's

father abandon her at her quinceañera because he could not accept her for her sexual orientation. Though this scene was very emotional, it was crucial for the viewer to understand that even though everyone should, not everyone will react like Elena's mother and immediately accept her. In the second season, the viewer watches Elena flourish as an activist and experience her first relationship with her first girlfriend. Elena's character also brings to light what it is like to be white-passing in America. Unlike her brother on the show, she has never faced discrimination for being Latinx, and luckily she will rarely experience what it is like to be targeted for the color of her skin. This is something that she comes to realize as she recognizes her privilege as being white-passing. Yet, it is also important to note that as a lesbian woman, she faces discrimination as well.

"One Day at a Time" is a fantastic show that is not only humorous but also provides pertinent sociopolitical commentary concerning an array of issues facing many communities. Today, there is little to no representation of Latinx people on screen. However, through shows like "One Day at a Time," we move one step closer. There is still a long way to go, but this representation of Latinx people as actors, writers and producers will hopefully inspire other shows to follow suit. "One Day at a Time" is leading by example, surely to become a huge success. Hopefully, it will be known as one of the first of many shows centered around the Latinx communities and their experiences.



ALL EPISODES JANUARY 6 | NETFLIX

Courtesy of Google

## Horoscopes

By LAUREN LEATHAM and ALEXANDRA VAN DIJKUM  
Columnists

**Aries:** This is the week to speak your mind, Aries. With Mars exiting your third house of communications, it may have been hard for you to talk about ideas that are important to you. Let your hidden gift of gab run wild this week! You will notice that people are interested in your opinions.

**Taurus:** Let go a little bit this week, Taurus. The moon is in your sign for the first time in a while and is sending waves of relaxation towards you. This is not the week to lose sleep stressing over a test or spend five hours cleaning your room. Take a nap instead.

**Gemini:** Uranus is in your fifth house of achievement this week, Gemini, and it is a great time to start making plans for the rest of the term. Whether it's about succeeding in a certain class or kicking butt in your extracurriculars, creating a detailed plan about what you want to do and how you're going to do it will be extremely helpful in the long run. Fall term won't know what hit it.

**Cancer:** The positioning of the planets in your sign this month ties you strongly to nature. Take advantage of this strange occurrence and embrace all things winter; that means enjoying the little snow that's left, drinking lots of hot chocolate and trying not to die of frostbite.

**Leo:** Love is in the air, Leo! With Venus in your sign this week, you might notice some romantic interests popping up in your life. You never know where you will meet that special someone, so get out there! Valentine's Day is right around the corner!

**Virgo:** Keep your mind on the books this week, Virgo. With the Mercury retrograde in your sign, it will be harder to focus on tasks at hand and easier to space out. Do not do that! Instead, spend extra time on

your material, making sure you understand it. Your grades will reflect the extra time you put in.

**Libra:** These next few weeks are gonna be tough for you, Libra. You've got a lot of work coming your way. Just remember to always balance it out with some fun and try not to take yourself too seriously. Nothing is ever as big of a deal as you make it out to be in your head.

**Scorpio:** This week will be great for stepping out of your comfort zone, Scorpio. The sun is moving into your sign, filling you with heightened energy and the enthusiasm to try new things. Go for it this week and have a great time!

**Sagittarius:** This week will be taxing on you, Sagittarius, but the work will be worth it. As long as you put your time and energy into your tasks, you will succeed. Sometimes it takes a burst of hard work to make the difference, and this is one of those times.

**Capricorn:** Hold tight, Capricorn, Mercury's in retrograde! Don't make any big decisions this week as they may result in a consequence that you aren't ready for. Just take it slow, and be mindful of your actions.

**Aquarius:** Live up your life a little this week, Aquarius. Life at Exeter isn't all about work, so go into town with some friends or stay up late on a weekend. Getting to know the people you're with at Exeter is the whole reason you're here, so take advantage of the opportunities.

**Pisces:** Spring Break is almost here—not really, but you can dream! All you have to do is last through work and cold weather for the next few weeks, and then you will have plenty of time to relax.

## SeniorSpotlight

## WINSLOW MACDONALD

By MAI HOANG and YUNSEO CHOI  
Staff Writers

The Student Council, Discipline Committee, Relay for Life Board, MLK Committee and Main Street Hall proctors would all agree: without senior Winslow MacDonald, it wouldn't be the same. Throughout his time at Exeter, MacDonald has proven himself to be a true leader.

His mother and middle school peers encouraged Maine native MacDonald to apply to Exeter. His transition into boarding school was a series of trials and errors. He recalls focusing on his social life as opposed to doing work during the first terms; however, around his lower spring, he "got into the groove" of developing his passions and excelling.

Beyond the classroom, the four-year senior is known by his peers as a warm-hearted and positive Exonian. His compassion served him well during his tenure as Discipline Committee member.

"You really have to understand what drives the students and what other circumstances are in play," MacDonald said, emphasizing the importance of empathy and perspective. "I am passionate about making sure that those unique voices are heard. I know that being here is tough." He expressed gratitude towards the school for allowing students to play such a critical role in the disciplinary process.

Senior Chi-Chi Ikpeazu, a member of the Discipline Committee who works alongside MacDonald, spoke highly of his open-mindedness and friendliness, calling him "a trademark of a model Exonian." She added, "Whenever he sees me on the path, or anyone for that matter, he smiles a smile that makes you realize everything will be alright."

Upper Matthew Kang and Discipline Committee member agreed with Ikpeazu. "His best qualities would be his style, his flow and his ability to see the best in people," he said.

MacDonald maintains his affability in his dorm, Main Street Hall, where he serves as a proctor. Lower and dormmate



Keimi Matsunoto/ The Exonian

Colt Delany described MacDonald as a sage companion. "He provides advice, listens and always does so with a positive demeanor," he said.

Senior Tanner McGowan, another dorm mate and friend of MacDonald's, agreed. "As a proctor, he is both understanding and authoritative. He loves to spend time in the dorm with students of all ages. He is never unfair, nor is he aggressive," McGowan said. "He remains calm and collected, but he is willing and able to provide a stern voice when needed. He is able to relate to peers and faculty alike, as well as speak up when needed: exactly what this school looks for in a proctor."

Physical Education Instructor, David Hudson, MacDonald's advisor, echoed the many positive Main Street Hall students' sentiments. Having known MacDonald since his first year at Exeter, Coach Hudson recalled his first impression. "Winslow came to us as a prep. At first he was a little quiet and reserved, but this is no longer the case," he said. "He is upbeat and positive around the dorm and at our advisee meetings. He is one of those kids that you feel like his door is always open if you need him for anything."

MacDonald also works in the Student Council as its senior vice president. He

contributed in designing this year's E/a gear, as well as collecting donations for the senior class gift. "I really like how there are principal benefits of Student Council. There are real tangible benefits and actual power afforded," MacDonald said.

Last summer, between his upper and senior year, MacDonald participated in an intense internship program offered by Exeter's history department at Columbia University. During his time in New York City, MacDonald helped find sources alongside a committee at Columbia University to design a curriculum on global youth. This course, compiled and bettered with MacDonald's advice, will be offered at the University this spring.

MacDonald considers himself lucky to have met many instructors around Exeter, especially History Instructor Michael Goley, Science Instructor Christopher Matlack and Modern Languages Instructor Joseph Reiter. "They have been critical in my time here in Exeter," he said. Having had Goley as a teacher since his upper spring, MacDonald said, "I got to know him really well, and he has been a big part of developing my passion in history."

Upon meeting MacDonald, Matlack thought he was a very passionate, enthusi-

astic, bright and articulate student. "Around the table in ecology, Winslow was a frequent participant and offered valuable insights to the class," he said. He recalls one of his many interactions with MacDonald during a beach-clean up trip. "A common female yellowthroat literally fell out of the sky next to us on the beach. Winslow immediately identified it, despite it being a CFW (confusing fall warbler) in non-breeding plumage. He also took a picture and emailed it to me on site, so that we would have a record to verify later," he said.

History Instructor Michael Goley, felt similarly. Describing MacDonald as a comfortable, relaxed student at the table, Goley also praised MacDonald for being equally scholarly and serious, which Goley described as a "good combination." He elaborated on MacDonald's works, praising his student's deft writing skills. "I really liked his 333, which examined the U.S. annexation of Hawaii in the 1890s. For his project in the senior research seminar, he's doing a study of anti-Catholicism in the 1928 presidential election. This was the first time a Catholic had been on the presidential ballot. I have high hopes for it," Goley said.

Despite how much MacDonald contributes to the Exeter community, he remains humble, thanking the Academy for the vast amount of opportunities that the school offers. "This includes speakers at night time and going to meditations but definitely also having a range of courses to choose from especially in your senior year," he said. "I know that it is not an opportunity that has been granted to some other students who learn through set curriculums," he said.

MacDonald is also grateful for the diversity that Exeter offers. "As cliché as it sounds, hearing other people's opinions through Harkness and just everyday interactions with them can be really transformative, and this is what changed me the most," he added. Having been inspired by his history classes here, MacDonald is looking forward to exploring the subject in more depth beyond Exeter.

## No Man's Land Film Festival

By ISABELLA AHMAD and ANNE BRANDES  
Staff Writers

On January 27, the Feminist Union, the Outing Club and the Office of Sustainability hosted the No Man's Land Film Festival. The goal of the festival was to celebrate female athletes and adventurers and to reimagine the definition and prerequisites of a "female athlete."

"NMLFF [No Man's Land Film Festival] champions women with grit, spunk, determination and boundless passion, investing them with the respect, support and media recognition they deserve," an email advertising the event wrote. The films focused on females in extreme outdoor sports, a typically male-dominated field.

To begin the festival, accomplished wilderness guide and environmental advocate Abby King gave a presentation in the Latin Study. King spoke about her most recent exploration, an intensive six month hike on the Pacific Crest Trail. The trail begins at the border between California and Mexico and ends 2,650 miles later at the border between Washington and Canada. She was one of the 300 hikers who completed the trail out of the 6,000 hikers who applied for a long distance permit.

For the first 700 miles of her trip, King traveled through a desert and endured extreme heat. When she entered the Southern Sierras, the elevation increased rapidly—she was only able to hike 80 more miles before it became too dangerous and time-consuming to continue. King skipped over that segment

of the hike and quickly hiked through Northern California, Oregon and Washington State until she finally reached Canada. To complete the Pacific Crest Trail, she returned to California and traveled southbound in the Sierras. King related her love of hiking and the great outdoors and impressed the audience with her stories of endurance, persistence and zeal.

The festival consisted of 16 short films, ranging in length from under a minute to 12 minutes long. While the films all showed a variety of stories of athleticism, they had unifying features of dedication and tenacity. "The kids said, 'Why is that old lady trying to learn how to swim?' and I said, 'Why not now?'" claimed a woman featured in the film "Why Not Now?" "My work is not finished."

Themes of competition were highly present in the films. "I don't see any point of practicing, if you're not trying to be the best," a runner in the film "Changing Course" said. "Her greatest strength is her drive to succeed and to win," added her grandfather. A long distance biker in the film "Fast Forward" agreed, saying, "I want to do the best. I'm not out there just to be out there."

In short film "Denali's Raven," a mountaineer spoke of gender roles in athletics. "It's human nature for girls to defer to a guy," she said. "But when I'm with my girl partners, you just buck up and you go do it." A member of the Majorettes, a competitive hula hooping

group, also spoke on female solidarity. "It's like having 25 sisters," she said.

Another side of the gender dynamic was shown in the film "Luchadora," which chronicled a competitive Mexican wrestler. "They are very sexist here," she said, as her fellow male wrestlers made comments and jokes about domestic violence. The wrestler went on to defy sexist stereotypes and win the Tap Championship. She is currently training for the World Championship. Similarly, a member of an all-female skateboarding group spoke to sports' ability to break gender roles. "Ever since I've had a skateboard, I felt like I've had power," she said.

Despite the intention to empower, a few film festival attendees were disappointed. From a stylistic perspective, several audience members felt that multiple short films played back to back disconnected the movies from their message. "Sometimes [the films] began to blend into each other," lower Zhaoran Chen said. Coach Andrea Sweet agreed, saying that "a better collaboration with the film producers and the company running the festival would have allowed them to make an even stronger statement." Upper Lucas Schroeder felt that the films could be improved if there were intervals between them. "I think having that break would give people more time to take in and think about what they just watched rather than jumping in without a reset," he said.

Some attendees were also at odds with the message of the festival. A stu-

dent was disappointed by the lack of intersectionality in the films. "There was not a lot of representation of women of color, and there was zero representation of trans or queer women at all," he said. "I also take some issue with the fact that only the films with people of color seemed to address intersectionality and multiple social factors compounding with the social disadvantages that are produced by being a woman," he said. "[It] seems to lead to an inaccurate message."

Senior Alexis Gorfine also believed that some aspects of the films diminished the feminist message. "Most of the women were inspired by their fathers," she said. "Although I've been inspired by my father—and it was great to see that connection between parent and child, I wish that there would have been a story or two about a girl being inspired by her mother or by another female figure."

Despite these criticisms, students still felt that expanding femininity to include and showcase women in athletics was an important message to convey. Senior and Feminist Club co-head Ben Harrison noted that the Feminist Union had previously discussed how women in athletics challenge societal perceptions of femininity. Gorfine praised the larger message of the festival. "I loved the overall premise of the festival: women in outdoor, often male-dominated, sports," she said.

## UPCOMING

EVENT


STUDENT SOLOIST  
CONCERT

Feb 6, 7 pm, The Bowl

EVENT

"THINK FAST"  
INTERACTIVE  
GAMESHOW

Feb 10, 8 pm, Grainger Auditorium



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# Boys' Squash Shut Out by Nobles



Lower Sam Lew swings for a backhand.

Miles Mikofsky/The Exonian

By EMILY KANG  
Staff Writer

This Saturday, the boys' varsity squash team traveled to the Nobles and Greenough School for its seventh game of the season, returning home with a score of 0-7. Despite its loss, the team put in great effort while competing against one of the highest-ranked teams in the nation.

Looking on the bright side, Upper Weldon Chan was pleased with the team's perseverance while playing Nobles last weekend. "I was very impressed with the tenacity of the team. We knew coming in that it would be a very tough game, but we all played our best and never gave up points," Chan said.

Lower Sam Lew shared Chan's sentiments that the team put forth its best effort,

despite the team's knowledge of being at a disadvantage. "Though we lost, I do have to say that we all put a lot of effort in our matches," Lew said. "Everyone put in all we got, so as teammates, everyone played the best they could."

The boys' team faced another challenge in addition to playing against such a strong team—their top seed and senior co-captain Gautam Ramesh had to sit out of the game as he was not feeling well. Ramesh's absence caused the ranks to move up one spot, giving Lew the top seed.

Senior and co-captain Stuart Rucker applauded Lew for his valiant efforts. "In the middle of the match, Sam hit a phenomenal nick that gave our team a lot of momentum," Rucker said. "I was impressed that despite playing the eleventh [best] player in the

country, Patrick McElroy, Sam still had the confidence to smash the ball into the nick."

Upper Sam Michaels also praised Lew for his persistence. "Sam kept hustling and focused on himself instead of the score and ended up playing very tight contested games," Michaels said.

During the practices leading up to the game, the team worked on building endurance to keep up the consistency of their games and tire their opponent. "If two people are close to the same level, it can often be a game of attrition," said Rucker.

Michaels agreed, adding that long rallies lead to a contest of who has the stronger physical stamina. "When matches against our opponents get dragged on, then the winner isn't usually the better player, but the more athletic player," Michaels said. Nevertheless,

Chan believes that their work in practice has paid off and is shown in the matches. "It was very clear that our endurance and movement had improved, because a lot of the rallies were extended, long and physical," said Chan.

In the future, the boys' squash team hopes to improve their mental game. Michaels believes that it is easy to get discouraged while playing a tough opponent, so if the team can overcome that obstacle, they can play more powerfully in the future.

The boys will be traveling to the High School Team National Championships at Episcopal Academy on February 2 and 3. They will be competing in the Division II category, a step up from last year. Lew is excited and proud of the team's effort throughout the season and said, "Though we lost, I do have to say that we all put a lot of effort in our matches."

# Community Reacts to New Athletics Facility

By ISABELLA AHMAD and  
EUWIE PARK  
Staff and Contributing Writer

On Saturday, January 27, students, faculty, alumni and other members of the Exeter community gathered for the first time in the brand new William Boyce Thompson Field House, known as "The Palace."

Thoughts on the opening ceremony: Avery Clowes, a lower (aka fresh meat):

"If I had to sum up the ceremony in three words, it'd be: Group intimidation tactics."

Ursula Sze, a well-informed academic weapon: "I didn't go to the opening ceremony. However, I saw snap stories of it and my dad got me a really cool scarf. Also funny story, in history class, I was insulting the Andover track and found out afterwards that my teacher was the Andover track coach. The essay that I hand in tomorrow is not going to get a good grade."

Rylan Tuttle, still in awe: "It was extremely well-planned...like a press conference especially when you walked in with the drop-down banner and everything. Just amazing."

Myra Collins, an avid supporter of Anna Clark and Coach Hillary Hall, crying on the inside: "I loved Anna Clark's speech, it really brought in the home team. We all were crying... She was looking like an angel, talking like an angel, and wore all white because she could, like the angel she is."

Thoughts on the Field House itself: Lower Matthew Wabanoha, a track prodigy, is feeling the heat: "It's hot. It's very very hot. In fact, it's the hottest thing I've seen since...since."

Billy from Cillej (or is it O'Handley?), a four-year varsity drama sport enthusiast: "As a three season athlete, I'm just glad the Palace is finally being opened because of all the sports I play...I know the track kids call the field house the "Palace," but I don't really give too much thought to nicknames. I don't really know too much

about people or places having nicknames that follow them throughout their entire time at Exeter and define who they are."

Avery Giles, needs a hug: "I tried to take a girl on a walk there and she said no."

JD Jean-Jacques, a prep with an imagination: "They should have turf fields because the tennis courts, there are only four of them. Then we could play lacrosse, soccer, football, and lacrosse. Also there should be a pool. A pool with sharks!"

Oiris Russell-Delano, a prep without an imagination: "Why is it called a field house if there is no field? Show me the field. I think there should be a field in the field house."

Lower Charlie Venci, has 20/20 vision with his swim goggles on: "When I walk to swim practice, I see this big building off into the distance and there's people walking towards it. And I'm just like wow that's cool. I don't know what's there."

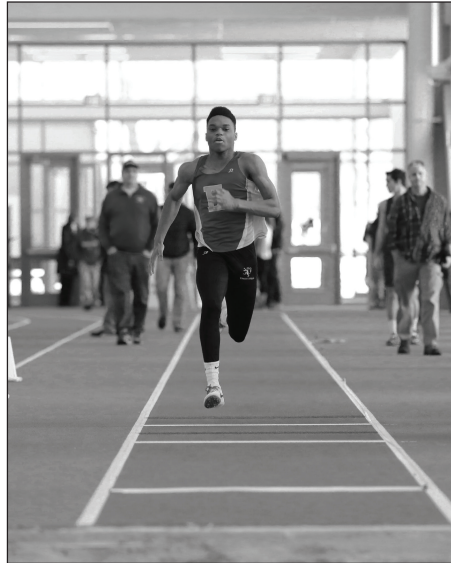
Nick Moore, a confused new lower: "Why isn't called a court house if it only has courts? Why is it called indoor track and field if there is no field? It's supposed to be track and field not track and tennis."

Thoughts on how they are going to use the Field House:

Lower Jill Cloonan, an optimistic tri-varsity athlete: "The field house is definitely going to make our sports more legit. I don't run much, but maybe now I will because it is gorgeous."

Dylan Yin, an activist and seasoned varsity music sports athlete (aka a musician!): "My plans for the new field house is in three words is: Never. Be. There... The music building is actually planning to take all the instruments and all the music stands and put them in there [on the track] and put on a strike until they make a new music building."

Hannah Grace Johnson, a wicked good softball player: "I plan to break some windows."



Senior Cedric Blaise dashes into a long jump.

JoQ Lai/The Exonian

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EXEC	Patriots 32	Eagles 28
NEWS	Too Busy	To Predict
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# ATHLETES OF THE WEEK: BRIAN ZHAO AND EMMETT SHELL

By RAMYANEE MUKHERJEE and  
GENESIS REYES  
Staff Writers

Exonians pack the bleachers as players chase the ball up and down the court. Co-captain and senior Brian Zhao yells at his teammates with his hands in the air, encouraging them to put everything they have into the game. The other co-captain of boys' varsity basketball, senior Emmett Shell, also reminds them to stay focused. Both captains value being leaders on and off the court, as well as offering support and advice when their teammates are in need.

Three-year senior Zhao grew up in Washington D.C., where basketball plays a major role in his community. "I have had a ball in my hand ever since I could remember," Zhao said. He has carried his passion for basketball with him throughout his whole life; when Zhao came to Exeter, he was excited to play for head coach Jay Tilton. "Basketball has always been a positive outlook for me, so when I came to Exeter I just wanted to be a part of such a good program," Zhao said.

Shell, a four-year senior, also started basketball at a young age, citing basketball as an effective stress reliever. He also appreciated Exeter's excellent status as a team. "The program here was one of the reasons why Exeter was so appealing to me," Shell said. "When I got here, I got involved right away. And I really wanted to be a part of what the Exeter basketball program has been."

Both Zhao and Shell have been playing varsity under Tilton for three years now, and he regards both of the co-captains as "unselfish and committed." He also recalled how Zhao and Shell have matured since being underclassmen. "They didn't say much their first year. Our older kids took them in and helped them gain that confidence to project their voice as they do now," Tilton said.

Zhao explained that he developed his leadership skills and tenacity because of the people who he looked up to. "People like Coach T, people who I play with, people who allow me to use my voice are an essential part of that," Zhao said. Shell agreed, saying, "I feel like it's given me the confidence to roll over whatever life hits me with now. I feel like it's been a huge part of the transition from a 15-year-old prep coming in who barely knows anything about the real world, and now, [I'm] about to go off



Reina Matsumoto/The Exonian

to college."

Playing at Exeter has allowed both to continue exploring their passion for basketball. Zhao explained his attraction to the sport, saying, "My favorite part of basketball is probably the atmosphere. I think there's something really beautiful [about] just five people, one basketball learning how to share, learning how to play and communicate." He also praised his team. "What I like most about our team is that we're resilient," Zhao explained. "We can always trust each other and can get through rough times together, and I think that's really important."

Zhao and Shell try to use what their previous captains have taught them when leading their current teammates. Shell recalled one of his most memorable games, the championship game at Rhode Island College, when other Exonians had gone home for break. It was the team's last game of the season and they lost by three points at the buzzer.

"It was an incredibly hard loss, but what

was most memorable for me [was] how much those guys cared, how much they put into it, physically and emotionally," Shell said. "Every single senior was in tears and that just showed how much it meant to them and how impactful the experience had been."

Tilton commended their success this year in leading the team with compassion and empathy. "They are the epitome of what it means to be a true Exonian, and I think that's what made them such exceptional captains because they do care about other people," Tilton said. "They think outside of their own bubble, it's not always about them."

Tilton also praised them for their ability to reach out to teammates outside of practice and offer support and sympathy. "They're very aware of what others are going through on a day to day basis and are sensitive to that," Tilton said. "But they're also very firm in what they believe they should be doing to uphold the standards of our program."

These qualities foster a great amount of respect from their teammates and a sense of community among the team. "Hard working," "strong communicators" and "selfless" are just some of the words used to describe the co-captains of the basketball team. Lower Kerick Walker said, "They serve as role models for me and my teammates just by showing up every day to practice and being really consistent leaders." Lower Lucas Grandison agreed, saying, "We've had very good conversations and debates at meals, and most of my memories of each of them come from there."

On the court, Zhao's strongest skills are handling the ball, being a strong defender and finding ways to get his teammates involved. Meanwhile, Shell shows a strong understanding of the program's offensive system and is known for being a great shooter.

Come watch their skills in play on the court at their next home game against Brooks School at 6:00 p.m. this Friday.

## Wrestling Wrangles NMH to the Ground



Senior Kevin Lyskawa pins down his opponent.

Diana Davidson/The Exonian

By MILO WALSH  
Contributing Writer

This past Saturday, the varsity wrestling team competed against the Northfield Mount Hermon and Belmont Hill Schools. The meet was held at Tabor Academy. Big Red triumphed over NMH with a final score of 42-38, but fell one match short of beating Belmont Hill, losing 33-37.

The team went into the match with a focused mindset, knowing that NMH and Belmont Hill are formidable opponents. Prep Christian Petry stated, "We came in as underdogs as we were ranked 4th in New England as a team, with NMH in first and Belmont Hill second, so we had something to prove not only to ourselves but to the New England

wrestling community as well."

Lower Tyler Morris highlighted some of the individual achievements that contributed to the team's win over NMH and gutsy effort against Belmont Hill. "Our captain, Kevin Lyskawa, stood out in our NMH match and Belmont Hill match, picking up a pin in the NMH match and a big win over a top-seeded opponent at New England's in our Belmont Hill match," Morris said. Morris also praised upper Henry Lagasse, who "stood out as he picked up a pair of pins in both the Belmont Hill and NMH matches."

Although many wrestlers displayed outstanding performances, the team could not secure enough points needed to win over Belmont Hill. In practices,

Big Red has been working hard every day and the team felt that a win against Belmont Hill was possible. However, Morris commented that the team's "performance didn't reflect well on our practices. The team was lethargic, out of breath and wrestled without a sense of urgency to go and score points when we needed it most."

Petry noted that Belmont Hill's consistency throughout their line-up made them a strong opponent. "The Belmont Hill team was good all throughout their team, whereas we have some gaps in our lineup," he explained.

According to Morris, Exeter's team had a relaxed schedule before this dual meet which hindered its preparation for the matches. "I don't think some

of our wrestlers, myself included, were prepared for the battles we faced on Saturday... The Belmont Hill team came ready to wrestle. We failed to match their energy throughout the match, and it showed as the match progressed," Morris said. "They have a gritty team, and I expect them to be a tough tournament team as we move into the final few weeks of the season."

Coming away from the meet, Big Red looks forward to heightening its intensity and conditioning in practices. Morris explained that despite the team's loss on Saturday, it is undeterred and its goals remain unchanged. "Win the Class A Championship. Win the New England Team Championship. Place Top Ten at Prep Nationals."



# ExonianSports



## Winter Track Parades Through “The Palace” Historic First Home Meet in Seven Years



Senior Greg Zhu outpaces his relay competitors.

JaQ Lal/The Exonian

By LEAH COHEN  
Contributing Writer

For the first time in seven years, Big Red's track and field team held a home meet on Saturday. The team has been unable to use the Thompson Cage for recent years, but welcomed the eagerly-anticipated "Palace" as its new practice and competition site.

In a departure from its typical prep school meets, PEA hosted several Seacoast public schools from the area including Exeter, Oyster River, Portsmouth, Newmarket and Winnacunnet High Schools. Exeter's track stars woke up before 9 a.m. on the first morning of this "low homework weekend" to commence the day with the

official opening ceremony of the William Boyce Thompson Field House. After two hours of warm up performances, speeches and thanking donors, the gun blasted and athletes burst into the first race.

The boys' 4x800 relay kickstarted the meet with the most exciting race of the day. Battling for the lead, upper Miles Mikofsky, senior Greg Zhu, and lowers Jinwook Kang and Will Coogan sprinted every drop of sweat out of their bodies. Running as the third leg, Kang secured the team's second place, prompting the final leg to snag the winning spot. As soon as Kang handed Coogan the baton, he strode the team up to victory in the mere four laps of his leg. In his last 50 meters, Coogan went neck and neck with Exeter High School's runner.

Coogan pumped his chest across the finish, the first Big Red win to go down in the field house's history.

Carrying on the boys' success, the rest of the team clocked in great times. "We were able to honor and remember past Exonians who competed in track and then we contributed to that history," Hock said. "We also had a couple PRs (personal records) at the meet, so it's a very fast, flat track." Upper Andrew Liquigan PR'd in both the 60 meter finals and the 300 meter dash. Uppers Hannah Brown and Ogechi Nwankwoala will be placed in the Academy's "Hall of Fame" for their notable times in the 60 meter hurdles.

"I think we do a great job of pushing each other and lifting each other up when

we race and practice," lower Sam Chang said, regarding the team's dynamic. "Maintaining that mindset will be the best thing we can do from here on out."

Although no official scores were kept throughout the day, it goes without saying that the Phillips Exeter track team was successful and dominant on their own turf. "Just seeing the other teams come to our track and think, 'Hey, this is our facility,' was incredible," Liquigan said.

This Saturday was truly a great celebration in honor of the new building that the track team can now call home. "I think the best part about the meet was the contagious energy and excitement to be competing together at our own place," upper Grace Gray said.

## Boys' Basketball Batters Belmont Hill



Senior Toni Rocak shoots a layup.

Diana Davidson/The Exonian

By CAROLINE FLEMING  
Staff Writer

The clock reads 59 seconds. The Exeter team throws the ball from its side of the court towards the opposing sideline. The Belmont Hill fans jeer as the play continues, and an Exeter player drives past the stunned defense to place a strong crunch-time lay-up. Despite the opposing team's rowdy fans, the boys' varsity basketball team pulled through with a narrow 49-44 win against the Belmont Hill School last Wednesday.

The team's focus and resilience shone through to secure Exeter another win. Big Red's winning record stands at 6-6. The hard work the team has been putting into practice since its previous loss to New Hampton manifested during the game and hopefully will continue to drive the team to success throughout the rest of the season.

Senior and co-captain Brian Zhao described the game's challenging environment, saying, "I think there were a lot of things against us and a lot of things that did not go our way that game, but we just continued to fight and it led to the outcome going in our favor."

At an away game, support and focused energy can be difficult to come by, but this was not the case for Big Red. Lower Kerick Walker described how the team remained resilient regardless of this disadvantage. "At an away game, we don't have any fans to get us hyped, which means that our bench needs to get involved and provide energy for our team." Minding the difficulty, this champion-

ship team had what it took to bring the heat, regardless of the location or the fans.

This tough win was even more impressive considering the many injuries plaguing the varsity team mid-season. Upper Matt Hawke elaborated on the effects injuries have had on the team, "Bel Hill was a good game. We won after losing one of our best players [post-graduate] Marko [Mitrovic], who has a sprained ankle and will be back as soon as it heals." In addition to losing Mitrovic, another starter, senior Ben Eckstrom, was injured during the game, but will be returning this week.

This win for Exeter also highlighted a few areas in which the team can improve. Zhao said, "I think our game against Belmont Hill exposed some weaknesses, such as our ability to handle ball pressure, and we need to prepare in the future for teams to show the same legs that Belmont Hill did." He added that the team focused on improving this skill in the next days of practice.

Unfortunately, the boys' incessant grind wasn't enough to conquer in their next game against the Loomis Chaffee School. Zhao described the team's outlook for the rest of the season in saying, "Right now, I think our season is going okay. We dropped a tough one to Loomis on Saturday. From here on out, we control our own destiny and where we stand in class A in terms of getting better as a team, and it is our responsibility to do what we do." The players will demonstrate their tenacity in a home game against the Brooks School this coming Saturday, in which the team hopes to bring back the injured starters and secure a win.

### Inside Sports

#### Boys' Squash



Boys' Squash keeps spirits high despite loss to Nobles. Find out more on B4.

Miles Mikofsky/The Exonian

#### Athletes of the Week



Seniors Brian Zhao and Emmett Shell lead the boys' varsity basketball team. Read more on page B5.

Reina Matsumoto/The Exonian

#### Wrestling



Wrestling defeated the top-ranked team last Saturday. Read more about the game on B5.

Diana Davidson/The Exonian

#### Winter Track



At their first home meet in seven years, Winter Track opens the new Field House. Read more on B6.

JaQ Lal/The Exonian