



The Exonian

First Class Mail
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Mailed from 03833
Permit Number 78

“The Oldest Preparatory School Newspaper in America”
Thursday, January 11, 2018

Vol. CXL, Number 1

Phillips Exeter Academy, Exeter, New Hampshire

PEA Grapples With Seasonal Mood Disorder

By EMILY KANG
and RACHEL WON
Staff Writers

Students accustomed to warm weather and blue skies find a change of pace during New England’s winter season. Exonians returned from winter break in the midst of a blizzard— one of the worst in Exeter’s history. While the majority of students enjoyed the subsequent snow day by relaxing and spending time with friends, for a select few, this event only signaled the beginning of a season-long suffering.

Seasonal affective disorder is a type of depression related to changes in seasons, most often occurring during the winter months. According to Dr. Thurber from the Counseling and Psychological Services in the Lamont Health Center, “Many people feel a dip in their mood when they exercise less and have less exposure to light.” Also known as seasonal depression, some students within the Exeter campus suffer from this disorder.

Upper Elizabeth Yang first discovered she had seasonal affective disorder after coming to Exeter. “Prep winter was probably one of the worst few months of my entire life,” Yang said. “The cold and the darkness made me want to stay in my room all the time, so I spent my prep winter, when I was supposed to be going out and still meeting people and spending time with others, alone in my room trying to do work. But mostly, I was just really sad.” For Yang, seasonal affective disorder impacted not only her mood, but her ability to interact with people.

Lower Lilly Pinciario frequently noticed symptoms of seasonal affective disorder in a close friend. “I can sort of sense a depression in her—not really a depression, but there’s a certain sadness. She never wants to go out for dinner—she just wants to stay in her room and watch TV,” she said. Pinciario believes that other students on campus may have a similar problem, with the winter weather giving little reason to go outside. “I think the winter makes everyone want to relax inside with hot choc-



Lowers Bianca Lee and Tien Duong play in the snow. See page 3. Helena Chen/The Exonian

olate and read a book,” said Pinciario.

The health center currently has measures in place for students that suffer from this disorder. According to Dr. Thurber, seasonal affective disorder is highly treatable. The main treatment methods are exercise and exposure to full-spectrum lights, which are now far less expensive than before, thanks to LED technology. Dr. Thurber recommends that “anyone who feels a dip in their mood that has persisted for multiple days or has affected their functioning should consider making an appointment with one of the clinicians in Counseling & Psychological Services.”

However, seasonal affective disorder is not as prevalent as one might think. “Only a handful of students meet criteria for Seasonal Affective Disorder each winter,” Thurber said. “But we all benefit from maintaining our exercise routines and getting some exposure to sunlight or full-

spectrum indoor lights.” Medical Director Dr. Myra Citrin agreed, saying “We tend to see more kids seeking appointments with our counseling staff during the long, dark, winter months as well. However, as Dr. Thurber states, few meet criteria for seasonal affective disorder.”

While seasonal affective disorder affects only a few members of the Exeter population, many students suffer from a lack of energy or change in mood with the coming of winter term. “I definitely used to get sadder in the winter all the time. It’s really cold outside and I would expect that people are at least a bit sad,” senior Vivi Kraus said. “It’s definitely harder in the winter than other terms.”

Upper Chandler Jean-Jacques agreed with Kraus’s sentiments. “Especially at Exeter, it gets really cold and that may affect people,” she said. “The dark clouds make

DEPRESSION. 2

Tom Steyer ‘75 Campaigns to Impeach Trump

By SHIVANI TRIPATHI
and ANGELE YANG
Staff Writers

Hedge fund billionaire Tom Steyer ‘75 launched a campaign to impeach President Trump in October. Since then, Steyer has spent over \$20 million funding advertisements aimed towards the American public that encourage people to sign his petition for impeachment. His controversial campaign has amassed more than 4 million signatures. In 2013, Steyer founded NextGen America—originally called NextGen Climate—a political organization focused on fighting for environmental issues, immigrant rights, affordable health care, prosperity and equality.

In his advertisement, Steyer said that he launched the impeachment campaign because he believes that Trump is a “clear and present danger who is mentally unstable and armed with nuclear weapons.” He accused Trump of serious crimes, including “taking money from foreign governments, obstructing justice at the FBI and bringing us to the brink of nuclear war.” Steyer’s advertisements have been displayed in some of the most prominent venues in the country, including Times Square.

Steyer believes Trump to be dangerous and unfit, and his administration to be lawless. Some examples include his attitude towards offshore drilling, immigrants and a fair electoral process.

As of now, Steyer said that the campaign is “building momentum in a variety of ways.” Along with the 4.2 million people who have signed the online petition, the campaign has garnered more support from congress. A month ago, 58 members of Congress voted in favor of impeachment, a drastic uptick in support for impeachment compared to when the campaign first started. “I think we’re changing the national debate because we’re seeing a debate on the fitness of this president on a daily basis, with the White House pushing back in what I would think of in a somewhat panicked mode,” he explained. “There are a number

STEYER. 2

Kathryn Edin Speaks About Poverty in U.S.

By CHARLOTTE LISA
and SAMANTHA WEIL
Staff Writers

“Once you have a passion, the question becomes, how do you find a mission?” asked acclaimed author, Princeton University sociology professor and researcher Kathryn Edin at Tuesday’s assembly. She captivated the audience with captivating stories of the impoverished people and families that she has been studying over the course of a decade, as well as her own journey in finding a passion and pursuing it as a career.

Edin began her talk by explaining her winding career path. She was attending college in Chicago, when her sociology professor offered to grant students with extra credit if they interned at the local public housing project, Cabrini-Green Homes. Edin said that she immediately raised her hand and was “utterly fascinated” by the culture at the Homes.

This internship led Edin to realize the extreme poverty that millions around the country deal with. She originally worked with the elderly and eventually worked with families and children. “I soon saw that the system these kids were intermeshed in was arguably as bad as if the system did not intervene at all,” she said.

Edin proceeded to obtain her doctorate degree from Northwestern University and became a sociologist focused on welfare, economic survival strategies and



Author and sociologist Kathryn Edin talks about U.S. poverty. Reina Matsumoto/The Exonian

impoverished teenagers transitioning into adulthood. Edin’s most recent book *\$2.00 A Day: Living on Almost Nothing in America*, examines impoverished American families’ struggle to survive on a mere two dollars a day. The book chronicles the research and travels of Edin and her co-author Luke Shaefer across the country, investigating extreme poverty in modern America.

Both in her book and in her speech, Edin disclosed not only the undeniable and overwhelming statistics of her research, but also related personal experiences of those who participated in her study.

At her Latin Study lunch that afternoon, Edin stressed the importance of “handing over the microphone” to those living in extreme poverty, articulating their experiences, which often go ignored and unheard. “[In the book,] we try to use as much of their own voices as possible,”

reflected Edin.

Edin remembered completing her book and reading it to one of the subjects she had written about. The subject told Edin, “It’s like a dream come true. I never thought my suffering would mean anything; now it does.”

According to Religion Instructor and Assembly Coordinator Kathleen Brownback, *\$2.00 A Day* was chosen by Exeter townspeople for the One Town One Book program, which prompted Edin to visit Exeter to speak about her research and writing processes. Spanish Instructor Gaye Vorkink, who attended both the assembly and the Latin Study lunch and read Edin’s book for the program, described the book as “profoundly moving.”

In response to Dr. Edin’s assembly, many students left with a new perspective on poverty in America and a new interest for enacting change.

ASSEMBLY. 2

PEA Students Prepare for MLK Events

By VIRGINIA LITTLE
and NIKITA THUMMALA
Staff Writers

On the third Monday of every January, America remembers Reverend Dr. Martin Luther King Jr. with a federal holiday. The day is set aside for people to celebrate the life and accomplishments of the extraordinary American civil rights leader. The Exeter community will gather on Friday, Jan. 12, not only to celebrate Dr. King, but to spend the day listening, learning and discussing race, justice and human equality on campus and beyond.

This year, the events will focus on the barriers between groups and how, both on and off campus, students, faculty and staff can work to create a more inclusive society. After listening to a panel of speakers including this year’s keynote speaker, Lourdes Ashley Hunter—a transgender woman of color—students will participate in various workshops that will address topics pertaining to this theme. In response to student feedback, MLK Committee organizers said there will be more workshops than usual in order to keep them smaller and more interactive.

The organization of important events such as these is no small feat. Only two weeks after last year’s MLK Day, members of the MLK Day committee assembled to reflect on the day and the impact of its activities. “We discuss what we want to do differently

MLK DAY. 2

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Four Million Citizens Sign NextGen America Petition

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of things that have happened that bolster our case that Trump is dangerous and that he is unfit for office. We're trying to activate and enable the voice of the American people."

Steyer also noted that his time at Exeter affected his impeachment campaign. Prior to becoming Student Council President, he participated in a strike where students didn't attend class to protest the Vietnam war. "The first year I was there was highly political and there was a traumatic rift between the faculty and the students," he said. "The idea of rebelling against an entrenched, national leader or leadership is something that was actually part and parcel of being an Exonian in the early '70s."

He went on to describe the "extraordinary" opportunities and facilities students at Exeter have. "With that incredible opportunity and incredible gift comes with, in my mind, an equal amount of responsibility," he said. "My hope in any critical, national debate like this one, is that the students at Exeter and the faculty at Exeter will realize that they are in a privileged position and their responsibility is to be especially responsible citizens."

Despite the nation's recent interest in his campaign, many Exeter students are not aware of his activism. Exeter's Democratic Club hasn't affiliated its aims with Steyer's campaign and has not discussed Steyer's efforts during weekly club meetings. "In general we're focusing more on campaigning for Democrats, not trying to impeach Trump or get other Republicans out of office," co-head Bryce Morales said. "We've talked a little about politicians' personal lives, such as Al Franken and Roy Moore, but not in terms of Steyer trying to impeach Trump." In Morales's opinion, there isn't enough evidence concerning Russian collusion or a "lack of fitness" to

impeach Trump.

Lawani mentioned that he supports the increase in discussion about Trump's policies. "The campaign itself to me instantiates the role of a citizen in our democracy. Amid responses to Trump's presidency, calling for increasing violence and censorship, both antithetical to fundamental American principles, it is refreshing to hear someone using the channels outlined in the Constitution for citizens to effect change in government," he said. "Not by vigilante violence, nor by shutting opinions, but by using facts and logic, as presented in [Steyer's campaign] video, to convince a populace and, through this, our legislature."

Along with his headline-grabbing plan to impeach the president, Steyer and his organization, NextGen America, are using other channels to affect the current political climate. In last year's Virginia election, NextGen America reportedly helped to register more than 20,000 voters, an effort that will be expanded to ten states and over 250,000 voters this year. Steyer announced on Monday his plan to contribute another \$30 million to get young voters participating in the upcoming midterm elections.

Considering the Exeter community's great tendency to discuss political events, English Instructor Mercedes Carbonell described the silence as a perplexing absence. "I don't even know if [Steyer's campaign is] an influence, negative or positive," Carbonell said. "I've not have any students mention anything about him." She also acknowledged that although Steyer's ideas are "visible" on campus, his campaign isn't "gaining any traction from the student body."

Steyer's aim to impeach Trump has sparked varying opinions from those aware of his campaign. "If we impeach Trump, Mike Pence will become President," lower Cristal Reyes said. "So I have mixed feel-

ings." Upper Chandler Jean-Jacques echoed Reyes's sentiments, saying that impeaching Trump wouldn't solve the problems in the Trump administration.

Steyer addressed these concerns, saying that "we need to solve the problem at hand" and to worry about a Pence presidency afterwards. "Impeachment is a long educational process that inherently must end," he explained. "If you're going to remove the President of the United States, It cannot be done without the awareness and education and the will of the American people." He went on to describe the impact of Trump's potential impeachment on his successor. "It's not like firing a mid-level executive in a company. It's a gigantic upheaval in the United States of America, it leaves the country in a different place from where we started," he said. "It would leave anybody who's the next president in a different place, he or she, than when the process began."

Lawani also disagreed with the campaign video's facts and logic about Trump's inadequacy. "Though I believe Trump's behavior and speech to be at times shockingly brutish, few of his actions have been really harmful to the populace, and none illegal," he said. "The Russian collusion is yet to be proved and until then the standard of innocent until proven guilty should be duly applied. His foreign policy, though characterized by the same brutishness and aggression, is defensible and to me, in the case of the recent Jerusalem move, sometimes advisable."

Though news of Steyer's campaign has not reached everyone on campus, the possibility of Trump's impeachment has received some support. "If the Mueller investigation produces evidence of high crimes and misdemeanors on the part of Donald Trump, then I hope he will be impeached," Republican Club adviser Townley Chisholm said. However, Ch-

isholm noted that Trump's impeachment wouldn't affect Exeter individually. "An impeachment of Donald Trump would have huge effects on the whole country," he noted. "I can't really see how PEA would be affected in any particular way, though there would be a collective sigh of relief until Mike Pence is inaugurated."

At the same time, Jean-Jacques said that if people found out about the campaign, they would find his work "inspiring" because he is an Exeter alumnus. "It's interesting because it makes me think that somebody I go to school with could do something similar to this in the future," she said. "Especially because he was in the same shoes as we are in now."

Before graduating from Exeter, Steyer found some words of inspiration on a plaque in the Assembly Hall that says: "Exeter is not a warm nest."

"[Those words tell] the meaning of an Exeter education...and what is expected from graduates once they go out into society and start to live adult lives," he said. "So when I think about the meaning of an Exeter education, it is what you're learning here as a student. And when I was a student, there is inherent bargain that if you're going to get this great deal, you are then going to go out and 'strike some shrewd blows for civilization.' That's the deal."

When asked what students should do to support his campaign, Steyer said, "Our solution to every one of these political problems, including impeachment, is more democracy. If you look at our organization, we are all about grassroots. We are all about enabling the will and voice of Americans to be joined together to get done what we need to get done."

Steyer encouraged Exonians to become more involved community members. "Do the things that good citizens do which is be informed, be engaged, write letters and participate if you're eligible to vote."

Students Battle with Weather-Induced Affective Disorder

Continued from DEPRESSION, 1

you sadder than seeing sunlight everyday."

One of the most commonly cited reasons for this seasonal depression is the cold and dreary weather associated with New Hampshire. Prep Bea West thinks that where students come from could affect their susceptibility to seasonal depression. "The weather would probably affect me more because I'm from Houston, Texas," she said. On the other hand, prep Morgan Lee from New York said, "Being sad in the winter isn't just a new phenomenon that occurs here at Exeter so it isn't a special problem for me."

In addition to the stark weather conditions, Pinciario suggests that an increase in coursework could also explain why winter term may be harder for many. "Our classes [during the winter]

are often very demanding because the winter season is the off season for a lot of people so they take harder classes," Pinciario says.

Going forward, students still have varying opinions on the topic of seasonal affective disorder becoming a problem in the Exeter community. Kraus believes that seasonal affective disorder is not an illness all together, and therefore not a significant problem. "I wouldn't say that seasonal affective disorder is an actual thing, but I would agree that the weather does affect students at Exeter," says Kraus.

Yang, from her experience, believed otherwise. "I feel like seasonal affective disorder could become a big problem here at Exeter especially because Exeter's winters are so harsh," she said. "Exeter is a big enough school where people are able to recede into themselves and people won't notice because you can pretty

much hide from everyone if you wanted to—and that's what I did. I couldn't make strong relationships prep fall so there wasn't really anyone looking out for me or noticing."

Yang believes that if the health center were to reach out more and spread awareness of seasonal affective disorder, the experiences that she had to go through could be prevented for other students. "Because seasonal affective disorder is so internal and so hidden, possibly being more informative about it—maybe holding a forum or some kind of means to make people aware before it actually starts happening would be helpful so that students know they have places and people to go see for help," Yang says.

Until the health center finds an effective method of spreading knowledge about seasonal depression, students are left to resort to their own methods of treatment. This was the case for upper

Sophie Faliero, whose mother bought her a "happy light" after reading several articles about its benefits—among those including natural sunlight and vitamin D that is essential during the winter. According to Faliero, "The light actually made me a bit happier. I guess the studies are true. The light itself was white and I know some people really like yellow lights but the white lights worked for me. Especially doing homework with it." Faliero continues to say that a "happy light" could definitely help students with seasonal affective disorder, and recommends it for those that are more upset in the winter than in other terms.

Finding an effective way that personally works to combat winter blues is the key to staying positive, productive and social during these colder months, and all Exonians are welcomed and encouraged to seek help and guidance from the Lamont Health Center.

Kathryn Edin Sheds Light on Inequality with Assembly

Continued from ASSEMBLY, 1

Senior Emily Green was stunned by the statistics that Edin brought to light. "There's kind of a hidden America that a lot of people don't see [and] haven't been exposed to. I think the statistic that 3.5 million children will be living under that two dollar a day line in the United States is pretty astounding, considering what perceptions of the U.S. are," she said.

Upper Bryce Morales shared a similar sentiment. "I thought the assembly was fascinating," he said. "I thought it shed

good light on a problem we don't usually see much about. I think it's enlightening regarding this new subset of poverty."

Vorkink hopes tangible action results from Edin's research. "I hope that her book is on every senator's desk and that they're going to wake up and know that we have to do something for the people in this country," Vorkink said.

Upper Alayna D'Amico considered Exeter's own population living below the poverty line. "This assembly definitely could change some people's opinions... [Exonians] might become more aware

about that population as well after this and consider ways that they could possibly take action," she said.

Others appreciated Edin's usage of both personal stories and factual evidence to persuade the audience. "I liked her emphasis on grounding anecdotes with the statistics. Because so often we vow to the most exciting, or most emotionally impactful stories," Vorkink said. "But when we see that they are a part of a huge trend, that actually helps solve problems more effectively, and really establish that

there is a problem that we need to fix."

Vorkink was also inspired by the fervor that Edin brings to her work and hopes that this will in turn motivate students who do not know yet what their purpose is. "I always encourage my students to come to these because they never know when they're going to find their passion too! Hearing somebody like her is inspirational," she said. Edin also hopes that as students transition into their careers that they too "have a mission, and not just a job."

Students to Examine "Walls, Borders and Boundaries"

Continued from MLK, 1

and what emerged that we want to consider as we move into creating the program for the next year," says Mercedes Carbonell, one of the chairs of this year's board. As the board is composed of students and faculty, the ideas for improvement are diverse. For example, this year, students will be required to write a reflection about their experience on MLK Day as an assignment for English class. "I imagine these testimonies and reflections will inform what we envision next," Carbonell said.

Senior and member of the MLK Day committee Maya Kim described the group's weekly meetings to secure speakers. "This entails a bunch of research and reaching out to people as well as conversation on what the day means in the modern world," Kim said.

In addition, the committee would like to focus on more "intentional work" within the community regarding racial divisions on and surrounding campus. This action, discussed at weekly meetings of the MLK committee, has already begun to take root. "We are bringing in speakers to Assembly or collaborating with other [presenters] for events on campus that center on questions

of justice, human rights and race," Carbonell said.

Upper Elizabeth Yang, a member of the MLK Day Committee, described this year's goal. "With this year's theme being 'Walls, Borders and Boundaries' especially, our assemblage of workshops covers various identity factors that create divides beyond just race, including socioeconomic class, sexual orientation, national origin and gender," she said.

One of the recent assemblies was a student-led presentation that included a short video on Dr. Martin Luther King Jr. and other activists. Subsequently, the students on stage gave alternating statistics and questions intended to enlighten the audience on the realities of racial injustice.

"Sometimes days like this can feel demoralizing because of the scary, tragic and overwhelming nature of a lot of these issues," upper Mary Provencal-Fogarty, a participant in the presentation, said. "We wanted to offer the student body information that gave us lots of hope."

Fellow participant and lower Janalie Cobb thought that the method used at the assembly this year was not as successful as

in recent years. "Having students on stage reading what they've written or things they connect with, I thought, was extremely powerful last year. I don't feel like reading statistics is necessarily the best way to get people thinking and talking, so it didn't seem too motivational from my viewpoint," she said. "Aside from that, I do think the video and our saying why we are on the committee worked very well." Cobb ultimately hopes the presentation leads to more discussions about race and activism on campus.

Carbonell agreed, believing that students have "made it clear that they want more interactive discussions, more collaboration and more action." She especially believes that workshop leader Lee Bebout (who was a consultant with faculty and staff on Thursday) will have an important message to impart to students.

"His essay, Skin in the Game, will be considered in ways that are generative, compassionate and critical," Carbonell said. In the essay, Bebout asks readers to consider the role of education and educators in fostering a united and multiracial community.

With recent events talking about race here at Exeter, MLK Day will be important

for each member of the community. "[This day] is important because there are students who care, who are mobilizing, who want to have open conversations, who are committed to justice, who are collaborating in beautiful ways," Carbonell said. "My hope is we may all have a moment when something begins to shift within us, when questions are born about 'Walls, Borders and Boundaries,' when we consider more deeply our own role and responsibility, when those who have been silenced have a voice, when anger is heard or received with compassion."

As members of the Exeter community gather this Friday for MLK Day, Carbonell and other members of the panel hope the interactive discussions, workshops and speakers will raise awareness of how racism still pervades today's society and that students will take the ideas they learn to other areas of their life.

Yang reflected on the significance of the national holiday for the school, saying, "For Phillips Exeter, MLK [Day] effectively brings our community together to be introspective and address issues of inclusion and equity that continues to affect the student experience here."

Students Turn to Tinder

By SHIVANI TRIPATHI
and RACHEL WON
Staff Writers

Young adults rely on their cellular devices to do everything from messaging friends, streaming music, taking and editing photographs and now, finding romance. Dating apps have become popular all-day, everyday singles clubs. Despite many of the apps requiring that users be over 18 years of age, some underage Exonians breach the age regulation and utilize the apps to seek off-campus relationships.

The premise of most dating apps is simple—users can make an account by providing basic personal information, a photo and a profile indicating age, sexual preferences, hobbies, places of residence, etc. Afterwards, the app's users are directed to an interface that introduces people in the area around them, and the users are given a choice to "swipe right"—display interest, or "swipe left"—pass. When two users both swipe right for each other, they are notified of their "match" and can message each other privately.

Leading app Tinder, with more than 50 million users and enabling 1 billion swipes a day, celebrated its fifth birthday last September. The app's innovation of the "swipe," a flick of a finger on a phone screen, facilitates a no-strings-attached method of meeting people without the fear of rejection; users only know when they've been approved, never when they've been discarded.

In light of a year-long conversation on a purported campus hook-up culture, Exonians questioned why Tinder usage has become a trend, and whether it perpetuates a formidable hook-up culture.

Senior Ivy Tran cited validation as a reason why Exonians may turn to dating apps. "A lot of girls I know use it to see that guys actually like them and think they're pretty, because they don't really get that validation at Exeter," she said. "They use Tinder to see that anonymous people like them and talk to them online."

Tinder also gives students an opportunity to pursue relationships in confidentiality. "Having a relationship at Exeter is difficult sometimes because everyone talks when you get with someone at Exeter, but when you get with someone on Tinder, it's more anonymous. You can keep it more private," Tran explained.

Lower Velen Wu believes that Tinder usage is rarely serious. "Some of my friends use Tinder, but it's very casual," Wu said. "It's not like they go on it everyday looking for relationships, but I feel like they're just kind of checking

it out and seeing what it's like."

Health Instructor Carol Cahalane thought the sense of control and sanctuary that virtual courtship provides could be a reason why students would turn to Tinder. "I think in some ways the distance that working on a screen provides can feel like a safe zone—until you meet the person," she said.

As for the effect of Tinder usage on Exeter's hook-up culture, lower Meili Gupta noted the possibility that it pushes people to become accepting of hooking up more. "Maybe people are starting to hook-up more with Tinder and then their friends see—the result is that it just increases the hook-up culture more in general."

Tran agreed with Gupta's sentiments. "I feel like Tinder is mostly used for hook-ups, and I think that it definitely promotes a hook-up culture at Exeter. Although Tinder isn't super prevalent at Exeter anyway because there's already a hook-up culture, I think it does add to it," she said.

However, senior Vivi Kraus presented a different perspective, explaining that in her experience with the app, there is no unsolicited hook-up culture on Tinder. "There's definitely a hook-up culture at Exeter but no one has ever explicitly asked me to hook-up with them on Tinder and I've never asked anyone to hook-up with me," she said.

For senior Tabatha*, who has met with a few of her matches in her hometown and during the school year at Exeter, she said that dating apps expedite hook-ups, which can be convenient or detrimental, depending on the people involved and what they seek from Tinder usage.

"Hooking up is easy and Tinder makes it even easier. But this [culture] isn't for everyone," Tabatha said. "The casualness of dating apps makes it a matter of who cares less. It may leave people who were expecting a relationship, not just a one-time thing, feeling used, objectified and devalued."

Regardless of whether or not Tinder usage impacts hook-up culture on campus, usage of dating apps certainly raises concern of student safety. According to Cahalane, there is no particular policy about usage of dating apps, but the Academy expects honesty in all electronic usage of the Academy's system.

"I think in all situations [where] you don't know people well and very little information is given, you have very little to vet who that person is and whether you should be spending time with them," Cahalane said.

*pseudonym to protect anonymity

Exonians Weather Bomb Cyclone, Third Snow Day

By ISABELLA AHMAD
and ANNE BRANDES
Staff Writers

Students and faculty alike welcomed Exeter's third snow day in the last two years on Thursday, Jan. 4, instead of the anticipated resumption of classes after the two-week winter break. The two prior snow days both took place in the last academic year, and on all three of these occasions, all academic and athletic appointments were cancelled due to the dangerous weather conditions; National Weather Service reported 15 inches of snow and blizzard conditions in the Exeter vicinity.

According to Dean of Students Melissa Mischke, Principal Lisa MacFarlane had consulted with Dean of Faculty Ellen Wolff, Facilities Management, Chief Financial Officer David Hanson, Director of Dining Services Melinda Leonard, Director of Human Resources Rachel Henry and Mischke herself. According to Mischke, MacFarlane considers how a day off of school could complicate life on Exeter's campus. "It's trying to make sure there's a balance between normal processes and everyone's safety: including those who have to work, the student body and faculty," Mischke said.

Throughout the day, snow plows worked through low visibility conditions, ensuring that the pathways were clear for the safety of all people on campus. An anonymous custodian explained "a snow day consists of making sure the campus is clear so students can manage their way around campus safely." They admit that "snow days can be tough" but conclude that the snow "gives us a chance to work together as a team."

Rose Dotson, a lead food service worker, noted that "it is just a little scary coming in and going home and just the anticipation of driving." To bolster the hard-working snow plowers and as an expression of gratitude, the track and field team made posters thanking them for their efforts.

Though the Jan. 4 initially marked the first day of classes after winter break, many students were grateful for the day off. A majority of campus welcomed and enjoyed the snow day whether it was spent working, playing or sleeping. Prep Jackson Carlberg said, "I spent a little time on homework and the rest of the day relaxing with my friends."

Lower Sophie Liu said, "Most of the day was spent with friends, just chilling around the dorm, watching TV together. It is impossible to avoid the long, cold winter here at Exeter, but the people at Exeter try their best to make the snow day experience fun."

Depending on the different grades, classes and extracurricular commitments, students had varied experiences with the amount of homework assigned. Sarah Huang, a prep, said that her teachers did not assign her a lot of additional work. Carlberg agreed that "I had barely any work to do, [it] didn't take more than thirty minutes."

However, senior Olivia Lei said, "I had quite a lot of work to do and was

actually really hoping for a snow day because I didn't think I would have the time or energy to finish it all Wednesday night." Due to jetlag, college applications and time commitments, Lei cherished the extra time that the snow day granted her.

Several dorms took the day to initiate new winter traditions and practice old ones. Wheelwright Hall faculty Joseph Lambert and Caroline Meliones invited the residents to their apartment on the third floor for chocolates, homemade hot cocoa, a warm fireplace and a sing-along. According to upper Gabby Allen, the day provided a chance for the dorm to connect. "We were all hanging out and bonding as a dorm which was really nice, because normally we're so busy with school and sports that we never have time to sit down as a dorm and hang out," she said.

English Instructor Erica Lazure also led a dorm event. Hoyt Hall hosted a dormitory-wide brunch, embracing the freezing conditions. "Usually it's a Hoyt tradition during the first weekend there is a big snow. I figured no one would actually want to leave the building to get breakfast," she said.

Faculty members were also grateful for the day off. Latin Instructor Alexandra Grisanti explained that many faculty and staff members live off campus and traveling in a blizzard would pose a potential risk. "Also, many teachers have their own kids who have their own snow days—if they have to teach, who will take care of their children?" she added.

However, with PEA's busy academic schedule, many teachers have had to adjust their schedules for the rest of the term to accommodate the unexpected cancellation of classes. Lazure and Hernandez had already planned and scheduled their lessons going into winter term and communicated to their students what they needed to do to stay on track. Lazure had to maneuver around the inconvenience by assigning videos for homework, in addition to having her students submit work on Canvas. "I did have to make some adjustments, but I know other teachers had to make bigger adjustments," she said.

Despite the work that some students had during the snow day, it still served as a day for students to recharge. "It was relaxing. It really felt like an extension of winter break," prep Edward Klatskin said. Additionally, upper Jean-Paul Guite enjoyed the free time that the day allowed him to have. "The snow day was a pleasant surprise because it gave me a chance to work out and get over jet lag," he said.

As the storms have become far more dangerous in recent years, Mischke admitted to the increase in the number of snow days. "It's all about trying to balance what's right for taking care of everybody and making sure we still have the operation of the school that goes on. Safety and the care of the student body is my priority everyday, no matter what."



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Student Council Pushes Forward with Policy Changes

By BENJAMIN CAI and
EMMANUEL TRAN
Staff Writers

Since the 2017-18 Student Council (StuCo) took office, the Executive Board and individual committees have made significant progress on their projects to improve student life at the Academy. Some projects, such as the implementation of a new Community, Equity and Diversity (CED) Student Council committee, have already been implemented since fall term. According to Co-Presidents Jackson Parell and Menat Bahnasy, other more long-term projects such as the Visitations Policy and the Student Council turnover policy are within their final stages and are predicted to be passed by the end of this Student Council's term.

Student Council is looking to implement four final policies by the end of winter term: the Visitations Policy, Student Council turnover policy, dorm service policy and College Counseling Office (CCO) college visit day clause. Members of the Executive Board are confident that the groundwork established during the fall term will lead to the successful passing and implementation of these four policies.

Many of the smaller projects, such as the implementation of the new CED committee are already active; they are in the midst of reforming Academy Life Day. Other projects that have been completed include moving school printers to more accessible places for students such as Agora and the recent completion of the Student Council website which will provide the student body constant updates and access to forms or surveys.

Bahnasy maintained that the members of Student Council have responded appropriately to the community's requests. "[The

Council has been working every week to push these goals through discussions and meetings with various bodies on campus. Of course, projects of this scale take time, patience and lots of discussion."

Despite Bahnasy's assertion, students seem to have mixed views on Student Council. Prep Philip Oravitan said, "while I am obviously new to the Exeter community, I sometimes get the impression that [Student Council] are not really doing a lot. I feel that they are focusing too much on huge projects like visitations reform when they should focus more on simple things to improve our daily life."

On the other hand, some students felt that the Council was vital to school life. Prep Cooper Walshe cited discussions about changing Academy Life Day next year as a key example of Student Council's importance. "Change starts at the student life. For example, when teachers wanted to know whether students liked Academy Life Day they came to us," he said. Lower Emma Watson agreed, saying, "I understand that StuCo has an important job that goes way beyond things like visitations reform. They do things like organize events, so they really help keep school running."

With StuCo's many ongoing projects, members of the Executive Board are optimistic that the changes will be made after thorough consultation with both students and faculty. "StuCo is excited to continue working alongside our fellow Exonians, our faculty, the Deans and the rest of the administration. We feel confident that the wait during many of our projects will ultimately pay off in the long run, and we are hopeful that Exeter continues to push for progress every day," Bahnasy said.

New Turnover Timing

The Executive Board's first and foremost concern is the turnover policy which will make Student Council turnovers at the end of winter term instead of the beginning of spring term. It will also reconfigure the Executive Board to have two co-presidents and two co-secretaries instead of one co-president, one vice president and one secretary.

The policy change was designed to create a more productive Student Council. "[The Executive Board] is trying to promote the vice president position to co-president and [to] have two co-secretaries because we think the secretary position requires enough work and assistance for two people," Parell said. Within the following weeks, both the new Student Council turnover time and new Executive Board composition will be voted on by students, faculty and staff.

Vs Policy Update

One of the other Student Council's largest projects this year has also been revising the current Visitation's policy which violated the institution's non-discriminatory clause by being heteronormative. In order to be gender-neutral, the Visitations policy must require any student, regardless of gender, to get visitations at any dorm or house that is not their own.

"Exeter's Visitations policy has been in the works for many years, and we have chosen to continue proposing ideas and sharing input to ensure the new policy will embrace our inclusivity ideal," Bahnasy said.

After recent drafts of the Visitations policy were turned down by dorm heads, Student Council subsequently conducted a survey and found that lunch was the most important time for students to have visitations. According to Parell, the new Visitations

policy, which is to be voted upon by faculty this week, has visitation hours during lunch and 7-8 p.m. on Mondays, Tuesdays, Thursdays and Fridays; and 1pm to check-in on Wednesdays, Saturdays and Sundays. Dorm parents and faculty members would be in charge of overseeing visitations and would take shifts.

In terms of the timeline for the Visitations policy, Parell said, "We (the Student Council Executive Board) are bringing the Visitations policy forward to dorm heads with their suggested revision."

CCO College Visit Day Clause

The CCO college visit day reform allows students to visit colleges for three days a year without petition instead of the current two college visit days per year, one per term. The reform also simplifies the process for students to petition for more college visit days. Parell said that the Executive Board is "currently trying to reserve space in a faculty meeting for that to be passed."

Dorm Service Program

In partnership with ESSO, the dorm service program will require each student to do mandatory community service up to 2 hours per term. Each dorm and house will choose from a variety of community service opportunities provided by the school for its residential students and day student affiliates to complete over the term.

According to Parell, "ESSO is currently meeting with facilities and dining hall to look at how the logistics of a policy like that would work in dorms," he said. When they receive feedback, they will revise the policy for the Academy Life Task Force, asking for further steps from there. "If we decide that it's something we want to do in the future, that would be a job for future boards."



ExonianHumor



10 Things That are Almost as, Like, Really Smart as Donald Trump

By **ABBY ZHANG**
Stable Genius

1. Saturday classes
2. The donkey-dragon babies from Shrek 2
3. Deconstructed foods
4. The Humor Editors
5. Covfefe
6. Those plastic spoons from Grill that you try to eat ice cream with and they just immediately snap in half
7. Preps
8. Yahoo answers
9. Steve Bannon
10. Steve Bannon's earwax

Ava's Weekend Disaster

By **AVA HARRINGTON**
Based on a True Story

We return to our hero in an abandoned western town, and by western we mean Exeter, New Hampshire, which is west of the ocean. Ava strides into Walgreens, seeking nothing more than a tube of new mascara.

"Mascara..." our hero mumbles quietly as she strolls down the aisles. She passes the other Exonians searching for snacks and/or happiness. Suddenly, she spots it: a hot-pink, manga-themed tube of the black liquid that she goes through the way a prep goes through grill money. She picks up the weeb bottle, thinks for a moment on who she was prep year, and then chooses the nearest pink bottle that doesn't remind her of dark days.

The young Exonian, satisfied with her choice, makes her way towards the counter to check out.

There stands a man with a five o'clock shadow, or maybe it's a five week shadow that he's still waiting to grow.

"Hi, how are you?" she politely asks.

"Good, how are you doing?" The clerk responds.

You might wonder where this interaction is going. Fear not, dear reader, for Ava's life is about to get substantially and infinitely worse.

"I'm good, how are you?"

"..."

"..."

The clerk is silent. Ava is silent. Every disaster of her mediocre life crosses her mind all at once, but nothing compares to the embarrassment that she's facing. Not the time she got kicked out of class for laughing too much. Not the time she fell out of her bed on her second day at Exeter. Not the time

she kicked down a bathroom door without realizing someone was in there. Not even the time she peed her pants in front of a bunch of seniors two years ago could compare to the tension that Ava faces at this moment.

The clerk says nothing. He scans her bottle disinterestedly, almost like he's forgotten. But she won't forget. She knows this experience may very well haunt her until the day she slips in the shower and dies lonely and cold. The beep of her mascara scanning across the scanner reminds her of the Fitness Gram Pacer Test. "The Fitne--" But this is not the time for memes. She shoves her debit card chip into the slot, grabs her mascara, and flees from the cursed place that is Walgreens on the weekend.

The Humor Page by the Numbers

By **THE HUMOR EDITORS**
Power Moves Only

AVA

Hours spent crying about anime: at least 10
Average number of gummy vitamins consumed per day: 7

Longest streak sleeping on the couch in Wentworth: 6 hours

Glasses of water spilled on my boyfriend's parents: 1

Naps per day: 2

Lion Cards owned: 3

Times on fire while making tea: 1

ABBY

BCC (Blood Coffee Content): .38

Concussions received from being dropped on my head: 1

Bee movie themed gifts received: 3 and counting
Ava's GPA subtracted from mine: It's negative and this just got too real.

Legs lost to ChalFit: 2

Years of lifespan lost to Mock Trial: Too many to count

Friends lost to Mock Trial: What friends?

LIZZIE

Amount of times I have gotten an E on a pop quiz: 2

Been kicked by a horse: 1

Bowls of spaghetti eaten with a knife: 1

Lied on one of the school-sponsored surveys: No response

Screamed because I opened the door of the bathroom the same time someone was leaving: Too many times

Times I've snuck into the individual rooms in the health center instead of settling for the Sun room: Every time.

A Trump Diary Entry

By **MAEGAN PAUL**
Primary Source

January 1, 2018

Being president is NOT fun. Why don't people ever let me win? Why weren't they praising me for telling Kim Jong Un that my nuclear button was bigger than his? They voted for me over Marco Rubio when I said the same thing about our hands, so why hasn't North Korea finally given up and just allowed me to be its friend? It's

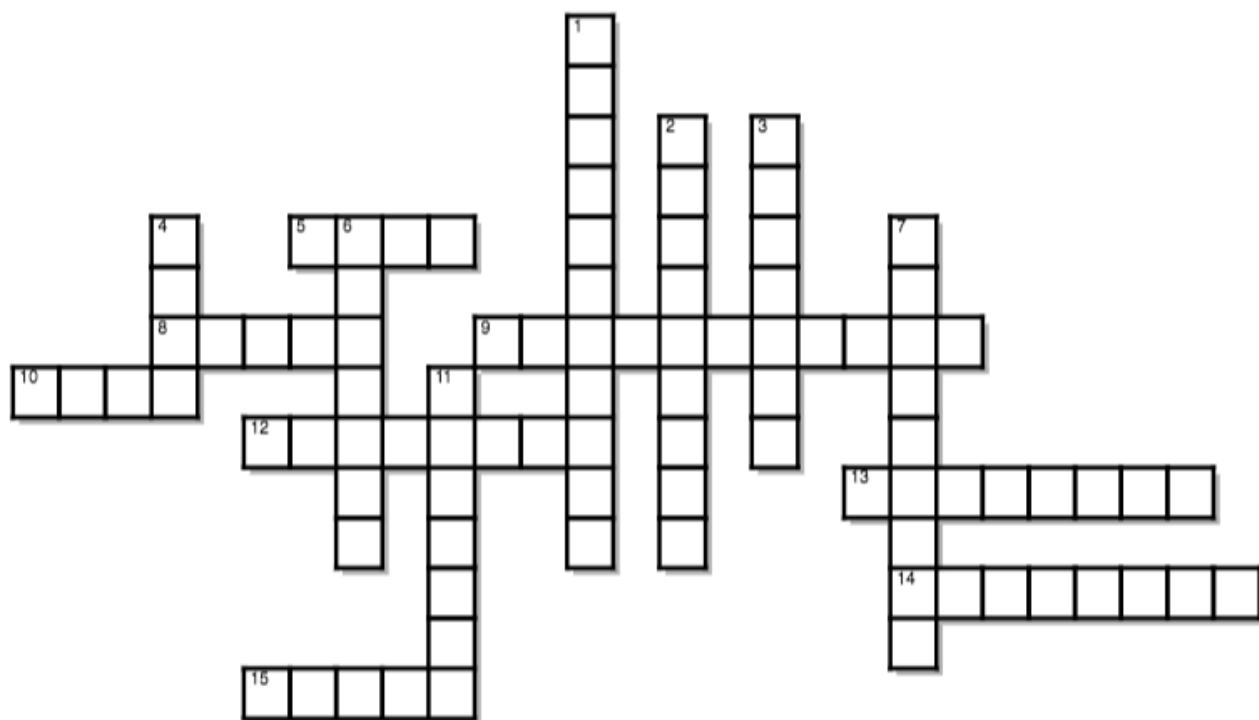
fine, though, because I am going to have a nice vacation at Mar-A-Lago during the government shutdown. No one has to work during that time, right? I thought this was such a great loophole that I came up with and throughout my life, my two greatest assets have been mental stability and being, like, really smart. Wait! That last sentence sounded pretty nice. Perhaps I will Tweet about that later this

week. I am a pretty stable genius who deserves more credit for all of the hard work I do, like preventing plane crashes in the U.S. during 2017, but the American people are too ungrateful. Hopefully with a new year, there will be a new attitude finally embracing me for my greatness.

xoxo,
The Donald

January Crossword

By **ABBY ZHANG**
Make up a Byline



ACROSS

- 5 Has the worst sense of direction of any geologist ever
- 8 A language dead in all parts of the world aside from the 2nd floor hallway of the Academy Building
- 9 A policy that will literally never be passed
- 10 Finish the quote: "Wheelwright Hall is the ____ dorm on campus." - everyone
- 12 Anxiety-inducing dance venue
- 13 Only sports team on campus with a defeated streak
- 14 Everyone's favorite Shakespearean Richard
- 15 Most important section of the Exonian to which YOU, yes you, filling out this crossword puzzle, should submit to! Send us jokes at exonianhumor@gmail.com

DOWN

- 1 Only acceptable shape in which to write a poem
- 2 Best club on campus, otherwise known as "death"
- 3 A gang of boys that pull up
- 4 Senior article of clothing that has officially caused world peace
- 6 Voted accessory of the year by the prep class
- 7 Boys dorm whose name roughly translates to "trash can" in said dead language
- 11 Safety school

TFW P-Mac Hits You with That Snow Day on the First Day Back

By **THE HUMOR EDITORS**
Smug



Do you have too much time and not enough self esteem?

Submit to the Humor Page.

Email exonianhumor@gmail.com.

Quote of the Week

"I'm not the fastest spoon in the shed."
-JaQ Lai '21

STRKS (Snap Us)
@aharry01
@abbyz_hang
@lizzy127345

The First Writes of the 140th Board

Executive Board

The Exonian enters its 140th year, and a new decade of student journalism, in a period of unusual peril for media. Administrators and politicians sow doubt about the veracity of news reporting, touting the notion that the mainstream media spews “fake news.” All around are sad affirmations of the diminishing credibility of the press, and according to a recent *New York Times* article, at least a third of the country regards journalism as meaningless, biased or untruthful.

However, we, the 140th Editorial Board of *The Exonian*, led by Editor-in-Chief Rose Horowitch, Director of Writing Madison Kang and Managing Editor Bella Alvarez, hold the conviction that there is objective truth that can be discovered and delivered to our beloved Exeter community.

The human story is rife with moments when the truth has been traduced or obscured. We journalists counter such obscurity; we defend the sanctity and purity of truth. We are gatherers of evidence, unbiased and unvarnished, and we will place that evidence and reflection in the context of past events that gives current events weight so they can not be misinterpreted or exploited.

Through our publication’s reporting, we aim to clarify and contest the information that divides the public, investigate and expose the unknown and enact change within the Exeter community and beyond.

Revelations are streaming everywhere around us—from the nationwide series of sexual assault allegations in the workplace, in Hollywood, in classrooms, to the Paradise Papers, which expose the flow of wealthy people’s capital through secret banking channels, to the communication unearthed in the Trump-Russia probe. Revelations like these are what make journalism thrilling. It is as if all the curtains are being drawn. It is a reminder, once again, that language is power, that storytelling is power.

We recognize this power and we will listen, observe and decipher Academy happenings so that the truth may empower you, too.

-Rose, Bella, Madison

News

The Exonian prides itself on a history of unbiased, investigative journalism. We the News team, Sarah Ryu, Don Assamongkol, John Beckerle and Paul James, will continue to uphold this history and report the essential issues on the Exeter campus as an independent press. The News section leads every issue of *The Exonian* and can have a significant impact on events at the Academy. During our tenure as writers, we covered the establishment of all-gender dorms on campus, issues of sexual assault and the Academy’s response, drug usage and political activism, to name a few stories. To continue our tradition of investigative and groundbreaking investigative articles, we’ll hold ourselves and our writers to the highest standards of journalistic integrity. We recognize that although *The Exonian* is a high school publication, we have the power and responsibility to fairly frame pressing debates in our community. As the school has received great media attention during these recent times, we will report with accuracy and consider the sensitivity of challenging issues as they come. We will choose articles that inform our peers, the faculty and staff, and aim to be governed by the importance of our stories rather than flashy headlines. Over the next three terms, we hope to break new ground in our stories and provide an independent, disinterested view of our broader Exeter family. We look forward to working with the 140th board and uphold our esteemed legacy.

-Paul, John, Don, Sarah

Opinions

PEA exhibits a student body composed of “youth from every quarter;” this diverse array of perspectives drives the success of Harkness learning, and thus the Academy. Exposure to and discussion of foreign opinion is the most fundamental factor in the development of an individual’s perspective and broadens the horizons of all those involved in such discussions. Exeter’s focus on enabling this type of growth through Harkness has resulted in a community of passionate intellectuals primed for debate.

The Exonian was created to serve as the stage for these debates, addressing what

the founding editors viewed as, “the lack of a proper medium for the interchange of opinions and the discussion of matters of general interest.” We, the new Opinions editors—Bianca Beck, Mark Blekherman, Sebastian Bango and Shaan Bhandarkar—promise to construct and maintain a forum for Exonians to present, defend and develop their opinions, spurring respectful and intellectual discourse. We want to publish those 2 a.m. dorm room debates, draw out the voice of the alternative, connect the unchallenged to their challengers, compel the reconstruction of points of view. We want every Exonian to feel the valuable friction of the Opinions section. We are so excited for the year ahead of us at *The Exonian*, and we hope to spark many discussions around campus.

-Bianca, Shaan, Sebastian, Mark

Life

The Academy is an educational institution of renowned academic prowess, but it is also a place where students with nuanced desires and creative ambitions live and grow. Throughout its publication, the Life section has served as a valuable venue for capturing the elements, events and people that define student life and culture at the Academy. Writing for the Life section of *The Exonian* connects writers to students, faculty and staff all around campus. We, the Life Editors of the 140th Editorial Board, Grace Carroll, Jacky Cho, Hillary Davis and Alan Wu, share the goal of continuing to build healthy relationships between writers and the greater Exeter community. Every week, we will aim to display the most brilliant and creative members of our faculty and student body. In the Life section, we will run columns that address the issues and topics Exonians are passionate about. We will celebrate and critique the variety of campus performances—plays, concerts and dances—that accompany and define your time at Exeter. Staff writers will review new off-campus movies, music and books, and they will deliver you recommendations containing their favorite media. In the past, the Life section has been crucial to fostering a vibrant school culture both through the distribution and promotion of new valuable elements and the recognition and

celebration of elements that contributed to our culture. In the coming year, under our leadership, the Life section promises to introduce new content, in addition to the typical articles, broadcasting topics that are normally overlooked on campus like student led initiatives and dorm culture profiles. Through these efforts, we hope to fill *The Exonian* with meaningful articles that maintain the reputation of the Life section.

-Grace, Jacky, Hillary, Alan

Sports

Athletes, alumni, parents and students eagerly await the three action-packed pages at the end of each issue. Sports on campus have been and always will be an important and exciting aspect of Exeter’s culture. In the Sports section of *The Exonian*, we, the Sports Editors, hope to showcase the talent and commitment of Exeter’s student-athletes. Each week, we, Emily Cloonan, Ashley Lin, Makinrola Orafidiya and Jared Zhang, will guide our writers to publish lively and informative articles that chronicle the amazing sports teams on campus. Win or lose, we will strive to highlight the achievements of Exeter’s hundreds of athletes. In past years, the Sports section has paid particular attention to covering sports games, matches and meets; but, the 140th Board wants to dig deeper. Throughout our tenure, articles will dive into sports and team culture, investigate possible controversies and celebrate athletes of all ages. If you ever miss a game, we’re excited to bring sports to your dorm!

-Mak, Emily, Jared, Ashley

Humor

The Exonian is an esteemed newspaper intended to be as serious and informative as possible. A few of us have decided that’s awfully boring, and we’re here to undermine this institution. In all seriousness, we—Ava, Abby and Lizzie—want to do our best this year to call out problematic celebrities and politicians, keep the administration guessing and most of all, to put a smile on your face. We vow to uphold the Humor section as the most read section of *The Exonian*. Have a great year!

-Lizzie, Ava, Abigail

2018: Year of World Revolt

this year.

On the other hand, leaders of the “Eastern” bloc were hopeful about the future. President Vladimir Putin in Russia spoke about the importance of the values of kindness and hope. He spoke about the importance of Russia as a family and said, “Our solidarity, friendship and unconditional love of Russia multiply our strength, giving us power to perform worthy deeds and great achievements.”

President Mahmoud Abbas of Palestine issued a joint Christmas and New Year’s speech. In his speech, Abbas, a Muslim, spoke movingly about the birth of Jesus Christ and expressed his hope that His message of justice, who consider Him both the Messiah and a Prophet, could triumph over the ideology of apartheid and anti-Arab racism supported in the by the United States and the European Union. He also discussed his close relationship with Arab-Christian leaders such as His Holiness Pope Tawadros, Patriarch of Alexandria and Primate of the Coptic Church, one of the oldest churches in the world. He concluded with a call for secularism and respect for all peoples would love the nation by saying, “We are a nation that is proud of its social fabric. Christians have never been a minority in Palestine, but an integral part of our nation. Some of the most glorious leaders of our national movement have been Christians. In many cases, we only knew the religion of our comrades when they were martyred and taken to a Mosque or to a Church.” Abbas is a model for Western leaders of the likes

of Netanyahu and Trump.

Other Eastern leaders such as the Prime Minister Abe of Japan were also hopeful in their addresses. They should be. These countries achieved major victories this year. The Republic of Palestine now has a stable government, and support for their movement of national liberation is growing on the left and the right. Russia is going through a national revolution and is on track to regain the power of its ancient empire by making an “Eastern Orthodox Union.” Japan is going through a second “Meiji Restoration,” and Narendra Modi’s vision for a strong India that can unite against terrorism is more popular than ever. More importantly, these countries have begun to articulate and implement a novel alternative to the libertarian, capitalist ideology supported by the U.S. since the end of the Cold War. This alternative takes


some of the best aspects of right and left. It takes the left’s belief in workers’ rights and economic justice, which prevents the influence of unfettered capitalism and populist convictions. It combines these ideals with the right’s support for the institutions of the nation and the state. Eastern leaders have essentially found a way to unite communists with conservatives. Under the leadership of countries like Russia, the combined effort of diverse ideologies on the political spectrum can defeat the libertarian bourgeoisie that dominates today’s elite and can forge onward to a new world. The UN, which has condoned endless wars against elected leaders, a globalized economy that disserves workers and the replacement of nations by organizations like the European Union, should be scared. They should be worried because 2018 will be a year of awakening and democratic world revolt.

Emmanuel Tran '21

Guest Contributor

New Year: traditionally it is a time of hope. This year, leaders from across the world issued messages, some threatening, some hopeful and some worried. One of the most pessimistic was the “red alert” issued by the United Nations’ Secretary General António Guterres. Usually the leader of the UN offers a positive, uplifting message on New Year’s Eve. Instead, this year, he proclaimed a “red alert” about the major problems facing the world, including climate change, inequality, nationalism and xenophobia. In the message, he also argued that the solution to these problems is more international cooperation, of course, under the auspices of his institution.

While the UN is ostensibly an international organization, it has generally sided with Western countries and organizations like the United States and the European Union against Eastern countries such as Russia, China, Palestine, Japan or Iran. So the UN could be reasonably portrayed as supporting the “neoliberal bloc” against more nationalist and traditional countries like Russia or Japan. The leader of the UN wasn’t the only neoliberal Western leader that struck a worried tone on New Year’s. Angela Merkel, while slightly more hopeful, gave a somber speech calling for national unity after her ruling centrist coalition suffered a crushing electoral defeat early



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California Dreaming

Andrea So '20
Columnist

On January 1st, a series of new laws took effect in the state of California, laws which pave a path that the entirety of America should eventually take. The newly enacted laws include the legalization of recreational marijuana, free access to tampons at schools, installation of diaper-changing stations in men's restrooms and banning employers from asking about an applicant's prior salary. These laws may seem simple on the surface, but they will have significant outcomes that shift us closer to equality for people of all races, genders, sexual orientations and other identities.

While Jeff Sessions immediately countered the legalization of recreational weed with the threat of enforcing federal marijuana laws, California is already fighting back to defend its voter-approved law. By doing so, it is also fighting the terrible effects of something else: the war on drugs. First officially declared by President Nixon, the war has seen hundreds of thousands of citizens incarcerated for possessing drugs such as marijuana. Despite the fact that statistics show that the level of drug usage between black and white people is around the same, people of color are the most affected by this "war." This racial disparity in policing is a disgrace to America, and has been a great contributor to the issue of mass incarceration; one in three black men will experience prison in their lifetime. As marijuana is legalized, the problem of racially based policing on drugs will be greatly reduced, as people of color can no longer be arrested for smoking or possessing marijuana.

Gender equality is another issue that will be affected by the introduction of California's new laws. Free access to feminine hygiene products should have always been the norm;

if our roles were reversed and males had periods instead of females, maybe that would already be the case. While talking about periods is still considered taboo in many settings, its effects are very real. Studies show that a lack of access to tampons and pads for

to be the only caretakers of their children. This new law will begin to chip away at an old sexist stereotype and normalize both parents taking care of their child. If you think about it, this notion of equal responsibility for children isn't that ridiculous of a thought.



low-income students has a negative impact on their education. If girls are not able to obtain feminine hygiene products, how are they supposed to be on the same educational playing field as boys? Many young girls already struggle to deal with their periods, so they shouldn't have to grapple with the issue of whether or not they are able to afford feminine hygiene products.

By installing changing stations in men's bathrooms, fathers will be encouraged to bring their children to public bathrooms, and thus challenge sexist stereotypes. Only having diaper-changing stations in female restrooms not only is unfair and inconvenient to dads who take care of their children, but it also supports the stereotype that women are supposed

Finally, banning employers from asking about a job applicant's previous salary is a step towards ending the gender wage gap once and for all. This law prohibits employers from basing an employee's new salary on a possibly unequal previous one, and thereby allows the employee to start afresh at a new job. This new requirement has the possibility to create major change, as the current status quo dictates that your pay at a new job is heavily based on the salary from your previous job.

California has always been a pioneer when it comes to progress in America, with the rest of the country taking more time to follow in its footsteps. This is a great sign as to what will happen in America's future; genuine equality is a goal that is becoming more and more within reach.

Bitcoins: Fad or the Future?

Jacob Feigenberg '21
Guest Contributor

Currency, defined as "something that is in circulation as a medium of exchange" by *Merriam-Webster*, continues to become increasingly flexible, efficient and secure to keep up with the lightning-fast transactions of business in a changing world. The old metal currencies of gold and silver were heavy and hard to split into smaller pieces, leading to the invention of paper money that represented an amount of gold sitting in a vault. However, these first banks of the Massachusetts Bay Colony in 1690 printed too much money and were cautious with giving out loans; this did not lead to much growth in

The idea of a decentralized currency brings about several problems: If transactions are anonymous, how can one avoid fraud?

the business sector.

In 1971, President Richard Nixon officially removed the link between the US dollar and physical assets such as gold. This new type of money, called Fiat money, is given value from the amount of dollars in circulation, which can be increased or decreased by a central authority. Trust in this central authority allows, for example,

for the cashier at Las Olas to agree to give you a double-meat burrito for a fist-full of slightly waterproof (please do not try it) green slips of paper.

In recent years, banks and governments have pushed to do away with physical currency altogether; questions have arisen regarding the actual purpose of pennies, nickels, and even dimes. Online payment

Cryptocurrencies like Bitcoin are so vital because they solve the critical problems faced by mainstream currencies.

platforms such as Paypal, Square and credit cards get rid of the need to carry a wallet of paper and coins, but now every transaction must be approved by a bank. This violation of privacy, compounded with high fees on transactions, drove the mysterious Satoshi Nakamoto in 2009 to invent Bitcoin, the first and most significant line of a new currency called cryptocurrency.

Cryptocurrencies are the first decentralized, virtual currencies: there is no central bank or authority to validate and charge transactions. Before the development of cryptocurrency, these previous necessities would have especially slowed down the entire process. Users of Bitcoin and other cryptocurrencies also enjoy complete anonymity, thereby eliminating the need for identification and making transactions

more secure. However, the idea of a decentralized currency brings about several problems: if transactions are anonymous, how can one avoid fraud? How can digital counterfeiting and copying be avoided? How can the system sustain itself without a bank?

Nakamoto solved these problems by incorporating simple cryptography into transactions. The Bitcoin system is supported by a net of computers around the world called the Blockchain. Each computer retains a ledger of each transaction so that no user can spend more Bitcoin than they actually own. To avoid fraud and corruption, the decentralized network is not owned by one person; many users across the globe contribute and store information, yet no one person can hack or corrupt the entire system. Bitcoin transactions are protected by a simple private-public key duet. Each user has a unique private key, or digital signature, so that the Blockchain members can verify the signature using their public key. Thus, cryptocurrency cannot be faked. In order to verify these transactions and add them to the block, Blockchain users must crack at difficult hash function problems where they must encode a piece of data by using complex computing algorithms. Users earn a small percentage of a Bitcoin as a reward. These Blockchain members may be better described by the buzzword "miners." This is the revolutionary system that is used by all forms of cryptocurrency.

Cryptocurrencies like Bitcoin are so vital because they solve the critical problems faced by mainstream currencies. The decentralized system expedites the transaction process without the onerous fees of banks. In addition, cryptocurrencies prove to be secure from hacking, fraud and double-spending due to the mathematical ingenuity of the Blockchain. At the same time, the Blockchain motivates miners to participate with monetary incentive. Many critics of the cryptocurrency system are hesitant to invest because they are not knowledgeable on the topic, and are wary about its risk. That is why it is necessary to become as educated as possible about cryptocurrencies because they are the future. To keep up with the business of the future, we need the currencies of the future. Bitcoin is one of hundreds of cryptocurrencies, so you can invest in the one that interests you.



Tackling Mental Health

Jordan Davidson '19
Senior Columnist

The success of any movement heavily depends on the strength of its leader. We will always remember the contributions of Martin Luther King Jr., Gandhi, and Harvey Milk to their respective movements. Although social leaders tackle their individual objectives uniquely, they all share one attribute: they are members of the groups whose civil rights they champion. The first people to step up for African American rights were predominantly African Americans, for gay rights gay people, and for feminism, women. While it is perfectly logical and acceptable, this model of cultural movements cannot sustain itself for every social issue.

Especially with regards to the issue of mental health, the ability to retain a leader that represents the wider community becomes even more complicated. Like other marginalized groups, those who have a mental illness are often denied civil rights and need a holistic support system spearheaded by a capable leader. There is often a lack of government funding for scholastic programs assisting students with mental illness. Hurtful language and discrimination abounds in and out of the workplace, aimed towards people struggling with their conditions. Furthermore, people with mental health issues are frequently arrested and put in jail instead of being appropriately placed in a hospital or another place suitable for rehabilitation.

As stated earlier, the first person to stand up for a certain group's interests throughout history has frequently been a member of that group itself. If this logic is applied to mental health issues, people who have to live with illnesses such as depression, anxiety disorder, bipolar disorder, or schizophrenia would have to be the ones to advocate for themselves. While many who live with mental illness are indeed incredibly strong, evidenced in their courage to seek out help, we overburden those who struggle daily with mentally-debilitating disorders to step up and become an activist. A leadership role would only further mentally and physically strain such a volunteer. Everyone who has a mental illness should make getting help, not leading others, their first priority.

With few instances of relatable leading voices, mental health has repeatedly taken a backseat to race and gender issues on both a local and national level. In my entire Exeter career (two and a half years and counting), I have rarely witnessed mental health discussed outside of prep health class. With insufficient promotion of the services offered by the counseling department, students with mental health issues are likely to remain silent. So, only one solution to this problem exists: we as a community must stand together and inform students with mental illnesses that we are there for them. Whether this manifests itself through more Assembly speakers centering their presentations on mental health, putting up posters with a positive attitude around campus or spreading information about the counseling services at Exeter on a more frequent basis, we have a responsibility to respond regardless of whether we grapple with a mental illness or not. People with mental health issues can certainly assist and help lead such campaigns, but we can collectively reinforce their efforts and truly bring the mental health movement to the forefront. By doing this, we create a more welcoming, warm and healthy Exeter environment that everyone will be proud to be a part of. This positive cultural shift in our community simply requires the active support of people who may not personally struggle, but still care about the people around them.

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The Year of World Revolt

Emmanuel Tran '21

Guest Contributor

Trump. Talking about how “crazy” his presidency is or quoting the Chinese proverb “may we live in interesting times” has become almost cliché. But with all this focus on Trump and his crazy tweets, many people are missing maybe the biggest changes in American politics in years. The traditional, left/right divide that has structured American politics since the '40s is beginning to crumble. Trump will hasten its demise.

Donald Trump likes to say he's opposed to the system. But he is a product of it. Wealthy. From New York. He attended an Ivy League School. He used to be a corporate liberal and then became a corporate conservative. This critique of Donald Trump's supposed populism is common, coming from the “progressive populists” who backed Bernie Sanders during the primary. But Bernie Sanders is also a product of the system. After attending the elite University of Chicago, he became the mayor of the largest city in Vermont, a congressman and a senator. During the '90s he toed the party line and helped destroy the New Deal. These are leaders who are entirely tied to the system. And yet men and women in America are willing to vote for them

The traditional, left/right divide that has structured American politics since the '40s is beginning to crumble. Trump will hasten its demise.

because they are moderately less “establishment.” That indicates a large populist fervor which is not going away.

The failure of Donald Trump to deliver on any of his most contentious promises, the integration of Bernie Sanders in the establishment and the overall weakness of the administration will almost certainly lead to an opening for true anti-establishment options. Trump ran on a program that combined conservative positions on certain social topics with economic nationalism. But Trump's major promises to his electorate have not been accomplished. The major planks of his proposed program, which brought him a surge of support across the Midwest, were building a wall, reducing the



Courtesy of Google

role of the American military abroad, restricting free trade and reforming infrastructure. But Trump hasn't definitively changed the Republican Party at all. It is still neoliberal, Zionist, interventionist and pro-Wall Street, just like before.

For some on the left, the failure of Trump represents an easy opening for liberals. After Trump fails to deliver, liberals can swoop in without changing any of their positions. Trump will have been so bad that even the toxic mix of war and globalism served up by the liberal establishment will seem better. Unfortunately, aside from the isolated success of Doug Jones, the men and women of this country feel so betrayed by mainstream Democrats that they will rarely vote in the liberal bourgeoisie ever again, as the failure of Jon Ossoff in Georgia clearly showed.

So if the both the liberal and conservative establishments are doomed, what will rise in its place? We may see in 2018. But if we want a glimpse of might happen to American politics, France is a good example. In 2007, Nicolas Sarkozy, ran a populist campaign as the candidate of the official center-right. He defeated a moderate liberal woman who would have been France's first female president. But Sarkozy failed to deliver on his promises to restrict immigration, reduce the powers of the EU and help restore a dying industry. His failure helped lead to the appearance of new alternatives, the right-wing populist National Front and neoliberal

“in motion” movement. France has now descended into a chaos of political infighting that could give rise to fringe movements.

Could America descend into that type of chaos? With the lack of dialogue between the two parties, it is all too likely. So how can we as Americans stop this chaos? It may require that we question the basis of our republic. Our nation was formed as one of the first countries in the world without a king or an emperor. And while we have remained stable so far we may not for much longer. No republic has lasted as long as the great monarchies of the world, from Byzantium to Imperial Russia. So perhaps the best solution to America's problems is one of the most improbable: an “elective monarchy.”

Let me be clear that I am not advocating for a traditional, European-style hereditary empire. After all, which family would govern us? The British royal family? The Bush family? The Trump family? I doubt it. Instead, this “elective monarchy” would give the president more powers and enforce respect for our institutions.

We would embark on a massive reform of institutions. Instead of the weak system we have now that only leads to misery and deadlock, we would have a system with a president who can truly act to unify the nation. In order to do this, several changes would have to take place. Congress would become a more limited

body instead of the all-powerful swamp of corruption it is today. The president would propose laws, and Congress would simply vote yes or no instead of the long legislative process we have now. The Supreme Court would have a massively reduced role, and its leaders would only be appointed to short terms instead of for life. Rather than having long le-

The system we live in has produced a failing society, dominated by demagogues and heading for crisis.

gal challenges, the Court would issue a simple ruling on the constitutionality of every major law. The president would have wide-ranging powers and would be elected for one seven-year term and thus would never have to face re-election. Political parties, which divide the nation, would be banned and all elections would be non-partisan.

I have no illusions that these massive changes will occur this year. But I hope that in 2018, the American people realize that they have been bamboozled. The system we live in has produced a failing society, dominated by demagogues and heading for crisis. Only action now can ensure the survival of this country through the 21st century and into the future.

Voice of America: Agent of Democracy or Imperialism?

Mai Hoang '20

Columnist

The brutes,” my daddy cursed under his breath, right hand thumping the steering wheel. “They surrounded Grandma's house that night and threatened to burn it; I could hear them firing into the ground. I huddled with your aunts and uncles in the kitchen praying that it would not be my time to go with Grandpa yet.” He exhaled loudly, wiping the glistening sweat from his right cheek with the back of his hand. The conglomeration of motorbikes in front of us still did not move an inch.

Thirty-seven years had passed since the night when Daddy woke to the sound of soldiers ambushing his house on the outskirts of Saigon, yet the memory remained vivid. It was 1980, five years after Liberation Day, eight years after my grandfather got shot while spreading propaganda for the government of Southern Vietnam. Uncle Dinh had somehow procured a battered radio from the black market and was tuning in to Voice of America (VOA) in Vietnamese. According to Daddy, our heedless uncle attracted the attention of nearby patrollers who heard the sound of the broadcast and accused the family of “betraying the country” by “listening to anti-state propaganda.” They would have, at best, arrested them then and there, if my grandma had not recognizing a few of the hunger-ravaged soldiers as people she had sold pork and rice to illegally. After a few more threatening shots, they left the family alone. Still, it was a close call.

Fast forward three decades, and we are now in an age past Renovation and past the collapse of the USSR; yet, many things remain the same. VOA is no longer on the government's official blacklist, though Radio Free Asia (RFA) and the BBC are still intermittently blocked by the state's “bamboo firewall.” I will never forget the joy I felt that first day in September last year when I clicked onto the links to BBC and Human Rights Watch articles for the first time without eliciting the appearance of an intimidating full-

screen rectangular box “Error 451—The websites you are trying to access contain delinquent and immoral content.”

Given the significance of VOA back home, I was at first very much stunned to learn that most Americans did not know much, if at all, about this news source. Thanks to its carefully cultivated image of reliability and objectivity, VOA has always been a steady supplier for the market niche of disillusioned citizens “seeking the truth” not only in Vietnam but in a hundred other countries across the globe where it is available in the native language. A large number of these states have political systems that are highly undemocratic; as a result, trust for conventional media has always been low.

Especially in places like Saigon—hubs of relative cosmopolitanism despite near-antagonistic subversion efforts from the capital—mainstream newspapers are commonly regarded, not inaccurately, as the state's mouthpiece. All of the major dailies—Tuoi Tre, Thanh Nien, Dan Tri—have connections to the Communist party or organs like the United Youth League. Strictly censored, both writers and editors for these newspapers

In contrast to this, VOA and other international news outlets, at times, seemed like noble saints valiantly fighting for freedom of the press and media transparency.

do not want to put a toe out of line. For instance, after Bill Clinton's visit to the country, Tuoi Tre journalists ran a survey and found that the American president was a more popular and respected leader amongst the younger generations than the Reverend Uncle Ho Chi Minh himself. All copies of the Tuoi Tre issue containing these results were immediately destroyed. The three editors involved received a host of punishments and sanctions for their transgression before being moved to less prominent newspapers.

In contrast to this, VOA and other international news outlets, at times,

seemed like noble saints valiantly fighting for freedom of the press and media transparency. Indeed, that was my view of them during much of my childhood, hearing stories from Daddy similar to the one told above. VOA did not shy away from reporting on the environmental disaster of Formosa; they published a full analysis online about the ridiculous use of Build-Operate-Transfer projects as a guise for corruption and bribes. They were blunt when it came to covering political activism, even dissident activities.

Almost a tad too blunt. Maybe thanks to the Harkness discussions at

Freedom, empowerment, democracy: Was this really what Voice of America was all about?

Phillips Exeter where we all learn to question our preconceptions, there came a point when I began to distrust this powerhouse of ideological reporting. Freedom, empowerment, democracy: Was this really what VOA was all about? A short fifteen minutes of research on the computer provided even more reasons for me to start having questions. The most troubling of them was that until 2015, VOA was barred from broadcasting to American citizens.

This was due to the amended Smith-Mundt Act of the 1970s, which ruled that because of its ties with the US government, a feature untypical for media organizations in the US, VOA could not direct its messages towards American citizens to prevent the chance that they would be exposed to “state propaganda.”

Two things about this news left me in shock. First, though I had vaguely been conscious of the obvious ties between VOA and the American government, it had never struck me before that this organization's official description was, in fact, “the US federal government's official institution for non-military, external broadcasting.” To my further astonishment, VOA obtains all of its operational budget from American taxpayers, and is overseen by the Broadcasting Board of

Governors (BBG), an executive-branch agency nominally out of the president's direct control, though few presidents have been able to resist the urge of exerting their influence when certain events called for toning down. Roughly a fourth of VOA's reporters are not actual journalists but career members of the foreign service.

Furthermore, the legislative recognition of VOA alongside a host of other BBG products—namely RFA, Radio Liberty and the Middle East Broadcasting Networks—to be under the purview of the Smith-Mundt Act meant, inherently, that this was no benign source for unbiased news. “[These broadcasting corporations] should be given the opportunity to take their rightful place in the graveyard of Cold War relics,” said Arkansas Senator J. William Fulbright, the most vocal advocate of the 1970s amendment to limit their distribution. Though his words may seem extreme, it is hard to disregard the fact that VOA's current presence in the former Soviet bloc and its allies—Russia, Eastern Europe, Cuba, and my very own country, Vietnam—is much more prominent than in African and most South American states. Throughout the Cold War, Communist governments spent a lot of money jamming VOA's transmission because of its tendency to deliver information that would spark upheavals, as acknowledged by former government officials and political dissidents after the collapse of the Warsaw Pact.

VOA's mission, outlined in its founding charter, seems rather impossible when examined under critical lenses. Its first principle: VOA will serve as a consistently reliable and authoritative source of news. Its second principle: VOA will represent America. Such dual responsibilities of serving a government that sees it as an official mouthpiece and an international audience keen for unbiased truth only makes sense if one is to accept that America itself is “the world's biggest champion of truth and freedom,” and American imperialism is “the greatest force for good in the world during the past century.”

An easier task to do if one has never set foot in this country.



ExeterLife



Students pose at the 'Photo Booth' for Winter Formal

JaQ Lai/The Exonian

WPEA WINTER FORMAL

By **JASMINE LIAO** and
ANGELE YANG
Staff Writers

On Saturday night, students donning sweatpants and heavy coats over sparkly dresses and ties braved the dangerously cold conditions and streamed into Grainger Auditorium for the annual WPEA Winter Formal. As students ditched their boots for stiletto heels and lined up for photos, jazz music started to play in the auditorium.

Hosting the dance for the third year in a row, WPEA, a noncommercial educational radio station run by Exeter students, began planning for the dance in the fall term with final preparations taking place two weeks before winter break.

Club members arrived two and a half hours before the dance to begin setting up. According to upper Anna Clark, the radio's general manager, WPEA hoped to attract as many members of the student body as possible in order to remind the community about the radio station, while also hosting an enjoyable evening for those in attendance. "At

one point, we even added an hour to our regular one-hour weekly meeting to determine layout, food, drinks, decorations, music, etc," Clark said.

Clark credited Assistant Director of Student Activities and WPEA advisor Kelly McGahie to being instrumental in coordinating the event.

WPEA Winter Formal replaced GLO three years ago, due to students requesting a more formal dance, and McGahie attributes the success of the following years' dances to the club members involved in the first Winter Formal and the successive boards maintaining it.

"That first year crew made an amazing job of getting people in the door," McGahie said. "They knocked it out of the park three years ago and made it an incredibly successful event. Each successive board has put a lot of effort into planning it, getting word out, setting up and making choices about music."

Winter Formal typically falls on one of the coldest weekends of January, and the planning committee ran into trouble last year. "There was a big snow storm, and the live band got stuck in traffic," recalled McGa-

hie. Luckily, one of Exeter's student bands, The Big Red Blues, took on the responsibility of keeping everyone entertained. "[They] really helped us out, playing for an extra 45 minutes, and it was still a great event," said McGahie.

Despite the freezing temperatures outside, hundreds of students came to the dance. "I went to WinFo mostly to hang out with friends and to experience it for the first time. It was really cold on the way. I'm [from] one of the closer dorms, and I was shivering throughout the walk," prep JaQ Lai said. "WinFo felt like one of the best chances to make the kinds of memories I would look back on fondly as a senior."

Clark echoed Lai's sentiment, stating that the WPEA members' efforts paid off. "Winter Formal was extremely well-attended," she said. "Very shortly after the reception started at 8:30, the lobby of the science building was packed with students excited to greet friends and take pictures at our 'photo booth.'"

During the reception, students in the auditorium sat at tables lit by candlelight and enjoyed jazz by The Big Red Blues, featuring

senior Lucas Stevens on bass, senior Oren Stern on drums, upper Dylan Yin on alto sax, upper Justin Shao on tenor sax and upper Ryan Miller on piano.

After their performance, the music switched over to Peat Moss and the Fertilizers, a professional band from Long Island, performing on the other side of the auditorium with an open dance floor. They played songs ranging from "Shut Up and Dance" by Walk the Moon to "Mr. Brightside" by The Killers. Lead singer Steve Mecca, singing with the synthesizer, was a highlight of the night. Upper Samantha Olmsted praised the band for playing a wide range of genres. "It was nice to have a live band. I also liked how some of the songs we could sing along to," said Olmsted. "For the songs that I did know, it was super fun to jam out to the lyrics."

Lower Anna Fahey agreed with Olmsted and lauded the band. "They were really interactive with the crowd and they would talk to you, and you could tell that they were having fun, so that made you have fun," she said. "They played a lot of songs that people didn't really know, but it was a lot of fun for people who did."

BIG RED GOES GREEN

By **ASHLEY LIN**
Columnist

Have you seen the signs stuck to the walls of your dorm that tell you to turn off your lights after leaving the room? Have you opened your computer to the emails that tell you to take only the amount of food you will actually eat? The answer is no, because these signs and emails don't exist. When asked about her opinion on environmental sustainability, upper Christine Baker replied, "It has to do with climate change, right?"

Though climate change is a huge and time-sensitive global problem, it has not reached the same level of attention and focus in the Exeter community as racism, LG-BTQ+ issues and sexual assault have. "Aside from Climate Action Day, I don't think the students here think too much about it," upper Nick Tilson said.

"I'm pretty sure there's a new class offered now about sustainability, but that's all I know about the topic as a part of our education," upper Caroline Matule commented on the incorporation of environmental sustainability on campus.

Though a lack of knowledge regarding environmental sustainability is common at PEA, there are still many students who take action. Their initiatives may not be extensively publicized, but Exonians are making changes behind the scenes. From advocating for animal rights to raising awareness on food waste, many students have been trying to find solutions for climate change. Senior Pedro Repsold De Sanson has been a part of many community-oriented clubs like the Exeter Exchange, which has opened an Exeter thrift shop for students to donate and buy used clothes and miscellaneous items from other students. He also takes action as co-head of the environmental magazine *Sustain*.

Other students tackle climate change by taking a more institutional approach. Upper Sophie Faliero is a co-head and founder of Exeter's fossil fuel divestment club. "We are planning to propose a divestment plan to the school with reinvestment options and success stories from other institutions," Faliero said, outlining the club's goals.

It is evident that these environmentally conscious students have dedicated themselves to advocating for sustainability. Senior Jane Li, a member of the E-proctor board and a co-head of the Environmental Action Committee, credited her passion for environmental sustainability to her love of the outdoors. "As a child, I wasn't necessarily gung-ho about environmentalism, but I knew I loved being in nature," Li stated. Her motivation to take action on campus stems from an aversion to living on a planet elsewhere. "I don't want to do things like settle the human population in space."

It is ironic that most students fail to realize how sweeping a problem climate change is, in that it relates to topics that they are passionate about. "I care about animal rights and human health," said Baker. Like countless others, Baker is interested in learning about how the phenomenon actually affects the issues that she cares about. Tilson notes that climate change is not always obvious. "Although it might not all be visible, it's doing a lot of damage," he says. Even those for whom the effects of climate change are visible are sometimes unwilling to address it. Matule adds, "I'm pretty sure there are a wide range of beliefs about climate change in the Exeter community, but I feel like the percentage of Exeter students who would take enough action as to change their daily habits is small."

Senior Emmett Shell, co-head of the Animal Rights club, noted that although students do care about the environment, it is often a low priority. "I think it's easy to push environmental work to the back, as it is often a thankless job, and I hope those who really care are sure to spend their time, energy and skills addressing climate change at Exeter," he said.

Climate change is an ever-present, inescapable, dangerous issue. Most Exonians could take a lesson from the few who prove willing to devote their time to addressing it. Repsold De Sanson believes that "promoting change in regard to environmentalism rotates around a change in culture, which I believe will only occur if everyone, including myself, truly understands the impacts of our current practices."

Horoscopes

By **LAUREN LEATHAM** and
ALEXANDRA VAN DIJKUM
Columnists

will surely benefit from your keen insight.

Aries: Take it easy this week, Aries. All the excitement with the sun in your sign has left you tired, so use this week as an opportunity to recharge. You-time is the best time this week, so don't be afraid to cancel plans and have a chill weekend.

Taurus: This is the week to try new things, Taurus! With Mars continuing to move through your sign, it is a great time to broaden your horizons. Now that the weather is finally in the double digits, maybe even go outside. You will be surprised with how much fun you have!

Gemini: You will see your hard work pay off this week, Gemini. With your sign in Jupiter's house of success, expect clear measurements of improvement this week, whether academically, athletically or artistically. Celebrate your achievements and keep up the hard work!

Cancer: Spend this week with your friends, Cancer. Neptune is in your house of relationships this week, so spend this time with those around you. This week is also a good time to meet new people, so become familiar with those 'friends of friends' just outside of your circle.

Leo: This is the week to embrace your artistic side! With the moon entering your sign this week, you might find the need to show off your prowess in the arts. Whether that's having a winter photoshoot in the snow or breaking into song, have fun with it.

Virgo: Tell it as it is, Virgo! With Jupiter moving into your sign, you will see things with increasing clarity. Don't be afraid to share your discoveries with the people around you, because they

Libra: This week it's time to put your focus back on academics, Libra. Clear the space on your desk and be sure to prioritize your homework and your studying. Starting off strong right now will set you on the right path grade-wise for the rest of the term. It's a lot of work, but you can do it!

Scorpio: One of your relationships might test you this week, but keep away from rumors and it will be alright. You're all about loyalty, Scorpio, and when that is tested it can be tough. Just remember not to judge the situation too quickly; things aren't always as they seem.

Sagittarius: These cold days have been the perfect time for you to relax and stay warm indoors. With the sun leaving your sign, you're going to feel less outgoing and energized, but that's okay. Instead, you might rather opt to stay in with hot chocolate and a movie.

Capricorn: This will be a week of new experiences, Capricorn! You may not notice it in the moment, but looking back you'll see that a lot changes this week, and most of it changes for the better! So get out there and meet new people and do new things.

Aquarius: You've had a lot of mixed emotions lately, Aquarius, but now it's time to let go of all your tangled feelings. Embrace the fluidity of your water sign and let yourself go with the flow this week; don't worry or think too much, it all turns out in the end.

Pisces: You've been pushing yourself academically, Pisces, but use this week to be more social. Get out of Exeter for a little while with some friends; sometimes it's nice to leave the bubble. Whatever you do, do it with other people. It will make it all the more fun!

Senior Spotlight

BEN HARRISON

By EMILY KANG and SUAN LEE
Staff Writers

Exonians probably noticed him playing melodic tunes on his bagpipes at fall E/A. Maybe they know him as a co-head of the Feminist Union. Perhaps they have read stories to younger children with him in ESSO Main Street School Classroom Helpers. They might have read some of his articles in Matter Magazine, Exeter's science publication. Or maybe Exonians know him simply from the warm smiles and cheerful greetings he shares with them when he passes them on the paths.

Senior Ben Harrison attended public school in rural Virginia before coming to Exeter as a new lower. After a riveting summer course at Brown University and the Jack Kent Cooke Foundation, Harrison considered a boarding school education. He found Exeter to be vastly different from his previous educational environments. "Exeter has amazing academics, small classes, great facilities and the Harkness method. People enjoy having discussions outside of class. Everyone really wants to learn," Harrison said. "It's really all that you could want in a high school."

Despite the initial academic and social challenges of coming to Exeter as a new lower, Harrison quickly found his place in the community and learned how to maintain a healthy balance between the numerous activities he pursues. He discovered a passion for astrophysics last year through the three astronomy courses he took with Science Instructor John Blackwell. "Ben is a serious, friendly, amicable soul," Blackwell said. "He worked diligently as a student and was a real leader in class with his thoughtful approaches to sharing solutions to difficult material." Harrison plans to major in astrophysics in college.

Harrison brings this passion for listening and leading to the extracurricular activities he participates in. Having grown up in a predominantly white, Republican neighborhood, Harrison found Exeter's



Inumidun Oyeboide/The Exonian

social diversity to be an exciting change. It deepened his interest in social issues, which he explored by frequenting club meetings at Exeter, including the Republican Club, the Gay-Straight Alliance (GSA) and the Afro-Latinx Exonian Society (ALES). "Issues just came up in conversation and everyday life, so I thought I should probably know more about them," he explained. "Everyone has a role, whether they realize it or not. It's important to educate yourself on what your position is, what role you have and how you can utilize that."

Harrison became especially involved with Exeter's Feminist Union, and he now serves as the club's first-ever male co-head. He hopes that his leadership will set an example to the rest of the community that feminism is not a female-only movement. To him, the definition of feminism is simple: "not discriminating against people based on their gender or sex." He spoke

of previous efforts he had made to boost interest and attendance amongst male Exonians. "I want to make [the club] broader, more intersectional and more accessible to everyone. I want to personally learn more so I can be a better ally in the dorm and other all-male spaces where women might not have a voice," Harrison said.

Another factor that encouraged Harrison's interest in feminism was his own family environment. Harrison grew up very close with his mother and sister, whose frequent discussions of feminist issues provided him with greater insight on those topics from an early age. He believes his mother's courage and guidance has been a particularly unparalleled source of support in his life. "My mom is definitely the number-one person I look up to. Being a single mother, she had to fill a lot of roles, but she's done it and here I am. I don't know how she made it," he said.

It was through the combined support

of his mom and the Jack Kent Cooke Foundation that Harrison had the opportunity to pursue such a breadth of interests. In his freshman year of high school, he began learning how to play the bagpipes, an instrument he was drawn to because of its beautiful and unique sound. He has continued to play instruments throughout his time at Exeter and has performed in the marching band, the Percussion Ensemble and Concert Band. Harrison recently began practicing the trumpet, another instrument he admires and has long wanted to play.

Anyone who watched senior Ori Evans' most recent PEA CRIBZ video on Facebook, which features Harrison's interior room design, knows he also bears a gifted eye for creative art and visual detail. "As far as designs go, this has got to be pretty up there. I haven't seen anything like this before," senior and co-host Abel Ngala said in the video as he pointed out an expansive mosaic of record album covers, intricate wall designs and adjustable colored lights. Harrison's artistic pursuits reach beyond interior design and into studio art. He is looking forward to taking a photography course in his senior spring.

Apart from his wide range of passions and willingness to learn something new, Harrison is most known and appreciated for his strong and compassionate character that often serves as a comfort to those who know him. "Ben truly sets the standard for non sibi. He is always extremely considerate of everyone around him. There is always a positive vibe when Ben is around," senior Lucas Stevens said.

Harrison's adviser and English instructor William Perdomo expressed similar sentiments. "Ben is generous, open, humorous, exudes integrity and has an acute sense of his citizenry," Perdomo said. "My fondest memory of Ben will be duty nights. He usually stops by to have a conversation about college, writing sonnets, difficulty with a math problem, photography, Fem Club or ALES."

MOVIE REVIEW: *LADY BIRD*

By SAMANTHA WEIL
Staff Writer

As the last seconds of *Lady Bird* slipped by me, one thought ran through my mind: I want more. The new film, directed by Greta Gerwig and starring Saoirse Ronan, is the type of movie that has you leaving the theatre feeling as though you are the main character. You have her quirks and family problems. You can relate to her endless frustrations and elation.

The film follows the eclectic and intense Christine "Lady Bird" McPherson in her senior year of high school. She lives in a small home with her psychiatric nurse mother, jobless father, gothic brother and his girlfriend in Sacramento. Her disdain for her hometown is evident, as she refers to it as "the midwest of California."

Lady Bird wants more from her life. She longs to leave Sacramento, her overbearing mother, Catholic school and the rest of her hardships behind. She wants to go somewhere. Throughout the movie we see Lady Bird experiment with friends, boys and drugs. These experiences reveal her insecurities and bouts of anger, her selfishness and her longing for attention. However, we also see her honesty, creativity, independence and most importantly, her huge capacity for love.

What I loved most about this film was Lady Bird's relationships with other characters. There were scenes with her best friend Julie, who would lie on the floor with Lady Bird eating communion wafers. Then there were contrasting scenes with her first boyfriend Danny, who was in the musical with Lady Bird and later proved unfaithful to her.

Most importantly, the film centers around Lady Bird's relationship with her

mother Marion—the most nuanced and complicated relationship in the entire film—highlighting both of their flaws. Marion takes out her anger on Lady Bird, holds grudges and treats Ladybird differently than any other character in the film. Their constant rapport—from utter anger and disappointment to bonding and intimate moments—allows us to better understand why Lady Bird is the way she is.

I identified with the scenes between Lady Bird and her mother, specifically in the split second where one of their passive aggressive arguments morphs into a pleasant conversation over a dress they found in Goodwill. I can promise you that after watching this film, you'll call your mother to tell her how much you love her.

However, *Lady Bird* is not only good for its tear-jerking moments. Its sharp-witted comedy and underlying comedic tones force even the toughest of critics to crack a smile. From the hilariously clichéd and pretentious Kyle, to popular Jenna Walton's snide comments, the movie capitalizes on hilarious conversations, guaranteed to make any audience laugh.

Most of all, *Lady Bird* is the type of movie you can relate to. You can associate the characters with your peers and laugh at their quirks. You can feel Lady Bird's frustration towards the college process and laugh at the awkward moments in high school which you also failed to avoid. Lady Bird travels through high school as awkwardly and passionately as the rest of us, and we see that even after the hardest of times, everything will end up okay.

Trendwatch

By MICHAEL BAMAH
Columnist

Hey Trendsetters,

Welcome to 2018, and welcome back to Exeter. Sherry is abroad, but I will still be tracking and detailing all your trendy and new fashion styles. This past week has been the coldest yet with record low temperatures, but that hasn't stopped many Exonians from dressing well and serving looks.

Within the first couple weeks since the end of break, we've seen some very trendy outfits that have been fitting for the brisk mornings and nippy afternoons. Seniors Avery Giles '18 and Jack Baker '18 returned wearing boyfriend jeans, while Chiara Christie '19 and Lara Galligani '18 showed us that scarves, a new trend, are on the move. Their long gray and black scarves completed their outfits while keeping them warm.

At Winter Formal this weekend, we spotted some more stylish outfits. Sammy Resnick '19 and Ty Deery '18 showed up with fur coats. Sammy's denim coat had fur on the collar while she wore a light pink dress underneath. Ty stuck to the classics: a skinny black tie suit with a golden clip that truly "tyed" his outfit together. Liz Williams '19 wore a mock-neck jumpsuit with a V-crop. The colorful designs on her outfit were great stand-out accents. Milo Walshe '20 sported a light pink seersucker blazer, completing the preppy look with a light blue blazer, stone pants and plain white shirt. Hillary Davis '19 two piece dress was an exciting shift from the classic evening gown and many one piece dresses we saw. In another two piece outfit, Tess Aalto '18 rocked a gold

chainmail top. The glittering ensemble complemented her simple black skirt.

Faculty members around campus have also been looking good. Spanish instructor Señora Jacqueline Flores showed up to class with trendy comic-designed, light blue casual shoes. English instructor Christina Breen came to class wearing a furred vest paired with navy blue pants.

Here are a few helpful tips to look good this winter:

Turtlenecks are the way to go.
When in doubt, put on a scarf.

Stay Trendy, Exeter! Remember: look good, feel good. The only way to beat winter term is to look fashionable and stay comfortable.

Adios,
Michael & Sherry



FacultySpotlight

MICHAEL GOLAY

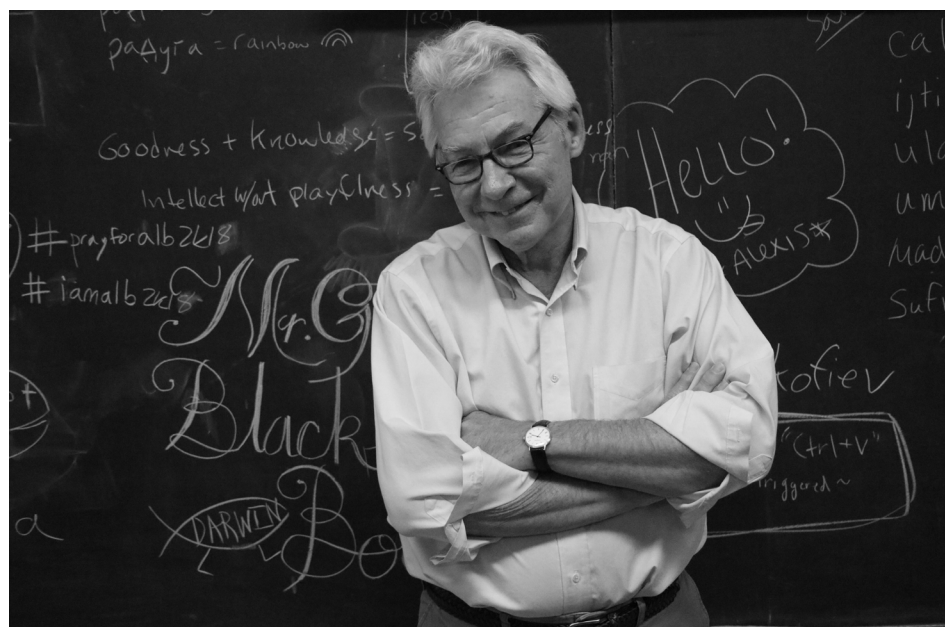
By VIRGINIA LITTLE and
TANTI CHI
Staff Writers

Teaching was not his first career, or even his second; had he not been invited to speak at Exeter about a recently-published book, historian Michael Golay may never have enriched the lives of so many Exonians. Through his roles as a senior history instructor, former adviser to *The Exonian*, dorm faculty for McConnell Hall and beloved student adviser, he has left an immeasurable impact on campus. But Golay had never taught a high school class when he was offered a part-time position only weeks after coming to Exeter to speak about his book, *A Ruined Land: End of the Civil War* (1999), at a lunch hosted by the History Department in 2000. Four years later, he became a full-time member of the History Department's faculty, and the rest is history.

Before Exeter, Golay had distinguished careers as a newspaper journalist and an independent scholar and author. He published eight books including *A Ruined Land*, which became a finalist for the prestigious Gilder Lehrman Lincoln Prize in 2000. Golay moved to Exeter when his wife, Julie Quinn, became a communications director. Shortly after *A Ruined Land* sparked the interest of Exeter's History Department, the department asked him to teach at Exeter. Since coming to Exeter, Golay has published six more books, most recently *America 1933: The Great Depression, Lorena Hickok, Eleanor Roosevelt, and the Shaping of the New Deal*, published in 2014.

Golay served as an adviser for *The Exonian* from his first years on the faculty until 2012. With his background in journalism, advising the school newspaper was a natural fit. Journalism "was something I knew well," Golay said. He added, "Newspapers are vitally important," and emphasized that *The Exonian* "is significant and important in our life here. I'm a big supporter of it."

Golay's importance on campus is



Numi Oyebo/ *The Exonian*

only further emphasized by his fellow colleagues. According to Chair of Exeter's History Department William Jordan, Golay is a "tremendous colleague" and a "true intellectual," one who is "incredibly dedicated to his teaching and to his students." Jordan recounted how, after recommending Richard Hofstadter's *Anti-intellectualism in American Life* to him, Golay finished the 400-page book over winter break. Upon finishing the book, Golay emailed Jordan a quote which Jordan notes describes Golay "to a tee." Golay quoted Hofstadter's statement that "[whatever] the intellectual is too certain of, if he is healthily playful, he begins to find unsatisfactory. The meaning of his intellectual life lies not in the possession of truth but in the quest for new uncertainties."

Jordan credits Golay with having been "hugely influential over the U.S. history curriculum" at Exeter, noting that Golay was the driving force behind a group that created a common history syllabus used by generations of teachers. Golay has "been a pioneer in writing syllabi that abandon the standard textbook and use other kinds of historical writing," said Jordan.

Although teaching is his third

professional job, Golay fit naturally as a teacher and adviser. "I sort of see my job in two ways," he said. "One is in the classroom and one is in the dorm [with] my advisees," Golay added. He enjoys both aspects of his job equally. "I'm interested in the students here more than I am in any other element of the school."

All Exonians agree that Golay puts students first, whether in the classroom or in McConnell Hall. "Mr. Golay was one of the first people who made Exeter into a home," says senior and McConnell proctor Megi Topalli. On her first night as a prep at Exeter and having newly arrived from Albania, Topalli felt homesick. Golay found her alone in the common room, and spent an hour talking to her about her home country and its history. "I remember feeling overwhelmed at how nicely I had just been welcomed into the dorm and Exeter," Topalli said.

Julia Friberg '17 was a member of Golay's advisory for her four years at Exeter and values the personal relationship they formed in the dorm and in the classroom. Golay "helped me feel like someone was watching out for me and cared about me," Friberg said, fondly recalling how, on Tuesday

nights, Golay cheerfully greets each member of McConnell Hall and asks the dorm-members about their activities that day. He also helped Friberg with the college admissions process during her senior year. In advising Friberg on her applications, Golay "made sure that my voice was the most important one during the college application process," said Friberg. She also attributes him with helping her finish a tough History 600 paper. Golay "made me really believe in myself," Friberg said, noting that his encouragement was "kind of an [athlete and] coach relationship where he was cheering me on" during the writing of the thirty-page paper.

Golay's passion for history stems primarily from his curiosity. "I'm very interested in how people live or how people lived," he said. His academic interest evolved from this curiosity. Though Golay has written about the Civil War era, his favorite time period "might be the 1920s and 30s." A lover of narratives, Golay notes he was always interested in stories, especially "stories that are true because what actually happened is better than anything you can make up—unless you're Tolstoy or James Joyce or Jane Austen," Golay said. This last phrase underscores Golay's interest in literature as well. He credits George Orwell, Leo Tolstoy, and James Joyce as his biggest influences.

Though Golay is a seasoned journalist, acclaimed historian and a veteran history instructor, his greatest addition to life on campus may be his accessibility and his understanding of students' needs. He has "an ability to be really compassionate and personable," notes Friberg. Even now, as a freshman in college, Golay checks in to see how she's doing. On campus, Golay continues to be a willing ear and mentor for his students. "It's nice to know there is always a door open on campus whenever I need to do homework or just talk to someone," Topalli said. Most aptly, Jordan described Golay as "a fierce advocate for students whose classroom is a haven for them as well."

LAMONT EXHIBIT: POSSIBLE SUBJECT POSITIONS

By VERONICA CHOULGA and ANDREA SO
Staff Writers

A rough, figurative sculpture made of plastic stands in the front of the room, while remodeled clothes hang on a rack towards the back. These are some of the pieces present at the Lamont Gallery's latest exhibit, entitled "Possible Subject Positions."

Open from Nov. 17 to Feb. 3, the "Possible Subject Positions" exhibition displays mediums such as video, sound, sculpture and clothing. It features work from a variety of modern artists— Maud Bryt '83, Merrill Comeau, Masary Studios, Anna Schuleit Haber, Adriane Herman, Elena Kovylna, Tracie Morris and Alison Saar. Some themes of the show are identity, history and memory. A range of campus events featuring the artists of the exhibition are also scheduled throughout its exhibition period, with Adriane Herman participating in a lunchtime presentation on Feb. 1, and Merrill Comeau hosting a workshop on Feb. 2. During Comeau's workshop, participants will have the opportunity to create an altered item of clothing that relates to an aspect of themselves.

Senior and Gallery Proctor Ellie Locke said, "The show is supposed to be about different positions you can take in life, different stances you

can have about things." Kovylna used artistic expression and physical figures to represent different stances in an enticing video which displays people on differently levelled stools in Palace Square, Saint Petersburg. "That's a commentary on the position you might take in life," explained Locke. In another display, featured artist Maud Bryt aimed to show the difficulty in taking different perspectives. "I seek an abstract dynamic equilibrium of forms which embody a feeling of the human condition," she said in her artist statement. "For me, every new sculpture is an attempt, an essay, at expressing the inexpressible."

Merrill Comeau's work hangs on a clothing rack in the back right of the exhibit. She took her mother's old clothes, deconstructed them, and then rebuilt them again. "She did not have a good relationship with her mother," said Locke, who worked closely with the artist during the setup of the exhibition. By redesigning the clothing, Comeau shows her transition from childhood to womanhood and the different obstacles she encountered along the way. It is not only a visual exhibit; students can interact with the work. "She has these tiny gloves that

you can put on to look through the different pieces," said Locke.

Art Chair Tara Lewis commented on her experience at the exhibit, saying, "I think this exhibit not only celebrates cool artwork but also invites you to learn more about the artist who made it, their life and why they made it." From her perspective as an art teacher, Lewis feels that the exhibit is especially important because it conveys meaning to the people who view it. She said, "I'm an artist and teach art to super talented and intellectually curious students. It [the exhibit] shows work that sends a message and invites the viewer to have a dialogue with it or relate somehow to the material and the process."

For Lewis, one thing that stood out about this exhibition was the number of artists involved in the process. "I like the intersections presented in the exhibit and the connections between the artists included," she explained. Lewis felt that connections between different pieces of art contributed to the overall value of the exhibition.

For lower Sarah Barrett, the artwork in the Lamont exhibit "all had deeper meanings that were clear and relatable. My favorites ones were the

interactive ones, because they made you feel like you were also a part of the show instead of just a visitor."

Though some students have visited the exhibit, Locke was disappointed that students seem to lack interest in the gallery. She said, "I hope people come and realize the depth of who they can be or all the different beings they can take on— that it's okay and natural." Locke isn't the only one who thinks this exhibition is special. Fellow Gallery Proctor and lower Nicole Blanco agreed that "Possible Subject Positions" is unique and deserves more attention. "I feel like this exhibit is different from anything else we've done because our focus is on diverse definitions of femininity and what it looks like to different people," she said.

The current Lamont Gallery exhibition offers more than just different pieces of artwork; it offers an impression of unity. Each piece of artwork in "Possible Subject Positions" aligns with overarching themes. Locke said, "It is sort of a bunch of different pieces that you might not expect to be together, but when they're in the same space, they're supposed to create a greater sense of togetherness."

UPCOMING

EVENT

POETRY, POLITICS
& CONVERSATION

Friday 7:30, Lamont Gallery

EVENT

UNSILENCED

Thursday 8:00, Assembly Hall

PERFORMANCE

POETRY SLAM

January 20th, Lamont Gallery

EVENT

KARAOKE NIGHT

Saturday 8:30, Agora



The Exonian

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the-scenes of
the paper?

Write for *The Exonian*.

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

ATHLETES OF THE WEEK: LILLY CARDEN AND MADDIE SHAPIRO

By LEAH COHEN
and CAROLINE FLEMING
Contributing Writers

The pond is packed to the brim with fans for the girls' varsity swim team's first meet of the season. Captains Lilly Carden and Maddie Shapiro are cheering on their teammates from the side of the pool. After a long meet, they know their team is exhausted and needs a final push to demolish their opponents. And they succeed.

Seniors Carden and Shapiro both got their start in the pool at a young age. Thrown into the sport by their parents, neither of them made a huge splash in the swim scene right away. Carden's parents had to practically drag her to the pool for her practices at age five. Meanwhile, in Exeter, NH, eight year old Shapiro was being persuaded by her father to try out for the Exeter Swim team. For Carden, she didn't realize how much she loved swimming until she quit. "I got back into it because it was such a great stress reliever and it was really nice to have a community outside of my classmates at school," she said.

Now, on their respective tenth and twelfth years of swimming, there's more keeping them in Big Red's swimming tank than the shiny speedos. Carden describes her passion for the sport as correlating to her love for her team and feeling of self accomplishment after a tough race. Despite the fact that swimming is a primarily individual sport, the captains adore their small group of girls. "I probably enjoy the team aspect of swimming the most. Having a group of people who you know are supporting you no matter what is really amazing," she said. "I'm so grateful for it." Although it may not seem like your usual "team sport", swim meets are based on the scores of the entire team and tight bonds are formed through the sweat and hard work the girls put in for each other in the pool. "The feeling of hitting the touchpad at the end of a race is really exhilarating. It's such an adrenaline rush," she added.

Carden's fellow co-captain Shapiro also emphasizes the perks of a very vigorous physical activity. The pride in her personal accomplishments and the endorphins are something she simply cannot live without. "There is a lot of pain and effort put into the pool meaning that when you get a new best time, you're absolute exhausted and hurting during and after the race. If you're able to walk after, you didn't give it your all. There's nothing like the feeling of accomplishing what you set your mind towards though,



Reina Matsumoto/The Exonian

which is why every swimmer swims," she said. Swimming is arguably one of the most physically challenging sports, but seems surprisingly rewarding to this tightly-knit team.

Besides being incredible athletes, this splashy duo makes sure to lead in style with both hard work and compassion. Upper Ashleigh Lackey has been a member of the team for two seasons now and praises her captains' dedication. "They're both very smart and efficient. If we ask them to get one thing done, they finish it as fast as possible. I think that they are both really invested in making sure that the team is full of positive energy, pushing us to always stay positive when faced with challenging sets or tough competition," she said. Whether in the pool or around campus, it's evident these two swimmers are some of the nicest Exonians around.

Carden commented on the efforts she makes to inspire her team. "I always try to make sure I'm encouraging people in the pool and keeping up a positive attitude," she said. "At the end of every week, we also pick an 'MVP of

the Week' and choose an MVP for every meet to motivate the team to do their best during practice every day."

In addition to being hard-working, these captains have bubbly personalities with energy and tempo. At the average meet, the voices of Carden and Shapiro can be heard screaming over the chaos of the pool. Lower Maddie Machado emphasized her admiration for the captains, "[They] are great at boosting morale during meets. They're always cheering from the side of the pool, giving support to their relay teammates and the girls that are swimming individual events," she said. Machado added a personal memory she had had with Carden. "Last meet, after one of my races, I remember Lilly coming up and congratulating me, giving me even more drive to win my next event," she said. Home or away, Girls' Varsity Swim is bonded by passion for their sport and with a keen eye on victory.

Over the course of their Exeter careers, both in the pool and academically, the two captains have developed greatly over the past four years.

The Exeter girls' swim team is unlike any other, both in size and heart. Both captains declare their dedication for the commitment and close attention that a small team brings. "By being on such a small team here, I have been able to receive a lot of personal attention, so my stroke technique has improved a lot from when I was on a 35 person team back home," Carden said. Under the close eye of Coach Farnum, both the captains and the team have been able to improve and foster an inclusive winning team dynamic. The difference between clubs and boarding school teams turns out to be a great one, with a greater focus on team victories than personal ones. A win is not solely implied by improving your own times, but cheering your teammates on, as well, so that the whole team can leave feeling victorious. "When swimming for Exeter, girls are strategically placed in events to help our team get the most points to win," Shapiro described. "Exeter swimming has helped me become more of a team player and it's always a learning experience."

Teams' Camaraderie Stems from Traditions



Upper Liz Williams leads the freestyle race.

Jena Yun/The Exonian

By WYNTER SANDS
and ANDREW SUN
Contributing Writers

From the pool deck to the ice rinks to the basketball and squash courts, many winter varsity sport teams partake in long-standing traditions. Whether the ritual is subtle or elaborate, it helps to establish a friendly and healthy culture within each team and promote a more inclusive group dynamic.

The girls' swim team has multiple traditions they perform throughout their season. One of the more notable customs unique to their team is the fifteen-day countdown to Interschols, their highly-anticipated championship swim meet. As co-captain Maddie Shapiro explains, at the end of every season, each of the girls are assigned a number and then make a poster featuring that number for each day of the countdown. On the last day, all of the uppers work together to create a swim team family tree. "It's always so fun to see what creative ideas they have come up with," Shapiro added. Another of their popular rituals occurs more often than their others. Before the last swim in particularly hard practices, someone, typically one of the captains, yells out, "Last one!" Everyone responds in unison by yelling, "Ayyyyyee!" Shapiro explained by saying, "It's a super little thing, but it means we've just tackled

another tough day of practice."

On the other side of the pool, the boys' varsity swim team has traditions, too. The gentlemen have something called a "throwdown" to try and get out of practice. "It's a special event and only happen twice or thrice a season," senior and co-captain Taylor Walshe said. Walshe elaborated that when it happens, Coach Mills gets everyone out of the pool and gives a person the chance to end practice by beating a specific time. Usually these times are close to or faster than their personal best, which is an added factor to the hype. Walshe continued, "Everyone is standing around the pool deck, gassing up the one swimmer (mainly because we don't want to keep swimming laps, but also hoping to see our teammate put up a fast time.) There are always gusty swims and it's fun to watch. Even the lifeguards get amped for it."

Senior Jamie Cassidy shared similar sentiments, adding, "The throwdowns are random which makes the atmosphere of the natatorium electric when we're given the challenge." This sense of team camaraderie and spirit is often translated into their competitions. As Cassidy puts it, "It [a throwdown] also builds an awesome dynamic to have our team cheer each other on like that." Walshe concluded his thoughts, saying, "Though our yelling and cheering might not be helping the throw down swimmer go fast, we

carry this supportive spirit into the meets and rest of practice."

Outside of the water, girls' varsity squash is the home to more subtle traditions and rituals. Before games, the team will usually stand on the right side of the court and line up by ladder order (number 22 by the glass and number 1 by the front wall). The team they are competing against follows suit on the opposing wall. During the lineup, each player takes turns saying their number from lowest to highest. After the names and numbers are called on both teams, the two matched players walk to the middle of the court and shake hands. After, the players shake hands with each other, they then go and shake the opposing team's coaches' hands. The Exeter players would then jog down the side wall high-fiving everyone down the line. "Our line up helps get us pumped up for our match. When everyone is cheering for you it makes you excited to play and win for your team," upper Ursula Sze said. "You also feel supported by all your teammates."

The boys' basketball members, who claimed the 2017 New England Champions title, not only have traditions during the season but also off-season. As Lower Kerick Walker said, "In the fall, we have optional team lifts at 6 am Friday mornings organized by the team captains. It's really tough mentally, but doing it with a positive attitude and energy helps set the bar for our pro-

gram." This long standing tradition of working hard outside of the season helps them perform as the best in the league.

Similar to boys' basketball, the Big Red boys' wrestling team is also composed of winners. One of their biggest traditions is calling themselves "the Swamp." Upper Chim Tasi-Amadi explained, "Basically, the Swamp is our New England title, and we try and defend the Swamp. So, instead of saying Go Big Red at the end of the practice we say '1-2-3 Swamp.'" This creates a competitive atmosphere and gives the boys a strong sense of winning.

The girls' varsity hockey team is also known for their quirky group traditions. Other than eating and bonding over dinner together the night before games, Senior and Co-Captain Kaleigh Conte explained, "The team also takes pride in our unorthodox off ice warm up, which consists of running through the squash courts, playing a game, and several other activities." The warmup is the perfect way for the girls to get ready for games and prepare to be focused. However, the rest of campus might know the girls better for their infamous Crocs regime. As Conte puts it, "I think the Crocs are just funny." Conte also stressed the importance of these traditions for the dynamic of the team. She added, "I think our traditions just reinforce who we are as a team and the role each of us have on it."



ExonianSports



Boys' Swimming Falls Short to Brunswick

With a Close Loss of 88-99



Upper Jared Zhang strokes toward the touchpad.

Rachel Luo/The Exonian

By MILO WALSH
Contributing Writer

This past weekend, the boys' varsity swim team hosted Brunswick School. Exeter's swimmers trained as hard as possible in the three days leading up to the meet in anticipation of Brunswick's historically strong swim program. This was just their second meet of the season after handily defeating Suffield Academy 115-71 before leaving for Winter Break. Despite a valiant effort, Big Red suffered a close loss, 88-99.

The team knew it wouldn't be an easy meet yet they showed up determined and focused to swim as fast as possible. Despite their loss, there were still some notable races. Lower Andrew Benson stormed through the 100-yard freestyle, touching half a body length ahead of Brunswick's top sprinter. In the penultimate event, the 100-yard breaststroke, lower Charlie Venci cruised past the

competition, outclassing the field by more than two seconds. Prep Aren Mizuno also lauded senior and co-captain Taylor Walshe for throwing down a pair of blistering times in the 50-yard and 100-yard freestyle events. Mizuno pointed out that they were "great times [and were] similar to his results at Interschols last year" which is an impressive feat given the team is still at an early point in their season. He credited this to Walshe's athletic commitment to train over vacation.

One of the team's biggest challenges they had to overcome, was the small amount of time before the meet. The team only had three days to prepare including training during the snow day despite the blizzard. After the break, several of the swimmers were out of shape, "Most of the swimmers had taken break from swimming during the holiday," Mizuno claimed. This resulted in the team's lack of proper conditioning needed for the meet. Mizuno elaborated, "Our loss reflects

our lack of training." However, the team is eager to get back up to peak performance.

Brunswick came to the swim meet with an equally strong desire to win. However, unlike Big Red, Brunswick trained extensively and showed up with superior conditioning. "They just came off of a week long training trip in Florida with a lot of primed swimmers," Senior Jamie Cassidy pointed out.

Looking back on the event, the team has acknowledged that there is room for improvement. The team is prepared for some grueling practices this week to lay the foundation for their upcoming meet against Deerfield Academy on Saturday as well as the rest of the season. Upper Jeremy Xu said, "This week's practices will be tough as we are all in the process of getting into better shape. We will make sure this does not happen again." Not only tougher swim practices, but according to Mizuno, "We will work hard every day and have early morning lifts.

This year Exeter will be hosting Interschols on March 3rd. Although this date seems far away, the meet has been on the teams mind since the first day of training. Mizuno said, "We hope to work extremely hard to impress the home audience watching." Last season they placed 6th during Interschols at Hotchkiss however, the team feels they can definitely improve this year. "At Interschols we expect to win," Xu said. They have high hopes as the day gets closer, and will continue to work hard in practice to dominate the competition at the end of the season. With new talent from the younger classes, and experienced seniors looking to succeed in their last season at Exeter, the boy's swim team will stop at nothing till they achieve their goals. Cassidy was extremely confident in the team's abilities. "We're winning the ship. By Interschols we will be the best team there. I believe that 100 percent."

Girls' Hockey Brings the Burn on Brewster



Lower Emma Watson rushes the puck.

Julia Goydan/The Exonian

By CHARLIE VENCI
Contributing Writer

The girls' hockey team returned from winter break in a dazzling fashion with a triumph over Brewster Academy. Big Red played Brewster on Saturday and scored six goals to their opponent's zero. The win helped the team to surpass its formerly tied record to hold a new season record of 5-4-1.

Every team member played at some point during the game due to the multi-goal lead. Prep Alyssa Xu, lowers Abby Smith, Jenna Brooks and Jill Cloonan, and uppers Kathryn Kester and Chiara Christie scored the team's goals.

Although there were many outstanding players, lower Robin Potter specifically praised Brooks as a standout player throughout the game. Potter said, "She played with intensity from the start and she was playing with energy that the whole team needed." The team mirrored Brooks' spirit during the second period and the pickup in energy led Big Red to victory.

Despite the team's strong lead, the players are perfectionists and noted flaws to improve upon in the coming weeks. Though the girls let no pucks in the net, Brooks humbled their win by commenting on the team's somewhat rusty performance at the beginning of the game. "The game started out slowly because of the break we had," she said.

However, after the first intermission, the girls knew it was crunch time. The players connected more of their passes during the second period, setting the tone for the rest of the game. Lower Keaghan Tierney commented on the momentum the girls gained. "We capitalized

on power plays and had strong penalty kills," she said.

Prep Alyssa Xu also had a notable performance in the Saturday game. With one goal against Brewster and still a whole season left to improve, the forward is likely to be a four-year weapon for Big Red's lineup. Senior and co-captain Kaleigh Conte praised Xu's contribution to the team chemistry. "Her best quality as a teammate is selflessness. She knows her role on the team, and puts everyone first," she said. Conte also commended Xu's work ethic and improvement over the first month of the season, saying, "Alyssa is a very talented player and she is extremely level-headed, hardworking and humble. She was a quiet kid at first but she has come out of her shell a lot. Exeter is lucky to have a player like her."

The team has played well throughout its season, coming together game after game to triumph over its opponents. At the beginning of the season in December, Big Red had strong wins against Berwick, Pomfret, King's Edge Hill and the Hill School. However, the team will be working hard for the next eight weeks to have even more success in the remaining games of this season. Every player came back from break refreshed and ready to toe-drag along the icy stretch to a successful year.

Deerfield comes to town this Saturday with a strong team that has gotten the best of Exeter for the past two years in a row. As the team prepares for the upcoming week of matchups, including Deerfield on Saturday, there is no shortage of competitive fire in any of the players. Brooks expressed the team's determination for this weekend's game, saying, "We [as a team] are only just getting started."

Inside This Week's Sports Section

Girls' Hockey



The girls' hockey team began the year in sensational form. Find out more about the team's success on 12.

Julia Goydan/The Exonian

Athletes of the Week



Seniors Lillian Carden and Maddie Shapiro captain the Exeter girls' swim team this season. Read more on 11.

Reina Matsumoto/The Exonian

Winter Traditions



The boys' swim team has "throwdowns." Find out what this means and more Winter team traditions on 11.

Jena Yun/The Exonian

Boys' Swimming



The boys' swim team fought tooth and nail against a tough Brunswick squad. Find out more on 12.

Rachel Luo/The Exonian