

NEWS

Read about the Academy's recent departmental discussions surrounding grade inflation, 1.

LIFE

Read about senior Izzie Ricardi's experience leading the "Feminist" crewneck sale, 5.

OP-ED

Read Nhan Phan '24's reflection on the legacy that the 144th board leaves for *The Exonian*, 8.

Phillips Exeter Academy
Exeter, New Hampshire

The Exonian

The oldest continuously running preparatory school newspaper in America



Academy Examines Grade Inflation



Students sit around a history Harkness table.

Minseo Kim/*The Exonian*

By NATALY DELCID, SELIM KIM, EMI LEVINE, and SOPHIE MA

Recently, faculty shared with *The Exonian* ongoing discussions surrounding re-evaluation of grading policies, especially in response to rising concerns of grade inflation since the onset of the COVID-19 pandemic.

"During COVID we went pass-fail," Dean of Academic

Affairs Laura Marshall said. "Things were still not back to normal in terms of the rigor of our courses the following year. Expectations were lowered. I think we're still transitioning back to our regular Exeter expectations."

"I would say that grade inflation has been happening for at least the past 15 years pretty steadily," Marshall said.

"For the past three years since COVID hit, [it's been] quite

dramatic. Now we're trying to really examine what our expectations should be. Maybe that is exactly the same as pre-COVID. Maybe it's not."

Principal William Rawson added that Exeter is not unique in this process. "Grade inflation appears to be a concern for high schools and colleges generally—we are not alone. The trend toward grade inflation also appears to have increased during the pandemic for most

schools," Rawson said.

"We have wonderful students who come here from a variety of backgrounds and experiences to be challenged in their schoolwork and grow in confidence and ability," Rawson continued. "As we emerge from the pandemic, we want to be at full strength academically, and our grading practice

GRADE INFLATION, 2

Dem Club Hosts Chris Pappas and Tom Sherman

By ANNA KIM, LAUREN KIM, AMY LIN, and SOPHIE ZHU

On Monday Oct. 31, Congressman Chris Pappas, the re-elected representative for New Hampshire's first congressional district seat, gave a speech and answered questions about his platform and policies at Exeter's Water Street Bookstore. The event, hosted by the Academy's Democratic Club, was open to Exonians and the public. While at the event, campaign staffers passed around T-shirts, stickers, and campaign pins for the Nov. 8 mid-term elections.

Senior and co head of Democratic Club Aaron Joy commented on the importance of having Chris Pappas speak to the community. "We wanted to give people

the opportunity to get to know their representative a little bit better, and also learn more about the district and the problems that Chris Pappas is solving," Joy said. "Given that the election is around the corner, we also wanted to give people extra inspiration to fight for the change we need as we knocked on doors."

Upper and fellow Dem Club cohead Nat Welling described their excitement for Pappas' visit. "I'm incredibly excited that Congressman Pappas will be coming to campus! I feel like a lot of people on campus don't realize how important the elections going on in Rockingham County (that's the county that Exeter is in) are, and I really hope that listening to Pappas speak will open peoples eyes to how much is at stake in this year's midterms," said

Welling.

At the event, Congressman Pappas gave a short statement to introduce himself and his priorities, as well as the policies his platform operates on. "Despite the division and the negativity that exists in politics, I've never felt more optimistic about the future of this country," Pappas stated. "Especially when I'm with a group like you — because frankly, there's so much that's riding on your shoulders, and there's no time like today for your generation to get involved."

Speaking about some of the imminent problems facing the country, which he claims are challenging in many aspects, he said, "We have an economy that is not working for everyone. We're seeing inflation and rising costs that's hitting people hard. We're seeing an assault on personal freedoms in

this country as well."

Pappas then addressed how these issues can be solved, and what he believes the government and people can do. "We have to work in a concerted effort to address those rising costs, whether it be in the energy sector, healthcare, prescription drugs, and a host of other things that people are seeing right now."

But it wasn't only issues with the economic state of the nation that concerned Pappas. Elaborating on his views on things such as the recent overturning of Roe V. Wade, Pappas said, "What the Supreme Court did in overturning Roe V. Wade is something that I strongly oppose. I think we need to provide protections in the law so that people can make

DEM CLUB, 2

Environmental Action Committee Launches "Big Red Goes Green"

By RYAN MANLEY, HANNAH PARK, LILY RAMPE, and LIANNA YANG

The Environmental Action Committee (EAC) announced its "Big Red Goes Green" initiative and the accompanying dorm competition focused on building habits of sustainability at an all-school assembly on Oct. 18. Seniors and EAC coheads Ophelia Bentley, Alia Bonanno, Alysha Lai, and Safira Schiowitz shared that, in the next year, they plan to incorporate environmentalism as one of the Academy's "pillars."

"The environmental pillar is the umbrella name for all the initiatives we are pushing forth," Lai explained. "Initiatives include: a hydroponics garden with the dining hall, junk mail recycling with the local town, building the EAC website, cora balls, reintroduction of dorm environmental proctors (E-Proctors) and more."

To involve students in this collective venture, EAC and E-Proctors will host a bracket-style competition between the dorms. Students can earn points by taking sustainable actions such as taking shorter showers or visiting the campus thrift store Exeter Exchange. At the end of the year, the dorm with most points per resident and day student affiliate will be honored at the Prize Assembly and earn a series of prizes, including \$500 in the next year's dorm funds.

EAC's initiative also involves faculty and alumni members of the Climate Action Leadership Group.

Bonanno elaborated on the support EAC has been receiving from the Academy: "The Environmental Stewardship Committee is working on a climate action plan, which is a more formalized approach to what we're doing with the trustees. They're actually going to get the money, the [resources] for the [environmentally-focused] curriculum, and for building all of the new dorms, which are going to be geothermal like New Hall."

Science Instructor and Sustainability Coordinator Andrew McTammany expanded on the faculty-run plan. "The committee felt strongly that we needed to articulate our vision for the school extending into the future: 2031, 2050, 2060, however far you look. [As a committee we began] thinking about [our plans and goals] more holistically," he said. "The committee has developed a framework [...] One, our curriculum and educational experience. Two, our buildings and our energy usage and its contribution to climate change. And then finally, what our day to day operations are, food source and waste."

Bentley spoke in depth about the specific people she has been in contact with for the initiative, which the organizers have been working on since the end of the last school year. "Through conversations with CAL and Mr. McTammany, we started to get a first idea of a proposal, and essentially, we then started meeting with some of the trustees."

ENVIRONMENTAL, 2



Congressman Chris Pappas meets with Exonians.

Courtesy of Jackie Weatherspoon

Early Cum Laude Inductees

"Chapters shall be free to elect members who have demonstrated academic excellence in accordance with the philosophy and policies governing their individual schools. In the broadest sense, the Regents assume chapters will elect to membership only students who have demonstrated good character, honor, and integrity in all aspects of their school life." The following are the top five percent of the senior class by grade point average.

- | | |
|------------------------|----------------|
| Ophelia Bentley | Anish Mudide |
| Tony Cai | Grace Nivera |
| Michael Chen | Hannah Rubin |
| Matthew Dame | Yasmin Salerno |
| Clara Gulick | Leyla Unver |
| Aaron Joy | Clark Wu |
| Sanisha Mahendra-Rajah | Aubrey Zhang |
| Cedric Moecklin | Chloe Zhu |
| | Aletheia Zou |

News

» PAPPAS AND SHERMAN

Read about Dem Club's recent events hosting Congressman Chris Pappas and Governor nominee Tom Sherman, 1.

» PREP REPS

Read about student reactions to the Right to Be Assembly, 2.

» PREP REPS

Read the annual coverage of prep rep elections and the newly elected reps' plans for class activities, 3.

Grade Inflation Cont'd

es and policies should be designed to encourage and help all our students reach for their full academic potential. Our grading practices should be fair, accurate, and understandable to students, and should align with our core values of academic excellence and knowledge and goodness.”

“The faculty read *Grading for Equity* by Joe Feldman before the start of the school year. This is less about grade inflation, and more about how traditional grading systems can sometimes produce misleading or inequitable results in unexpected ways, particularly when grading practices are used to address behavior rather than assess learning,” Rawson said. “The book contains a number of interesting ideas for departments to consider, but in the end our grading practices must fit our pedagogy and academic programs.”

Marshall shares in Rawson's vision for equitable grading. When asked about what might happen to grading in the future, Marshall replied, “I think that's really tied into the curriculum committee's work with grading for equity. That's probably at the forefront. I think that work will happen first, but I think alongside that, we do need to think about what our grades mean.”

Marshall did refer to some collaboration with Director of Student Information and Registrar Sarah Herrick. “[We] are working on collecting some data that we might show to departments, but we haven't had a chance to do that yet,” Marshall said.

Currently, the Academy looks to let departments lead conversations about grading standards. “There are some departments that have been working together to develop rubrics, so it's a form of standardization. The math department

has been working on some mastery based learning in our Math I problem set,” Marshall said. “[But grading remains] very autonomous. We're always talking about best practices. I don't think we'd ever want complete standardization of anything, because we rely upon the professional expertise of our teachers.”

Instructor in History Aviral Pathak confirmed that the History Department has recently discussed grade inflation. “What has been noted and preliminarily discussed is an apparent trend—especially since the start of the pandemic—showing an unusual increase in the number of history students earning course grades in the A [grade]-range,” Pathak said.

Pathak continued, “I'm unaware of any changes in grading methods in reaction to this, nor do I anticipate making any changes in the future because, as I understand it, discussions on this topic are still very preliminary.”

History Instructor Troy Samuels added, “I think generally a kind of philosophical conversation is going on about what our grades are doing. More specifically than that, I can't really get into, but the more general conversation we are having is what are grades, and more specifically, what COVID did to grades.”

According to Samuels, the department will have more of a “robust conversation.” Samuels said, “I think hopefully there will be more intentionality in how we grade, and why we grade... That's what our discussions have been, creating intentionality and really thinking through why we're grading the way we are. Additionally, to a certain extent, unifying the student experience so that there isn't this idea that there's an easy teacher because they give A's.”

English Instructor Rebecca Moore also noted that the pandemic had eased usual grading standards. “During the pandemic, I wanted kids to feel good. I had so little ways just to be sure of how people were emotionally, and I knew that grades were a source of stress. When I was in doubt, I graded up. We're facing a worldwide pandemic. Don't worry about it.”

Moore shared that was the general consensus among faculty during the pandemic. “I think we were all trying to...keep them coming to the screen,” Moore said.

Moore then shared with *The Exonian* how faculty historically receive information on grading at the Academy. “Ever since I have been here in 1990, the faculty would receive at the end of every term...a matrix,” Moore said. “All the grades along this way and all the departments down [the other].”

“It would [show] how many of each [letter] grade [students receive] and the percentage of every [letter] grade given to students in every department. So, we would get to see, ‘Oh, how does English compare with classics? How does English compare with music?’ It would also be broken down by age. What are the grades for the preps? There would be a department grade average,” Moore continued.

“I remember a time when our goal was to have [the department grade average] be 8.5,” Moore said. “Some people think of that as being very low. Other people think of it as, ‘Well, that's pretty good.’”

The Academy also began formulating more specific data as the years went by. “A few years later...[the grade reports] got a little more snazzy, and you would get your grade report for each of your four classes, and then you would

get that average for each class, and then you would get a total of your average to compare,” Moore said. “We were always getting information that would help us self-correct. You could look at your information and you got to decide what you wanted to do with it.”

In situations of extremely low-grade averages or extremely high-grade averages, faculty have the chance to adjust. “If you were way extreme on either end, the department chair would probably have a conversation with you and say, ‘How do we make sense of this?’” Moore said. “To this day, we all get those reports. And it was never, ‘You need this percentage of grades and this percentage of Harkness.’ You were given a lot of autonomy about [grades] and how [to] calculate them. I can have a really strong class...[with] kids really competent at the tasks I'm giving them.”

Some feel that the consequent grade inflation since COVID is harmful. “I am concerned that grade inflation could lead to even greater preoccupation with grades, and greater parental pressure to achieve certain grades,” Rawson said. “Inside and outside of class, we want students to have agency in their learning, pursue their passions, and focus primarily on their learning and growth, and not focus on grades just for the sake of grades.”

Marshall agreed. “I think it puts more pressure on students, because not only do you have to then get really high grades all the time, but you also have to find another way to differentiate yourself,” she explained. “It requires you to do more and it takes the focus away from learning.”

“So again, what are [grades] for? I grew up never getting any grades until I went to high

school. And I think it was actually very good for me because I didn't associate my academic identity with a letter,” Moore added.

Physics Instructor A.J. Cosgrove shared that grading discussions among physics teachers have not covered grade inflation and rather surrounded re-evaluating assessment standards. Some discussions featured the faculty's summer reading *Grading for Equity*. “That reading motivated some of us in physics to shift the way we grade,” Cosgrove shared. “Basically, we're trying to focus on making everybody as proficient as possible and not imposing a filter, if you will, to weed people out of science, and instead [to] try to get everyone better.”

Cosgrove believes that grade inflation is not an indication that grading has eased up, but rather that the school is shifting from its “sink or swim” mentality. Cosgrove explained, “I think the school has shifted...I think more extra help is given: the learning center, peer tutoring has been improved, dormitories do their own peer tutoring. There's just way more support for students than there used to be, and I suspect that may have something to do with kids doing better and I don't think there's anything wrong with that.”

“If you have a classroom filled with talented, hard-working students, on average, they're going to do pretty well. They shouldn't be penalized for that...I think [grades] give students feedback about their general level of proficiency in the course, and that's what it should be used for as opposed to some sort of filtering mechanism to weed people out of certain discipline,” Cosgrove added.

Some teachers shared that they would favor a different

grading system. “Speaking not as Dr. Samuels, the instructor at Phillips Exeter who knows that grades are necessary things, but on a personal level, I don't really see grading as a useful tool...There's an expectation amongst students that A's are expected. Because other students get A's, I need an A to achieve ‘insert thing’. When they don't get an A, they don't focus on the learning opportunity, and instead it becomes the fault of the teacher,” Samuels said.

“It turns the classroom into a battleground between student entitlement and a push to center learning. I feel like in my three years here, I've noticed a shift from ‘the rigor of Exeter will help me learn and improve in an abstract sense’ to ‘that rigor will help me get the A's to get into an Ivy League college,’” Samuels added.

Samuels concluded, “I wish we cared less about grades, universally. I think that it's one of the most unhealthy things that happens... But, I know that's me wishing for something unattainable...I think if we move away from the cult of the ‘A’, we'll all be happier in the long run. I don't know how to do that. If I found a way, I would make it happen.”

Pathak also favors a system that would focus more on “feedback and equity” as current systems of grading have the potential to “set up hierarchical differentiation.”

Looking to the future, Marshall shared that no immediate changes to grading policies look to be in place. Departmental discussions focused on grading systems, however, are likely to continue.

Right to Be Speaks on Town Harassment; Students Respond

By LUCY JUNG, CATHERINE WU, and ALAYSHA ZHANG

On Oct. 11, non-profit organization Right to Be held an extended assembly for all students focusing on bystander intervention and conflict de-escalation. During this presentation, Right to Be shared five methods to support someone who is being harassed—Distract, Delegate, Document, Delay, and Direct, abbreviated as “the 5D's.”

Following the Right to Be assembly, dorm proctors hosted individual dorm meetings to review the information and clarified the “Document” method. By New Hampshire laws, individuals cannot record videos or audios of others without permission.

Associate Dean of Multicultural Affairs Hadley Camilus emphasized the importance of the Right to Be assembly. “It's never a single engagement that results in solving a problem of this scale, [but it's a needed touchpoint] designed to shed light on a problem, raise awareness, and present students with different ways that they can respond,” Camilus said.

“[A key] takeaway for students and adults is that we don't all experience the town of Exeter similarly,” Camilus noted. “Some folks don't have the slightest trepidation about walking around this town while others have to strategize

carefully due to the very real prospect of being verbally accosted.”

Many students found that the assembly provided practical and widely applicable courses of action when faced with harassment. “The only piece of advice that I've heard before this training was [to] record the license plate of the car that drove by,” senior Asha Bryant said. “[That] never felt realistic, because I don't expect [to be harassed, and] by the time that I would think to take out my phone and record the license plate, the [car] is way too far.”

Bryant continued, “I really appreciated this assembly because of how realistic it was, and I'm glad that we had it because harassment is something that students at this school face, and even away from Exeter, harassment is just something that's unfortunately part of life.”

“I think it's helpful for students to know [the 5D's], because there's the risk of something happening to you everywhere you go,” upper Ayman Naseer agreed. “It was a good thing to teach us those methods, because [not everyone] knew what to do and what the right steps are [when] faced with [harassment].”

“The assembly was a good start on the part of the Academy. Town harassment has been happening since forever but we've never even had assemblies about it before. Especially to students of color on

campus, it's important that we are hosting them and acknowledging it,” senior and Lamont Hall proctor Yasmin Salerno agreed. “A lot of people have given a lot of feedback and notes to hopefully improve the assembly in the coming years.” Salerno felt that the Academy-town relationship became more hostile following the COVID pandemic as Academy events became isolated. Further, she remarked that relationship between Exeter High School and Academy students have grown more tense as well.

For Bryant, “Delegate” and “Delay” were the two most helpful methods for bystander intervention. “The [speakers] addressed the bystander effect which can be extremely dangerous in instances of harassment, where everyone thinks that someone else is contacting the police or someone else is contacting Campus Safety,” Bryant said. “Because of the bystander effect, oftentimes no [intervention occurs,] so I think delegating can play a crucial role.”

“Delay is also important because, as someone who's experienced harassment, it can feel very disempowering,” Bryant shared. “Someone checking in to say, ‘I saw what happened and that wasn't okay’ can mean a lot to the victim.”

On the other hand, some students felt that the information presented for the “Document” method was confusing. “I was told that

I can record harassment, but I [actually] can't record people without consent,” Naseer said.

Bryant agreed, adding that an uninformed “Document” approach can indirectly escalate the situation. “I like the idea of helping the victim gather evidence in case they want evidence of the harassment. However, I am concerned that due to New Hampshire law, you can't record video with audio unless you tell the harasser [that you are recording]. In these instances, there's fear that the harasser is going to turn on them and it will become a violent situation,” Bryant added.

Some students felt that the assembly could've been more engaging and concise. “I think that the assembly was necessary, but it was too lengthy and repetitive for me,” upper Ryan Manley said. “I fear that this may have led to the important information not reaching people, because they got bored from seemingly random filler comments.”

“I loved the Speak About It show on sexual assault for uppers and seniors. If the Academy had done something like that for harassment scenarios to portray the 5Ds, it would've been a lot more engaging,” Manley continued.

“I don't think the 5Ds were necessarily responsive to the kind of harassment that people experience on campus. Usually

the form of harassment that I've experienced and I see most of the students experience is slurs or insults from someone that drives by them,” Salerno said. “With that kind of harassment, you can't respond with most of the 5Ds. It would have been too fast to record. You can't really distract them since they are only driving by. You can't delegate it to anyone else around you. But those methods would be effective in confrontational situations or situations brought up in the assembly.”

“In OMA and advisory conversations, people didn't feel the assembly was that engaging. As POC, we experience this harassment very often. The responses that you're telling us to make are not responsive to the kind of harassment that we're receiving. So why do we have to be at this assembly? This was the kind of sentiment and discontent students shared,” Salerno continued.

Senior and Asian Voices (AV) co-head Maxwell Li commented on the effects the assembly had on affinity spaces and students of color. “The assembly incited thoughtful discussions in AV about students' interactions with the town, [but many students felt] that the assembly wasn't especially helpful in bringing comfort,” Li said. “Although the speakers clarified that the issues were not our fault, students in AV left with the feeling that they had a burden in the situa-

tion.”

Senior and Amen Proctor Anjali Frary agreed. “I'm glad that the Academy is having a conversation with the students on town harassment and it was necessary because we haven't had a conversation like this before. But some students didn't find the assembly helpful because they felt that the pressure was put on them. The proctors were responsible for summarizing the information and clearing up confusion around the ‘Document’ method after the assembly,” Frary said.

To further address student harassment, some students hope to see the Academy engage with the townspeople directly. “I think [the Academy] should also take action and talk to the townspeople. At the end of the day, [we] shouldn't be afraid to go into town, and [we] shouldn't have to worry about taking a picture every time someone harasses you,” Naseer said. “Yes, it is necessary to have this training, but the school should also be working to resolve the bigger issue as to what's going on in town.”

Naseer concluded, “It shouldn't be our responsibility to always be on guard. If the school is going to advertise the fact that [students can go into town], the town should be safe enough for students to go to without getting harassed.”

Gould, Kennedy's, and Lee Elected as Prep Reps



Prep reps (from left to right) Kyle Kennedy's, Lauren Lee, and Andrew Gould stand outside of Philips Hall.

Minseo Kim/*The Exonian*

By LUCY JUNG, CATHERINE WU, and ALAYSHA ZHANG

On Tuesday, Oct. 25, the class of 2026 elected preps Andrew Gould, Kyle Kennedy's, and Lauren Lee as their prep class representatives, colloquially known as prep reps, by a majority vote.

Senior and Student Council (StuCo) Elections Committee cohead Tucker Gibbs explained the prep rep elections process. "Aspiring candidates start with the signature collecting process. Every prep rep candidate collected 111 signatures. That's half the class," Gibbs said. "This year we had many more candidates. Usually it's more like six to ten. This year we had 22."

This year, the Elections Committee implemented a modification to the process. "We didn't allow any sort of independent social media," Gibbs said. "We sent out some Instagram posts on behalf of the candidates.

Other students could repost those, but nothing else. We intended to take away the stress of making content and the online campaigning that Elections Committee can't really control." These modifications will be kept for future Prep Rep election processes as well.

Gould discussed his campaigning experience. "Unlike many of my peers I came from a school without any student body government, so there were aspects of this election that were quite new to me," Gould said. "Overall, I felt that the adjustment was quite straightforward. Though I feel more opportunities for the candidates to present themselves might have been beneficial, the election Committee did an excellent job."

Elected Prep Rep Lauren Lee added "I actually suffered a concussion in the early days of the campaigning process and delivered my speech two days out of the Health Center. Despite

such complications, my friends that I made along the way made every sacrifice worth it."

Other candidates shared why they ran for prep rep. "I decided to just try it for the experience of meeting new people and having fun. Obviously, getting [elected] prep rep would've been great, but the experience was worthwhile," prep Andy Song said.

Prep Anna Byun agreed. "It definitely gave me the opportunity to meet more people. For some, when I asked for signatures, it was my first time meeting them. So it was nice to have that opportunity to meet other preps," Byun said.

"I heard a lot of people say they wouldn't run until next year because prep rep didn't matter. This just didn't make sense to me, because I knew so many preps with great ideas," prep rep candidate Muralini Mohan said.

Prep Victoria Vanderslice agreed. "Although a lot of people said 'prep

rep doesn't really matter,' I felt like it was a great idea to get involved starting prep year. We're all here at a new school and I already had ideas from my old school that I wanted to implement this year," Vanderslice said.

"I decided to run for prep rep because ever since I stepped onto campus, I just noticed little things that I thought could be changed or improved," prep Joseph Vicente said. "I served on the student council at my previous school, and I knew that if I ran for prep rep, I would have the power and voice to make the change I want to see. This could include free food on Tuesdays and Fridays, trash cans in elm, etc. I also thought that running for prep rep would be a good way to meet new people on campus, which turned out to be true."

Prep Forrest Zhang shared, "It's because I love volunteering. I've found that I loved contributing to the community and it just brings me that

joy. I thought that serving as prep rep could give me an opportunity to do that to a higher level."

The elected prep reps discussed major areas of focus for the coming year. "Prep engagement was the focal point of my campaign for Prep Rep and I believe it to be a vision shared by my fellow reps," Gould shared. "I prioritize transparency and listening to the voices of my grade," Lee adds.

"We will open a submission for preps to put forward their own designs for class merchandise," Gould continued. "Along with these big events we are also planning to be active Stuco members, using polling data to find what the big prep concerns are, and organize smaller scale mixers and events, especially for the stretch between winter and March break."

"We have upcoming plans for a prep game of tag, probably something like Manhunt or Zombie tag. We'll also have s'mores going on the

side. I don't want to jump the gun on dates but we are hoping to make it happen in the next couple weeks, likely taking place on a Sunday," Gould said. "Events like that are a big part of our overall plans to bring the grade together and ease the adjustment period. We also have plans for a movie night hopefully sometime before winter break."

Lee adds that there is "A possible initiative that we could work on: a class homepage, but that all depends on what the student body wants."

Gould concluded by addressing the class of 2026. "We are here to work with you, not against you. We know we are just preps, and we haven't even had our first finals, but we are also part of this community and we want to help it grow and develop," Gould said. "What I'm trying to say is, come talk to us, work with us, because at the end of the day we want the same thing."

Dem Club Cont'd

their own decisions about when and how to start a family, and about making sure that individuals have access to contraception to make sure that we're respecting people's privacy in this country."

"It's really important for people to speak out this year," Pappas continued. "We want to hear your voices. We want to make sure that everyone's part of this conversation. For those of you that are familiar with our political culture here, New Hampshire is not a right wing state. It's a state that believes in strong communities."

Following this, Pappas moved on to another major aspect of his campaign that was focused on the environment — both on protecting our surroundings, and making sure that everyone has access to clean air and clean water. The congressman spoke about sitting in on the transportation committee, and really looking forward to the ways the communities are being remodeled in terms of infrastructure and transportation. "We're re-envisioning our communities to think about intermodal transportation, bike pedestrian transportation, bus service, rail service, which is really important as part of the mix for the future. We build it in a sustainable way that

takes into consideration how the climate is changing, but also makes sure that we are reducing our emissions and the legislation we pass," Pappas commented. "The Inflation Reduction Act is the biggest effort by any country in the world to take on the challenge of climate change, and this bill alone will reduce emissions in the United States by 40 percent by the end of the decade, the year 2030."

Pappas then touched on his views on gun violence and the way those laws can be handled in the coming months. Claiming that the NRA and gun industry have had outsized influence for too long, he described that this has prevented the government from putting people first and saving lives. Although he is optimistic about the bill passed this year, which provides enhanced background checks and invests in mental health with states that are adopting red flag laws, the politician still believes more can be done.

"We are so close to doing a number of really important things for the country when it comes to taking on the NRA, to making sure that we're protecting a woman's right to choose, as well as making sure that this is a country that is affordable

— where there are opportunities in the workforce, and where higher education is also affordable for folks," Pappas said, describing the major underlying beliefs that surround his policies. "That is a really important issue here in New Hampshire that we have to solve."

After he outlined his own ideas, Exonians in the audience had the opportunity to ask the congressman their own questions.

One student inquired about the biggest challenges that the congressman experienced throughout the campaign process. "When I first ran for office during the 2020 election, we'd be knocking on people's doors," Pappas said. "At the height of the COVID-19 pandemic, we suspended all those activities. It was a really remote environment, and I really didn't like it because we weren't getting the sort of feedback and input from folks out there that we usually did."

He followed up with the remark, "now we're back to doing that, but I think it's taken people some time to focus on what they're comfortable doing and how they can get back out there."

Another student asked about the congressman's promise to get things done

for the state and the idea that in Washington, partisan politics can get in the way of that. He continued, "Can you commit to your voters and constituents that you would stand against national politicians, some of those big names, and stand against what might be popular among your fellow Democrats if it means delivering that progress for New Hampshire?"

"You have to. And whether it's this president or the last one, I mean, I've taken votes and have pushed back against whoever's in the White House if I feel like it's not right for New Hampshire. Same with our leadership in the House," Pappas responded.

"It's not just about stopping things and saying no," Pappas added, a belief he followed throughout his platform. "It's also about being proactive about how you can make things happen for New Hampshire."

Earlier this term, Dem Club also invited New Hampshire Governor Democratic Party nominee Dr. Tom Sherman to speak at one of their meetings. During his visit, Sherman spoke with Dem Club members about his initiatives and plans for New Hampshire while also conducting a Q&A session.

Joy explained why the club invited Tom Sherman. "Having been deeply involved with state politics for many years, Tom Sherman brings experience and a dedication to improve the lives of Granite Staters," Joy shared.

Senior and fellow Dem Club cohead Ophelia Bentley talked about Dr. Tom Sherman's visit. "We had a really good turnout. The room was pretty packed. He very clearly knows all of his stuff. He's got the statistics and evidence to back up his views. That was great," Bentley said. "He was super engaging. We had a great Q&A where everybody was able to connect with somebody who's a big figure in New Hampshire."

Bentley continued, "I think it's always incredibly helpful seeing who the candidate that you're phone banking for is. It makes you understand what's at stake much more because you're seeing how much people care about the candidate and what they stand for, and you're also seeing how driven they are to make a change and how much they're gonna be able to impact your change once in office."

Joy talked about the importance of general civic engagement. "This is

such a crucial time in the state of New Hampshire and one that unfortunately hallmarks a backslide in the most basic civil liberties and opportunities for Granite Staters," he continued, "Throughout the term, Dem Club has been supporting Democratic candidates in New Hampshire, and as Election Day nears, we'll be doing even more."

Bentley described a notable Dem Club tradition on Election Day. "We're reinstating the time-honored Dem Club tradition of doing fives, which we haven't done since I was here. On election day at 5:00 AM we will load on the buses and go do Lit Drops— where we go door to door passing out campaign materials for the democratic candidates. We're trying to get as many people there as possible. There'll be food, coffee, and it'll just be a great community moment."

"We don't care who you're voting for. We just want everybody to vote. It's a very important thing for youth to be involved. Our voice really matters and that first election is really empowering and we want to give people the opportunity to make sure that they know they can do that," said Bentley.

“Big Red Goes Green” Cont’d

We then met with Principal Rawson pretty frequently about finding the mechanics of how it works. We also met a lot with Dean Breen over the summer, who was really helpful, and we met with a few dorm heads,” Bentley said. “It was a lot of proposal creation, meeting with people at various positions in the school and in the school community. Then, taking feedback and retaking everything until we kind of had an overall proposal we were happy with.”

“There’s always been this collaborative nature between students and faculty in order to improve the school’s sustainability efforts. I feel that the Exeter has always demonstrated a commitment to supporting student interest both in terms of faculty support, financial support, time, and opportunities,” McTammany said. He praised the “psychological perspective” the group of EAC focuses on. “This group of EAC, rather than just creating this program, they’re now trying to incentivize it, getting people to really understand, appreciate, and engage with the environmental issues we face.”

The leaders emphasized the reliance that they have on E-Proctors to ensure the success of the dorm competition. “Of course [the dorm competition] is going to be hard. It relies on the E-Proctors to be accountable and to be responsible about collecting points and

about reaching out to their dorms,” Bonanno said.

“We hope that people who sign up to be E-Proctors have a commitment to the environment and therefore have a higher understanding of the fact that the core value here is about trying to further environmentalism versus getting a Nintendo switch for your dorm,” Bentley affirmed.

Bonanno is optimistic, however. “The only worry is really that people lose motivation,” she said. “We are hopeful that with our E-Proctors, we’re going to be able to handle this. We have had a lot of positive feedback from faculty, too. We have Principal Rawson and support, so we’re really optimistic about how it’s going to go.”

The leaders have also instituted a photo proof system that they hope may further ensure the competition’s integrity. “It might be a bit rocky to begin with, but the idea is that the E-Proctors are simply receiving email or text messages with photos and then those photos are going into the drive therefore, an E-Proctor can’t really make up points because we’ll have the photo evidence of how many points they actually received,” Bentley explained, adding that they plan to have a “second wave of people, which is us co-heads, who are going to be able to look at [the photos] and ensure that the E-Proctors are telling the truth.”

Even with these many systems in place to avoid fraud, it is still not perfect. Loopholes arise that require patching. “Photos of picking up trash can be fabricated, so I think we’re going to get rid of that in the bracket,” Upper and E-Proctor Chris Serrao gave as an example.

Despite the efforts faculty and students have made towards the “Big Red Goes Green” initiatives, many expressed obliviousness and skepticism of the dorm competition, specifically its rules and the impacts it may have on the Exeter community. “I don’t know how the competition and point system thing is going to work,” Upper Sylvia Langer shared.

Upper Parker Seymore also described his confusion on the details of the plan. “What even is the dorm competition, do you just throw stuff out and you get points?”

Senior Gracie Keyt emphasized that their lack of knowledge was not due to a lack of care about the environment. “It’s not that we don’t care, it’s that we don’t actually know what’s going on,” she said. “I don’t even know what an E-Proctor is, let alone who the E-Proctors in my dorm are.”

“Obviously recycling is going to help, but when you compare recycling to using fossil fuels, the little bit of recycling that we are doing is probably not going to help,” upper Alexander Luna said,

raising concerns on the effectiveness of the dorm competition.

“I appreciate that they are trying to make it fun and motivate people to think more about being sustainable. However, I don’t think it’s going to change much,” Keyt agreed. “I think many of the issues, in terms of our contribution to climate change and lack of sustainability, are more of an administrative thing. It cannot be solved by us throwing things out and putting something in the recycling versus the trash.”

Students who held a clearer idea of the competition shared a more optimistic view. “I think there is a great amount of support on the Exeter campus for sustainability, [and this competition] is a great way to get students involved and excited about being sustainable,” prep Lilia Fecteau said. “I think we are definitely putting in the effort to go in the right direction. We are a very big school so what we contribute to environmentalism is very critical.”

Fecteau continued, describing how the Academy could improve sustainability on campus. “I think online books should be more widely available to limit paper use. There could be recommended serving sizes posted next to meals in the dining hall to limit food waste.”

Serrao felt that “the Academy could give students easier access to

environmental statistics on campus, because sometimes it’s hard to know what kind of footprint you’re making.”

“Could the school easily share information on power consumption and water usage by dorm? Maybe that could be a more secure way to evaluate dorms in the competition, as you can’t forge those statistics,” Luna said.

Many students agreed that larger courses of action needed to be taken by the administration and expressed ideas on how the academy could have a more environmentally-friendly infrastructure moving forward.

“I think that solar panels could be used a lot more on campus. There are a lot of roofs here and a lot of open areas which could be used to generate cleaner energy,” Luna shared.

Lai offered ideas for imbedding sustainability into the architecture of the Academy. “There’s a lot of environmental architectural design which can be kept in mind when Exeter is building its new buildings (new dorms and renovations). For example, double panes windows for better insulation, or using wind to cool the dorms. I also saw this somewhere but tiles that collect energy when people step on them...that would be so cool for our paths!”

For McTammany, the passionate students he works with make up the best aspects of his job. “It’s been very rewarding

to work with the group from the Environmental Action Committee, to take what was a kernel of an idea now to be a full school-wide event,” he said, continuing on to emphasize a message. “It’s not just enough to have an awareness that climate change is a thing or that there are environmental problems, but also to empower and embolden students to kind of think about ways that they affect [environmental, climate issues] and how the school affects that. And to be advocates for change, because we have resources and our best asset is the students. In just enabling them to make Exeter better, is the best thing that we can do.”

Serrao concluded with his hopes that their environmental initiative would have lasting effects in the school and beyond. “I think that it is most important that we educate the students who are only here for (at most) four years and empower them to take action wherever they go in the future. Not everyone is going into environmental science, but, if there are people educated about the issue, then, in whatever field they go into to work, for example, finance, they can push for greater prioritization on environmentalism and drastically alter the future of the world!”

THANKSGIVINGS GRAMS

FROM: ADDIE
TO: DIA

"Heyyyy diaaaa"

FROM: YASH
TO: AIDAN

"bro u giga goofy bubba"

FROM: ANONYMOUS
TO: DAVID KIM

"hmu 6037759323"

FROM: ESME
TO: JADYN

"So Lovely"

FROM: ELLA
TO: TAMAR

"hi tamar i love you"

FROM: ANONYMOUS
TO: SOPHIA LALA

"Single and Available: 508-596-4756"

FROM: ANONYMOUS
TO: WILLIAM SOH

"HMU (847)715-9893"

FROM: ANNA
TO: IDK

"Skirt Skirt Yeet"

FROM: DEA
TO: ADDIE GRAY

"Thanks for being a great friend!!"

FROM: BEN MARTIN
TO: ANDERSON LYNCH

"I love you!"

FROM: ANONYMOUS
TO: NAOMI WOOD

"Call her for a cookie 603-777-4756"

FROM: BODE AND WYATT
TO: MS. DEAN

"Happy Birthday, Mom! How old are you now??"

FROM: ANONYMOUS
TO: HENRY HAHN

"Dont be salty"

FROM: ANONYMOUS
TO: HOLDEN Q

"pulcher vir"

FROM: VAL
TO: YLAN

"أنا أحب"

FROM: ELOISE BENCHLEY
TO: VIR

"Hi lol"

» **DÍA DE LOS MUERTOS**

Read about how LAL organized the food, salsa, and mariachi band featured at the annual event, 6.

» **JOJI**

Read Calista Lee '24's review of Joji's new album *SMiThEReENS*, 6.

» **FOW**

Read about AAPI Student Coordinator Kerrie Tinsley-Stribling's recent work with Asian Voices, 7.

Senior of the Week: Izzie Riccardi



Senior Izzie Riccardi sits in the Exeter boathouse.

Joy Chi/*The Exonian*

By ANVI BHATE, LAUREN KIM, and LIANNA YANG

In the midst of the usual bustle and chatter of Agora during a free block, cries to buy a crewneck sounded out. Led by the Feminist Union and Pro-Choice Club, this fundraiser selling 'Feminist' crewnecks was dedicated to raising funds for a non-profit healthcare organization that serves people of all genders, ages, and sexualities.

Among the loudest advocates for this cause was senior and Pro-Choice Club founder Izzie Riccardi. Chatting with almost every student that stopped by, Riccardi's optimistic attitude and dedication to her cause was infectious. Mirroring her personality in every facet of her life, Riccardi's passion for things she loved and kindness was evident to anyone passing by.

Besides serving a key role in the Academy's feminist organizations, Riccardi is also co-captain of the girls' varsity crew team, a sport whose practices and community make up majority of her time at the Academy. Beyond crew, Riccardi is a day student proctor in Amen Hall and enjoys singing with acapella groups in her free time.

Hailing from Newburyport, Massachusetts, Riccardi came to the Academy as a new lower. There, Riccardi had gone to public school her entire life with the same 200 kids in her class. "I was really looking for more perspective, as well as a more academically rigorous environment," Riccardi said, describing the reasons for her initial interest in Exeter. "I toured Exeter and absolutely loved it. I'm so glad I made the decision to come here. It has not let down my expectations of how hard the coursework was."

"Coming into this was very much an academic focus. I thought it was going to be hard, and that would be my main drive here," Riccardi said about her mindset coming into Exeter. Describing how her perspective has shifted through

her time here, Riccardi spoke about how, senior year more than ever, everyone in her classes is actually interested in what they're learning. "Now, the teachers are facilitating this open conversation, and it's less of just textbook learning like a public school environment, and more of 'the discussion can go wherever it wants to.'"

In addition to a new appreciation of learning, Riccardi has grown into a different mindset about failure. "I think coming into this I had a very perfectionist mentality. And I think because of that, I was scared of new things, out of this fear that I might fail if I try something new," she said. "But it feels even better when you do fail and when you just keep bouncing back. When you finally do hit that one success, it feels like the best thing in the world. It feels like you deserved it and you earned it and you learned so much from the experience, not just the final result," she described.

Senior Abigail Byun reflected on this shift in Riccardi's confidence over the years, and her strong leadership roles in different communities. "She's become more comfortable in herself and more confident in the communities that she's a part of. And through her newfound confidence, I think she's been able to make a big impact and be a leader in different spaces on campus," said Byun.

Riccardi credits her peers for uplifting her mentality, and inspiring her throughout her time here. "I wouldn't be able to get where I was without the people around me. Everyone's working so hard, and everyone's giving their all to things that they're passionate about. And, to see that all come together and get to know people that are doing activities, was totally different for me. I still appreciate all the effort they put into their work and all the amazing things they're doing as well."

One of the biggest parts of her Exeter experience that helps enforce Riccardi's positive mentality is rowing. Ric-

cardi is fairly new to the sport, only starting lower spring after previously devoting most of her athletic focus to soccer. Besides the physical act of rowing, the community—both the team and the coaches—was a big reason she grew to love it, so much so that she intends to do it in college, at Cornell University. "It was so amazing to just go in the water for two or three hours every day. You just focus on what you're doing. You just focus on the people around you. This feeling that you're giving your all every single day and coming back better for this group of girls, and they're doing the exact same for you, is just amazing. I'm so glad that I've been able to be part of that community."

"The biggest thing that crew has taught me is that it isn't linear. It hasn't always been an upward slope," Riccardi said, explaining some of the challenges she has faced during her experiences in the sport. "Rowing really humbled me in many ways because I wasn't one of those people that was naturally good at it. I'd have times where I would literally fail two or three days in a row before I finally got a PR," she said. "But it also taught me how to be confident in the ability and the strength that I'm putting in and just keep going; and trust the process, trust my coaches, trust my teammates that it will all eventually work out."

Fellow girls' varsity crew captain and senior Kate Nixon described Riccardi's uplifting attitude on the crew team.

"She's a captain with me in the spring crew season, and that's probably one of the things that she's most involved in. She's such a leader on the team and a lot of the younger kids look up to her. She's incredibly hard working, but also makes it a positive and welcoming environment, which is huge because that's what really made me stick with Crew when I was younger," said Nixon.

"I'm so proud of Izzie because I think she fully embodies those caring, positive, and

amazing leadership qualities that I saw when I was younger," reflected Nixon.

Senior and crew teammate Cindy Su agreed, recounting some of her favorite crew memories with Riccardi and commending her teamwork.

"Every single time I talk to her, she is always smiling and just brings such good positive energy to the team. That's where Izzie really shines; she's such a good team player and just an incredible person to be around," said Su.

"My favorite memories with her usually center around the boathouse. All of the amazing times that we've spent together, whether that be getting up really early for morning practice at 6:00 AM or playing One K Pieces after our row in the spring," said Su.

Former girls' varsity crew captain and alumnus '22 Charlotte Pulkinnen agreed. "She's generally just one of the nicest and funniest people at Exeter. Every person you meet at Exeter will both know Izzie and immediately share a good experience with her"

Pulkinnen continued, "She made rowing such a positive environment and although she was only a junior last year, she served as a huge role model for the younger girls. I'm super excited she'll be captain of the team this year and so proud of everything she's done both for the team."

Riccardi also reminisced on these early morning practices, referring to them as some of her favorite memories at the Academy. "It was so difficult to wake up at 5:30. But those are also so fun because it would be when the sun was rising over the river and after we go to stop at Saint Anthony's. Surprisingly enough, though you're exhausted in the moment, you feel so energized after. So, I always felt so ready for my classes," Riccardi described.

Outside of rowing and early morning practices, Su admires Riccardi's involvement in clubs, and her ability to stand up for her beliefs.

"She's someone who really

stands up for what she believes in. She's involved in legal society as well as Pro-Choice Club. And those two clubs really summarize her fighting spirit and how she's always ready to stand up for what she believes in and voice her opinion," said Cindy.

As founder and co-head of the club, along with senior Kate Nixon, Riccardi has made a lot of impact in the feminist and general communities at the Academy, raising awareness and funds for these causes. Elaborating on how she decided to form it, Riccardi said, "It was during pre-season, coming off of everything that happened in Texas... and I just couldn't wrap my head around it. It was so frustrating and I feel like it wasn't being talked about while on campus. Ms. Carbonell agreed to be our club advisor and we talked more about what we could do as a group and how helpful that would be."

Riccardi described the club's first large fundraiser, which, organized along with Feminist Club, consisted of selling 'Feminist' sweatshirts to the student body. "We use those donations to make an effect in the community by donating to a reproductive healthcare organization in the area, which is nice to smaller businesses," Riccardi said. "So to make that direct impact and see all these people coming in from different clubs and different backgrounds, and really just helping volunteer at the booth or making designs was amazing. It was so fun and so inspiring to see how many people's different talents could come together to help this one thing."

"Especially now, with everything that went down this summer with *Roe v. Wade* being overturned, it's a lot. But it's also so reassuring that we have all these newer students and potential for the future, and all these people that are dedicated to the cause," Riccardi commented. "It's really making this big, overwhelming thing seem a lot more comforting, and to have those people to have these conversations with is really wonderful."

Senior Gracie Keyt spoke on Riccardi's presence in the campus clubs, saying, "Izzie's [got] a very infectious personality. Not only is she super involved and committed in clubs, sports, and extracurriculars, but she's the sort of person that everybody likes to be around. Her presence is felt wherever she is...she really does wanna make an impact even if it's just on a high school level."

Pro-Choice Club cohead and upper Syliva Langer recalled Riccardi's invaluable contributions to the fundraiser. "I really liked the fundraiser we did with Feminist Union and Pro-Choice Club last year. We both volunteered and it was just a really fun experience to get to volunteer with her... She always finds an opportunity to not only promote the club, but also connect with people. Through the fundraiser, she was able to help Pro-Choice Club grow a lot because she was able to come up to anybody and get to know them," said Langer.

Langer continued, admiring Riccardi's leadership in creating a new club. "In terms of Pro-Choice Club, she just started it last year and it wasn't approved at first, but she ended up getting it approved midway through the year. I think it's super admirable how she started in the middle of the year and really fought for the cause," said Langer.

Riccardi's uplifting attitude extends far beyond the crew team and clubs. Whether it be saying hello on the paths

or chatting in the dining hall, Riccardi spreads humor and positivity wherever she goes. "She genuinely says hi to everybody on the path. She's the sort of person that has made everybody's lives just a little bit better. That's the legacy that she leaves beyond clubs and activities like that," said Keyt.

Upper Pippa Pflaum adds on about her and Riccardi's daily interactions. "She would just always smile and wave to me on the path. That speaks to her friendliness and outgoing nature...She is open to meeting people and likes making new friends, which makes the Exeter community more inviting. She's very welcoming," said Pflaum. "If I'm ever in D-Hall and I see Izzie, I know I can just go up and pull the chair and it's always like a good time and I'm always welcome."

Recounting Riccardi's presence on and off the team, Su said, "Izzie is gonna be someone that everyone thinks about and will miss dearly. I feel like she lights up a room every time she walks in because she's so wonderful. Whenever I see her, I just feel happier because I know that whatever she's going to say or how she interacts with her world is just so positive. And I think that's like the legacy that she leaves behind: being probably one of the most impactful and wonderful people you could be around."

Having known Riccardi for three years, Nixon recalled some of her favorite memories such as "when she spends time in my room lying on my floor. It's some of the funniest stuff I've ever heard just by being in her presence. Also, the spring season specifically with Izzie is so much fun. Pre-season last year was a blast and I'll never forget the little minion she got in the Florida Airport."

As for advice she would give to younger Exonians, Riccardi advised them to take advantage of Exeter's opportunities, extracurriculars, and community. "Don't be afraid to fail. If you think the club is interesting, literally just go to one meeting. If it doesn't work out you can drop it. But, just try everything you can and don't be afraid to go into something. Don't have the reason to be that you don't experience something is because you're too scared to try it and you're sure that it doesn't work out," Riccardi said.

"The same also goes for people who you don't necessarily think of for you to be friends with. Go sit in Grill with them one day or say hello to them on the paths. Honestly, I've made so many friendships that way and have been able to talk with and learn from the experience of so many people from so many different backgrounds and different interests," she continued.

Nixon describes Riccardi's lasting impact on the Academy community. "I think her legacy is that you can excel at Exeter and succeed, while also lifting up everyone around you and being supportive of everyone around you. She proves that you can excel at Exeter while also lifting people around you up."

"I just want everyone to know how proud of her I am and platonically she is the love of my life. I am incredibly grateful that our paths crossed. I hope that I continue to be incredibly close friends with her for the rest of my life," said Nixon. "And I am so, so sad that we unfortunately are going to be essentially across the country for each other next year. But I know that is not going to stop us from being best friends. I know that she's going to excel wherever she goes after Exeter."

Campus Celebrates Día De Los Muertos

By ROHIT KANTAMENI, LAUREN KIM, and LEO ZHANG

A mariachi band's melody vibrates through Grainger Auditorium as students sample South and Central American snacks. While dancers twirl on the crowded floor, students represent their home countries at booths and share cultural snacks with peers. All of this is thanks to senior and Office of Multicultural Affairs (OMA) proctor Kodi Suzuki Lopez, whose OMA proctor project was introducing the Día de los Muertos celebration to the Academy's community.

Suzuki Lopez has held such a celebration in conjunction with the Academy's La Alianza Latina (LAL) since his lower year. Featuring booths featuring Mexico, Brazil, Colombia, and more, Suzuki Lopez's Día de Muertos event on Friday, Nov. 4, was a hit amongst students and faculty alike.

The event not only introduced many Exonians to the Día de los Muertos tradition, but also gave Latino Exonians an opportunity to engage in their culture away from home. Besides the celebration in Grainger Auditorium, at assembly on Tuesday, Nov. 1, LAL co-heads also presented Día de

Muertos' traditions, origins, and how various cultures celebrate the dead.

Co-heads also set up ofrenda in EPAC, a traditional altar where images of the dead, their cherished gifts, and favorite dishes are displayed.

Whether they attended for the vibrant culture, delicious food, or festive music, students and faculty agree that the celebratory event was a fall term highlight.

Suzuki Lopez reflected on the success of the event. "I think that the event went really smoothly and was really great. I saw lots of smiling faces and lots of students displaying pride in their culture. The food was amazing, and the mariachi killed it."

Upper Rodrigo Camara described the food at the Mexico booth. "I was there for the first half hour or so and they had a lot of sweets and candy, such as tamarindo candy, chicharrones, and Tajín cucumbers," said Camara.

Lower Kairene Ramirez shared her experience with the food, salsa dancing, and music. "My favorite moment was when everybody was out on the dance floor. We were all trying to dance salsa, and Mr. Jorge was out there dancing salsa really nicely. The event, when we first started out, every-

body had dinner. They had taquitos and elote, which is corn with cheese in it. Then, we just set up our booths and everybody just went around having snacks from all the different countries that we had," shared Ramirez.

Lower Matt Grossman added on, "The event was a ton of fun overall. It was nice to have the food around, which was great. The mariachi band was great. The music was generally good."

In terms of logistics, structure, and atmosphere, this year's event far surpasses previous years. Suzuki Lopez believed that good planning helped. "The event was really similar to last year's. Last year, I only had one month to plan the event, and as such, some items did not get ordered and we were not able to get a Mariachi band due to COVID. This year, I was able to get everything the students asked for. We also had many more people come to the event, and I think this is because last year, we hosted the event on a Tuesday," Suzuki Lopez said.

Grossman praised the atmosphere created by the food and live music. "The atmosphere was better. The fact that we could do it without having to worry about COVID was better. We ordered more food compared to last year. The

mariachi band this year was something that we tried to get last year, but we weren't able to. On top of that, people had more liberties with what was going on inside their booths. All we needed to do was order whatever things we needed on Amazon. They offered us those resources, so it was significantly better than last year."

"I had never experienced a Día de los Muertos before but everyone made me feel welcome to listen to great music and eat delicious food," senior Stellan Aalto agreed.

Besides the Grainger Auditorium celebration, Suzuki Lopez described other initiatives organized by LAL.

"Alongside the Día de los Muertos festival was the ofrenda in EPAC, a traditional Día de los Muertos altar where students could add photos or an LED candle for dead loved ones. There was also an assembly, where senior Ale Murat shared how her family in Mexico celebrated Día de los Muertos. Clubs like LAL or Afro-Latinx Exonian Society do host a lot of affinity-based events, like the most recent Andover-Exeter Black and Latino affinity dance," Suzuki Lopez recounted.

Ramirez added, "It's nice that we were able to set

up the ofrenda for a week in EPAC and the events that we have are nice."

As his OMA proctor project, Suzuki Lopez shared how the idea for the event originated. "I made this event because I felt that, during my prep year, there wasn't an event in mind that fully incorporated authentic Latino culture. I think that, with this event, Latino culture is more supported at Exeter, but only in the Office of Multicultural Affairs...I have been planning it solo since March, which was promoted by LAL and the OMA office. I've done this project every year, starting my lower year. It's the third year of the ofrenda in EPAC and the second year of the festival," Suzuki Lopez said.

At the Academy, students feel like Latino culture is supported; however, some feel more representation is needed. Grossman said that the Academy should reconsider the limits placed on the event. "If we had turned the event into a dance, we would not be able to have it next year. While we're fine with having those restrictions, people failed to realize that music and dancing are part of Latino culture."

He continued, "Phillips Exeter does a better job than lots of other places in representing Latino culture, especially in an area like New

Hampshire. But at the same time, they could really do better and really understand the integral parts of our culture that we would like to showcase and they should not try to suppress that."

Furthermore, Suzuki Lopez described the challenges regarding holding more cultural events. "In general, I'd love to see more cultural events on campus, but typically these events are student-led. OMA sponsors a lot of these events, but there is only so much that a small office can do throughout the year."

In the future, Grossman hopes to overcome such obstacles to plan more events. "If there was another one, it would mean a lot. It would be a lot of fun to organize that since it really wasn't that much effort to organize this. We did a lot of planning, but we had a set space we had, we knew what we needed, and it didn't take too long. If it's another event that takes this long, and this much effort, I'd be happy to put my time and my effort into making another one."

Despite the planning effort needed, Camara hoped that "when our current LAL co-heads are gone, we will keep the event because it's a very nice way to share the Latino culture with everyone."



Students and the performing mariachi band pose together for a photo in Grainger Auditorium.

Minseo Kim / *The Exonian*

Album Review: Joji's *SMITHEREENS*

By CALISTA LEE '24

On Nov. 4, Joji released his first full-length album since Sept. 2020. Consisting of nine songs, *SMITHEREENS* reveals a new and experimental sound for the singer. The album is divided into two discs, each with different energies and vocals.

Disc 1, the first part, starts with "Glimpse of Us," which is followed by "Feeling Like The End," "Die For You," "Before the Day Is Over," and finally, "Dissolve." This half has a normal Joji sound, not straying too far from his typical sad songs with pop undertones. "Glimpse of Us," released earlier this year, led this disc. Since its release, it has racked up over 600 million streams on Spotify. It starts off the disc with a fresh, exciting sound.

The next song, a personal favorite of mine is "Die For You," which has an ethereal piano underneath Joji's even more heavenly vocals. After that, the other songs aren't anything too special. On my first listen, I

didn't really find much to grab onto. But, like many of his previous songs, they grow on you. I think that although many of the tracks on this disc are too short, they are still catchy and memorable.

Differentiated through the capitalization of each song's title, Disc 2 had much more of an unusual tune to it. With tracks like "NIGHT RIDER," "BLAHBLAHBLAH DEMO," "YUKON," and "I AM FREESTYLE," the titles already give away the overall vibe. However, these songs are not as underdeveloped as I expected. Although experimental, they show a particular sound that was more prevalent in Joji's older music. These songs don't seem to be especially created to gain popularity, but rather to give the artist more self-expression. Joji is known to not care so much about the reception of his works, but rather the fact that he can make music.

"I AM FREESTYLE" is the track that stuck with me the most, although it felt a little shorter than I

wanted it. Like the others in this disc, it had a grittier, deeper feeling. "NIGHT RIDER" was not really my taste, but it had similar tones to "High Hopes" and "Pretty Boy" from his last album, *Nectar*.

Although I'm undoubtedly a big-time Joji supporter, I can't help but feel a little disappointed with the songs in this album. Don't get me wrong, they are all really good, but all of them (excluding "Glimpse of Us") feel a little too fast and short. All of the songs are under four minutes (most are around two and a half). Though there are still many good tracks that I enjoy, for being the first album we've heard from Joji in two years, it feels kind of anticlimactic. It's still a great track. But, compared to his other masterpieces, it just doesn't live up to his reputation. Nevertheless, if you're looking for some new songs and a unique sound, I urge you to check out this album. And if you have time, take a look at the rest of his songs.



Courtesy of Damien Maloney

Faculty of the Week: Kerrie Tinsley-Stribling



AAPI Student Coordinator Kerrie Tinsley-Stribling stands outside of the OMA office.

Joy Chi/*The Exonian*

By SOPHIE MA and NHAN PHAN

Clusters of chattering students eagerly line up in Wetherall for ice cream, mooncakes, and other desserts at the Academy's annual Asian Student Mixer. Behind serving lines, student leaders work diligently to cut and dish out slices of mooncakes; others scoop servings of ice cream into paper bowls. Amidst the hustle and bustle of it all, Asian American and Pacific Islander (AAPI) Student Coordinator Kerrie Tinsley-Stribling can be spotted moving from table to table, brightly conversing with students, and ensuring that the event concludes liquid smooth.

Currently residing in Peabody Hall with her daughter Bodhi and her husband Levi Stribling, Tinsley-Stribling has been an integral part of both the Office of Multicultural Affairs (OMA) as well as the Exeter community at large. Alongside being an adviser for several clubs, she is also known for her AAPI programming, often working in conjunction with Asian Voices and the Asian Advisory Board to plan events such as the Asian Carnival, Lunar New Year celebrations, and Asian Student Mixer. A beloved member of the Exeter community, Tinsley has left an indelible mark on campus.

Before moving to the Academy, Tinsley was working at another boarding school on the east end of Long Island. Tinsley explained that giving birth to Bodhi was one of the main reasons why her family decided to move to Exeter. "We were just looking for something that was a little more diverse than where we were [in Long Island]," Tinsley said. "Our previous school was made up of very, very affluent students. When we found out we were having Bodhi, we [decided we] didn't want her growing up in a place with opulence and all of this excess. We didn't want her to think that was what reality was. So we decided to move to Exeter."

Tinsley emphasized the surrealness of how she ended up at the Academy, "When we first got this job—I am from the West Coast—I was thinking, 'Why would you even apply for a job on the East Coast? We'll never live there.' Now, this is our tenth year here on the East Coast."

International Student Coordinator Jennifer Smith

recounted how she first met Tinsley. "I remember when she and Mr. Stribling moved to campus and he started working at the Academy. I saw them around with their daughter, Bodhi, and she was roughly the same age as my daughter. I remember wanting to get to know them."

"When she then interviewed here in OMA [the Office of Multicultural Affairs] for the Asian Student Program Coordinator position, I knew she and I would click," Smith continued. "She has a very outgoing, warm, and approachable personality."

Senior and co-head of Asian Voices—the Asian affinity space Tinsley advises—Sage Murthy agreed. "I met Ms. Tinsley formally when I went to H-Mart last spring...[while] in line waiting for food, and I got kimchi stew, and she [asked], 'Sage, do you like kimchi?' And I was like, 'Oh yeah, it's pretty good, but I don't eat this stew that often.'" Tinsley then went on to offer to bring Murthy her husband's excellent stew next time he made it. "It was so nice," Murthy said.

"She followed through on her promise a few days ago when she texted me randomly and said, 'Sage, have you eaten dinner?'" Murthy continued. "Then she was like, 'Mr. Stribling made stew, and I remembered that I told you I would give you some. Can I drop some off at your dorm?'" Despite Murthy's concern for Tinsley going out of her way, she ended up getting the stew. "It was so... delicious. She literally had bronchitis but she was thinking of me!"

Senior and OMA Proctor Keanen Andrews said, "In regard to her coordinating Asian events, she's very open about [them, always] asking us for input and things like that. She's just a very nice lady. I remember crossing her apartment once and seeing her and her daughter, [and she asked] me questions about my senior year and how it was going, just really checking up on me as a student."

Associate Dean of Multicultural Affairs Hadley Camilus, and his family, moved into the Exeter community the same year as Tinsley's family. "Her husband and I went through new faculty orientation together," Camilus recalled. "I had a chance to interact with Ms. Tinsley at the family gatherings that took place. Almost

instantly, we started talking about Netflix series that we liked watching and she put me on to a couple that ended up being favorites, like Ozark."

After settling into Exeter, Tinsley was offered a position in OMA. She recalled, "Before I found this role, what I was doing was teaching online classes to students in Beijing who were planning to come to secondary school or college in the United States...Then one day, Dean Hernandez approached me with this position that was opening, and I thought it sounded really interesting. I had never done anything like this before and I loved the idea of being a support person for AAPI-identifying students, because I never had anything like that growing up. It would've just done wonders, not only for me, but for a lot of my peer group."

Smith became her appointed mentor after Tinsley transitioned into this role. "We started meeting weekly, and I was able to talk through some of the events she had begun working on [because] when I first started at the Academy, I did a lot of the Asian student events," Smith said. "She has completely revolutionized those programs and has brought so many amazing ideas for events here, such as the carnival last spring with noodles galore."

A crucial part of Tinsley's work on campus is the organization of AAPI programming. Notable events include the Asian Night Market, Asian Dinner, and Lunar New Year celebrations, as well as a plethora of other school-wide and affinity events.

"She's so incredibly organized," senior and Asian Advisory Board member Jacqueline Subkhanberdina said. "She always comes up with new and exciting ideas. It's very inspiring to work with someone so engaged with the school community."

"For example, when we were planning the Asian Dinner in May, we went all out. It was in the tents behind the tennis courts, and we had all this food and beautiful lighting and setup." Subkhanberdina recalled. "Over the past four years, I think that was the most beautifully executed event, especially for AAPI students. And it would not have been possible at all without [Ms. Tinsley's] work, time, effort and energy."

Tinsley recalled a humor-

ous incident during the organization of the Asian Dinner. "We had spent so much time trying to arrange the Asian Dinner [because] we wanted everyone to have a good time...it had been so long since students were allowed to really enjoy themselves. [But] then we had a little bit of a debacle with the food."

"When we opened up the cake box, the bakery wrote 'Happy AAPI Heritage Month,'" Tinsley said. "They spelled 'heritage' wrong. I was like, 'Oh my goodness.' The cakes were so beautiful, and I wanted to take pictures of them to post on our OMA Instagram, but I couldn't because it was embarrassing. I should have scraped one of the Rs off."

Subkhanberdina commended Tinsley's impact on campus. "I think especially with the past few years when many AAPI teachers on campus have left, Ms. Tinsley has really stepped in to take on this role of bringing the community together," Subkhanberdina said. "She's helped create these really important memories that people will remember once they've moved on past Exeter."

Senior and Asian Voices co-head Maxwell Li agreed. "I think as the AAPI student coordinator, she's integral to the experience of Asian students across campus. She's super helpful logistically in organizing events, and she's always enthusiastically helping [plan] the ideas for our meetings."

"I like being able to contribute to the holistic well-being of students," Tinsley said. "I remind myself frequently that you are someone's child... And I hope that my presence and my role here on campus helps students have an easier transition and enriches their time on campus...Even though you guys are all so brilliant, we have to remember as adults that you guys are still kids, and we shouldn't expect you to be adults yet."

Tinsley still has many ideas she wants to implement for the future. "One of my dream events that I have been trying to [bring] to fruition is having a chef series where we have chefs from different Asian backgrounds coming to campus and teaching a standalone cooking course to [prepare] meals that students might miss from home."

"Recently, the Art Department and OMA held a dinner where we had visiting Japanese artists. I'd love

to have an artist series or a performance series or something like that where we can highlight artists from Asian backgrounds and share in rich cultural traditions," Tinsley said.

Outside of OMA, Tinsley also advises the Bob Ross and Breakfast Club. Upper and club co-head Nora Sharma described a memorable situation with Tinsley, saying: "First Bob Ross meeting, we ordered pancakes from IHOP...then when the Dasher got to IHOP, they told them that they didn't have the order. So when I arrived early to set up for Bob Ross, she was stressed like, 'We have a problem. We don't have pancakes.' That was funny, but eventually, IHOP found the order, and we got pancakes. She brought her daughter, and her husband was also there at Bob Ross. That was really sweet."

Looking ahead, Tinsley has a professional goal in mind. She elaborates, "One goal that I have in my professional role is to find ways to be more supportive to the intersectionality of AAPI students. I know that many times in conversations that I've had with students, one of the things that has been most difficult is students who are here and are exploring gender identity or their sexuality, but don't necessarily feel comfortable doing that when they're at home. There's been a lot of talk about the intersectionality of being Asian and queer. And one of my professional goals is to find ways to support those students more robustly, and find ways to incorporate that into programming that we do."

Tinsley also discussed a personal goal she set for herself: "I'm sure that the students on campus can also attest to this, but when you are in the midst of doing all the work on campus, sometimes it's difficult to balance self care with the work that you have to do. Balance is a goal I'm striving for this year."

Tinsley also has many interests outside of work, one of which is *New York Times* crossword. "I'm a huge crossword puzzler. I have probably done thousands of puzzles; I'm really loyal to *New York Times* crossword puzzles," Tinsley said. "I have completed a ton of them, but I have only finished two Sunday puzzles. Monday is the easiest of the week, and Saturday is the most difficult. Sunday is the largest, but it's on the same level as a Thursday puzzle."

Tinsley also shares many hobbies with her colleagues. Camilus reiterated their shared interest in Ozark, saying: "Our love for Ozark is everything. The conversations we have about that series and others are all memorable experiences because we break it down to a tee and the excitement is palpable."

Smith emphasized their common love for true crime podcasts: "Ms. Tinsley feeds my obsession and I always joke that she would be on my list of people I could call to help with anything, no questions asked."

Attesting to the work that Tinsley does on campus, Camilus remarked, "She brings a spirit of love into her work, which is important and refreshing. It's clearly her North Star. She puts an incredible amount of thought into the programming she devises, which stems from a keen awareness of what students need. Ms. Tinsley is up there among people I've worked with in my professional career. She possesses a special combination of tangible and intangible skills. Quite simply, she's a thinker who can bring her ideas to fruition collaboratively, or on her own."

Fellow colleague and OMA coordinator Silvia Gerard agreed. "In the short period of time that I've been here, I think she's been amazing in the role she does. She has incredible ideas... [and gives] very constructive advice, and it's just a real pleasure to have her at OMA."

"She offers opportunities to everyone," Andrews said in agreement. "Especially with the foreign students... [she] makes sure they have a nice adjustment when they come to Exeter, especially [in terms of] building connections on a personal level. You can always see her in OMA. She'll be sitting there with a smile on her face, asking people how their days are and engaging in conversation. That's just kind of how she is: a nice spirit on campus."

Tinsley continues to make an indelible mark on the Exeter community in everything that she does. On a personal basis, she has been a support figure for many students on campus. She has also been an important figure for her daughter, Bodhi. When asked what it was like to have Tinsley as her mother, Bodhi eagerly replied, "I love it."

» XI AND CCP

Read Andrew Yuan '24's commentary on Xi's re-election as the CCP President, 9.

» HALLOWEEN

Read Sophia Lee '24's analysis of the relationship between Halloween costumes and sexism, 11.

» VR

Read about Hannah Park '24's summer volunteering experience in Monteverde, Costa Rica, 12.

A Final Reflection on *The Exonian's* 144th Board

By NHAN PHAN '24

I write this final Opinion reflection of the current Exonian board with a heavy heart, for I am aware that this period of time for the newspaper (the writers, the editors, the layouts people, the Executive Board, and the advisers alike) is a sensitive one.

In a previous Opinions piece that I wrote during the Spring of the previous school year, I started off my severe criticism of the paper by stating, "From the perspective of a two-year writer for *The Exonian*, the newspaper club no longer is a place where students feel compelled to take part because of the journalistic rigor it strives to offer; instead, *The Exonian*, damningly, has become more of a burden." In this reflection, I want to take a look at the many changes that have taken place ever since I wrote this article, provide a personal reflection of the legacy that the current board leaves behind, as well as outline the steps I believe the next board will need to take to restore what it means to be a writer for *The Exonian*.

Firstly, I want to reflect on the mission of *The Exonian*. I am no stranger to hearing that *The Exonian* has become more of a nuisance than an asset for the Exeter community; however, I simply feel like the paper is not receiving the respect it deserves. *The Exonian*, like other newspaper organizations, strives to be professional in its reporting of the events happening within and surrounding Phillips Exeter Academy. The newspaper is, in many ways, a reflection of journalism in society; students who decide to join the club have an interest in helping to tell the story of the reality that is around them, in writing, to the best of their ability. This is essentially the purpose of *The Exonian*: a student-produced archive of Exeter life that both reflects the moments where the Exonian community is at its best and moments that, perhaps, may not be so glamorous as accurately as possible. To me, the current board recognized the role of *The Exonian* and did well in upholding its mission. The advisers had strongly suggested the bi-weekly publishing schedule since last winter, which the full board then voted to keep for the

rest of its tenure (this I will reflect on in the upcoming section). Though the number of published editions was reduced, *The Exonian* kept true to its original mission: providing a platform for a diverse array of students to express their thoughts on both school and global events. In many of its editions, *The Exonian* has covered topics ranging from developments in the sexual misconduct investigation policy, student responses to global and domestic events, and reflections on school life, to the introduction of a plethora of spotlighted students, faculty, and staff. The current board has successfully maintained the newspaper's purpose as a platform for members of the community to make their voices heard.

Secondly, I want to reflect on the decision to adopt the bi-weekly publishing schedule. In my previous Opinions piece, I wrote, "When *The Exonian* decided to convert into a bi-weekly schedule, the schedule rendered the newspaper irrelevant, and outdated. My friends put it best: "Why would I be interested in reading news that was like two weeks old?" The events covered in an edition of the newspaper do not report anything new. It doesn't reflect what's happening in the school. The fundamental keys of what makes a newspaper a newspaper, relevancy, and urgency, are essentially gone." As I reflect on my previous piece on the criticism of the newspaper, I recognized that there were things that, as a staff writer, I was naive about. However, I still feel strongly that this adoption of the bi-weekly publishing schedule did more harm than good. To my understanding, this switch was made in response to the mounting pressures that *Exonian* staff writers faced and the harm that it had on the mental health of staff writers. However, this shift not only maintained the same pressures on staff writers, but it also disengaged writers from *The Exonian* more than ever before. The same deadlines remained. The root cause of the pressure that the writers of the previous board faced was the fact that the deadlines (articles assigned on Sunday, due the following Sunday) were tight. Those deadlines have not changed for this current board; hence, the

root cause of the problem was not fully addressed. There is still that underlying expectation by both the Board and editors that writers would submit their articles on time; this expectation has not changed. Moreover, because the following week is not a publishing week, many writers tend to disengage with the process by thinking that it would not really matter if the article is several days late. The bi-weekly schedule unnecessarily lengthens the writing and editing process, and, as a result, jeopardizes the relevancy of the edition. Though I had already pointed out this problem in the previous reflection, the issue of relevancy persisted in many editions of *The Exonian* since. The bi-weekly schedule creates a lag between when the event is still relevant to the Exeter community and when the event is actually reported in the newspaper. Not only does this lag bring negative light to *The Exonian*, writers feel like they are stuck in a cycle of reporting old news which, as student journalists, can act as a disincentive to continue to engage in the process of reporting for the newspaper. Writers want to feel like they are part of the moment - this is also partly why writing for *The Exonian* was once so rewarding: writers got to be the recorders of Exonian life right there and then. In summary of this section, the bi-weekly schedule, though a (seemingly fast and easy-way-out) attempt at reducing the tolls on writers' mental health, in fact, did not deliver its intended purpose and actually disengaged writers from the process of writing for *The Exonian* even more than before.

Finally, I want to reflect on the newsroom—the physical newsroom. *The Exonian* newsroom is a physical manifestation of Exeter history: the school's history recorded in past student-written editions of the newspaper. The newsroom is filled with the legacy that past Executive Boards left behind in the forms of the editions they published, the articles they had written, and the personal layout touches they left. The newsroom is an inspiring place to be in; it surely reminds one of the importance of *The Exonian* in the school's long history. More than all of this, however, the newsroom symbolizes a community.

The newsroom symbolizes an Exonian community of students that have a love and respect for writing, journalism, and for the institution itself. The role of the newsroom is nurturing a community is the most important aspect of *The Exonian*. Without the community that the newsroom is supposed to bring together, the newspaper would be nothing more than a group of disconnected, disengaged students working together simply to objectively produce newspaper editions that carry within them no personality, thought, or cohesion. Without the community that *The Exonian* depends on, there will be no writers to continue recording the next generation of Exeter history. Without a loving, compassionate, and excited community, the newspaper will never be its best self. The newsroom can be a place of great bonding, of great connection building; I regret that the current board has underutilized the newsroom. In my previous reflection, I described a moment of the 143rd Board that encapsulated how the newsroom was an inviting place for new writers like me, "On Wednesday afternoons, the writers and editors would blast songs from the soundtrack of Hamilton whereas the Layouts team would frantically obsess over the "laying-out" of the paper itself, all while munching on Front Row Margherita pizzas. Editors and writers connected on a personal level." Moments like this are essential to community building because it does one important job well: it breaks down the barrier between the editor and the writer.

There is a difference in the power dynamic between being a writer, an editor, a member of the Executive Board, and an adviser. It is this difference in the power dynamic that prompted many writers and editors in the past to quit *The Exonian* in the first place. This difference in power dynamic is harmful for many reasons: it automatically gives off the impression that the voices and opinions of those below the level of the Executive Board do not matter as much, it makes it easier for members of the upper levels of management to treat the members of the lower levels with disdain, it reduces opportunities for members of different levels to interact on a

more interpersonal basis, and it ultimately results in too much power for the few. Though I acknowledge that the way *The Exonian's* leadership is structured will naturally create these power differences, it is vital that I reflect on the ways in which the interactions between upper and lower boards have been conducive to an inviting environment. One of the biggest issues that I noticed throughout my time as a writer is an apparent disconnect between editors and writers. Editors are important in *The Exonian's* community-building process because they are more than just someone who edits the articles: they are peer mentors to the writers who can give them valuable advice on more than just writing. I want to bring up Taraz Lincoln '22, a Life editor for the 143rd Board. I first met Taraz when I wrote my first Life article for the previous board. Throughout the time I spent editing my pieces and talking with him in the newsroom, I learned a lot about his life, how he sees the world, his dreams, and his ambitions, and he got to learn a lot about me too. Most importantly, we formed a friendship that transcended the boundaries between writers and editors that lasts all the way until today. As space does not allow me to describe other ways in which members of different levels of the newspaper interact, I described the most important matter: the relationship between writers and editors. As writers get to know the editors more and feel more comfortable working with them, the less stressful the writing process can be and the difference in the power dynamic between editors and writers is minimized. The same can be said for both Board-writer and Board-editor relations: as *The Exonian* community builds, as more people feel comfortable working with one another, the more efficiently this newspaper can run. It is, therefore, important that future boards place an emphasis on community.

I want to conclude this reflection by talking about the legacy that this current board leaves behind, as well as the next steps that the incoming board needs to take to ensure that *The Exonian* can be the best version of itself. The current board leaves behind a legacy of experience that is

valuable for the future boards of the newspaper. Though there have been mistakes made along the way, the learning curve that the current board experienced can be valuable knowledge for future management of the newspaper. What this board also demonstrated is the ability to successfully turn the newspaper into a platform for storytelling, thought-giving, and reflection. With the diversity of thought featured in the newspaper, the current board sets the standard of inclusion for future boards to follow. However, there needs to be a greater emphasis on community building in *The Exonian*. By increasing the use of the newsroom for writer's workshops, editing sessions, and office hours, future boards can create moments where writers feel welcome to make the newsroom their favorite place to go on Wednesday afternoons. That space, if utilized correctly and frequently, can be a powerful tool to unite a community of aspiring writers and journalists. I also recognize that the problem of mental health still exists. In the previous piece, I suggested a system of rotation between two different sets of writers and editors that will rotate each week while still keeping a weekly publishing schedule, "By having alternating groups of editors and writers, with one group writing a certain week, and the other writing the following week, and so on, *The Exonian* is able to keep publishing while ensuring that the writers and editors get the break they deserve. This method also allows the groups to build a closer connection with their own editors and writers." I believe that by experimenting with this system, we can learn whether or not it can better serve future boards of the newspaper. Restoring the reputation and relevancy of the newspaper all the while trying to build a cohesive community can be a daunting task for the incoming board to take on. It is about time we take small but solid steps to rebuild a healthy Exonian culture that places pride on community and professionalism.

Changing the School Year Schedule

By ANNA KIM '24

The reputation surrounding the two plus weeks between Thanksgiving break and winter break—lovingly referred to as "hell weeks" by all students—is horrible. The winter term starts off like any other, except that most classes hit the ground running on the first day. On top of the quick start, teachers like to squeeze in at least one major assignment before winter break. While it's debated whether those

two weeks are truly as bad as the reputation suggests, we all agree that we wish we were still on break. With that said, the school year schedule could be much improved by ridding the "hell weeks." Instead, let's have a six week break from Thanksgiving to New Years, which would ease both financial and mental stress for students.

To put it bluntly, the current schedule is expensive. For those who fly back and forth for break, we have to coor-

dinate and purchase four plane tickets for four weeks of break and approximately two weeks of school. If you're an international student, the price is even higher, with jet lag setting in quickly and leaving slowly. While the school does provide generous financial aid, plane tickets are an expense that quickly adds up. If we created a schedule where we could reduce our flight frequency, everyone's costs would be greatly reduced.

Additionally, those two weeks between

Thanksgiving and winter break creates stress for students. You come back to school after almost two weeks off. Two weeks later, you get another two week break. When you come back, midterms aren't that far away. All these starts and stops to the winter term can disrupt routine and make it hard for students to adjust back to Exeter. Wouldn't it be made so much better by having more time off so that students could come to the school year completely well rested and ready to tackle the

tough winter term?

So where would those extra two weeks go? To keep every trimester an equal number of weeks, we could push back Spring Break by two weeks. Alternatively, we could start fall term a week earlier and end spring term a week later. Either way, I believe students would agree that these are worthy sacrifices to make our schedule less stressful.

The solution is clear. Hell weeks are full of stress, fatigue, and an

intense desire to either go back to Thanksgiving break or be on the next break. Getting rid of the two weeks would also get rid of the negative reputation that always marks the beginning of winter term. Exeter has gone through many different schedules. What's to say that we can't try one where we eliminate the two weeks and also eliminate both faculty and student stress, financial expenses, and more?

Xi's Vision

By ANDREWYUAN '24

“韬光养晦”, to bide out time and hide one's capabilities, was the central governing principle for decades since Deng Xiaoping, the Paramount Leader of the People's Republic of China (PRC) from 1978 to 1989, introduced China to the Western markets in the 1980s. This principle would live on in China's meek foreign diplomacy and quiet self-development over the next few decades until the rise of Xi Jinping.

On Oct. 22, Xi Jinping was re-elected as the Chinese Communist Party (CCP) General Secretary and the Supreme Leader of PRC. Ever since the 13th National People's Congress of 2018 removed Xi of his presidential term limits, Xi now presides over a more centralized Chinese government with a tighter fist and no foreseeable will to quit his post. Though much of the decision itself remained intransparent, Xi demonstrated his power and commitment to go bolder and crueler by forcibly removing the former General Secretary Hu Jintao from the Great Hall of the People. Yet Xi's third term as the General Secretary will have far greater repercussions on the world. Prepared to overthrow Deng's principles of humble progress, Xi is ready to demonstrate strength and hostility at the price of its people's well-being.

To understand Xi's

visions for China for the years to come, one must go back to the 1800s. During the late Qing Dynasty, China's status as the hegemonic power of East Asia began to dwindle with Japan's Meiji Restoration and foreign invasions. Before then, the Qing Empire exerted full control over Tibet, Taiwan, and Mongolia, accounting for up to 25-32 percent of the global GDP by varying estimates. Nepal, Burma, Siam, Laos, and Korea were all tributary states to the Great Qing.

Ever since the Opium Wars in the 1840s, a wave of anti-foreign sentiments and overconfidence in spiritual martial arts gave rise to the Boxer Movement. Empowered by the Boxers' efforts to “destroy the foreigners,” Empress Dowager Cixi declared war on all foreign powers and ordered massacres of foreign missionaries, resulting in the Eight Nation Alliance's invasion of China.

In Chinese history textbooks, the Boxer Rebellion was more commonly referred to as “Eight Countries Invade Beijing.” The Chinese education system sugarcoats the Boxers' wrongdoings and hardly mentions the Empress Dowager's Declaration of War. Instead, the Chinese government frames the West as hateful bullies seeking to subdue Chinese reform and self-renovation.

A second notable humiliation to modern

China would change the beliefs of many Chinese citizens. After the PRC had replaced the Republic of China as the ruling regime of mainland China, Mao Zedong unleashed the most radical elements of the society to purge any capitalist or traditional Chinese values. Failing to achieve its original goals, the Cultural Revolution resulted in the persecution of tens of millions and the starvation of many more.

Only this time, the Cultural Revolution's effects on Chinese society were personal for Xi. Xi's father was a notable communist official jailed and purged by Mao for his moderate stances. Xi experienced societal humiliation as an enemy of the revolution and exiled himself to the countryside. While many other officials' children would turn against the CCP, Xi learned the lessons of humiliation in both the Boxer Rebellion and the Cultural Revolution, adopting the communist principles and living by them.

Xi wishes to re-establish China as the feared and respected China that had once existed prior to foreign intervention and the Opium Wars. Xi envisions a China that stands up to and naturally opposes the West even when that opposition means he has to align China's foreign policy with the likes of Iran, Russia, or North Korea. Xi believes that through economic development and milita-

ristic strength, he could demonstrate to the West that China is no longer the “Sick Man of Asia” that must hide its capability, but a superpower reclaiming its former glory.

Ironically, Xi's vision for a prosperous and hegemonic China is a lie in and of itself. Xi desires to restore China to its former glory prior to the Century of Humiliation through anti-Western nationalism. Yet the two humiliating pillars of modern Chinese history—the Boxer Rebellion and the Cultural Revolution—were ignited by the same exact isolationism.

To us, the story of Xi's revenge on the West is an ironic one. After all, the United States never trampled upon Chinese soil or played a central role in China's Century of Humiliation. After all, it was Bill Clinton who insisted on introducing China to the World Trade Organization in 2000 against mounting resistance. After all, the United States was the only country in the Eight-Nation Alliance to subsidize, accept, and assist Chinese students following the Boxer Rebellion. After all, the United States was not Japan, the French Third Republic, or the British Empire.

To the Chinese nationalists, foreigners have always been the enemy. It doesn't matter if that foreigner was the United States that had tolerated Chinese human rights abuses for years or the Soviet Union that had of-

fered economic and technological assistance. If China did not assert its aggressive dominance as a world power both geographically and economically, it was considered a humiliation. Perhaps many high-ranking officials these days actually believe in China's history.

At the center of that blind consciousness lies Taiwan. Similar to Putin, Xi uses his revisionist perception of history to gloriously justify aggression. Unlike Putin's impulsive invasion of Ukraine, Xi is far more calculating in his tactics. Though he did not invade Taiwan following Speaker Pelosi's visit earlier this year, Xi's wish to restore “lost” Chinese territories will compel him to swiftly conquer Taiwan. In doing so, Xi hopes that his legacy would be remembered and revered like Deng's. Many China watchers believe that Xi's invasion will come soon as he prepares the country for long-term sanctions and economic regression.

The increasingly hostile nationalism, coupled with Xi's pursuit of glory, makes Xi one of the most dangerous men of the modern world. Ardent nationalist supporters of Xi claim that the West is resuming its humiliation of China with punitive trade policies, human rights abuse allegations, and accusations of intellectual property theft. They believe that the humiliation will not end un-

til Xi takes back Taiwan in bloodshed.

Now, China has closed its doors again to the West.

Shanghai in 2018 was a golden city filled with Bruno Mars concerts, Formula 1 Races, and rising skyscrapers. Theresa May, Barack Obama, Roger Federer, and Charlie Puth fell in love with the city on their visits that year. Shanghai in 2022 is a city better described as silent than dead. Even as a six-month, city-wide lockdown ended in protest concerts and clamor of pots, white-cloaked officials are still ordering various compounds to remain in lockdown and social media censors are scratching the fringes of the internet to cleanse criticisms against the government.

If democracy is a slow carriage capable of correcting itself, then Xi's authoritarianism is a flawed Boeing 747 heading on a backward trajectory away from civilization and towards darkness.

Under the CCP's political brutality and a stagnant economy, China bathes its anti-Western confidence in a whirlpool of unfounded nationalist hatred and hostile mania. Under the red field with five golden stars stand a blind tyrant stuck in the bygone days and a doomed nation for none.

Bookstore Notebooks

By CALISTALEE '24

Books filed in neat rows line the shelves, the faint smell of fresh ink mingling with coffee steam drifting over from D-Squared. Cold winter nights spent behind dark wooden doors, pretending to flip through soft pages of random novels as we thaw ourselves out. Most Exonians have been inside the bookstore on Water Street on some occasion, even if to just look around. The cute little chocolates and wooden bookmarks, pointing out weird book titles to our friends. It's what middle school me dreamed boarding school would be—preppy, kind of studious, and authentically New England.

If you slip between bookshelves and rotating card holders, you

can find yourself facing a huge window, with the perfect view of Swasey. And if you look just to your right, you'll see a milk crate spilling over with worn notebooks. Honestly, I paid no attention to those notebooks until recently. Two years spent on campus, and I'd never been curious enough to give it a second thought. But a couple weeks ago, my friend had brought them up offhandedly. Like it was common knowledge. Maybe I was just slow to catch on, but I'm sure I'm not the only one who missed it. Of course, I went to check it out the next day.

So the Water Street Bookstore has a bin full of historical records, stretching back a few years. Each book is stuffed to the brim with confessions, drawings, questions, answers, po-

etry, and life stories. I was immediately confused. Why weren't people talking about these things? Leafing through only a few pages, I could already recognize so many familiar names. A mixture of students from the Academy, and people from the town. Beautiful drawings, students admitting their crushes. Extremely in depth paragraphs detailing people's thoughts and worries. And most pages, not all, paired with a crudely drawn phallic image somewhere in the corner or on top of the writing. Usually in red crayon.

That's the best part of it, though. The anonymity. Sign your name or don't. There's no way to trace these words back to their writers, giving people complete freedom of speech. And if you're gonna write up an emo-

tional poem or draw a vulgar image, well, that's up to you. Some of the best writing I've seen are from these secret sources, scrawled across these pages. Other anonymous people write notes of encouragement or comments in the margins. But why even bother? The time spent writing out all these things, responding to them, reading them. There's no real motive to write a whole essay onto some random notebook, but we still do it.

Humans have a tendency to want to be a part of something more. To leave a mark on the world, be remembered somehow. Whether it be carving your name into a Harkness table or signing a graduating senior's yearbook, it all boils down wanting a part of your identity to last. Writing in a public diary

counts to that, too. These books date as far back as 2012, and all the readers and writers are joined by the same experience: being in Exeter and surviving it. It's not only a cute and quirky little idea, it gives us a way to relate back to those from different eras, to those other Academy students who lived through the same things we did, and made it out.

Sure, the notebooks aren't the Holy Grail. There are plenty of other things that get passed down through Exeter generations. But those notebooks still have an impact on campus culture, especially in a school where some people forget that we're all going through similar struggles. Many of these are written in the spring by seniors saying how much they appreciate the people they're

leaving behind, or other students who just want to be grateful to those they have met here.

The real impact we have doesn't come in the shape of random carvings or signatures, it's simply how we affect our peers. The notes and farewells scattered throughout each lined page in the bookstore notebooks are heartfelt, honest, and they each tell the story of someone: letters written to old friends. Friendships, emotions, drawings, we are all connected by them, brought together by these anonymous stories. We don't need these notebooks to tell us what we mean to each other, but I think that sometimes, writing it down helps us remember.

The Exonian

We would like to acknowledge the Squamscott/Penacook peoples who were the first peoples of this land. We would like to honor their ancestors, descendants and future generations for caring for this area and allowing us to be here today.

SAFIRA SCHIOWITZ CLARK WU
Editors-in-Chief

ALIA BONANNO
Managing Editor

JESSICA HUANG
Director of Writing

MINSEO KIM
Chief Technology Officer

NEWS EDITORS
David Chen
Kaylee Chen
Athena Wang
Elina Yang

LIFE EDITORS
Maya Cohen
Sam Creelan
Will Hackett
Sheala Iacobucci

OPINIONS EDITORS
Arya Palla
Nicholas Rose
Angela Zhang
Sophia Zhang

SPORTS EDITORS
Jonathan Jeun
Nat Kpodonu
Arhon Strauss
Michael Yang

HUMOR EDITORS
Andrea Nystedt
Nina Kellogg

CRUCIVERBALIST
Gbemiga Salu

LAYOUT EDITORS
Anvi Bhate
Joy Chi
Ashley Jane
Sophie Ma
Catherine Wu
Chengyue Zhang

SENIOR PHOTO and SOCIAL MEDIA EDITOR
Joy Chi

SENIOR PHOTOGRAPHER
Owen Dudley

ART EDITOR
Ava Zhao
Chloé Zhu

HEAD COPY EDITOR
Sophie Raskova

SENIOR COLUMNIST
Tania Rana

FACULTY ADVISORS
Elizabeth Dean
T. Michael Matsumaru
Lina Wang
Chelsea Woodward

BUSINESS CO-CHAIRS
Claire Fu
Val Whitten

MANAGING DIRECTOR
David Kim

CHIEF ACCOUNTANT
Jayson Tung

ADVERTISING
Colin Clark

OPERATIONS
Elloise Goedkoop

OUTREACH
Alysha Lai

MARKETING
Emilie Dubiel

SUBSCRIPTIONS
Ryan Kim

CHIEF DIGITAL EDITOR
Tony Cai

The Web Board staff members are listed on *The Exonian's* website: www.theexonian.com.

To subscribe to or advertise on *The Exonian*, contact exonian@gmail.com or call 603-777-4100. A subscription to the paper costs \$90 off campus and \$150 overseas.

The Exonian welcomes Letters to the Editor sent to the care of sschiowitz@exeter.edu and jcwu2@exeter.edu.

The Exonian reserves the right to print Letters to the Editor in a timely fashion and to edit them for content and clarity.

Metamorphosis: A Review of Playing Dress-up with Your Friend



Jojo style illustration of Chengyue and Gamze

Courtesy of Katelyn Cui

By **GAMZE TOKSOZ** and **CHENGYUEZHANG**

Gamze (the intro):

This all started when, one day, Chengyue said my style was lacking. Apparently, the “just bright colors” were “too repetitive” and I needed to “change it up.” Of course, I didn’t really care about this comment, since the only reason I wear these clothes is that number one, they are comfy, and two, they are the only way I can visibly cling onto my eroding childhood excitement. Anyway, Chengyue’s comment got me intrigued. Before I really even asked how I should go about “doing better,” Chengyue already started listing how I need to try a more fancy, monotone, sleek look.

I teasingly mentioned the comment the next day to her. That’s when the idea sparked into that magnificent brain of Chengyue’s—**WE SHOULD PLAY DRESS UP**. She would give me an outfit to wear for the day in trade of my clothes that were seemingly “just bright colors” to her. We spontaneously made the plan (well she spontaneously made the plan) that on the following Wednesday (during midterms) we would walk to Starbucks together in our swapped outfits where Chengyue promised to buy me a drink (which I ended up buying for her smh).

Chengyue (the ultimate intro):

Since the day I met Gamze in Physics class last fall, Gamze has always impressed me with her colorful clothes. She usually wears solid bright colors,

like a bright blue, bright red, bright green. She is always made up of blocks of bright, bold colors, never any in-betweens. You can recognize her from the lounge in the science building from a sea of black, gray, and other faded pastel colors. Gamze’s dressing style is definitely a significant character trait. The point is, I have always been amazed and a little jealous of her style. My friends have of course complimented me about my black ‘trash bag’ jacket or other clothes that I own.

I actually don’t really remember how we decided to exchange clothes. I think I might have been the one to come up with the idea. So a Tuesday night before the Wednesday off, Gamze brought a pile of her clothes to Gould House, and we exchanged outfits.

Gamze (build-up):

On that Tuesday night, I walked to Gould House with an enormous heap of clothes in my arms, which, once let in, I would finally drop on the floor of Chengyue’s room. When I was looking through my clothes prior to bringing them, I realized how little I actually thought when putting them on. I just take a top and a bottom and wear them and then boom. But at that moment, considering it in the context of someone else, I actually have to give it some thought. So, seeing them on Chengyue’s floor, I started to feel a bit uneasy. I wondered if this dress-up would really be successful.

Chengyue (transformation):

The process of exchanging clothes is what I would

call... interestingly awkward. We explored a few options we each had. I made Gamze try on some formal attire, including a navy blazer that was a bit small for me but perfect for her, a shirt with big-puffy sleeves, and my favorite dark-pink tie with intricate navy, floral, swirly, octopus-like patterns. I proudly presented my tie-tying ability to Gamze. Another outfit was a black and white striped turtleneck and dark green jacket and black dress pants. It was fun to see Gamze transforming into a different person. We were laughing loudly the entire time, and I was actually surprised that the faculty on duty didn’t come check on us.

In the end I settled with an all red outfit of red yoga pants, a crop top-ish zip-up hoodie, and a red V-neck vest with geometric shape (In the process I also tried out the most ridiculous thing, like a short-sleeved shirt on top of a long sleeve shirt, and surprisingly it did not look horrible...) For a moment looking in the mirror, I thought I became Gamze. I felt the looseness and tightness of the fabric around my skin. I was physically in Gamze’s shoes, seeing the world in her clothes.

Gamze (journey):

No you weren’t in my shoes Chengyue, I didn’t give you any remember? Anyway, when I woke up the next morning, I obviously didn’t have to think about what I was going to wear—even though I wouldn’t have really done that anyway. I picked up the white blouse, snazzy purple wrap-around overlay thing, black trousers, knee boots, and finally

Chengyue’s spunky tie. I remember that as we walked from a French class last year, I had complimented her on that same tie. Now, on this random Wednesday morning, I was clumsily shuffling it on, still pre-tied from the night before.

I set off to Wetherall for breakfast in Chengyue’s black boots which she never wore, where I met up with (the one and only) Chengyue, (and of course) Katelyn, and Maeve to start the day with sustenance. Chengyue properly re-tied the messy tie and purple overlay—both tying situations I barely understood (sad to admit, but I still use bunny ears for my shoes).

Lastly, Chengyue gave me these painful clips on earrings and an unusable whistle she 3D-printed in the design lab before we embarked on our long journey through the brackish waters of Exeter (the rain falling that day) to get to Starbucks. We even decided to carry each other’s backpacks along the way to truly feel like a new person for the day.

Chengyue (reflection):

After that Wednesday, I kept Gamze’s clothes for another few days. I cannot believe how many compliments I got from wearing Gamze’s oversized fluffy jacket with smiley faces on them. Someone would compliment my dress and I would have to say “Aaaactually this dress isn’t mine. My friend Gamze and I exchanged clothes.” I now appreciate Gamze more and feel that Gamze and I are indeed the ‘cool kids.’

Waking up in the morning, I put a few seconds of

thought into dressing a bit differently than what I was used to. This made the whole day somehow special. It was as if I was telling myself: “Today is going to be a good day because you dressed up especially well.” Besides, when I was stressed about my last History essay and my mid-term, struggling to drag myself out of bed at 8 a.m., I wore Gamze’s jacket and I felt protected by her happy energy. It reminded me that life at Exeter is more than school work. The fun things you do count too.

Additionally, I enjoyed clothes that I do not wear that much finding a home with Gamze. The amount of formal attire I own results partially from my previous boarding school with strict dress code and partially because I buy that old-school aesthetic. However, I don’t really wear them that often because it’s just so much work to put them on in the morning, not to mention having to actually change to athletic wear before sports.

Gamze (the ultimate reflection):

Weirdly, with these new clothes I felt uncomfortable. Chengyue originally wanted me to wear her blazer with the tie and blouse, but it felt too stark? Vulnerable in a way even though I usually present myself in the opposite manner. I guess I looked so serious that it made myself uncomfortable. I had switched personas—not with Chengyue (because Chengyue rarely wears the clothes she gave me)—but with an alternate version of me. A version that lived a quite different life than the me that is me currently, a me that made a lot of different

choices, which was quite unsettling.

Apart from that I did get many compliments. Well, they too in a way, because of mere quantity, made me question myself more. Do people just like something that is new and startling for their eyes? Was this image complimented more because of how much it contrasts from how I usually seem to box myself?

Speaking of seeing things in a new light, I was able to appreciate the items I own more seeing Chengyue wear them. Like I had mentioned before, I kinda just wear my clothes, because part of their function is um... to just be wearable. Of course the reason I own these things is because I liked them all individually, but seeing someone else wear them ignites the heart eyes I had for them again, validating my purchases in some way.

Chengyue & Gamze (P.S. #1)

Although not inspired by *A Separate Peace*, I recognize a connection of what we did to a scene in the book (the novella is even written by an Exeter Alum so extra brownie points). We will end with this quote from the concerningly unreliable narrator Gene:

“...I looked for and finally found his pink shirt...the rich material against my skin excised a sense of strangeness and distinction; I had no idea why this gave me such intense relief, but it seemed, standing there in Finny’s triumphant shirt, that I would never stumble through the confusion of my one character again. I didn’t go down to dinner. The sense of transformation stayed with me throughout the evening, and even when I undressed and went to bed.”

Considering the progression of the book, we don’t really want to be drawing too much of a connection here, but to put it very surface-level, the shirt and the exchange of clothes can at least be a symbol of friendship in a way. It made clothes-wearing a communal experience. Simply wearing someone else’s jacket added a spark to the day.

Dress-up: a physical manifestation of friendship. In conclusion, friendship is magic.

Chengyue (P.S. #2):

And yes, it would not be fair if not to mention the set of jojo photoshoots we did. Basically, I am very into a manga series called JoJo’s Bizarre Adventure by Hirohiko Araki. The Jojo series has been running since 1987 and was characterized by its dramatic character design and fashion magazine inspired cover art. Araki took inspiration from high fashion brands like Gucci and basically made everyone in his manga dress like models in everyday life. Jojo pose in its nature is just weird, dramatic, stylistic poses that characters are placed in. Honestly I cannot really explain the appeal of it, but it’s just so godly and surreal. If you just google “jojo pose” on Google Image, you will know what I mean.

So by my request, Gamze and I did a series of photoshoots inspired by jojo poses, a drawing of which I think is going to be in the illustration for this article done by our friend Katelyn Cui.

Sexism: the Scariest Costume of Halloween

By SOPHIA LEE '24

Halloween is the one night of the year when everyone is open to creative, bold expressions without judgments. Even though the tradition of wearing costumes started out to ward off evil spirits, now, unfortunately, a substantial part of it has become a way in which women are forced to emphasize their sexual attractiveness.

One of the most iconic examples of media depicting the Halloween culture, especially in college, is Mean Girls. As Cady Heron says, “In girl world, Halloween is the one time of year a girl can dress like a total slut and no other girl can say anything about it.” Its Halloween Party scene is a classic depiction of the college Halloween party culture, where girls are in lingerie and bunny hair, and men are in much lower-effort costumes. Another example that shows the objectification of women in Halloween is the fact that college parties are free for girls, especially based on their attractiveness. As the saying goes—when the product is free, you are the product.

One of the most significant factors showing differences in women’s and men’s roles on Halloween comes from the shape and fitting of their costumes. According to a study done at West Chester State University, 88% of women’s costumes showed skin, compared to 16% in men. The same went for children’s costumes, where 68% of girls’ costumes showed skin, while less than 1% of boys’ costumes did. Other categories of the study also showed a larger number of tighter costumes for women and the use of adjectives such as “cute” and “sexy” for women’s costumes. It is not hard at all to see this trend ourselves. Just google “Halloween costumes for women” or “for men,” and the contrast is significant.

Overall, the results show that women’s costumes are used to emphasize one’s physical attractiveness, especially as it displays traditional femininity. This trend in women’s costumes suggests that sexiness and attractiveness are the only, most important values expected in women. On the other hand, men’s costumes focus more on the characters and roles themselves rather than

enforcing beauty standards.

I am not arguing that women shouldn’t wear revealing clothes, but based on the analysis of the market, the binary gender divide in costumes limits choices for both men and women. For example, women who want to dress warmly for the Halloween weather would have a harder time finding costumes in the girls’ sections. Everyone deserves the freedom to dress the way they wish, but the “freedom” cannot be truly free when their choices are strongly dictated by internalized gender roles.

Another problem in women’s costumes is the sexualization of female-dominated occupations such as nurses, maids, and even teachers. Sexualization of jobs that exist in real life is disrespectful to the career field and leads to direct harm to women in such career fields.

Costumes such as “sexy nurse” or a “sexy maid” are very widespread and popular and also can be easily found in the media. For instance, Cardi B performed in a sexy nurse costume on Halloween 2019. In addition, in

2020, a scene in Blackpink’s “Lovesick Girls” music video where Jennie wears a nurse costume bought controversy and was deleted a few days after.

Costumes sexualizing certain female-dominated career fields demean the field by creating false stereotypes of the field. For instance, the “sexy nurse” outfit puts focus on attractiveness and the sexualization of a career path that has no relation to sex, rather than their actual, professional sides. MarySue Heilemann, an associate professor at the UCLA School of Nursing said that the “Sexy nurse” outfits perpetuate stereotypes that the profession is low-skilled, assistant work for women. The stereotypes created by inaccurate presentations and objectification of an existing career field create can lead to first-hand harm. In the case of nurses, due to the image created by the “sexy nurse” image that they are less skilled medical practitioners, it becomes harder for them to receive funding and support for research and meaningful work. It can also make it harder for male-identifying people to approach the industry.

Not only does such objectification demean their professional aspects, but it also increases the risks of sexual harassment in the workplace. The fight against sexual harassment has been a perpetual issue that has been going on for decades in the nursing field. According to a poll conducted by Medscape Medical News, 73% of female nurses reported that they have experienced sexual harassment in the workplace, while 46% of male nurses answered that they have been sexually harassed in the workplace. When such costumes enforce the idea that nurses are sexy, it can make it seem easier for harassers to display inappropriate behaviors such as making harassing comments. Whether or not such costumes are produced and worn with harmless intentions, it is important to acknowledge that the false stereotypes enforced by them translate to the real world and cause actual harm.

It is important to note that this issue is not an isolated one that happens only on Halloween night, but is interconnected with other misogynistic and patriarchal practices of society. One

of the reasons girls’ and women’s costumes reveal more skin is that most of the female characters in media that girls look up to also portray traditional ideas of femininity and beauty standards. Popular costumes based on characters for girls such as princesses and fairies contrast that of boys which are mostly superheroes or traditionally masculine occupations such as police or astronauts.

Such gender binary distinctions in Halloween costumes harm not only girls but also boys. The limit of physical choices based on gender leads to limitations in emotions and choices. Both adults and children can be coerced to wear costumes that are traditionally for their gender, and less encouraged to dress as they truly wish. This can affect internal values and preferences as well. For instance, boys feel as if they shouldn’t display traditionally feminine values such as being emotional, while girls may be limited to traditional femininity. Halloween culture needs to seek more diversity in choices for all people, no matter their gender.



“Man in Nurse Costume, Cartoon”

Ava Zhao/*The Exonian*, using Midjourney

Conversations with Strangers & VR Animal Dissections

By HANNAH PARK '24

This past summer, I volunteered in Monteverde, Costa Rica, tracking and collecting data on the pollinators at various farms. For a week, our small volunteer group of five toiled under the humid, unstable weather for up to six hours a day. The work was often mundane and perilous, from collecting data on the trees surrounding the research area to leaping through a barbed fence to balance near the edge of a mountain. It was almost always fearful, my insect-phobia heightened by the hornets, wasps, and bees surrounding the area.

To lighten the long hours in the field, our group grew familiar with one another through conversations and jokes. It was the telling of stories, however, that soon flourished from being a simple distraction to a tool that cultivated friendships between the diverse ages, races, and backgrounds of our group together. As an extrovert, it felt natural to jump at this fleeting chance of speaking with professionals in a rare environment where we were “equals,” working toward a more sustainable planet. My takeaways ranged from rare facts about hummingbirds to personal stories that offered new perspectives on my daily life. I discovered that by simply being open to conversation, I could encounter information that I could never obtain from my “bubble” of friends

back home.

These conversations were not only limited to the other volunteers. It spanned to the kind and good-natured people of Monteverde; to the owners of the lands we were collecting data on and the people walking past us on the roads. Instead of being a barrier, our differences in language and culture became conversation-starters, assisted by the fluent Spanish of our head researcher. Everyone we met were friendly faces to talk to, some even inviting us into their homes and offering food and water.

Our working hours depended heavily on Monteverde's weather. One day, the rain was so heavy that the researcher leading our group decided to bring us back to our accommodations earlier than usual. To avoid the rain as we waited for our driver to arrive, we took shelter underneath an awning of a nearby house. The woman who lived inside soon noticed and ushered us in, setting out plantain chips and warm coffee. The university students and I were occupied with the owner's affectionate dog while the adults laughed and ate together, asking the woman about Costa Rican culture. Our driver arrived after a few minutes, and we left her home, grateful for her hospitality and stories.

The expedition's driver was a Monteverde native, who the researcher joked was essentially “Monteverde's mayor,” as he recognized and greeted everyone we passed. Though the drive back to

our accommodations was usually quiet, tired as we were from the long hours of field work, this day had been much shorter. I could hear Spanish words near the front of the car, where the driver and the researcher spoke to each other like old friends. With my elementary Spanish education, I could hear hints of words I recognized, such as bebé (most likely referring to the researcher's baby son), and a sighed cómico (after an especially long bout of shared laughter).

I was speaking to a volunteer sitting near me, an AP Environmental Science high school teacher. He had decided to embark on this volunteer expedition to simultaneously fulfill his passion of traveling the world while making a sustainable impact. During the conversation, I identified an oversight I had made in an argument I made a year ago.

In the beginning of my lower year, I wrote an Op-Ed titled “It's Time to Lose the Obsolete Tradition of Classroom Animal Dissections and Adopt a More Ethical, Safer, and Effective Method.” Perhaps alluded to by the monstrous long title, I argued for the replacement of real animals in high school dissections with synthetic animals. I had first heard of synthetic animals from a fascinating discussion with my then Biology teacher, who shared my disgust for using real animals in dissections. After seeing an article published in 2020 about a high school in New Port

Richey, Florida that first used artificial dissections, I decided to write about it, with the hopes that the Academy would one day adopt this alternative.

I mentioned this idea to the APES high school teacher in the car ride back to our accommodations. To my naive surprise, his response was far less enthusiastic than expected. “That's a good thought,” he began, then went on to explain the implications of producing the synthetic animals. He spoke of consequences that I've been aware of, but for some reason, had overlooked in my excitement. With what I can only describe as a kind, “teacherly” voice, he assured me that artificial dissections could decrease the number of animals slaughtered for high school dissections. But the necessary production and shipping leave an impactful carbon footprint. He explained and offered another alternative for me to explore: VR Dissections.

Virtual reality, a term I had only heard applied to gaming before, has in fact made tremendous progress over the past five years. Its uses range from assisting automotive visual design to aid in pain reduction for burn injuries. If VR has already made strides in transcending the entertainment industries and into making a real, beneficial impact on people, why can't we apply it to our classrooms?

It turns out that VR has already made an impact in education as well. At American University in Washington D.C., teacher candidates used Mursion

“VR-Powered Learning” to reinforce their “confidence and skill” in science instruction. According to EdTech's report from 2019, students were found to receive higher scores in a “mixed reality biology classroom” than students who did not use VR education.

Even among the non-animal alternatives, there are notable distinctions in consequences. For instance, both artificial animal and VR dissections contribute to the planet's carbon footprint, but manufacturing and shipping synthetic tissue have more of an impact than the shipment of VR headsets.

One may argue that the cost of VR programs are a more expensive counterpart than real animal dissections. This is a fair argument. However, this is not always the case—most of the VR alternatives that I researched have been far less than the \$13,801.05 needed for real animal dissections, according to American Anti-Vivisection Society (AAVS). For instance, the VistorXR's virtual reality classroom costs \$200 for a one year subscription and ten headsets of the VR Pig Dissection. Furthermore, countless students can use the same headset a limitless number of times, allowing for cheaper, more efficient, and less wasteful dissections.

A ten-second response from the high school teacher had blossomed into a potential solution for the Academy's animal dissections: an idea that I became passionate about.

This was only a single example among the many takeaways from my time in Costa Rica. The long hours working in the field urged us volunteers to rely on each other to raise spirits. I then realized that engaging in conversation with unfamiliar people is an underrated form of learning. Now, I actively keep this in mind, integrating this idea into my daily life. Evidently, this does not only apply to overseas expeditions. On a recent, short plane ride home, I began a conversation with a man next to me. It resulted in an hour-long discussion of tissue regeneration for poached animal body parts, and I left the plane ride with his business card and email.

Though valuable information may unexpectedly result from such exchanges, I emphasize that talking to people should not only be for one's gain. Instead, the true satisfaction stems from real bonds built upon frequent contact, shared interest, or even a collective openness to engage in conversation. So, I encourage you to be open to conversations with “strangers.” Embrace a natural curiosity to people's lives. Ask that barista you've seen everyday for the past two years how they're doing, or greet that one dog-walker who always takes the same route as you do. Once a connection is forged, there is always a potential for learning, perhaps even revelations.

In God We Truss

By JOONYOUNG HEO '25

Midway through October, Liz Truss told Parliament in an impassioned speech that “I am a fighter and not a quitter.” She quit the next day. Addressing a crowd of reporters before 10 Downing Street, she announced her resignation as Prime Minister of the United Kingdom (UK). The position will be vacated the moment a replacement is chosen. Once projected by some to be Britain's panacea, she ultimately found herself unable to “deliver the mandate on which I was elected by the Conservative Party.”

The situation is not unprecedented for the British people—indeed, just last month, Boris Johnson made a very similar announcement for a very similar crowd of reporters in Downing Street. But it's certainly unprecedented in magnitude; with under 45 days in office, Truss has become the William Henry Harrison of the UK, surpassing George Canning's second-place record (119 days) for shortest term as Prime Minister by a factor of nearly five. The precipitance of her resignation has turned heads around the globe. What happened?

Her popularity rating is an easy place to start. YouGov, a British firm based in market research and data analysis, rated Truss as “the most unpopular prime minis-

ter the organization had ever tracked.” Her net favorability was -70 percent. If she had held onto her post for a few more months, she would likely have overtaken Russian President Vladimir Putin (at -84 percent) in public dissatisfaction.

To use the common phrase, Truss got off on the wrong foot. The first viral moment in her campaign to become leader of the Conservative Party was her promise to “hit the ground from day one”—not hit it running, but hit it straight on.

Things did not get much better for Truss. Once she secured the position of party leader and the coveted house on Downing Street, she allotted a good deal of government power to some of her close friends. One of these friends was finance minister Kwasi Kwarteng. She would regret his appointment in just two weeks.

Presenting the slogan of “Getting Britain Moving,” Truss promised that she had three priorities for the British economy: “Growth, growth, and growth.” Kwarteng and his policies brought calamity, calamity, and calamity. On Sept. 23, he went forward with a radical change to the national economy out of the blue, projecting significant tax cuts for high earners and massive corporations. Under the watchful eye of the Conservative Party, tax cuts had been high on Truss's

list of campaign promises. The 45 billion pounds (about \$50 billion) in cuts that Kwarteng announced were Truss keeping her word.

Unfortunately, Kwarteng (and, by extension, Truss herself) took the leap without the funds to back it up. Lacking any financial support, the tax cuts were hollow and conversely detrimental to the country. In a matter of days, the British pound plummeted, and the nation's central bank had no choice but to raise interest rates.

As inflation spiked, the cost of living saw a similar boost, and many working-class voters decided that enough was enough. The apparent fiscal incompetence of the Conservative Party had already manifested during Johnson's tenure, when his administration chose to “increase taxes on the working people,” in Labour leader Sir Keir Starmer's words. Now it was back and worse than ever. The Conservatives lost a great number of supporters in those 45 days.

Shortly after his financial debacle, Truss fired Kwarteng and replaced him with Jeremy Hunt. Then followed Home Secretary Suella Braverman, who was supposedly in hot water for sending confidential documents from her personal email. She did not leave quietly; in her resignation letter, she claimed to “have concerns about the direction

of this government” and was skeptical of Truss's ability to honor manifesto commitments. Aide Jason Stein trailed closely behind, suspended from office after anonymously criticizing the Conservative Party to the press.

As popular pressure mounted, Truss attempted to redeem her administration on her last full day in office. Starmer and the Labour Party, smelling blood in the water, advanced a motion in Parliament to ban the practice of fracking, an environment-killing well stimulation process that extracts natural gas from rock formations. The Conservatives took the bait. Taking it for a chance to strengthen Truss's political standing, they threatened to expel Conservative legislators if they backed the Labour's motion.

But a lack of direction and dissent within the party proved once more to be their Achilles heel. Many Conservatives, legislators or not, balked at the threat, and their leaders proved unwilling to make good on it. In the end, as *The Daily Telegraph* wrote, some had to be “manhandled” into Parliament to support the party. Nothing changed. 39 Conservatives in toto—and Liz Truss herself—abstained.

And so ended the 45-day epoch of Truss and her shortcomings. The Conservatives had already burned through David Cameron, Theresa May,

and Boris Johnson. They did not give her another chance. Nearly 20 party lawmakers called for her removal. Truss went to the 1922 Committee, where she learned of how many “secret letters of no confidence” had accumulated. We don't know the exact figure, but perhaps her resignation just a few hours later tells us all we need to know.

The Labour Party had plenty to say. “The Tories cannot respond to their latest shambles by yet again simply clicking their fingers and shuffling the people at the top without the consent of the British people,” Starmer told the public. “They do not have a mandate to put the country through yet another experiment; Britain is not their personal fiefdom to run how they wish.”

It is not quite Labour's time, though. Johnson did his party a great favor by winning the 2019 general election in a landslide. Under the British system, another election is not due until 2024. Only a two-thirds majority in Parliament could change that—and however many times they have lost confidence in their masthead, the Conservatives would never welcome a general election when they are being slaughtered at the polls.

At any rate, the Tories have already raised Rishi Sunak to Downing Street. Above all, he promises economic stability for Britain and, just

maybe, a return to political regularity. Conservative or not, many are hopeful he is the answer to the dilemma of leadership at hand. They are probably right, at least in part. There's only room to grow, since Truss set the bar so low that it has disappeared altogether. It will be interesting to see how Sunak fares. And Britain can breathe a sigh of relief, with Johnson's potential bid for the position, a prospect that was looking alarmingly feasible, off the table.

When Truss greeted King Charles in early October, the reporters picked up what he said under his breath: “Back again? Dear, oh dear.” British tabloid *The Daily Star* livestreamed a chunk of lettuce next to a picture of her face during her finals days and asked the public which would wilt first. The lettuce won. Channel 4 gave Truss a sardonic tribute, flashing images from her tenure over Taylor Swift's “Blank Space,” her favorite song. The office of Prime Minister has become the laughingstock of the country. Johnson, Truss, Sunak—three in one year. The Conservative Party has betrayed the British people and their trust in its leadership. If Sunak does not excel, the Tories face a massacre at the polls in two years. The world is watching.

Veterans Day

Veterans Day is a day to pay tribute to the service and sacrifice of the men and women who, in defense of our freedom, have bravely worn the uniform of the United States. The following list of veterans includes active and retired employees, immediate relatives of those employees, and our alumni. If you know of any others, please contact the Dean of Faculty's office.

This list is published as a way to honor our living military veterans. If you see any of these veterans on the paths, please let them know their service is appreciated.

Jay Abraham '80, U.S. Navy
 Martin M. Adams (Retiree), U.S. Army
 Michael Adair '55, U.S. Marine Corps
 Robert Adams '56, U.S. Coast Guard Reserve
 Michael Aldrich '68, U.S. Army
 Christopher Alter '65, U.S. Army
 Will Amatruda '60, U.S. Army
 James Anderson '65, U.S. Marine Corps
 Taniel E. Anderson '97, U.S. Navy
 Robert Anschuetz '61, U.S. Coast Guard Reserve
 Jennifer Archbold '90, U.S. Marine Corps
 Stanley P. Babula, U.S. Army National Guard
 David Badger '54, U.S. Coast Guard
 Amanda Bailey, U.S. Army
 Robert F. Bailey, U.S. Army
 Richard Ballantine '64, U.S. Army
 William Barnett '43, U.S. Army
 Kathryn Barnhart '02, U.S. Air Force
 Milton Barrett '52, U.S. Navy
 Mercer Barrows '47, U.S. Army
 Richard Barry '45, U.S. Navy
 James Barzun '57, U.S. Navy
 Alan Bath '47, U.S. Navy
 Frank Batten '60, U.S. Navy
 Wes Battle '93, U.S. Navy
 John Beamis '62, U.S. Navy
 Clifton Beasley '63, U.S. Air Force
 Peter Becket '58, U.S. Marine Corps
 Eric Beckjord '47, U.S. Navy
 Martin L. Beckman, U.S. Army
 Michael J. Beckman, U.S. Navy
 Henry (Ted) Bedford '48, U.S. Army
 Crayton Bedford '52, U.S. Army
 Joseph F. Belanger (Retiree), U.S. Air Force
 John Benjamin '58, U.S. Army
 Robert Bentel '56, U.S. Navy
 Leland Bethurum '67, U.S. Air Force
 Keith Blair, U.S. Army
 Casey P. Bly, U.S. Army
 Dave Bohn '57, U.S. Navy
 Curtis Boivin, U.S. Coast Guard Reserves
 Alexander Borgelt '01, U.S. Navy
 Barry Bosak '58, U.S. Army
 Joseph Bouchard '82, U.S. Navy
 Frederick (Ted) Bowers '51, U.S. Air Force
 James Bowers '47, U.S. Air Force
 Blake Bowman '13, U.S. Navy
 Brian Boyd '98, U.S. Navy
 Alexander Boyle '55, U.S. Army
 Jonathan M. Boyle '00, U.S. Army
 Darlene Brabant '75, U.S. Marine Corps
 Merrill Bradley '45, U.S. Navy
 Dean Braknis '90, U.S. Navy
 James Brandi '66, U.S. Navy
 Andrew Branting '07, U.S. Air Force
 Michael F. Breen '98, U.S. Army
 Richard Breithaupt '58, U.S. Army
 Chandler Brewer '06, U.S. Navy
 Donald Brodie '56, U.S. Navy
 Peter H. Brooks '02, U.S. Marine Corps
 Dallas C. Brown III '74, U.S. Army
 Jeffrey Brown '58, U.S. Army
 Roger Brown '43, U.S. Navy
 Louis Browning '50, U.S. Army
 Richard Bruce '72, U.S. Navy
 Robert Bruce '59, U.S. Army
 Buz Brumbaugh '46, U.S. Army Reserve
 Whitley Bruner '60, U.S. Army
 George W. Bryan, U.S. Navy
 James Buffington '50, U.S. Army
 Jim Burack '80, U.S. Marine Corps
 William Burke III '57, U.S. Army
 Christian Burnett '05, U.S. Navy
 Clark Bussey '55, U.S. Navy
 Nathaniel Butler '64, U.S. Navy Reserve
 Peter Caffall '64, U.S. Army
 Patrick Cahill, U.S. Navy
 Peter Calfee '69, U.S. Army
 Richard Calvert '50, U.S. Army
 Bob Calves '58, U.S. Coast Guard
 Ryan J. Cannell, U.S. Marine Corps
 Chad Carbone '96, U.S. Marine Corps
 Matthew Carbone, U.S. Army
 John E. Carbonneau '63, U.S. Army
 Scott Carlisle '59, U.S. Army
 Chapin Carnes '59, U.S. Air Force
 Jonathan Caron '62, U.S. Army
 John P. Casey, U.S. Navy
 James Cassidy '18, U.S. Navy
 Brian A. Chadwick '03, U.S. Marine Corps
 William Chamberlain '47, U.S. Army
 Craig Chanti '86, U.S. Coast Guard
 Robert Charkovsky '70, U.S. Navy
 Edward Chase '58, U.S. Air Force
 Joshua Chase '66, U.S. Navy
 Ronald W. Chase (Retiree), U.S. Army
 Jennifer Christenson '92, U.S. Army
 Jean-Paul Christophe '00, U.S. Navy
 Natalie Christopher '02, U.S. Army
 John Cibelli '81, U.S. Air Force
 Lester I. Citrin, U.S. Navy
 Allen Clark '60, U.S. Army
 Dean Clark '62, U.S. Army
 C. Robert Clements (Emeritus), U.S. Air Force
 Edward L. Clements Jr., U.S. Army
 Bryce T. Cleveland, U.S. Navy, U.S. Air Force, U.S. Army Reserves
 Carleton Cleveland '41, U.S. Air Force
 Frederick C. Clews, U.S. Army National Guard
 Andrew Cobb '47, U.S. Army
 John D. Coburn '97, U.S. Army
 J. P. Collmus '07, U.S. Navy
 Roberto Colon '83, U.S. Coast Guard
 Freeman Condon '10, U.S. Army
 Benjamin Cone '60, U.S. Army
 Zachary Conant, U.S. Air Force
 Hunter Cook '54, U.S. Navy
 W. Gordon Coole, U.S. Air Force
 Wayne Cooper '60, U.S. Army
 Dix Cottingham '46, U.S. Air Force
 John Cotton '56, U.S. Navy
 William Council '86, U.S. Marine Corps
 Philip Dater '54, U.S. Air Force
 Tony Davies '60, U.S. Army
 Harlan Davis '62, U.S. Army
 William Davis Jr. '75, U.S. Army
 Robert Dean '50, U.S. Army
 Charlie Dean '61, U.S. Navy
 Andrew Deardorff '79, U.S. Army
 Alyson M. De Leeuw '10, U.S. Navy
 Steve deMoulied '96, U.S. Air Force
 William J. Dennehy (Emeritus), U.S. Army National Guard
 David DeVoe '60, U.S. Army Reserve
 Robert DeVore '58, U.S. Air National Guard
 David D. DeVoy III, U.S. Army National Guard
 Robert Dewar '50, U.S. Navy
 James Dillard '65, U.S. Navy
 John Dillon '63, U.S. Army
 David K. Dimmock (Emeritus), U.S. Army
 Christopher P. Dion '95, U.S. Navy
 Emile (Skip) J. Dion III '85, U.S. Navy
 Sheryl Dion, U.S. Navy
 Dallas Dissmore '01, U.S. Army
 Donald D. Doane H'33, P'95, P'98 (Retiree), U.S. Navy
 John Dodge '52, U.S. Army
 Paul Dodson '54, U.S. Navy
 Dexter Donham '60, U.S. Navy
 Matthew F. Donovan '00, U.S. Navy
 Brian J. Downing, U.S. Army
 John Drake '57, U.S. Coast Guard Reserve
 Russell L. Driscoll, U.S. Navy
 Matthew Dubois '82, U.S. Navy
 Anthony Dumont, U.S. Navy
 Annie Dunigan '16, U.S. Navy
 Ward Dunn '65, U.S. Army Reserve
 Edmund= Dunstan '82, U.S. Navy
 Frank Dunton '64, U.S. Air Force
 James Eaton '63, U.S. Navy
 Frederick Eberstadt '44, U.S. Navy
 Robert Echols '71, U.S. Army
 Robert Ecker '90, U.S. Navy
 Marshall Eddy '57, U.S. Army
 Ronald L. Edmiston, U.S. Coast Guard
 Richard Edmunds '57, U.S. Marine Corps
 Hilary Edwards '54, U.S. Navy
 Richard Edwards '65, U.S. Air Force
 James Eggers, P '89, U.S. Air Force
 Jeffrey Eggers '89, U.S. Navy
 Marco Einaudi '57, U.S. Army
 Tim Eliassen '61, U.S. Navy
 Melvin Ellis '64, U.S. Navy
 William Endicott '64, U.S. Marine Corps
 Richard Enersen '60, U.S. Marine Corps Reserve
 Alanson Enos '59, U.S. Marine Corps
 Peter Erdman '46, U.S. Navy
 Leah Erickson '18, U.S. Army
 Rory Erickson-Kulas '08, U.S. Army
 Linwood Erskine '42, U.S. Army
 Peter Eschweiler '51, U.S. Air Force
 Kellogg Fairbank '59, U.S. Navy
 Kay Lord Fallon '04, U.S. Coast Guard
 Matthew Farrell '86, U.S. Marine Corps
 Benjamin Faulkner '64, U.S. Army
 Frederick Fayen '57, U.S. Army National Guard
 John Feder '65, U.S. Navy
 Bill Felstiner '47, U.S. Navy
 Joseph Field '54, U.S. Coast Guard

Howard Finkle '61, U.S. Air Force Reserve
 Colin Finnegan, U.S. Navy
 Brian Fisher '86, U.S. Army National Guard
 David Fisher '69, U.S. Navy
 Lewis Fitts Jr., U.S. Navy
 William Fitzpatrick '48, U.S. Army
 Jay Flaherty '63, U.S. Army
 James L. Flocco, U.S. Air Force
 Michael J. Flocco, U.S. Air Force
 Eric Fontaine, U.S. Coast Guard
 Kenneth Ford '44, U.S. Navy
 G. Allen Forsyth '49, U.S. Army
 Robert Forsyth '45, U.S. Navy
 Donald Forte '60, U.S. Marine Corps
 Benjamin Frankel '59, U.S. Coast Guard Reserve
 Daniel French '62, U.S. Air Force
 David Frothingham '57, U.S. Navy
 John Furrer '45, U.S. Navy
 Maurice M. Gagnon, U.S. Army
 Thomas J. Galemba, U.S. Navy
 William Herrick Garnsey '56, U.S. Navy
 Baltazar Garcia '91, U.S., Marine Corps
 Thomas Gasparini '65, U.S. Navy
 Richard Geib '57, U.S. Army
 John Gentry '68, U.S. Army
 John Gepson '61, U.S. Air Force
 John McCullough Gibson '38, U.S. Navy
 E. Arthur Gilcreast (Emeritus), U.S. Army
 John Gillette '57, U.S. Navy
 Terry Gingras '65, U.S. Air Force
 Dulaney Glen '51, U.S. Air Force
 Desiree Gonzales '99, U.S. Navy
 Patrick Gonzalez '95, U.S. Army
 Gary Goodenough '65, U.S. Air Force
 William A. Gorackowski (Retiree), U.S. Navy
 John Gore '64, U.S. Army
 C. Joseph Gould '64, U.S. Navy
 Ryan Grace '04, U.S. Army
 John Grady '44, U.S. Navy
 David Grainger '45, U.S. Air Force
 William Grandy '55, U.S. Army Reserve
 Kenneth Grant '80, U.S. Navy
 Jenna Grassbaugh '99, U.S. Army
 Charles B. Gray '52, U.S. Army
 Gilson B. Gray '49, U.S. Army
 Nicholas Gray '12, U.S. Air National Guard
 James Greer '59, U.S. Air Force
 Michael Greer '06, U.S. Air Force
 Gregory H. Guba '98, U.S. Navy
 Peter Guild '70, U.S. Army
 Kenneth F. Guthrie (Retiree), U.S. Army National Guard
 Julio Gutierrez '69, U.S. Navy
 Ebenezer Gyasi '09, U.S. Navy
 George Hackl '51, U.S. Air Force
 Merton Hale '64, U.S. Army
 Charles Hall '60, U.S. Navy Reserve
 Richard C. Hamblet '87, U.S. Coast Guard
 Charles Hamilton '59, U.S. Army
 Charles Hamm '55, U.S. Army
 Holden Hammontree '15, U.S. Marine Corps
 Allen C. Hansen '72, U.S. Air Force
 James Hanson '49, U.S. Marine Corps Reserve
 Ryan Harden '14, U.S. Air Force
 James Harding '82, U.S. Army
 Nathaniel Harding '00, U.S. Air Force
 Mary Kay Harper, U.S. Navy
 Michael Harrigan '60, U.S. Marine Corps
 Andrew Harris '65, U.S. Army National Guard
 Donald Harris '91, U.S. Army
 Molly Hassell '09, U.S. Air Force
 Brandon Hayes '88, U.S. Army
 Richard S. Hayes '47, U.S. Navy
 Peter Hedberg '76, U.S. Army
 John Hedreen '56, U.S. Army
 Ira Helfand '67, U.S. Coast Guard
 Eleazar Hernandez Jr., U.S. Air Force
 Ryan Hernandez, U.S. Air Force
 Spike Herrick '62, U.S. Navy
 Andrew Hertig (Emeritus), U.S. Army
 Gregory Hetter '54, U.S. Army
 William Hickey '48, U.S. Marine Corps
 Gerald K. Hill (Retiree), U.S. Coast Guard
 Robert Hill '57, U.S. Air Force
 Kathleen Hillery '08, U.S. Navy
 John Hitchcock '53, U.S. Navy
 Richard Hoehn '55, U.S. Marine Corps
 Robert Hoffman '54, U.S. Air Force
 Caleb Hoffman-Johnson '09, U.S. Marine Corps
 Howard Holderness '57, U.S. Air Force
 William Hollan '64, U.S. Air Force
 Gordon Holmes '56, U.S. Army
 Guy Hooper '76, U.S. Air Force
 Ethan Howell '99, U.S. Marine Corps
 Dennis R. Huber (Retiree), U.S. Navy
 John Hudanich '84, U.S. Air Force
 James Hughes '49, U.S. Navy
 John Hughes '53, U.S. Navy
 Richard Hughes '86, U.S. Navy
 Paul Huot, Jr., U.S. Marine Corps
 John C. Hutchins '57, U.S. Army
 Dunning Idle '78, U.S. Air Force
 Willard Iman '65, U.S. Army
 James J. Ireland '96, U.S. Army
 Zachary J. Iscol '97, U.S. Marine Corps
 J. Israel '50, U.S. Army
 Bud James (Retiree), U.S. Air Force
 Stephen Janco '04, U.S. Navy
 Parker Jayne '65, U.S. Navy
 Scott Jeffress '86, U.S. Army
 Tom Jenkins '04, U.S. Navy
 James Jennings '55, U.S. Marine Corps
 Samuel Johnson '08, U.S. Army
 Brian A. Jones '08, U.S. Marine Corps
 Ed Jones '64, U.S. Army
 Frederick Joseph '46, U.S. Army
 James Keeble, U.S. Army
 William Kehl '55, U.S. Navy
 John Kemp, U.S. Army
 William Kenney '68, U.S. Navy
 John Kermath '76, U.S. Army National Guard
 Walter Kesler '60, U.S. Navy
 Kevin Killeen '05, U.S. Navy
 Min Jae Kim '11, U.S. Army
 Shiwhan Kim '14, U.S. Army
 Jeffrey L. Kimball, U.S. Army
 Frederick G. King, U.S. Coast Guard
 Richard King '51, U.S. Navy
 William King '50, U.S. Navy
 Frank Kirk '57, U.S. Navy
 William Kirk '41, U.S. Air Force
 Charles Kirkpatrick '60, U.S. Army
 Harvard V. Knowles (Emeritus), U.S. Army
 Tai Kobayashi '02, U.S. Navy
 Michael Kolodner '97, U.S. Navy
 Patricia A. Cooke Kreuzberger '05, U.S. Army
 John Kriegsman '96, U.S. Navy
 Charles C. Krulak '60, U.S. Marine Corps
 Victor Krulak '55, U.S. Navy
 Alexander Kuehl '62, U.S. Army
 Steven Kuykendall '66, U.S. Marine Corps
 Walter Lacey '60, U.S. Navy
 Francois Lachelier '48, U.S. Navy Reserve
 Gerry LaFollette '50, U.S. Army
 James Lando '84, U.S. Public Health Service
 Richard Landon '48, U.S. Marine Corps
 John Lane '52, U.S. Navy
 Alexander Lara '05, U.S. Marine Corps
 Peter Lareau, 55, U.S. Navy
 Karen C. Lassey, U.S. Army
 Sean Laughlin '09, U.S. Navy
 Christopher J. Lawler, U.S. Air Force
 Henry Lawson '55, U.S. Army Reserve
 Benjamin R. Leander '03, U.S. Marine Corps
 Raymond J. LeBrun, U.S. Air Force
 John Lee '09, U.S. Air Force
 Jeremiah Leibowitz '95, U.S. Marine Corps
 Christopher Lemon '98, U.S. Navy
 Benjamin G. Lepping, U.S. Marine Corps
 John R. Lilly, U.S. Army
 Robert Lim '87, U.S. Army
 Weisheng Liu '05, U.S. Army
 Vernon Lix '65, U.S. Navy
 Christopher Logan '66, U.S. Army
 James A. Lombardo, U.S. Air Force
 Andrew Long '04, U.S. Army
 Anderson Lonian '64, U.S. Air Force
 Kay Lord '04, U.S. Coast Guard
 John Lord '55, U.S. Air National Guard
 Peter Lord '48, U.S. Navy
 Phil Loughlin '57, U.S. Navy
 George Lovejoy '47, U.S. Navy
 Augustus Lowell '80, U.S. Air Force
 Dana Lowell '81, U.S. Army
 Charles D. Luckey '73, U.S. Army
 Dan Lukas '89, U.S. Navy
 James Lutz '64, U.S. Army
 Stephen Lyons '64, U.S. Navy
 John MacDonald '52, U.S. Navy
 John MacDuffie '55, U.S. Army
 Alexander MacKenzie '87, U.S. Navy
 Robert Macleod '64, U.S. Navy
 Donald Madden '51, U.S. Marine Corps
 Francis Madden '49, U.S. Marine Corps
 Daniel Maddox '10, U.S. Army National Guard
 Cori Magnusson '09, U.S. Air Force
 Richard Maguire '57, U.S. Marine Corps
 Richard Maltby '55, U.S. Army National Guard
 Richard Mansfield '52, U.S. Army
 William Manuel '60, U.S. Navy
 Heath Marcus '91, U.S. Navy
 Charles Marks '53, U.S. Army
 David Marshall '55, U.S. Marine Corps
 Kenneth Marshall, '56, U.S. Navy
 Anthony Martino, U.S. Marine Corps
 Fredrick Marx '44, U.S. Army
 Edward J. Mason '95, U.S. Navy
 Jon Masters '54, U.S. Navy
 Thomas McAvity '59, U.S. Air Force
 Mike McCarthy '61, U.S. Air Force
 Peter McCormick '55, U.S. Navy
 Eric McDonald '77, U.S. Navy
 Robert McDonnell '71, U.S. Air Force
 Charles McDowell '63, U.S. Navy
 William J. McElreavy (Retiree), U.S. Navy
 Christine McEvoy '12, U.S. Army
 Kevin McGrath '60, U.S. Army National Guard
 Shaun McGrath '86, U.S. Air Force
 Bob McGuire, U.S. Air Force
 Matthew F. McKnight '01, U.S. Marine Corps
 John McLoughlin '66, U.S. Navy
 Robert McManus '57, U.S. Navy
 Bruce McPherson '60, U.S. Marine Corps Reserve
 Madelene Means '89, U.S. Navy
 Peter Mellini '54, U.S. Army
 Steven R. Menge, Sr. '60, U.S. Navy
 Andrew G. Meyer, U.S. Air Force
 Charles W. Meyer, U.S. Air Force
 Charles Miller '55, U.S. Army
 Marshal J. Miller, U.S. Marine Corps
 Peter Miller '82, U.S. Navy
 Ross Miller '02, U.S. Navy
 Terrence Miller '65, U.S. Navy
 Edward Mills '51, U.S. Air Force
 Charles Milmine '57, U.S. Marine Corps
 Rene J. Milone, U.S. Marine Corps
 Charlene Milton, U.S. Army
 Joseph Mitlyng '60, U.S. Army
 Lawrence Mock '64, U.S. Marine Corps
 Thomas Monath '58, U.S. Army
 Thomas Monfried '50, U.S. Army
 Deborah B. Montgomery '76, U.S. Air Force
 Nathan L. Monti '05, U.S. Navy
 Matthew Moore '98, U.S. Navy
 Thomas Moore '70, U.S. Air Force
 Daniel Morgan '55, U.S. Army
 Charles Moritz '54, U.S. Navy Reserve
 John P. H. Morris, U.S. Marine Corps
 Thomas W. Morse '65, U.S. Army
 Timothy Morse '78, U.S. Navy
 David Mortlock '95, U.S. Marine Corps
 Billy R. Mosley, Army National Guard
 Daniel Moynihan '00, U.S. Navy
 William Munier '60, U.S. Public Health Service

Suzanne Murdoch '74, U.S. Air Force
 Richard D. Murphy, Jr., U.S. Air Force
 Terrence Murphy '59, U.S. Army
 Joseph Nadeau '55, U.S. Marine Corps
 Alexander G. Najemy '97, U.S. Army
 Leah Nelson '90, U.S. Navy
 Andrew Neuwirth '05, U.S. Navy
 John Newman '63, U.S. Army
 David Nicholls '74, U.S. Air Force
 James B. Nichols '99, U.S. Marine Corps
 Todd L. Nichols '95, U.S. Marine Corps
 Nicholas Niles '57, U.S. Army
 Nicholas North '65, U.S. Army
 David Nimick '42, U.S. Navy
 John Norton '65, U.S. Army
 National Guard
 Sean A. Norton, U.S. Navy
 Sean C. Norton, U.S. Navy
 Grant Nugent '58, U.S. Navy
 Charles M. Olmsted '97, U.S. Marine Corps
 George Olmsted '51, U.S. Navy
 Philip Ortego '68, U.S. Army
 Robert Ory '50, U.S. Army
 Kevin Otenti '92, U.S. Army
 Henry Oxnard '55
 Risto Paermaa '65, U.S. Marine Corps
 Christian P. Pacific, U.S. Navy
 Garrett Pagon '63, U.S. Army
 Clifton Pannell '57, U.S. Navy
 Richard P.R. Pannell '85, U.S. Army
 Nicolas E. Panza '03, U.S. Marine Corps
 Steve Parker '63, U.S. Army
 Robert Parson '55, U.S. Army
 Gregory A. Parsons '90, U.S. Marine Corps
 David Pasternak '01, U.S. Army
 Tyler Patterson '94, U.S. Army
 Robert Paxton '50, U.S. Navy Reserve
 Miller Pearsall '96, U.S. Army
 Kathleen L. Deteso Peck '04, U.S. Army
 Claire H. Perkins, U.S. Navy
 Beverly Perriccio, U.S. Air Force
 Dennis Perriccio, U.S. Air Force
 Robert Pfeiffer '63, U.S. Marine Corps
 Henry Phillips '55, U.S. Marine Corps
 R. Thompson Plyler '99, U.S. Marine Corps
 Richard Podos '81, U.S. Marine Corps
 Charles Pollard '50, U.S. Navy
 Robert Pollock '62, U.S. Army
 John Postley '60, U.S. Coast Guard
 Rust Potter '59, U.S. Navy
 Annie Preis '03, U.S. Navy
 John Preis '07, U.S. Navy
 Thomas Preston '64, U.S. Navy
 Joseph Priestley '56, U.S. Army
 Jerry Pritchard '65, U.S. Army
 Paige Puntso '82, U.S. Army
 Jerry Pyle '55, U.S. Air Force
 Thomas Ragle '45, U.S. Army
 Jonathan Randal '51, U.S. Army
 John J. Randolph '96, U.S. Navy
 Christopher Ream '60, U.S. Navy
 Joshua M. Reardon '97, U.S. Army
 Thomas Reckford '60, U.S. Army
 Jonathan Reed '04, U.S. Army
 Creighton Reed, '90, U.S. Marine Corps
 Kathryn M. Reinhold '02, U.S. Air Force
 John G. Reuland '01, U.S. Navy
 Stephen Revelas '85, U.S. Navy
 Stephen Reynolds '51, U.S. Army
 Robert Reynolds '60, U.S. Army
 David Rice '51, U.S. Marine Corps
 Josh Richards '10, U.S. Army
 Bryan Rigg '91, U.S. Marine Corps
 Gregory Rives '08, U.S. Marine Corps
 Michael A. Rizzotti '97, U.S. Army
 Robert L. Robarge (Retiree), U.S. Army
 Hanson Robbins '55, U.S. Navy
 Jonathan Robbins '58, U.S. Army Reserve
 Austin Roberts '14, U.S. Army
 Paul Roche '11, U.S. Marine Corps
 Jon Rogers '02, U.S. Navy
 Daniel B. Rohrer '04, U.S. Navy
 Jim Rolston, U.S. Army
 Keith P. Ronalter (Retiree), U.S. Marine Corps
 Hamilton Ross '51, U.S. Air Force
 Michael Ross '95, U.S. Army
 Natalie J. Rowe Christopher '02, U.S. Army
 Richard Rowe '69, U.S. Army
 Grant Rowland '97, U.S. Army
 Eric Rubel '74, U.S. Army
 Thomas B. Rubel '04, U.S. Marine Corps
 Mark Russ P'13, P'16, P'16, U.S. Navy
 Laurence Russe '74, U.S. Navy
 Jonathan Russell '11, U.S. Marine Corps
 James Rutledge '52, U.S. Marine Corps Reserve
 James Ryan '12, U.S. Air National Guard
 Eric Sabety '65, U.S. Army
 Joseph Sahid '04, U.S. Navy Reserve
 Linda Salter '86, U.S. Coast Guard
 Garrett Sanborn '87, U.S. Air Force
 Roy Santos P'17, P'19, U.S. Air Force
 Alex Sardanis '13, U.S. Navy
 Philip Sargent '79, U.S. Joint Forces Command
 Willits Sawyer '57, U.S. Navy
 Max Scheffler, U.S. Coast Guard
 Stephen Schmeiser '61, U.S. Air Force
 Alexander H. Scott '10, U.S. Marine Corps
 Robert Scott '55, U.S. Air Force
 Ward E. Scott, II '72, U.S. Marine Corps
 Calvin Scovel '70, U.S. Marine Corps
 Marshall Sellers '63, U.S. Army
 Mark Serbent '13, U.S. Navy
 Dorrance Sexton '59, U.S. Navy
 Henry Sharpe '41, U.S. Navy
 Milton Shattuck, Jr. '51, U.S. Army
 Peter Shaw '50, U.S. Marine Corps
 Robert Shea '56, U.S. Army
 Stephen Shea '95, U.S. Marine Corps
 James Michael Sheehan '66, U.S. Marine Corps
 Peter M. Sherman '02, U.S. Army
 Spencer Silberstein '56, U.S. Army
 Kerry Kuykendall Smith '90, U.S. Navy
 Linda Smith '75, U.S. Army
 Scott W. Smith '92, U.S. Marine Corps
 Sidney Smith '65, U.S. Army Reserve
 David Sommers '64, U.S. Navy
 Shaunnah Wark Sopko '01, U.S. Navy
 Grant Spanier, U.S. Marine Corps
 Donald Stebbins, '67 U.S. Navy
 Jack Stebe '62, U.S. Air Force
 Rebecca Steers '99, U.S. Army
 Leslie Steffensen '85, U.S. Navy
 Charles Stevens '51, U.S. Army
 Dennis W. Stevens, U.S. Marine Corps
 L. Nye Stevens '58, U.S. Army
 Lucas Stevens '18, U.S. Coast Guard
 Thomas L. Stevenson, U.S. Navy
 Tom Stickler '59, U.S. Army
 Matthew Stolpinski '03, U.S. Navy
 Wilson D. St. Pierre '00, U.S. Army
 Erica Olson Stooksbury '03, U.S. Air Force
 Christopher Straub '61, U.S. Army
 Harold Streater '60, U.S. Army
 Richard S. Strickler, Jr. '66, U.S. Navy
 Matther Stubbs '96, U.S. Army Reserve
 Richard Sugden, '61, U.S. Navy
 Conor Sullivan '02, U.S. Navy
 Gabe Surratt '00, U.S. Army
 Erik F. Swabb '98, U.S. Marine Corps
 Kenneth Swanberg '59, U.S. Army
 Arthur Sweeny '51, U.S. Army
 David T. Swift '64 (Emeritus), U.S. Navy
 Harry Sykes '63, U.S. Marine Corps
 Peter Taliaferro '65, U.S. Army Reserve
 Joshua Taylor '08, U.S. Navy
 Michael Teneriello '75, U.S. Navy
 Ben Tennille '64, U.S. Marine Corps Reserve
 James W. Terenzio, U.S. Coast Guard
 William Terry '60, U.S. Air Force
 Normal Thomas '59, U.S. Navy
 Walter Thomas '83, U.S. Air Force
 Hugh Thompson '53, U.S. Army
 Gregory Thompson '71, U.S. Air Force
 John M. Thompson III '16, U.S. Navy
 William G. Thompson (Retiree), U.S. Army
 Johnie Tillman '70, U.S. Army
 Theresa Tillock '75, U.S. Air Force
 Wayne K. Tilton (Retiree), U.S. Army
 Thomas E. Tinker '59, U.S. Army Reserve
 Adam Tisdall '00, U.S. Navy
 Franklin Top '53, U.S. Army
 Kenneth Torrington '64, U.S. Army
 Bradley G. Trafton, U.S. Navy
 Tom Trowbridge '56, U.S. Navy
 Susan Truelove '08, U.S. Navy
 Paul Truesdell '68, U.S. Navy
 Robert Truslow '54, U.S. Navy
 Kyle J. Tufts '06, U.S. Air Force
 Benjamin H. Turnbull '57, U.S. Navy
 Vincent Vaccaro '60, U.S. Navy Reserve
 Klaas van Esselstyn '58, U.S. Marine Corps
 Kenneth Vann, U.S. Navy
 Mike Varney '84, U.S. Navy
 Edmund H. Vasseur, U.S. Navy
 James Vivian '51, U.S. Navy
 Dante Vivilecchia '13, U.S. Navy
 Eric Vogt '66, U.S. Navy
 Eugene R. Volk, U.S. Navy
 Brian Von Kraus '96, U.S. Marine Corps
 Benjamin Wagner '60, U.S. Army Reserve
 Norman Waite Jr. '54, U.S. Navy
 Gwynne Wales '50, U.S. Navy
 Wayne D. Walk Jr., U.S. Army Reserves
 Nathan Walker, U.S. Army
 Edward Walkley '63, U.S. Army
 James Warden '55, U.S. Army Reserves
 Peter Washburn 61, U.S. Navy
 Serena Washington '97, U.S. Army
 James A. Waters '97, U.S. Navy
 Harry Clifford Watts '51, U.S. Navy
 Morrison Webb '65, U.S. Navy
 Robert Wederbrand '58, U.S. Army
 Langston Weinberg '53, U.S. Army
 Susan J. Weis, U.S. Air Force
 Mark P. Weisenborn '98, U.S. Army National Guard
 Alexandra Susanna Weisman, '05, U.S. Air Force
 John West '63, U.S. Navy Reserve
 Tim Westfall '76, U.S. Navy
 Lindsey Wetzel '92, U.S. Army
 Laura Wharton '80, U.S. Army
 Margot Wheeler '83, U.S. Navy
 Stephen R. Wheelock, U.S. Air Force
 Edward White '62, U.S. Navy
 John Whitlock '64, U.S. Army
 Paul Whitman '67, U.S. Navy
 Grant L. Whitmer '94, U.S. Navy
 Haven J. Wiggin, U.S. Coast Guard
 John Wilcox '60, U.S. Army
 Alan Willemsen '51, U.S. Air Force
 Ralph Williams '49, U.S. Army
 Robert Williams '61, U.S. Army
 Elisha Williams '68, U.S. Air Force
 David Williams '82, U.S. Navy
 Clyde Wilson '66, U.S. Army
 Courtney Wilson '04, U.S. Navy
 Jay Wilson '65, U.S. Army National Guard
 Peter Wilson '66, U.S. Coast Guard
 Phillips Wilson '55, U.S. Army
 Mary Wine '84, U.S. Army
 Hoyt Winslett, Jr. '52, U.S. Army
 Steven Wolf '60, U.S. Air Force
 Allen R. Wolff '80, U.S. Army
 Lowell Wood '08, U.S. Army
 Ronald Woodaman '55, U.S. Navy
 R. Robert Woodburn, Jr. '64, U.S. Army
 Jan S. Woodford, U.S. Air Force
 L. Randall Woodman '61, U.S. Navy
 Ben Wootten '61, U.S. Army
 William Wreden '58, U.S. Army National Guard
 Richard Wright '49, U.S. Navy
 Sandra J. Wyman '03, U.S. Navy
 Michael Yamin '49, U.S. Navy
 Silas Yates '62, U.S. Marine Corps
 Peter Yoars '54, U.S. Air Force
 John Zendt '05, U.S. Navy

Humor

Top 5 Octonaut Episodes

By CALISTALEE '24

Today, I will be covering a groundbreaking, award-winning TV series that contains a diverse cast of young, anthropomorphic explorers on their journey to discover a new meaning to life via researching marine creatures. Oftentimes, the show will get your adrenaline pumping over the life-or-death situations the adventurers find themselves in. That's right, The Octonauts! Here are five of my personal favorites.

5. The Great Penguin Race S1E26 (23 mins)
The Great Penguin Race follows our favorite

Spanish penguin, Peso the Medic. It's the classic underdog story—soft-spoken, gentle Peso goes against the long-time winner Hugo in an annual race. They end up dividing the trophy in half after Peso and an injured Hugo in the final race. A decent episode, pretty memorable, but not the end-all-be-all.

4. The Narwhal S1E3 (12 mins)

This episode is rather calm compared to the others, but it ends up working out well. The leader of the Octonauts, Captain Barnacles, leads his crew through the Arctic. He reminisces on his childhood as a young polar bear cub as

they traverse through the underwater ice caves. Suddenly, two sheets of ice cage them into the caves, making their submarine ship unable to get out. But Captain Barnacles' old friend, Boris the Narwhal, comes to save the day and breaks them out. This episode is great because we can see into the old life of Captain Barnacles, and it's also one of the funnier episodes. But not good enough to be number one!

3. Manatees S2E10 (11 mins)

This episode is short but sweet. It's especially great because there's a side plot of Captain Barnacles getting stuck in a giant clam and having to

use strange tactics to save himself from the various animals that come to try to eat him. Meanwhile, he is remotely commanding the crew as they save a group of lazy manatees from a thunderstorm. This one's fun to watch if you're just looking for a laugh!

2. Amazon Adventure S2E8 (23 mins)

While rewatching this one, I hadn't expected to rank it as high as I did. Somehow, the animation and plot of this episode feels like it should be in an Octonauts movie, not in the Octonauts TV series. Kwazii Cat and the Octonaut crew find themselves in the Amazon River, searching

for treasure. After being swept apart, each member of the crew finds themselves encountering a new Amazonian animal, but Kwazii Cat finds something else—his long-lost grandfather, Calico Jack! I won't spoil it any further, this one is a must watch. Somehow, they tied elements of friendship, family, and choosing between the two into a 23-minute-long children's cartoon. I was pleasantly surprised.

1. A Very Vegimal Christmas

This is the best episode of The Octonauts. Hell, it might just be the best episode of anything I've ever watched. The Octonauts have these

weird little vegetable-animal-servant things called the Vegimals. They can't speak English, and are hybrids of fish and vegetables. Usually, they have a supporting role in the show, but in "A Very Vegimal Christmas," they take the spotlight! I have these little vegetable monsters in my most terrifying nightmares and my most unspeakable dreams... so it was definitely nice to see them get more screen time. It's cute, and the Christmas-y elements give it this curl-up-on-the-sofa vibe. Instead of a Hallmark movie, watch The Octonauts instead!

Assembly Attendance Suggestions

By CATHERINE WU '24 and ALAYSHA ZHANG '24

- Pisces
- students who ran out of grill points on Monday
- students who have used all their fatigues (and/or dickeys) already
- students who dropped down from MAT31x
- single season student-athletes
- students who only

- have one sleep-in a week
- students who quit latin
- students who moved to become day students
- students who failed one or more classes during Pass/Fail
- students on the Varsity football team who travel 10+ hours every weekend but don't touch the field
- students who live in doubles as uppers/seniors

- upperclassmen who rank behind preps in orchestra or band
- students who choose to buy instead of rent their textbooks
- students who tried out for V/JV girls volleyball and got cut this year
- students who have had the same physics teacher all three terms
- students featured on @salmonxiebottoms
- students who "chickened" out of

- death chem
- students who take/have taken the puppetry course (THR205)
- students who receive 2+ packages from PO per week
- lowers taking modern physics, marine biology, or US history
- anyone who took MAT700+
- students who got cut from the student soloist concert

- students part of the downer 6am club
- students who have positions in 3+ big clubs (the exonian, mun, mock trial, dwds, StuCo)
- students with an 11.0
- students not on any club's email list
- students who reply all to school-wide emails
- students who have gotten A's in all of their english classes at exeter

- students taking (or who will be taking) U.S. history their senior year... L
- students who quit writing for *The Exonian*
- students featured on @exetershlumped for sleeping during assembly
- students who have been dress coded (in Mr. Chisholm's class)

Top 5 D-Hall Desserts

By NATALY DELCID '24

1. Boston Cream Pie
I'm a new upper at the Academy, and the first thing that made me give Exeter an enthusiastic yes was this pie. I had it for the first time at Experience Exeter last April, and I had never known the tender taste of love until I had this pie. I had four slices, and wept

for more for months until I reencountered my true love again on a beautiful September day, when my eyes fell on their thick chocolate coat and silky blonde sponge center at Elm. This dessert's place on this list is not for debate.

2. Pumpkin Pie Delectable.
I actually have always hated pumpkin pie, but Wetherall's creamy kick to

the boring Thanksgiving staple forever changed the vision of pumpkin pie for me.
3. Cheesecake Bars
Dairy makes my stomach hurt tremendously, but I risk it all for this gem. There is something so sharp, clean, tempting, dangerous about these bars. The lack of my lactase in my body screams no, yet every fiber in my soul reaches

for these bars instantly. Each time I see them piled up at Wetherall, I indulge in their forbidden lactose, and my digestive tract pays for my vulnerability hours later.
4. Vegan Birthday Cake.
Okay, this one actually is not that great, but there's something about the pure serotonin the concept of birthday cake gives me that

reminds me of Chuck E. Cheese birthday minus the suspicious pizza and the anxiety rush from the ticket blaster machine. The vegan birthday cake is particularly fantastic in my mind because it also doesn't make my tum tum hurt.
5. Local Apples. Comedic Genius.
Feature: Best "Nightmare at Elm Street?" Dessert: Sharp Sugar Glass

Cupcakes
Something about the mix of vanilla buttercream frosting, yellow cake mix, and bloody glass made Elm feel like a circa 2010 Halloween party. My one critique is that they looked too good. I feel like this was lacking the chaotic energy that the Frankenstein cake was flaunting in all its glory.

Correspondence Between the Tree Climbing Fanatic and Their (Spooky) Friend Paul #3

By RYAN MANLEY '24 and CHENGYUEZHANG '24

Dear the tree climbing fanatic,
Although I am yet to figure out your true identity and intention for sending me the letter, I decided to follow through with your recommendation of those beginner friendly trees. I was extremely impressed by the vigor and hospitality that those ants and spiders showed me. One little gray spider specially gave me a hot kiss on the ankle, and I felt just like one of those Victorian ladies.
It is not an exaggeration that tree climbing has provided me with unusual insight into my one and single true profession and meaning in life, which I suppose I can expose to you—ghost haunting. My passion for ghosts originated when

I hid in the bathroom of Weth after hours one Wednesday. Everyone left the building at around 4 p.m., so I climbed on top of the peanut butter machine in Fishbowl and did some history reading about the general's ghost that haunts the Gilman House, fighting to keep my balance. I realized that the peanut machine still had some leftover peanut butter in its square white container, so I gladly took some and paired it up with some Frank's RedHot. Then I suddenly heard the sound of water flowing and wild ducks quacking, so I looked up and saw a small cave with a human skull within it. And I thought about my life. And I fell and ran away.
For weeks, the skull and the cave haunted my dreams, so much so that I could not focus on more

important things like climbing trees. The luster of the skull dazzled the darkness of my mundane life, and I felt my own skull cracking and crumbling into pieces. It troubled me to the point that I spoke about my encounter with the ghost to the host of the WPEA radio show: Academy of Secrets. They conducted an interview with me, which was much more professional than any *Exonian* interviews I have had. However, they were too busy tracking down the ghost of skolbrots-rof-krow-emoh-on to really pay any attention to my story.
Besides, I have already devised an elaborate plan to establish tree climbing as a club sport. And in its course description that is to be in the Exeter 2023-2024 course catalog, it will announce: "What is the

purpose of a tree—if not to be climbed? To be looked at? To produce oxygen? This club sport dedicates itself to making the most out of the most valuable estate Exeter offers us—trees—by climbing them!"
Most ghostly yours,
Your spooky friend Paul
P.S. Although my name is not Paul Bunyan, I will gladly take the generic name Paul as my own. Also even after googling the reference of "Paul Bunyan" I failed to understand the meaning of it.
TBC: tune in to the next issue of *The Exonian* for another succulent letter that will disclose the secretive relationship between Spooky Paul and the tree climbing fanatic.



A pencil drawing of customer-made advertisement flier

Courtesy of the tree climbing fanatic

“I Swallowed Soap” Song Review

By CHENGYUE ZHANG '24

A short break from homework. Personally, I discovered this music video on youtube by Soupy Garbage Juice because it was sent to me through discord one gloomy day around 1 AM. I was staying up, but still trying to focus on the homework, so I ignored their text. The next day(or I shall say that same day), at lunch, the day was still going gloomy for me. I decided to take a short break from my Chemistry homework by checking out that song. I believe that this one minute and seven second song will brighten up your day, as it has brightened up mine.

The charmander on the youtube account's profile picture. Charmander is my second favorite pokemon. I would fight anyone who disagreed.

The matter-of-fact narrative. If one clicks open that video, one must be confused as to what

the man in the picture is thinking, and the title of the song gets straight to the point—he swallowed shampoo.

The randomness. The next question that obviously came to mind is how did that guy swallow shampoo? This question is never answered in the song, as the reason for why does not matter. What matters is the consequence of one's action. Any random bit of thought can put one into the spiral of existentialism.

The existentialism. One theme that carries throughout the song is its existentialism. After stating the premise/fact that he swallowed shampoo, the narrator continued: “probably gonna die./ It smelled like fruit./ That was a lie.” The short and incohesive sentences indicate the despair of the narrator. The use of simple vocabulary and informal contraction ‘gonna’ further emphasize the immediate fear of death.

Comparing the smell of the shampoo to fruit, the narrator for a brief second indulged in the fantastical facade of life before the fateful event took place. The artificial fruity-scent of the shampoo is but a disguise to the chemical make-up of the poisonous shampoo, whose whole existence relies on the artificial concept of showering. Then, in the next sentence, the narrator retracted the previous statement declaring it a lie. It is not clear whether the narrator is denying his previous perception that the shampoo smelled like fruit or commenting on the inconsistency between the toxicity of shampoo and its welcoming, harmless fruity smell. Along with the ambiguity, the rhyme between ‘die’ and ‘lie’ encourages the listener to question their own existence, their own sanity, and the fundamental establishment of human society.

The second verse. In

the second verse of the song begins, a mysterious bass tune is added to the background music, and the narrator continues the story with a bit more exasperation in his voice: “I look at my finger./ I look at my life./ It wasn't that much./ I'd probably be fine!” Compared to the previous verse, the extensive invocation of the pronoun ‘I’ shows the progression towards personal reflection rather than external objects and events. The repetition of ‘I look at my...’ draws a parallel between finger and life. Human fingers are a result of thousands of years of evolution. They are nimble and can help humans accomplish various activities in life such as holding food or scratching their face. The evidence of one's life can be reflected in one's finger. Simply looking at their finger, one cannot help but be amazed at the fragility and complexity of the human life form. How much is my life worth compared to the

grand humanity; how much is humanity worth but compared to the time scale of the earth. As summed up perfectly by the song, “it wasn't that much.”

The rawness of emotion. At the end of the second verse, the narrator's voice cracks on the word ‘fine.’ That slight crack scrapes the listeners' skull with the truth—that it is not fine.

The endless repetition. Then as the song progresses, the narrator repeats the lyrics of the first verse but now each time with more and more emotion and volume. One time, two times, three times... Is this ever going to end, one asks. When can I be released from this hell and this life?

The ominous ending. The ending goes “that was, uh, not what it tasted like.” The ending decided to zoom in on the contrast between the smell and the taste of the shampoo, and its meaning is unknown.

The turned off

comment section. After the music stopped, the hollow feeling it evoked in the audience lingered. After one has finished one's personal reflection on the song, it is only natural that they would want to read through the comment section and discuss with others their reflections. However, the comment section is turned off. One would stare into those few words ‘Comments are turned off. Learn more’ and think to themselves what is the true intention of turning off the comment section for such a philosophical masterpiece. As a frequent user of the internet, one will soon notice that the words ‘Learn more’ is blue, meaning there is an embedded link in those words. Then, one will start contemplating the pros and cons of whether to click on that link. Another round of existential thinking has begun.

This music is cursed. I cannot stop listening to it.

Fire Drills 101

By ROHIT KANTAMNENI '25, HARRY WALKER '25, and LEO ZHANG '25

Disclaimer: The contents of this article do not reflect the real character of the people mentioned in the story. It is all for good fun and creative liberties were taken.

It was a dark and stormy night. Front Street Dormitory's third-floor lights were flickering, and the EXIT sign was still busted after someone kicked a soccer ball at it a couple of days ago. Chad and Joe (for convenience) were throwing a gray medicine ball back and forth between the tight corridor, right next to the metal door with the giant red sign reading “EMERGENCY EXIT ONLY - SETS FIRE ALARM OFF IF

OPENED”. Suddenly, an alarm blares, and we come out of the rooms to see Chad's face looking like the time he got his Computer Science 405 midterm back. Joe started screaming at Chad that he threw the ball and opened the door. Underneath the third floor lived a mysterious man, who once taught Math and is now on a mystical journey through the jungles of Africa (while also teaching children). His footsteps shook the narrow fire escape staircase as he trudged up in his nightgown. Everyone on the floor stopped and stared at him. Our proctor, Adam Beluga, came out of his room and started praying for Chad and Joe (for convenience). We all knew it was over before it started.

The Man Who Taught Math looked at Chad and

said, “I'm not angry, I'm just disappointed.”

He pulled his cell phone out of his pocket and dialed the phone number for Campus Safety.

“Can you come to Front Street Dormitory,” he asked. “Our fire alarm has been set off

unintentionally.”

“I'm sorry, it won't happen again. We were just messing around,” said Chad. Little did we all

know, this will be far from the last time this will happen.

It was another dark and stormy night. Han Zhang stood next to the door on his phone. Pee-wee Chad snuck up from behind and tried his best to tackle Han. He underestimated the strength of Han, and Chad, once again, found himself pushing open the door and blaring

the alarm. This time, everyone on the floor got on their knees and prayed for Chad as we heard the familiar sound of footsteps coming up the stairs. The Man Who Taught Math emerged from the stairwell with a look of disgust, distaste, and disappointment.

“How could this happen for a second time!” he said loudly. Instead of telling the truth, Chad tried to play it off like a sly little fox man.

“Ooh, uh, I accidentally slipped and fell onto the door,” he lied

“Why was there so much screaming and laughter?” The Man Who Taught Math said.

“Everyone was just making sure I was okay,” Chad replied, still in a sly fox pose tail tucked between his legs..

The Man Who Taught Math gave him a devious stare, only to retreat into his lair.

“Phew, I almost got caught!” sighed Chad releasing his sly fox pose.

It was a final dark and stormy night. Jim (for another convenience) was in the bathroom getting ready to brush his teeth while watching One Piece. He walks out, iPad in one hand and toothbrush in the other. After hitting legs in the gym, Jim needed to sit down. He decided to lean against the wall, but what he leaned on turned out not to be a wall. It was the fire escape door. As Whitebeard exclaims that “The One Piece is Real” from his iPad, Jim's ears are filled with the harsh shriek of the alarm. We all braced for impact as The Man Who Taught Math stomped up the stairs for the third time.

“We need to talk,” he announced. We came out of our rooms and prepared to hear the worst.

“Who...did...it?” he asked. Jim admitted to his honest mistake, calming The Man Who Taught Math down. Jim wanted to enter a sly fox pose since Chad had success with it, but he ended up replicating an aggressive gorilla's posture.

“Okay, but please try your best not to set it off again. It is a hassle for everyone,” he said.

The sun rose, the auburn light seeped through the window in the corridor, and we were relieved. We were calm. It was to never happen again, and it didn't. But before we realized it, finals were already in the air, and Prep Fall was about to end.

YouTube Guide to New Hampshire Politics

By JOONYOUNG HEO '25

Politics can be confusing, and New Hampshire politics is high up on that list. Here's a short reference manual that sums up each candidate, so you know what to do when election day comes around.

All research was sourced from Youtube ads.

Maggie Hassan: Son was born with cerebral palsy. Real New Hampshire business leaders know that Maggie Hassan isn't just another politician. Might actually lose because she has too many 15-second ads.

Karoline Leavitt: Thinks Biden cheated in the election. Stands by that statement. Stands by President Trump. Is wrong for New Hampshire. Does not have a single ad that supports her. Might actually win because everyone feels sorry for her.

Chris Pappas: Backed

new taxes on American energy. Fights for women's reproductive rights. Thinks whatever happens in New Hampshire is none of the government's business; does not realize that New Hampshire is an American state and is, at least in part, the government's business.

Joe Biden: The current US President. Spends

recklessly on helicopters and private mansions. Must be told to stop reckless spending by Maggie Hassan.

Don Bolduc: Told New Hampshire women to “get over it” after overturning of Roe. Will cut welfare for New Hampshire elders. Will fight for higher education for New

Hampshire children. Too extreme for New Hampshire.

Jeremy Kaufmann: The Libertarian nominee. Not a trace of him on Youtube, so either does not care about the election or is not actually running.

6 Best Trees to Eat on Campus

By CALISTA LEE '24

Phillips Exeter has a wide variety of trees on campus— some more edible than others. I ventured out and sampled some of these things to give you the lowdown on which ones are best! Don't try this at home.

1. Mastern Hemlock Tree

Alright, this tree has got the best tasting leaves by far. A pleasant surprise. Tasting the gently piney, sweet yet sour hemlock needles

got me a bit nostalgic. In sixth grade, we had a field trip out to upstate New York, where the teachers encouraged us to pluck out hemlock leaves and eat them. I've been thirsting for this since I was 11, and I finally found the tree on campus. Also, Eastern Hemlock is perfectly edible! Not so sure about the others.

2. Unidentified Tree with Soft Flat Needles Behind the Science Building

Really not that bad! Tastes faintly of earthy lettuce and, well, leaves.

But the taste was mostly muted, and I had to chew for a while to get any flavor. Hints of lemon, too. I would recommend it, but I'm not really sure if it's poisonous or not...

3. Ginkgo Tree

I tried both the green and yellow leaves, and both tasted similar. The green had a more sharp taste. They were not very good. I don't know what I was expecting. Extremely bitter and sour, yet somehow sweet. Not worth the effort of walking all the way to behind the music

building, don't waste your time. Still, it wasn't so bad that I had to spit it out, so, to each their own. Have a go.

4. Unidentified Shrub with Normal Leaves

Tastes fine at first, but the aftertaste took me by surprise. A little dry tasting, but not extraordinarily bad. Still, I spat it out. Maybe I was just thrown off guard by of the mint-shaped leaves, but it definitely did not taste like mint. It also lacked the typical leaf taste that I so enjoy, and that was a bummer.

5. Unidentified Shrub with Sharp, Spiky Leaves

No. I had to spit it out. So sour, and I swear I tasted cigarette smoke on there. Never again.

6. Unidentified Bush with Shiny, Spiky Leaves and Red Berries

This one's gotta go last. I swear I would've had more items on this list if it weren't for these things. I remember some sharp, earthy hints to the leaves, but I should've just left those berries alone. I pop one into my mouth and next thing I know, I'm in a ditch

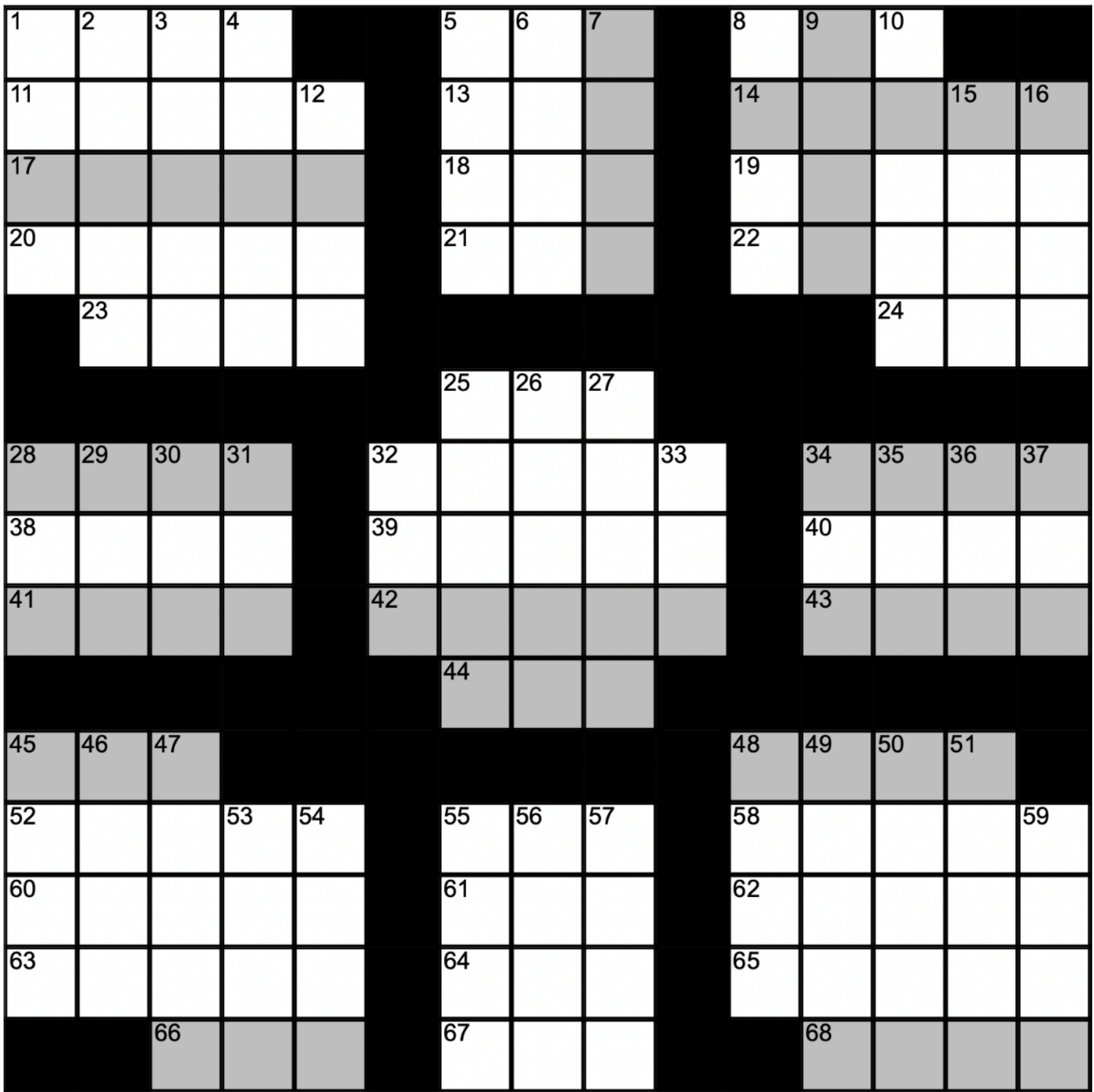
in Portsmouth with somebody else's socks on, covered in Cool Whip. I don't even eat Cool Whip! Turns out I had taken out the snacks in my room and started throwing it at people, saying something about trick or treating. I don't know. Someone must've gotten angry and thrown a tub of the Cool Whip at me, so I was the one who got tricked in the end. Happy start to Halloween, I guess.

The Crossword Corner

A Myriad of Minis

(Reprise)

By Gbemiga Salu '23



11/10/22

ACROSS

- 1. URL letters before ://
- 5. Cavs, on scoreboard
- 8. Hello, em português
- 11. Lyft alternatives
- 13. Stick and ball sport, for short
- 14. Fall Fling or Winter Formal
- 17. Test taken before break
- 18. Yes, en français
- 19. These, en español
- 20. Nine-fingered hobbit
- 21. Dichlorodiphenyl-trichloroethane, for short
- 22. Tread heavily (on the smurfs)
- 23. Dull-colored
- 24. No, en français
- 25. Sea, en español
- 28. Commuting cost
- 32. Like human heads and cup trophies
- 34. The Beach Boys' _____
- 38. Lamb mothers
- 39. Animal shelter arrival
- 40. Folk singer Guthrie
- 41. (Water)(in)g (hole)
- 42. Nobel Prize category
- 43. Parting words
- 44. Not in
- 45. Widely read article?
- 48. "You know how _____"
- 52. Gore, Cheney 'n' Biden

- 55. UV-blocker rating syst.
- 58. Popular denim brand
- 60. Actress Gibbs of "The Jeffersons"
- 61. Bruno Mars' Just the Way You _____
- 62. Intelligent
- 63. Relating to bees
- 64. On fire, in a good way
- 65. Sleepers' malady
- 66. Crusty bread slice
- 67. Actress Thurman of "Kill Bill"
- 68. Not under

DOWN

- 1. "_____ and puff, and blow your house in!" - Big Bad Wolf
- 2. Two-seat Ford convertible, for short
- 3. Lower middle voice in most choirs
- 4. What Meryl Streep's "Devil" wears
- 5. Clump of dirt for
- 6. Express praise for
- 7. Way off the highway
- 8. Keatsian poems
- 9. Remain or endure
- 10. "Three Sisters" playwright Chekhov
- 12. Slovenly person
- 15. City and lake of northern Italy
- 16. Disney-owned sports channel
- 25. Senior Bango or Connelly
- 26. Famed Chilean pianist Claudio
- 27. Respond to a stimulus
- 28. Hardly any
- 29. Jaw-dropping feeling of wonder
- 30. Actor/Comedian Lil _____
- 31. Frequent night school subj.
- 32. Sixth sense, briefly
- 33. Coloring substance
- 34. Actress Union-Wade, for short
- 35. A, E, I, O, U...
- 36. Matador's cry
- 37. Two, en

- español
- 45. Most shows on HBO and Showtime receive this rating
- 46. Pile
- 47. Unsettlingly strange
- 48. Ingrid Bergman's role in "Casablanca"
- 49. (Musical) speed
- 50. Peter the Great's joint tsar
- 51. Emphatic follower of yes or no
- 53. Think ahead
- 54. Beach powder
- 55. The cruciverbalist's last name
- 56. Overly proper
- 57. Greek cheese
- 59. Galactic gas ball

Sports

Head of the Charles Regatta

By CJ SMITH, HARRY WALKER, and CATHERINE WU

On Oct. 23, the boys' and girls' crew teams competed at the annual Head of the Charles Regatta held in Boston, MA. Exonians competed in the 4- and 8-boat competitions, and all four boats raced well and emerged with stellar results.

On the girls' team, the girls' 4-boat placed fifth in their event and the girls 8-boat placed forty-eighth. For the boys' team, the 4-boat placed sixteenth and 8-boat placed fifty-eighth in their respective events. A competition representing the culmination of weeks

of work by the crew team during their fall season, rowers were very excited to compete in their event.

Even with a very early start the team was buzzing with excitement. Coach Sally Morris said, "We got there at 6 a.m. and we had to use flashlights to take the boats down from the trailer and put them together. So we got off with this rush of adrenaline."

"It was a great day, perfect for rowing," boys' crew Head Coach Albert Leger agreed, "partly cloudy, cool, no wind, no rain—just excellent. It was great to have so many people along the racecourse and competitors from all over the world including teams from Ukraine, so it was

exciting. It was a world event after a few years of COVID restrictions, and it's always fun to compete against the world."

Even before the race, some rowers noted their extent of preparation coming from the previous year's legacy. "It felt different, after medaling last year there was so much more self pressure and preparation from everyone to medal again," senior and rower of the girls' four boat Matilda Damon said. "We even all drove into Boston the day before just to walk for two hours along the course memorizing everything and preparing. The extra preparation really paid off since we were so much faster this year."

The team had expectations of success before the boats were even in the water. Senior coxswain for the boys' four boat Ryan Kim said, "Our mentality was all about executing what we wanted to do."

The atmosphere of the event is unique in many ways. "It was my first Head of the Charles, so it was really exciting. It's really cool to see so many crews," noted lower Evie Gaylor. Lower Sophia Turner agreed: "It was a little overwhelming, but it was a good team bonding experience."

"The Head of Charles is a very cultural experience for the rowers and the row community," senior Michael Goodall said.

Lower Emma Sordi, who watched the races, reflected on the day: "I had my companion for the day, Jacqueline Luque. She committed to Georgetown for coxing last year, so she was there as a spare for her team. We just hung out and watched the races. It was really fun."

Some rowers mentioned that the experience at the Head of the Charles is so special because of the large scale and importance of the event. "I like to describe it as sort of like the Super Bowl, but for rowing, just in general, both high school and college rowing. Basically every college rowing program shows up and a bunch of high schools. There were

even some UK schools that came over. It's like the pinnacle of the sport," senior Hakkon Kohler said.

Others mentioned how they enjoyed seeing old friends and familiar faces at the event. "As the day went on, it was great fun to see alumni rowers and people I rowed with, plus coaches from other teams against whom I've coached throughout my career," Coach Morris said.

"A lot of meeting familiar faces that you've seen at previous rowing events and just very fun to see people you know, and people that you want to know and just a lot of

CONT. PAGE 20

Exeter Hosts Largest Cross Country Invitational Since 2020

By ANVIBHATE, LAUREN KIM, HANNAHPARK, and CATHERINE WU

The girls' varsity and junior varsity and boys' varsity cross-country teams won first place at the Exeter Invitational home meet held on Saturday, Oct. 22. The boys' junior varsity team also performed strongly, losing by one point to Phillips Academy and earned second place.

Besides overall team finishes, many individual runners ran PRs, or personal records, and improved their race performance. All seven of the girls' varsity runners placed in the top 10 spots, while in the girls' junior varsity race, Exeter took the top six places and earned a perfect score. As for the boys' teams, many runners ran personal bests on the home course, with some PRing by over two minutes.

The Exeter Invitational was not only the largest home cross-country meet since pre-COVID years, inviting four other schools, Phillips Academy, Deerfield Academy, NMH, and Montrose School, to participate, but, the meet was also dedicated to former girls' cross-country coach Rick Parris. The Parris family and some of Parris' friends attended the meet and volunteered in handing out medals to the top finishers.

Cross-country coach and Math Instructor Dr. Diana Davis described Parris' lasting impact on the PEA

GXC program. "Our Exeter Invitational this year was in memory of math teacher Rick Parris, who started PEA GXC in 1978 and was the head coach for the next 27 years, and the assistant coach after that. He died, much too soon, 10 years ago this weekend," Davis said. "Pam [Parris] and I gave some remarks about Mr. Parris' work with the girls' cross country team, developing a positive team culture and mentoring generations of runners, and also his large influence throughout the school, through developing the math problem books, and coaching all three seasons for 34 years."

Many runners remarked on their team's overall experience at the meet. "I think we had really strong top placers," upper Daria Ivanova said. "Tenley Nelson from our team finished first, at a time of 19:48, I think. I came in third, and I got a personal PR on that particular course."

Davis commended the runners on their performances. "Every runner who ran on our course both this year and last year ran faster this year, with the largest improvements from Tenley Nelson (1:36 improvement), Helena Kline (2:00), Annika Finelli (2:48) and Kaylee Chen (3:06)."

Senior and boys' cross-country captain Mateo Bango noted on records, as well. "We had a couple PR's. I think Jinmin got a two minute PR. Max Lacombe, who's our number four runner, got like a

39 second PR, which is really cool, and that's huge for us."

"I PRed by 16 seconds," upper Advay Nomula added. "I will say we all went out very fast and there was some positive splitting. This course was also relatively flat and a very slow course compared to other courses— at the halfway point there's a big stretch of mud, and also an exact 5k so it was longer because a lot of courses aren't full 5k— so it's a good PR."

More runners shared thoughts on their individual performances at the meet. "I was very proud of my performance at this home race," prep Emerson Seymour said. "To be honest, I wasn't expecting to do as well as I did. I was recovering from a hip injury this past week, so the race results came as a surprise to me. I think I improved during this race because I was so familiar with the course."

Lower Hawley Dick described her performance, and how her fellow teammates supported her. "I personally didn't have a fantastic race, but I was happy with how I ran in terms of placing, I passed some people and felt motivated by my teammates," said Dick.

Senior Owen Dudley reflected on his race and future hopes for improvement. "I ran 45 seconds faster than my last meet. That was a strong performance on my end. But I'm working to get up with the top three or four and really close that gap between

us, which I believe is going to be really important," he continued, looking forward to the Exeter-Andover meet and Interschols held on Nov. 5 and Nov. 12, respectively. "Come Interschols and E/a when we're trying to get a bunch of points, closing that gap is going to be what's most important for me and my race."

"I knew when I had to work the hardest and where I could regain my energy," Seymour said. "Running with my teammates helps my performance because I usually choose not to wear a watch during races. I think having access to my time throughout the whole race would stress me out more than benefit me, so I really rely on my teammates' support to keep me at a challenging and consistent pace."

Ivanova also reflected on her race, which she felt was "not too great." "I feel like I could've done better. I feel like I put a lot of pressure on myself for the first half of that week and I just did a ton of hard miles and I guess I was feeling pretty exhausted during the race. Then I was checking my watch, and I saw that my heart rate wasn't even too high, like it was lower than usual for some reason. So I think I could have pushed myself, but I'm not disappointed at all either."

Some athletes were not able to compete at this meet and instead motivated their teammates from the sidelines. "I am currently injured," prep Audrey Dent said. "So I just cheered my

teammates on and gave them Gatorades as they finished, on the Phelps Stadium turf. I went with my visiting family, and there were many other parents to talk to there."

Besides individual performances, Davis observed good teamwork during the races. "The students ran together in strong packs. At the halfway point, Sophia Green, Annika Finelli, Kayla Hyett and Sophie Zhu were running four abreast; Tiffany Sun, Leta Griffith and Emerson Seymour formed a strong pack; and Phil Avilov and Helena Kline were working together well, as were Nat Welling and Willow Foregger, and Kaylee Chen and Ava Yu."

With the meet hosted during Parents' Weekend, many runners' families attended to show support as well. "Since it was Parents' Weekend, a highlight from this meet was just the fact that all of our parents were there watching us, which was nice," upper Max Lacombe said.

"Everybody was excited to have their family in town and at the race, so there was definitely a different vibe at the race," Dick agreed.

From a day student perspective, Seymour added on about families supporting their runners. "As a day student, having my family members attend helped my race but I think for boarders having families there to show support was a lot more beneficial to their races," he said.

"The families always

help the team in so many ways whether it's supplying food for after the race or just cheering the team on, their presence is truly so helpful and greatly appreciated among the girls' team," Seymour added.

Ivanova shared similar positive sentiments on the audience. "It was super fun to see my parents come, both of them cheered for me, although I can't hear anything when I'm running. They were all just standing there and screaming. A lot of teachers were there too, and I just felt really supported. And as for the Exeter community, it was really nice to have the community there."

Both families and captains collaborated to support the teams. Bango highlighted fellow captain and senior Mateo Connelly's leadership. "We had a lot of parents help with things like the snack table at the meet. But it was Mateo Connelly, one of the other captains, who was really big in coordinating. He brought the table, and drove in all the snacks," Bango recounted.

As for the rest of the cross-country season, Davis hopes to keep up the strong performances, while also maintaining personal health. "Our goals for the rest of the season are to stay healthy, put a few finishing touches on our fitness, and then do our best to compete at the New England Championships (Interschols) on Nov. 12."

Girls' Varsity Soccer Bests Deerfield

By CASPAR BAILEY and JAKE CREELAN

On Saturday, Oct. 22, the girls' varsity soccer team took on Deerfield at our very own home field. The match resulted in a close 2-1 victory for Big Red, the win improving the team record to 4-7-2.

"We are on an uphill trend as a team! Everyone's working super hard," commented upper Willa Bazos.

The match was Big Red's first game at home after three away games. Prep Charlotte McFarland

explained the impact of the crowd's support saying, "The atmosphere was super fun. Everyone was really upbeat and cheering the whole time, trying to help those who were playing to gain motivation, and play well."

"The energy was definitely there that day. We were pumped to play in front of our parents and after the win the energy was even greater!" Bazos expanded.

Deerfield, a stronger squad than their record showed, presented quite a challenge. Prep Paige Sweet explained: "Coming

into this game, we knew it would be competitive and a battle for the win. We knew that Deerfield had a few players that would pose a threat for us, so we just had to keep an eye out for them and shut down any opportunities they would get that would be dangerous for us."

"The game against Deerfield was definitely one of the harder ones. Although we pulled through at the end, it was tough during the last 20 minutes of the first half. We have played easier and harder teams, but I would say this game in particular was very re-

warding," McFarland said.

Soon after falling behind 1-0, the team got on the board with a goal from senior Jenna Silvestri. Perry commented saying, "After many close chances, one of our defenders, Jenna Silvestri, scored from nearly the halfway line with a rocket shot. The energy was electrifying after that."

Tied 1-1, Big Red put themselves ahead with a clutch score by senior Sami Smith. "Kahliya (Clayton) laid off a great through ball to Sami who hit it in. Everyone was jumping up and down

cheering," Perry remarked.

"The second goal was from Sami Smith. It was a gorgeous dribble to the net," remarked Bazos.

The two seniors led the team past Deerfield for a big win.

Sweet also had an excellent performance in net, playing a major role in stymying the potent Deerfield offense. In fact, the team rushed from the sidelines to meet Sweet on the field upon the game's conclusion, huddling around her in celebration.

With three games remaining until the squad

battles Andover, the team morale stays high. McFarland noted that the team is "just trying to have fun and score some more."

Perry remarked, "It was awesome to come from behind and beat Deerfield when they thought they had it in the bag, and having all of our parents supporting us on the sidelines made it even more special."

Head of the Charles Cont'd

great energy at the start line and just all around the venue," Goodall said. All of these aspects combined to make an unforgettable experience for anyone who attended the event.

Rowers new to the race also noted their excitement at the event. "HOCR was a truly amazing experience! It was my first regatta and an awesome one at that. Getting to see all the different teams and divisions was so exciting, the energy was so high, and watching everyone race was so exhilarating. Warming up on the course as we passed racing boats was so cool, and passing under the bridges with people screaming from above was by far one of my favorite parts," lower Chloe Richards said.

Many rowers discussed Exeter Crew Team's overall team performance. "I am extremely happy for every Exeter boat that competed because we really faced many challenges with reduced practice time due to the water levels being too low and the reduced practice days from being a club sport. Exeter probably practiced a quarter the time of the clubs and still managed to place well among them," upper Edie Fisher said.

Damon shared thoughts on the girls' 4-boat performance at the Head of the Charles: "We did well, receiving the second medal Exeter has ever earned at the Head of the Charles (after last year, with three of the four rowers being the same), and beating our previous year's times in both the 8- and 4-boats. Everyone worked so hard and I can't wait to see what they can do next year," Damon said.

"As the stroke [of the girls' 4-boat], I was anxious going into the race, but I knew my job," upper Jamie Reidy said. "I needed to set a powerful ratio and execute a fast sprint. Every practice, Coach Morris would give us individual

feedback on our technique, so we each knew what to focus on going into it. My boatmates supported me throughout the race, and when it was time to make a move, we moved together. When we crossed the finish line, I knew I gave it everything I had."

For the girls' 8-boat, Miller noted a minor setback during the race. "Halfway through our race, when we had a collision with another boat, our coxswain, Tori, was able to stay extremely calm and quickly get us out of the situation and keep us rowing strong. She maintained composure and kept us powering through, shouting calls of encouragement."

In terms of the boys' 4-boat, "Our results weren't what we expected," Huang said, "But I think the guys gave it their all. I think we didn't place as well as we thought, but the team is very solid and we have really good foundations. I know that for the 8-boat, three younger guys from last year came up, and still being to do that was definitely really impressive. I think me and the four—we just gave it our all."

"We definitely were working on a lot of adaptations for different things," upper Michael Goddall added for the boys' 4-boat. For example, I was rowing on the opposite side that I typically rowed, but we were just trying to make the boat go as fast as possible, which I believe we did. Our main focus has been on finding a rhythm in the boat and just getting guys to grow well together and I believe we did that well."

Overall, regarding the boys' 8-boat, upper Haakon Kohler said, "I would say we perform really well. Now it's a super tough event. The 8-boat actually went faster than last year, but we didn't get any places, so obviously the level of competition gets higher and higher every year."

Upper and coxswain of

the boys' 8-boat Juno Cowans noted the difficulty of the event. "We placed fifty-eighth out of 90 boats there, so it was very stiff competition." Still, Cowans praised his boat for their performance. "I was very happy with the way we hit those turns, and we stayed calm when we had boats around us. I'm proud of the crew and my performance as well."

Upper Parker Seymour remarked on the boys' 8-boat. "As a boat, we didn't do too great results wise but I think we put up a good race. I think we had good preparation individually but not as a group because we didn't actually race in our lineup until two practices before the race."

Rowers commented on their individual performances at their respective races. "I pushed myself really hard," Damon noted, "I had to lay on the ground as soon as we got our boat off the water because I was so drained. There was this funny moment during that last 50 strokes when I thought our coxswain had said we only had 5 strokes left, so I ended up rowing the entire last 50 like there were only five left and it was so miserable but I think that confusion contributed to us having the fastest sprint in our event."

Lower and coxswain on her performance in the race. "I just steered through a lot of boats. There was an incident where we had acquired a penalty of 60 seconds which brought us down to seventy-seventh place, but we got the penalty removed because it was inaccurate."

Miller shared similarly, "Rowing is a big mental sport, and you need to be strong mentally just as much as you need to be strong physically. Keeping a positive mindset can be very difficult when your legs are sore, your arms are shaky, your abs are straining and your hands are blistering as you're

rowing a long piece."

"But knowing I wasn't alone when I was rowing, and the girls around me were working just as hard as me really, kept me motivated to keep going. As we rowed the Charles, I had to keep peppering myself up, and listen to our coxswain's positive calls. I think that's why rowing really connects us all: we're all in pain but we're in pain together," Miller continued.

Kohler shared his individual experience, noting, "There's something that happens when you just sort of lock in and as a rower, it really takes training to develop that. When I first started rowing, I thought rowing was all strength, some technique, and no strategy. I think strength, sort of like aerobic capacity and both physical strength, just overall just general athleticism, technique and strategy are, are really the pillars of any sport. And I originally thought that there really is no strategy."

"And now I realize athleticism is probably the base of that triangle, but there is a crazy amount of strategy and there's a crazy amount of technique. And you gain that as you sort of develop as an athlete... It's all about how you sleep the night before. It's all about how you eat. It's all about how you think about the race. There are a number of different ways you can prepare to train at that highest level," Kohler continued.

On a broader scale, Kugler discussed, "In crew, one does not perform as an individual. Everyone gives absolute effort and trusts that their teammates will do exactly the same. There is no MVP, performance only matters in the context of the team."

Throughout the day, there were many highlights that the members of the team won't forget anytime soon. Lots of rowers had tense moments during the race. Haakon Kohler said, "The boat in front of us, al-

most crashed into, or literally crashed into the bridge, and you can see it on video. Then, our Cox managed to sort of speed right through and avoid crashing into the boat in front of us. It was right under the bridge and it was super exciting."

"My favorite memory was at the end of the race," upper and rower on the girls 4 boat Ellie Ana Sperantas noted, "when we were just coming through the final bridge. We knew we wanted to start sprinting there, and our coxswain, Gracie, told us we were not far off passing the boat in front of us. I felt this huge surge of energy in the boat, and we immediately picked up speed. We ended up passing the boat soon after, and we crossed the finish line knowing we had left nothing out on the race course."

The finish line of the race, around three miles upstream from the starting line, brought lots of excitement for rowers and spectators alike. Coach Morris said, "we got boat marker number two, which means we were the second boat to start in a single file race. And so to see them passing boat marker one and crossing the actual finish line first was really kind of fun to see. You're rarely ever gonna see that from a crew because you have to be near the front to actually finish first. Although it has no bearing on whether you win the race or not."

With regards to spectators at the race, "It was wonderful to see so many parents and Principal Rawson was there, too," Leger added. "It was nice to have him there supporting us."

Kugler echoed, "The support for Exeter Crew was spectacular. The team was highly appreciative of Principal Rawson coming to cheer us on. In addition, there was tremendous support from alumni who were rowing in college, volunteering, or simply watching the event. It is truly special to carry on

the legacy of Exeter Crew and represent our school."

Although members of the team were proud of their accomplishments, they also noted where they could improve and their future goals. Cowans elaborated on where the crew team could improve. "We need to focus on rowing together, making sure we get some chemistry and we start to gel with each other as a crew." Mabardy also outlined her goals to improve as a coxswain. "I definitely want to improve on being aware of my surroundings and keeping a straight course."

Miller further detailed possible improvements to the crew program at-large. "Another goal is making sure we create a safe space for the rowers. People can get very competitive in this sport, and great rowers quit because of that. We want to create a space that keeps us all open with each other and prevents us from turning on each other."

With regards to training during the coming year, Sperantas noted, "I'm super excited to start winter training with the team this year and get strong for a great spring season ahead. We were undefeated last spring, so I am excited to follow that up this spring with many of the same people. EGC has become such a huge part of my heart, and I can't wait to finish off my upper year and the rest of my Exeter career rowing with the girls on this team."

Fisher concluded with hope for the team's spring season. "I look forward to continuing to train with this amazing set of rowers and coxswains. Nothing is better than knowing everyone is pulling for you and you are pulling for everyone else."

Captains of the Week: Water Polo



Seniors and boys' varsity water polo captains (from left to right) Patrick McCann, Nate Pulchalski, and Dax Knoll stand together.

By NATALY DELCID, KATE ROSE, and CHELSEA ZHAO

Whether they're waist-deep in the pool or gathered around their team at Elm for a post-practice dinner, the boys' varsity water polo captains make it their priority to keep their team's spirits high. After winning nearly every game all season, seniors and

captains Dax Knoll, Nate Pulchalski, and Patrick McCann will leave the next water polo captains with a legacy enriched in enthusiasm and true leadership.

Captain Knoll commented on the spirit of the team. "We're a pretty exuberant group of three that are really able to rally everyone together." He continued, "During practice, there's never really a dull moment.

Most of us are pretty good at keeping our spirits high."

Coming from a competitive swimming background, Knoll wanted to try something new in middle school and he picked up water polo. Knoll has played on both the water polo and swim teams after arriving at the Academy as a prep, and has accumulated a wide array of memories, such as

setting a PEA water polo overtime record against Andover his prep year.

Knoll said, "The first one was the longest recorded regulation over time in our league's history. After five tiresome overtimes, McCann had the honor of scoring the winning goal that day, and that was just one of his many triumphs throughout his water polo career." He continued, "We

played them again a couple of weeks later and that one ended up going into three extra periods in overtime."

Captain McCann shares his story of entering the sport. "Coming from California where water polo is very popular, I've been exposed to the sport from a young age. I had even played club for a few years before coming to Exeter."

McCann and his co-captains often run team cheers, lunches, trips, captains practices, and guide the direction of team takes. Head Coach Don Mills reflected on the captains this season: "This group of captains has been outstanding in leading our team and bringing a sense of family to the entire group."

Upper goalie Alex Rosen added, "The team captains are always inspirational. They are the grease that lets the gears of the team flow smoothly." Rosen continued, "They are very knowledgeable and know how to teach us. They're almost like assistant coaches. For me, they've encouraged me to be a more aggressive goalie and to make better passes." When reflecting back on his water polo experience, some of Rosen's favorite memories include long bus ride conversations with his teammates, and even getting a tooth knocked out by Puchalski.

Around midseason,

Mills said that the captains "stepped up" to keep the team on track and encourage intensity on a regular basis. Although it's hard, Pulchalski said, "My experience playing water polo at the Academy has made me a better teammate and taught me to be a more competitive leader."

Coach Mills talked about his experience as coach. "What brings me the most satisfaction each year as a coach is building a team that trusts one another and works well together for a common goal."

Knoll concluded with remarks on the captains' legacy on the team. "There are several facets of the sport and team life that seniors have a lot more experience with." He continued, "I know a core objective for myself and the other captains is to leave a strong legacy of game knowledge, confidence, and tradition with the group. Nothing would make us happier as captains than to see our team improve not only as players, but as people."

When looking back at their season, which includes 13 outings from winning 13 out of the 15 games they've played and beating Andover twice, Pulchalski thinks this year's group of boys has been a "good" group.