

NEWS

Read about Principal William Rawson's response to the student-led protest on sexual assault protocols at the Academy, 1.

LIFE

Read about students' reaction to venturing out into the town of Exeter, 4.

OPINIONS

Read about Nhan Phan's '24 views on vaccine apartheid amongst the COVID-19 pandemic, 7.

Rawson Pledges Changes to Campus Culture and Accountability, Protest Organizers Respond



Principal William Rawson looks on at the Assembly Strike on September 17.

William Park/The Exonian

By ANDY HARRIGAN, SAFIRA SCHIOWITZ, and CATHERINE WU

On the morning of Tuesday September 21, during the Core Values Project block, Principal William Rawson addressed faculty and students about the administration's goals to change the Academy's culture and sentiments surrounding sexual assault.

Eight days before, Nancy Jo Sales' '82 article, "Mr. Weber's Confession," was published in Vanity Fair. The piece described several cases of sexual harassment and assault throughout Exeter's recent history, as well as how the administration allegedly handled those cases.

In response, co-heads of Exonians Against Sexual Assault (EASA), Feminist Club, Transitions, and Gender and Sexuality Alliance (GSA) organized a protest that took place on Friday, September 17. Principal Rawson's remarks the following Tuesday

responded to this series of events.

"We can and must do better," Rawson said in his speech. "We must provide student leaders and all students with all the support they need when traumatic events occur."

"Going forward, we make the following commitments: We will reexamine how we support students, student leaders, and the entire school community when traumatic events occur, and put structures and plans in place so that we can provide students the support they need. We will reexamine the training of student leaders to ensure that it is adequate to prepare them for the roles they are expected to play. Including, in particular, ensuring that they have the training they need to know how to help students who are suffering trauma of any kind and get the help they need from adult resources," Rawson continued.

Referring to the discontinuation of Principal's

RAWSON RESPONDS, 3

Thanksgiving Break Raises Concerns Among International Students

By KAYLEE CHEN, EMILEVINE, ANDREA NYSTEDT, and NHAN PHAN

As Thanksgiving Break approaches, many international students face challenges in planning flights and finding accommodation for the twelve-day break due to COVID and travel restrictions.

Although the Academy is currently not providing on-campus housing during the break, the Global Initiatives Office brought forward Exeter-led Thanksgiving Break programs for international students to travel in Boston, New York, Washington, D.C., or Philadelphia. These programs will depart from campus on November 27, four days after the fall term ends, and return to campus on the

day that dorms open for the winter term.

International Student Coordinator Jennifer Smith noted that due to the short duration of the break and the length of mandatory post-travel quarantines, many international students are finding difficulty in creating appropriate travel plans. "Many countries still have strict mandatory quarantines in place—some up to 21 days! It's not feasible to travel. Also, many flights are being canceled, leaving students to scramble to reschedule," Smith said. "This break has always been a challenge for students to leave for just under two weeks, come back for two, then leave again for two."

Director of Global Initiatives Eimer Page

explained the Academy's approach toward designing travel programs to best support international students. "I wanted to try to provide at least a partial solution to aid families as they weigh their options for Thanksgiving break. Finding a host for four nights is a lot easier than finding a host for the twelve nights of the break," Page said. "I know that Ms. Smith is working hard to help place students with hosts for those four nights before these programs start if they have not been here long enough to make close bonds with local students. These programs are another option, but by no means a total fix."

Page continued. "We selected destinations within driving distance of Exeter, and tried to design three very

different lenses of inquiry for the programs so students would be genuinely interested in the experiences they would have. We also decided to subsidize these programs for all families so the full financial burden would not be borne by any family, and will automatically apply financial aid if applicable," she said.

Smith noted that she is also supporting international students by connecting them with external programs or day student host families for the four day duration before the travel programs begin. "I've shared a few external program options for students to consider. Some are in Boston and will help students visit colleges, do SAT prep, etc. I am working on building our host family network and have

THANKSGIVING PLANS, 3

Community Responds to New Assembly Attendance Protocol

By PHIN GIBBS and MINSEOK KIM

After a year of virtual gatherings, students are filing back into the assembly hall and other buildings to hear weekly speakers and performances. As COVID regulations have eased, the assembly protocol has moved to assigned seating based on dorm, with attendance taken by proctors. The new system also calls for a different grade each week to watch Assembly asynchronously from The Forum and Grainger Auditorium.

Dean of Students Russell Weatherspoon explained the reasoning for the current

seating and attendance protocol as well as how it echoes past assemblies. "The assembly seating and class rotations are an experiment as well as a return to the past," Weatherspoon said. "Asking one grade each time to view the program from The Forum or Grainger Auditorium is inspired by the waning pandemic. Having proctors take attendance has been done before, decades ago, even when Principal Rawson was a student."

Weatherspoon also noted how the Assembly system will be open to student and faculty feedback. "Later in the year we'll ask how well this initiative has been

ASSEMBLY, 2

Students Receive Flu Vaccination Among COVID-19 Pandemic

By DAVID CHEN, ASHLEY JIANG, and CATHERINE WU

On Monday September 27, students and faculty at the Academy received their flu vaccinations in the Forrestal Bowld Music Building. These vaccinations happened amidst a cold outbreak that resulted in a surge of sicknesses around the Academy community.

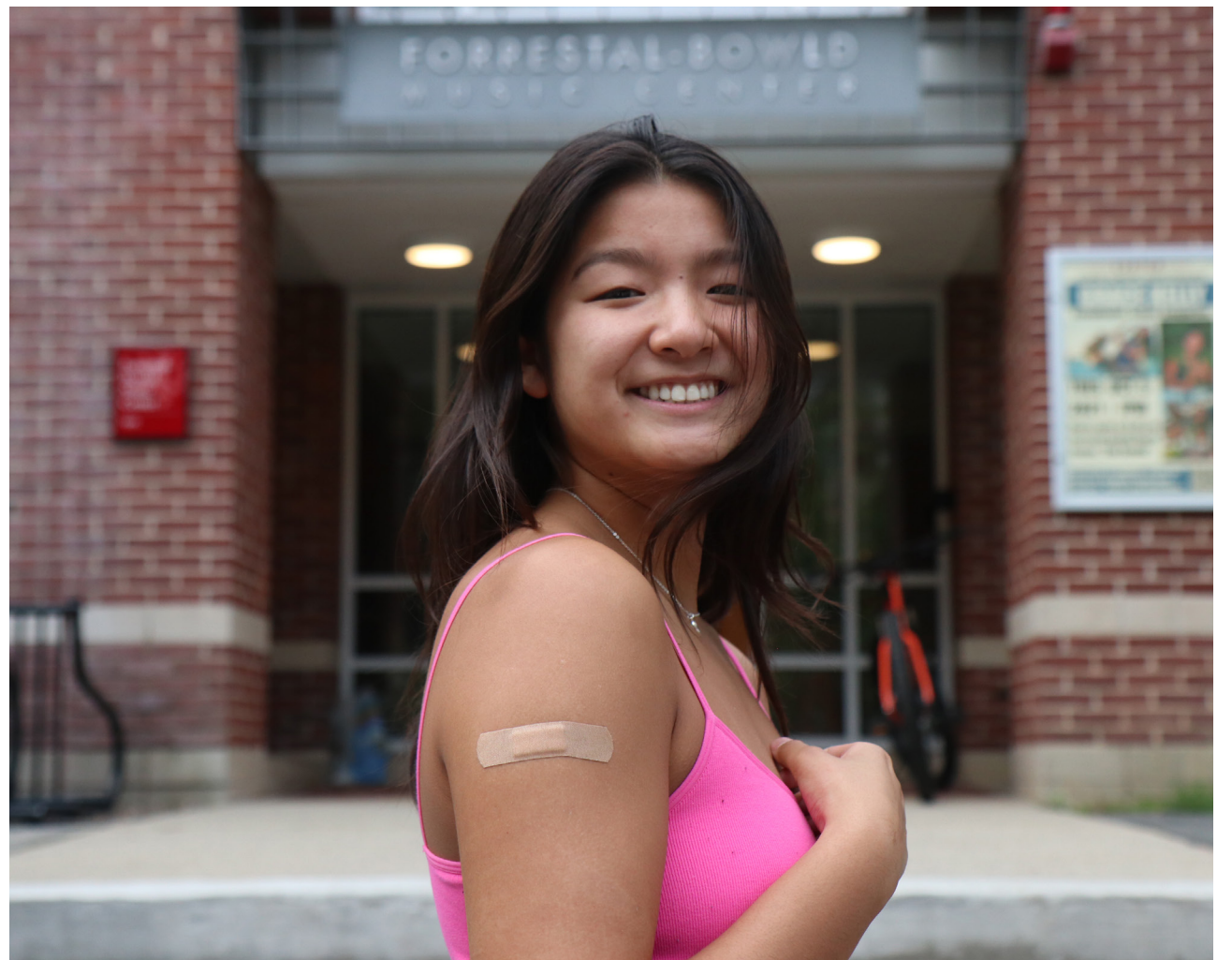
Many students commented on why they chose to get their flu vaccinations. "I've always gotten the flu vaccine back home just as a precaution, and these past two years it felt especially important because of the pandemic. In general, though, it's always nice to just be more prepared for the flu season," senior Emma Liu said.

Others thought about the impact they would

have on other students and faculty. "I chose to get the flu vaccine because I felt like I had a responsibility to protect vulnerable people around me, and at very little cost to me," lower Rex Bedwick said. "Furthermore, seeing everything in the news about hospital bed shortages across the country made me realize that were I to get seriously sick, I may have a hard time getting the care that I need."

History Instructor Dionna Richardson said, "[The flu vaccine] was needed and worth it, so I'd do it again to keep my family and the community safe. It's really an essential step in the middle of the pandemic, not only to keep everyone here from getting sick, but to keep people out of the hospital with the flu to free up more beds for those with

VACCINATIONS, 2



Senior Yvonne Jia shows off her band-aid after getting her flu vaccination.

William Park/The Exonian

News

» ASSEMBLY CHANGES

Read about new attendance and seating policies for assembly, 2.

» FLU VACCINE

Read about community thoughts about policies around flu vaccine, 2.

» THANKSGIVING BREAK

Read about international students' worries about Thanksgiving Break plans, 3.

Vaccinations, Continued

COVID and more severe afflictions.”

Some faculty believed the flu clinic to be strictly for students and there was confusion within the faculty whether the flu clinic was available to them. “I was under the impression faculty was not meant to use these clinics,” History Instructor Troy Samuels said.

There was also confusion among the students regarding the mandates of the vaccine. The Academy required students who did not receive the vaccination on Monday to go to the Health Center on Wednesday, Sept. 29, for the flu vaccination. The new email explained that the vaccine was mandatory. “I did not know about

the vaccination on Monday, but I got an email from Dr. Lilly the next day saying to come get the vaccination on Wednesday which is when I went,” lower Laurie Chung said.

Some students did not get the flu vaccination at the Academy due to other reasons. Prep Teddy Duncker received his COVID vaccination very recently. “I’m taking another [COVID] injection in a week and so I can’t have another vaccine in the week between,” Duncker said.

Some students received the vaccination from other flu vaccination clinics. “I did not get the flu vaccination at Exeter because I got it at CVS already,” lower Audrey Zhang commented.

Students noted the

flu vaccination clinic’s effective and organized structure. “I thought it was very efficient,” lower Ayaan Akhtar said. “It didn’t take too long, maybe 15 minutes, and there were probably 10 people. The nurses were very friendly and helpful in getting my vaccine because it was very quick.”

Liu agreed. “The whole process was really smooth. The doctors administering the vaccine were really efficient, so I was in and out within 5 minutes. The people assisting in other ways were also very friendly and helped me feel at ease. There weren’t that many people when I went, but I assume it’s because I went when some dorms were still doing their dorm activities for ALD

[Academy Life Day],” Liu said.

Students who received the vaccination had a wide range of symptoms. “I ended up coming down with a fever the day after I got the shot. I checked myself into the health center, stayed for the night and didn’t go to classes or practice the next day. I felt fully recovered by the end of the day, though. I really appreciated how thorough and kind the staff at the Health Center were,” Bedwick said.

Several students experienced minimal side effects which did not affect school work. “I had a sore throat and sore arm, but these both went away after two days,” Tam said.

Senior Krisha Deora had similar side effects. “I experienced a headache and my arm was sore, but it wasn’t that big of a deal.”

Other students experienced no symptoms from the flu vaccination at all. “I had no symptoms, the shot did not hurt at all,” lower Advay Nomula said.

Receiving flu vaccinations amidst the COVID pandemic raised concerns from various students. “It does get a bit worrying and I usually try to get tested if I’m feeling sick. I think it was a lot better in Taiwan because of how rare COVID cases were, but being in the US isn’t too bad either because of how common and accessible COVID tests are,” Liu said.

“It can be very worrying,” Lu agreed, “especially before it is taken to a professional. You always want to be better safe than sorry and assume that you have contracted COVID, but that thought can also be very scary. But I think by getting the flu vaccine,

you eliminate a large portion of the probability of getting the flu in the first place and so there is some level of certainty when you do experience flu-like symptoms.”

Many students felt safer with the Academy’s health and safety resources. “I guess it can be scary but knowing we have the resources to help treat it is reassuring that most people are vaccinated for both flu and COVID,” Akhtar said.

Bedwick said, “you definitely have eyes on you when you’re sick, since COVID symptoms pretty much encompass everything from a headache to a fever. But it’s pretty easy to get into the Health Center and get tested, which should alleviate most people’s concerns.”

New Assembly System, Continued



English instructor Todd Hearon opens Assembly.

working. After several more programs we will begin to have a sense. For those who recall assembly, like most other things, on Zoom, being together is better.”

Students and faculty shared their opinions on the current Assembly system. Gould House dorm head and Mathematics Instructor Diana Davis supported the dorm-based seating. “It’s nice that each student who comes to Assembly has a natural group to sit with, and doesn’t have to worry about finding someone they know. Yes, I like it that the students of Gould House all sit together. It’s a nice time to just silently be together with no pressure.”

Wentworth Hall dorm head and Computer Science Instructor Sean Campbell noted the benefits of proctors taking attendance. “Having more than one person assisting with attendance is important for getting it done efficiently,” Campbell said.

Merrill Hall dorm head and History instructor Troy Samuels explained how the familiarity in dorm groups can be welcoming. “I like it for purely selfish reasons because I’m still pretty new here and I don’t know a lot of people,” Samuels explained. “So it’s nice to know, like if I walked into the Assembly Hall, that I will know everybody... I think those small moments of being around each other, getting to speak with one another, is super great. I don’t think there has to be a boundary between dorm and class at all, but I think that [dorm seating] is a nice thing.”

Senior Eric Yang shared

his thoughts on the assembly changes. “The rotating system is an improvement over when they had all four classes in the same room; it is less of a fire hazard and evacuation times are significantly decreased,” he said. “Although, when COVID is over, I am sure that they will switch back to the normal system.”

Upper Amy Benson compared the current in-person assembly to Zoom assemblies from last year. “Zoom didn’t feel very personal and was just awkward in general, especially compared to now when we can actually have a face-to-face interaction with the speaker,” Benson said.

Some students who have attended assemblies prior to the pandemic compared the different systems. “Proctors checking people in will make sure that people will come [to Assembly more] because it’s a smaller group to pay attention to,” Bancroft proctor and senior Catherine Uwakwe said. “But also I miss the class seating. I could’ve been [someone in Assembly who says, ‘I’ve been here for four years!’. But then COVID hit, and I can’t be in the front snapping section.”

Hoyt Hall day student proctor and senior Alana Reale appreciated the Academy’s efforts to create a system despite pandemic restrictions. “I do like the proctor system better than some previous systems, like when we used Sched to check people in,” Reale said.

At the same time, Reale also liked students being seated by class rather than dorm. “Maybe it was

because I was so used to being seated by class, but I definitely preferred that because it was easier to sit with your friends and get where you needed to be,” Reale said. “Now it’s more of an effort to get to your dorm.”

Similarly, Dutch House proctor and senior Liza McMahan supported the previous class-based seating. “Let friends sit together and mingle. The tradition of seniors sitting on the bottom front, uppers in the bottom back, and lowerclassmen in the balcony is tarnished with this policy, too, and that’s something I’ve been looking forward to during my time here as a 3-year Exonian.”

Community members also noted some challenges of the new attendance system. “I find that it takes a good 5-10 minutes into assembly to find everybody and count them in as a proctor, which takes my attention away from the speaker,” McMahan said.

Uwakwe commented on the possibility of proctors checking in students who do not attend Assembly. “I think it happens fairly often, but not like a lot. [It depends] on every dorm and if they have that tight-knit community,” Uwakwe said. Probably like [in] Dunbar it doesn’t happen as much because there’s so many people. [But I think] it definitely does happen because these are your peers.”

Langdell dorm head and History Instructor Donna Richardson explained some initial difficulties that came with taking attendance. “It didn’t work well for us in the first weeks and was really overwhelming for my

proctors. This was mostly because they didn’t know people yet, everyone was masked, and they had other obligations to do during assembly, like take part,” Richardson said. “Last week, I decided to have the proctors just pass around a signature sheet which seemed to be a much more efficient and less stressful way of doing it.”

Richardson also provided a suggestion that the Academy could make attendance-taking easier. “I’d like to see the Academy invest in a LionCard scanning attendance system that would make attendance very easy. Most colleges and universities have student ID scanners to track attendance to such events. You just touch your ID to the RFID scanner on your way into the room, the same way you would to enter a building, eliminating the need for any individuals to be responsible for counting heads,” Richardson said.

Samuels also spoke on ways to streamline the attendance-taking process. “We have the technology. It’s about figuring out how to use it creatively... I know when I had to take 150 on student attendance in lecture classes at universities, we had an app that geolocates, and you have to enter a specific code... I think there could be a digital way to do it, I would support that as long as we make it equitable... that everyone has access to the technology. That’s just something I keep wondering why we haven’t thought of using yet.”

In the future, the Academy plans to expand the Assembly Hall and Academy Building. “That will be one of the

key objectives of the major renovation of the Academy Building,” Weatherspoon said. “That project will begin during the next decade, we hope!”

Main Street Dorm Head Tyler Caldwell voiced the necessity of an expansion. “It would be great to have a space that fits the entire school so we could all be together for assembly.”

Samuels voiced his enthusiasm for the upcoming renovation as well as hopes for retaining historical aspects of the building. “As an archeologist, I think keeping some elements would be really wonderful, at least to echo what it looks like now, but also I think that can be done while maintaining a little more space,” he said.

Davis explained the plans to maintain historic features of the building. “The master plan color-codes each area of the Academy Building based on its historical importance. For example, the Assembly Hall and the marble entry have high historical importance, and the basement bathrooms have low historical importance. It is my understanding that any modification to the building will preserve the important parts as much as possible,” Davis said. The Master Plan can be found on Exeter Connect’s Facilities Website, with the Academy Building high-level concept expansion plan found on pages 62-73.

School architect and planner Heather Taylor expounded on the details of the expansion plan. “The idea would be to ‘flip’ the stage and create a corridor that connects the east and west sides of the building to improve circulation. The views from this corridor would look over the Academy Lawn. Inside the Assembly Hall a new stage would be at the base of the tower and the seating would extend into an expanded Academy Building. There would be a mezzanine and the goal is to accommodate 1300-1400 people. The expansion concept was carefully developed to preserve the proportion and scale of the building and the ever important, marble stairs,” Taylor said.

Students also suggested ways to improve the Assembly system. Bancroft proctor and senior Lila Busser commented on alternative ways of taking attendance. “Taking attendance during Assembly [should be more like] how check-in works, where if you’re late a few times by a

few minutes or if you need late lights consistently, then [a conversation happens]. If you are consistently skipping assembly, make that a conversation,” Busser said. “But if you miss one assembly, you shouldn’t be dicked for that.”

Reale also believed Assembly should not be mandatory. “I still stand by the idea that Assembly should not be required because the people that go will actually be interested,” Reale said. “There will be more engagement, and teachers won’t have to monitor so much.”

Williams House resident and senior Shalom Headly agreed. “If they were like, ‘Choose 10 assemblies you’d want to go through per term’ instead of making us go to every one, maybe it’d be better.”

In regards to the class rotation, Benson hopes to see a full community at the assembly. “From a person who’s never gone to a true assembly before, I wish I could see everyone in there together instead of being separated like we are now.”

Uwakwe proposed the return of a past attendance system. “[I remember] that other randomized [attendance check before COVID] where [Mr. Coole] would [walk on stage and be like] ‘OK, if you’re born in [this month, you are being checked]—I thought it was one way to be like, ‘Oh, who’s getting dicked right now?’ but also, I think it was a funny moment.”

Taylor emphasized the significance of in-person assemblies after a virtual school year. “To me, one of the most poignant photos during COVID was the cover of the Summer 2020 Exeter Bulletin with Principal Rawson on stage in the Assembly Hall, all alone, being video-cast out to our community across the globe. We were apart and yet together. What we learned from COVID is how important it is to be together. The energy in an assembly cannot be recreated on Zoom. If nothing else the pandemic reinforced the importance of making a place in the cultural and literal heart of the campus where the students and faculty can come together for Assembly and these shared experiences,” Taylor said. “The energy of all the students and faculty together and the ritual of Assembly is something that has been, is, and I am sure will continue to be an important part of the Exeter experience for generations to come.”

Rawson Responds, Continued

Discretion and the establishment of the Sexual Misconduct Committee in 2019, Rawson said, “With respect to the handling of sexual misconduct cases on our campus, we are going to consider structural changes to our processes, as we did two years ago, to better position the school to provide the support that students need when reporting an assault and when participating in an investigation. We will ensure that we have the resources and expertise, including expert consultants where appropriate, necessary to fulfill the commitments that we make today.”

“We will give these matters the urgent attention they deserve. We will fulfill the commitments that we make today. We will continue to work with students and student leaders, including those student leaders with whom we met last night, to hear and address all of your concerns,” Rawson continued.

In an interview with The Exonian, Rawson elaborated on his remarks responding to how the administration will address students’ concerns.

Students have expressed discontentment with the Anti-Retaliation Clause, which states, “Any student engaging in retaliation against a reporting student, a responding student, or any other student... is subject to misconduct review or community conduct action. Retaliation may include...unwanted attempts to contact a student involved in the report, asking others to contact a student involved, spreading rumors about other students, surveying others for information about an alleged incident, or threats or harassment of any kind.”

The clause also states, “You should not speak to any other students about the interview. Speaking with other students about it may bring unintended consequences that include compromising the confidentiality of the

investigation or even accusations of retaliation, which could result in community conduct action.”

Students have also discussed dislike of the phrase “sexual misconduct” in place of wording more specific to individual cases, as well as other school policies surrounding sexual assault.

Upon being asked whether the Academy plans to change these aspects of how sexual assault reports are handled, Rawson said in an interview, “These policies and practices serve important purposes. To consider changes, we need to understand the concerns that have been raised. It would be helpful to talk in more depth with students about these issues and we will be seeking out those conversations.”

Many students have also expressed that they feel the Academy’s current process for reporting sexual assault cases does not sufficiently balance the victims’ needs with legal protocol. Rawson stated that the process “must comply with legal requirements, but in most respects is not driven by legal requirements.” He reiterated, “It would be helpful to hear from students directly on this issue to understand specific concerns.

“Having said that,” Rawson continued, “we have committed to considering structural changes to better position the school to support students when they report an assault or participate in an investigation, and are working on that now.”

Rawson also spoke on his and the administration’s discussions with student leaders. “I stand by the comments and commitments I made at the outdoor Assembly,” he said. “We will continue to work with students and student leaders to hear and address their concerns, much as we have worked with student leaders in the past when modifying our ‘consent’ definition, creating a misconduct review board

process, and considering other changes.”

Rawson emphasized the administration’s approach to improving the Academy’s handling of sexual assault cases. “Our intent always is to conduct any investigation and take any subsequent action in a way that is supportive and minimizes harm to survivors and anyone else who might be affected by the investigation.”

He continued. “We made wholesale changes to our protocols two years ago, in consultation with students, with these concerns in mind. We made significant improvements, and are considering further changes and consulting with outside experts. We also will continue to prioritize efforts to build student awareness and understanding of issues pertaining to healthy relationships, consent, and prevention of sexual assault. We are looking for concrete actions that make a real difference.”

Upper and EASA co-head Riley Jones discussed student groups’ efforts towards tangible change at the Academy. “The Assembly [protest] and the Community Healing Space was definitely a completely equally a joint effort between Fem Club, Transitions and EASA, we all worked together. We all very much share the same hopes and ideas for this school moving forward, and it was definitely a big collaborative effort,” Jones said.

“We first planned the community healing space,” Jones continued, “which was last Thursday. That took up quite a bit of time after the Vanity Fair article came out. It was pretty much all student led, student facilitated. We focused on that and then we also struck assembly last Friday. We wrote the demands with the Fem Club and Transitions. We did the demands and we also met with Principal Rawson and some of the administration on Monday

[September 20] to discuss the demands that we had made.”

Jones expressed her thoughts on Principal Rawson’s response and apology. “They seem to be willing to listen to us, but I think it’s the administration, so I’m on the fence about whether things are actually gonna happen to the full extent that’s laid out and the demands, but I’m also hopeful that they’ll listen to us. They seem genuinely like they wanted to help change the culture on campus. I’m hoping that we can continue to take steps towards changing the culture on campus.”

Regarding the work between the administration and student community for change at the Academy, Jones hoped for a continuous effort. “I’m hoping that it’s going to be an ongoing thing,” Jones said. “I don’t think that we’ll stop at EASA trying to push for ongoing meetings to keep meeting, to keep trying to make change. I’m hoping that he [Principal Rawson] feels the same way that this is not a one-time conversation or one-off kind of thing. It’s something that we need to keep talking about until campus culture changes, because even when it gets better, it’ll never be at its best.”

Jones introduced her ideas for concrete actions the Academy could take. “First, I wish that you would make sure that adults on campus that are running student leader organizations know to discuss it... [Second,] I think just making sure the faculty are ready to support people, and just to stop using passive language and the emails, that was my big thing.”

Lower Advay Nomula expressed hopes for more specific actions to be taken. “I feel like the remarks were very general, and didn’t provide too much information. I don’t believe it was sufficient enough of a response, it seemed something thrown together to stop the protesting... It

felt very diplomatic, vague, and didn’t seem to provide a solution, but I’m hopeful that there will be some practical things that I’ll see that the school will actually do. But my cynical side believes that they are just saying this to satisfy the student’s needs,” Nomula said.

“I’m going to be completely honest here, I didn’t hear that much. The audio quality was bad, and with the occasional wind blocking the sound I didn’t get a full hearing. I believe it wasn’t the best setting to provide the apology/solutions, it should’ve been done in an assembly with everyone there, paying attention, and able to understand,” Nomula continued.

Senior Krisha Deora expressed views on Rawson’s response. “In terms of the fact that it was like a first response, I think it was sufficient. I guess he responded to it pretty quickly and he was prepared, which is nice to know that he was thinking about it.”

Deora added, “...in general it needs to be more specific, especially for students to be satisfied because we want to see that change is being taken. Keeping us in the loop as well as making actual, substantial change, instead of saying things like reforming or administration, which we don’t really know what that means.”

Jones shared similar thoughts about continued action beyond the response. “[Principal Rawson’s] apology was an important step in the right direction of the administration owning up for their mistakes, saying sorry, and knowing that it’s okay to fumble as an administration, but you need to take action and own up to that. We talk so much about community, and that’s super important to build a community, it’s like accountability.”

Jones credits Exeter alumni as an integral part of the community. “They’ve sent so many testimonies and so many supportive words towards students here. I think especially the recent

alumni class of 2020 and 2021, still, this is very much a conversation that they were present for. I felt that the fact that we had alumni testimonies read during the assembly was really powerful, it kind of shows how strong the student community is here,” Jones said.

Jones commented on ways for students and faculty and administration to be more connected at the Academy. “The administration—keeping themselves accountable for what they’re doing and owning up to their mistakes helps build trust... Gradually as we talk about this as a community and we heal, the gap between students and faculty will like get bridged. I think in some cases, maybe there’s too much distrust to come back from it,” Jones said.

An anonymous upper said, “I feel like Principal Rawson’s response was centered around the Vanity Fair article, which wasn’t really the main goal of the protest or the class strike.”

Senior and Transitions co-head Adaeze Barrah felt that much remains to be seen. “It [the address] was very mellow. It did not match the intensity of the dissatisfaction the students expressed in him and his administration of the academy,” she said. Barrah continued, “because regardless of what was said during the speech, the actions that follow are the true indicators of growth and student recognition.”

Jones concluded with her thoughts on Rawson’s statement. “I would say it’s the best apology that we’ve had in the three years since I’ve been here... I am glad he [Principal Rawson] decided to speak in person. I think it made it feel more personal and I’m glad he didn’t send an email... There were still some maybes, but I think this is going to take time and he genuinely seemed like he was willing to put in the work, so did Dr. Lassey and Dr. Bramlett and everybody else involved... But I think it doesn’t take away from the fact that there’s still a burden on student leaders, and that needs to change.”

Thanksgiving Plans, Continued

connected with several day student families to possibly host students during the gaps in time of when the dorms close and the programs leave, or for all of break,” Smith said.

Page emphasised that COVID-19 cases are still present within the country and international, and still pose as a health concern for all students. “I have the same concerns for students who stay in the USA on these or other programs that I have for all of our students traveling domestically over break. As for those who are able to travel home, I know that many international destinations are doing better than the USA in terms of numbers of cases,” Page said. “I hope students will be able to enjoy a relaxing break after a long fall term, and will also be aware of CDC guidance on how to minimize the risk of infectious disease. These travel programs will follow those guidelines.”

Page noted that aside from COVID safety concerns, the duration for which international students will spend away from their families may impact the wellbeing of students. “I am reassured by our high vaccination rate, but my concerns for international students are equally centered on the impact of being away from their families for so long. Having my own family on another continent, and understanding the reality of travel restrictions gives me some insight, and I will be doing my best to provide a secure and interesting experience for these students to unwind,” Page said.

Senior and International Student Alliance board

member Nicholas Chen from Taiwan shared similar concerns, citing the negative impacts students may experience from being away from home for an extended period of time. “While I am fortunate enough to have family to stay with this Thanksgiving break, many of my fellow international students do not. My concern for the international student body is that, as a collective, we will experience ‘burnout’ to a much greater degree than domestic students because we are unable to return to the true, relaxing comforts of home,” Chen said.

Lower Rex Bedwick from Hong Kong noted that his family members had to plan to travel to the U.S. in order to see him. “I can’t go back home because I have to quarantine for three weeks and that’s longer than the break. So I literally can’t go back even if I wanted to,” Bedwick said. “Fortunately, my mom’s coming up and I think we’re going to Boston or New York.”

Although many international students were appreciative of the Academy’s efforts to provide accommodation, students noted that financial burdens still pose a concern. “I do think that it is problematic to not allow students who live internationally to stay on campus for Thanksgiving break, especially those who don’t have family in the US,” lower Alex Rosen from France said. “However, I do appreciate the programs that the Academy set forth to allow students to stay in the US. In fact, I myself am applying for one of these programs. Nevertheless, they

are very expensive (despite subsidies from the school) and there are still some days at the beginning where I may have to stay with friends or family before the program starts.”

Chen believed that the Academy could have supported international students more. “I feel as if the Academy’s recent decision is not supportive of the international student body’s health and wellbeing. While the Academy is offering certain homestay programs, they are no substitute for our home countries,” Chen said. “Due to quarantine restrictions, many international students will be unable to return home until spring break at the earliest. The Academy should not be allowing this to happen.”

Senior Pedro Coelho from Brazil noted the financial challenges in finding accommodation. Coelho continued and pointed to Thanksgiving travel programs as a more viable option. “It’s expensive to travel back home and then come back, you know,” he said. “It’s much appreciated that Ms. Page and Ms. Smith and the Academy are able to provide these Thanksgiving travel programs that allow us to stay in the US without having to look for a place to rent or a host family or that sort of thing. That’s actually been a great help.”

Senior Emily Wang from Singapore suggested that the Academy offer remote learning during the two weeks of winter term classes between Thanksgiving and Winter Break. “I didn’t have any plans ahead of time because I was actually holding out hope that the school would make the two

weeks between Thanksgiving and Christmas optional to be online so that I would be able to quarantine for two weeks, but also still see my family for a month,” Wang said.

Wang continued, expressing frustration at the Academy for not opening a remote-learning option. “We went through so much online class last year that they have so much experience and it would make sense because COVID is still such a big thing and it would allow international students to see their families for a few weeks, especially because our holidays are shorter than the two week quarantine period,” Wang said. “It’s not like we’re asking them to change the whole calendar or anything. We’re just asking them for an option for online classes for those two weeks.”

However, some students acknowledged the reasonability for the Academy’s choices to keep campus student-free during Thanksgiving Break and to mandate in-person classes between Thanksgiving and Winter Break.

Coelho noted that remote classes were established in the past due to COVID concerns. “Although COVID is still very much ravaging the world, we’ve seen that in many areas where vaccination is prevalent, cases are going down. This is the case for Exeter and Rockingham County. So it makes sense that they would try to cut back on remote classes as much as possible,” Coelho said.

Lower Jessica Phan acknowledged that the Academy’s staff would have to work during Thanksgiving

break if students were allowed to stay on campus. “It certainly would be a lot more convenient for me and I’m sure for other people as well. But at the same time, I also understand there is a lot of maintenance and other things required to keep the Academy going. For all the staff, they deserve Thanksgiving break too!” Phan said. “So although I would like to stay because it’s free, first of all, and no travel is needed, it’s also understandable why I can’t. And I really liked that they at least gave us alternatives rather than just being like, ‘Yeah. Okay. Let’s go somewhere.’”

S. Zhang agreed. “I think it’s not unreasonable, to be honest. While I’m pretty sure the Academy has reasons why it would be difficult to keep students here, I do wish they would have at least clarified why instead of saying ‘We just can’t do it,’” S. Zhang said.

International students also wished the Academy could have released Thanksgiving options earlier. “It was good that they had a survey to send out international students for like what their plans were for Thanksgiving, but I think they should have sent it out much earlier because to me it felt like whatever I put on the stairway survey, there wasn’t enough time to change any plans they had or any programs they had,” Wang said. “I think that’s the biggest concern of mine, that the school claims to be so accepting of international students, and they want us for our diversity, but in the end, they don’t adequately support us.”

S. Zhang shared similar thoughts. “I was really glad that there were Thanksgiving break and Winter break opportunities presented, but

I really wish they had come sooner - perhaps even during the later parts of summer break, as that would have been a time when many families of international students were planning accommodations during the Thanksgiving break,” Zhang said.

Prep Davido Zhang from China shared appreciation for the Academy’s efforts to support international students. “The Academy did quite a lot of effort already when they let other organizations help out international students here. And then I was pretty surprised when the Academy actually hosted their own programs too because so far, I don’t know any other boarding school that has ever done this,” D. Zhang said.

Smith reassured that the Academy is enlisting its best efforts to support international students while ensuring that faculty and staff can be released of responsibilities during Thanksgiving Break. “Some of our peer schools have not offered travel programs, or host family options. They are telling students they have to leave campus,” Smith said. “We are trying to find ways to balance the need to close campus so faculty can have a break and time with family, while supporting students from all over the world by making sure they can have reasonable travel plans. Also, the fact that we have a transportation coordinator (shout out to Ms. Jobarteh,) who gets the majority of our student body where they need to go several times a year is astounding. It’s easy to forget what a convenient luxury this is—it’s not the same at all schools!”

Life

» SENIOR

Read about Senior Tasmiah Akter and her impact on campus through her compassionate personality, 4.

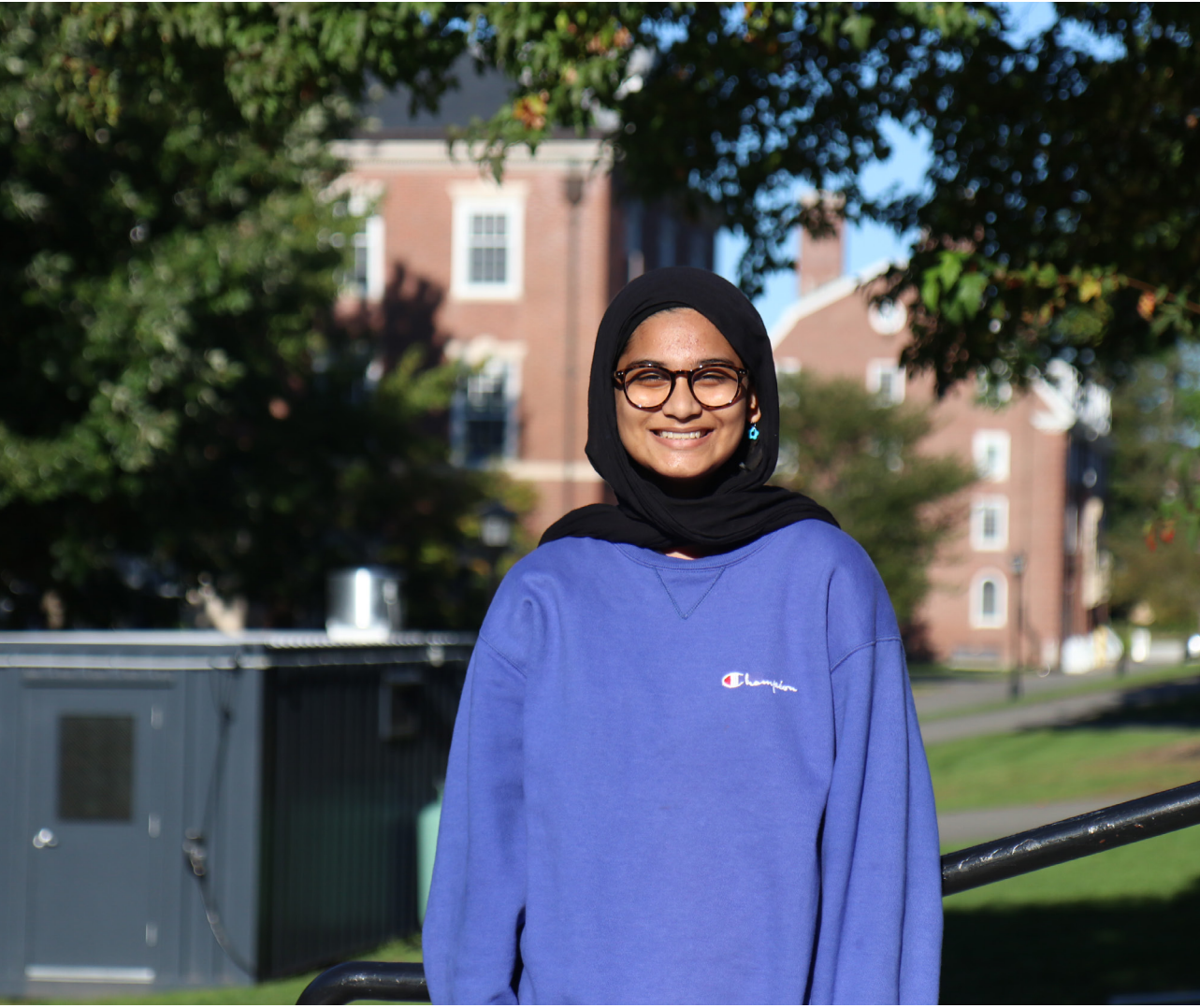
» REVIEW

Read about Andrew Yuan's '24 review on the show *Loki* and their comparison of it to an Ancient Greek drama, 6.

» SPOTLIGHT

Read about Rhythmic Gymnastics Olympian Camilla Feeley and her experience within the Olympics, 6.

Senior of the Week: Tasmiah Akter



Senior Tasmiah Akter smiles for a photo.

By ANVI BHATE and ALIA BONANNO

When Hoyt Hall gathered together last spring for their annual dorm tea, senior Tasmiah Akter was there to make the event special. Bringing her fellow proctors, the dorm, and her friends together, Akter helped supply a giant chess game to enhance their “Alice in Wonderland” themed tea.

“During that very difficult pandemic year, Tasmiah and the other proctors made that party extra special, and it felt a little bit like ‘normal’ times. It was magic,” English Instructor Erica Lazure said.

In many ways beyond that, Akter has left a mark on the Exeter community with her selflessness and compassion.

Akter’s generous spirit is evident in her journey to becoming a proctor. “When I was a prep, I was so scared of being away from home and I felt pretty homesick, but the proctors made me feel so welcome,” Akter said. “I was like, ‘when I’m a senior, I wanna do the same.’ It is a big commitment but I think it’s worth it [to go] around talking to people and making them feel safe and like [Hoyt] is a home away from home.”

Akter’s adviser, theater instructor, and Hoyt dorm faculty Lauren Josef emphasized the unique qualities that make Akter shine. “She has a very

chill demeanor, and she’s very approachable. I think that’s one of the reasons she is a proctor in Hoyt. Younger students respect her, and know that she’s someone they can confide in.”

Akter’s caring nature extends beyond her role as a proctor. “Tasmiah is one of the kindest and most thoughtful people I know. She connects with members of the community in a uniquely genuine manner,” French Instructor and Muslim Student Alliance advisor Amadou Talla said. “She is an all-around wonderful person... Our community is lucky to have such a well-rounded and amazing student leader.”

Lazure also appreciated Akter’s empathetic nature. “Tasmiah is incredibly thoughtful... She has a keen but subtle sense of humor and always appreciates a good pun. I admire her skills as an artist, writer, and thinker, and the dedication she puts into her various commitments, from academics to student listening, to proctoring, to the Community Conduct Committee, is inspiring,” Lazure said. “In her time at Hoyt Hall, she has become someone her fellow residents reach out to. Her ability to thoughtfully and fairly navigate difficult situations has served her well, and will continue to do so in the future.”

Akter has also set an ex-

ample for those around her. “It’s evident from her position that she is making important contributions to the success of residential life at Exeter. As a hijabi, I think she is a great role model to other Muslim students who are wearing, or are considering wearing the hijab,” Talla said.

Senior Shalom Headly celebrated Akter’s impact at Exeter. “As like one of the few Muslim students within the grade and one of the only hijabi girls in our class, she has not gone through Exeter without judgment or without people’s prejudice being placed upon her. “But she keeps pushing and she continues to be such a great person who is so selfless and so caring all the time. I think her legacy would be that ability to continue to push on, even when things aren’t going her way.”

Akter has forged strong bonds and trust across campus with her genuine approach to life. “On an interpersonal level, I think everyone who knows her is like, I love Tasmiah,” senior Alana Reale said. “She’s just a super person... She’s a member of the CCC and I think that the fact that she got elected really shows that people would trust her to be dealing with sensitive matters that really affect people’s lives.”

Senior Diwura Adesanya said, “I think most people

say she’s a very comforting presence because she’s very friendly to everyone and knows a lot of people and always, always tries to be welcoming to everyone... She always tries to make herself available to help people around her.”

Senior Lekha Masoudi remembered how Akter kept community spirit strong even through pandemic-induced changes. “[Tasmiah’s] dedication for the work we were doing [in ESSO] came through and inspired me to keep working even when things got tough with virtual meetings last year,” Masoudi said.

Akter’s kind presence is a staple in all of her extracurriculars, leadership roles, and relationships. “She’s very comfortable to be around. She’s very creative, very interesting. You never know what you’re going to end up doing,” Reale added. “I never know exactly what to expect. When I’m spending time with her and when I’m hanging out with her... I’m never bored.”

According to Akter, her friends at Exeter have gotten her through Exeter’s “ups and downs.” Akter has done the same. “She’s really compassionate... and a great leader. She cares for people a lot. Sometimes it’s to the extent of where she cares more about others than for herself, which is [sometimes] like, ‘Tasmiah, you’re too selfless,’ [but]

that’s my favorite thing about her,” Headly said.

Senior Jack Ambrogi said, “As soon as you get to know her, I think Tasmiah is one of the best friends you can have. I feel like even though we haven’t talked in a while, she’s always there for me.”

Ambrogi also highlighted Akter’s lasting impact. “There’s a lot of people that have been able to grow as a result of Tasmiah’s support. Personally, I think I’m one of those people. I think the conversations that I’ve had with her have helped me to grow and figure things out about myself.”

Akter is a valued friend to many at Exeter, which shows through her interactions with her peers, “[I remember one day] we just drew random stuff, like on some pieces of paper and it was really fun and really relaxing. It was a hot day so physically I wasn’t relaxed, but it was nice to [just] hang out with my friend and just do whatever,” Headly said.

Masoudi said, “She’s been one of my closest friends since and I’m so lucky to get to live with her! I would describe her as a very down-to-earth person with a crazy funny sense of humor. My favorite memories of Tasmiah are always lying on the floor of her room eating snacks and just talking about life and Exeter and being South Asian girls.”

Besides bringing people together, Akter also has a knack for building, embroidering, and fixing. “I’ve always been a crafty kind of person. I like making things and building things. When I go home... I just find random things around the house to fix,” Akter said.

In her free time, Akter enjoys being with her friends whether they are listening to music, skating, or watching movies. “My friends and I will watch a movie and then we’ll Harkness it out and I feel like I don’t know if I would get to do that anywhere else,” she said.

Harkness, in fact, has been an integral part of Akter’s Exeter experience, providing her with “euphoric” moments. “You’re learning in class [and] you’re having multiple light bulb moments at a time,” Akter said. “You’re going to club meetings and it’s [so] exciting.”

“I think I want to study neuroscience in college, but I’m really apprehensive because

it’s kind of a crazy field, but it’s my interest right now and what I’m putting all of my energy into right now,” Akter said. Her interest in neuroscience started in 4th grade, when she stumbled upon a website for Science Fair project ideas and ended up choosing Memory Mnemonics as a topic. She tested her friends and family members and ever since, she has had a special affinity for the topic.

Humor is another facet of Akter’s presence on campus. “We’d gone to this pumpkin farm and we all got pumpkins... and I had a really pretty pumpkin and mine was the only one that lasted that long,” Adesanya recalled. “And we were hanging out in my room one day and she decided to throw it out a window to see how it fell. But then afterwards she picked it back up and she put it back together so I wouldn’t be sad.”

Ambrogi said, “What I most enjoy about Tasmiah is her sense of humor and her ability to just goof-off in settings where that’s maybe the best thing that somebody needs, while also being a really great leader.”

Lazure also appreciates the legacy of humor Akter leaves behind. “I feel confident that Tasmiah is going to leave the pun tradition legacy in Hoyt in good hands when she graduates.”

Talla recalled, “My favorite memory of Tasmiah is when she shared with me that her roommate who was in my French class told her I like hard-boiled eggs for breakfast. So, at the end of one of her emails to me, Tasmiah shared this with me in a post-scriptum, and she added: ‘I am sending good vibes and hoping you have many boiled eggs this year!’ This simple sentence brought a smile to my face and really made my day.”

In all her capacities, Akter has shaped many people’s time at Exeter for the better. “I feel like she’s such an icon on campus and when she leaves there’ll definitely be an empty Tasmiah-shaped space at Exeter,” Masoudi said.

After four years here, Akter urges Exonians to be active in their pursuits, but recognize the humanity underneath the determination and intelligence we demonstrate as students. “Don’t take yourself too seriously. It’s important to be on top of your stuff and it’s important to have goals and plans, but also remember at the end of the day, you are not a machine, you are a human being.”

Going Into Town

By JESSICA HUANG and SELIM KIM

Groups of students gather in line outside Stillwells Riverwalk Ice Cream, hoping to grab one of the dozens of flavors before check-in. Further down along the road, a mass of backpack-clad individuals can be seen through the windows of OBA Noodle House, huddling over their bowls of food. In each store on the streets of Exeter, sounds of laughter and conversation can be heard ringing throughout the chilly, fall New England air.

For many Exonians, traveling into town brings up shared memories and evenings spent wandering through the sidewalks. “I think one of my main reasons to go into town is just to take a walk, and it’s nice because the town is not really like Exeter, in the sense of there’s not like large big buildings or anything. It just looks like an actual town,” upper Enzo

Nakomsri said. “[Town’s] a nice place to escape for a few minutes, and the food is good. I would go to town every day if I had the opportunity, but unfortunately I don’t.”

“I remember prep year, every Friday, I’d go to OBA with just a bunch of friends in the dorm,” upper Sam Creelan said. “It was a great way to socialize. I just remember like all these kids just meeting each other there. So it was a good memory.”

Senior Aaron Mampilly shared his own memories in town. “Me and my friends, we got Stillwells one night and we walked around town and just enjoyed the night,” Mampilly recalled.

Though the town is home to numerous shops and restaurants, many Exonians seem to have their own favorite go-to spots that they seek comfort in. “I like Las Olas. It’s the farthest from campus, but it’s really good food,” prep Aymeric Dauge-Roth said.

Upper Leyla Unver shared a different favorite restaurant. “I like OBA Noodle Bar a lot as a place to eat in town with people. The food is delicious and comforting, and the cozy atmosphere makes it an enjoyable experience,” Unver said.

Creelan agreed, and also added how he enjoys both the cold delights of Stillwells Ice Cream and the bistro food of Lexie’s. “Stillwells is obviously one of my favorite places. It’s great,” Creelan said. “Lexi’s great lunch, great fries. And then I like OBA a lot actually. It’s probably my favorite restaurant in town, because it’s small and because they just have really good ramen.”

Many other students also shared their go-to shops that may not be as well known. “On The Vine is a really nice little grocery store near Las Olas. It’s got pretty much everything you need (in terms of food) and they have the best chocolate-covered strawberries,” Unver noted. “They also

have a bunch of cakes and pastries, so it’s fun to take a walk there with friends and just get some stuff.”

Dauge-Roth added, “Sea Dogs Brewery [has a] great food selection, and the farmer’s market is really nice.”

While the town holds a good share of nostalgia and happy memories, some students have grimmer stories to share.

“People have tried to run me over multiple times,” senior Lekha Masoudi explained. “Most memorable was this old lady with her Chihuahua in the passenger seat, and she looked into my eyes, saw me about to cross (and I was about to; I was walking) and then she kept zooming on.”

“I have been cat called except for sometimes they aren’t really saying anything. They’re just making monkey noises or like dog noises or animal noises in general,” Masoudi continued. So I’m not sure if they’re just saying, ‘I look like a dog’ or if it’s sexual, I really can’t tell, but either way it’s pretty disgusting.”

With experiences like the

ones Masoudi shared unfortunately continuing to occur, Exonians shared advice on how to navigate unsafe situations in town. “Try to find someone to go with, but also if you can’t, don’t let that stop you from going [to town], because it’s still a fun experience. Just look both ways before you cross the road [and] be mindful,” senior Kosi Onwuamaegbu said.

Although on-campus COVID-19 restrictions have been loosened, some students reported masking seems to be prevalent throughout town. “Personally I’m not that worried. I see a lot of people around town with a mask, either in their hand or on their face,” Nakomsri commented. “Having a mask is pretty nice because that means that they kind of respect other people.”

Hoping to prevent restrictions from returning, many students have been bringing their masks with them around town, including Creelan. “Generally I think I wear a mask indoors at least, in a restaurant if I’m walking around and then I’ll sit down and maybe take it off,” Creelan explained. “But

outdoors, I’m feeling pretty good about it just because there aren’t that many people, and most of us are vaccinated.”

Other students are a bit concerned about going into town especially while the Delta variant has been rapidly spreading. “I think [going into town] is going to cause a lot of complications. Maybe the school was too quick to get rid of the mask mandate, but at the same time, I think that we’ll be able to handle it,” Onwuamaegbu said.

Prep Advika Verma said, “I felt very stuck on campus and I felt the same thing every day. So it was nice to go out to a place different... it’s positive. It’s nice to be able to see different things and not be stuck on campus all the time.”

With students back in town, Exeter feels abuzz. Whether it’s a leisurely stroll along Swasey Parkway, a treat with friends, or a cozy study space, there’s a place for everyone in town.

Good Eats: Banh Mi



Figure 1.



Figure 2.



Figure 3.



Figure 4.



Figure 5.

By NHAN PHAN

There is one cooking technique that lies at the heart of Vietnamese cuisine. You might know it as “braising” or “stewing,” but we Vietnamese people call it “kho.” The word “kho” comes from the Khmer word “khor,” both have the same meaning. Kho is a cooking technique mainly found in Vietnamese and Cambodian cuisine. My dad says, “If you don’t know how to “kho” correctly, then you don’t know the true essence of what Vietnamese food really is.” After several cooks, I realized that he was right. The majority of Vietnamese cuisine revolves around several main ingredients: fish sauce, sugar, and pepper. Without those ingredients, Vietnamese food would be bland and, honestly, tasteless. These ingredients, therefore, form the basis of the “Kho”-ing process.

Another dish that you have probably had or heard of is called “*Banh Mi*.” With proper Vietnamese punctuation, it would be written as “bánh mì.” The word itself means bread; if you split the word apart, it would mean “wheat cake,” which is essentially what bread is: a wheat cake. We have to credit the French for the creation of this street-food-esque dish. During the mid-19th century, the French introduced the baguette to Vietnam; it quickly became a staple food several years after. In 1950, the term “bánh mì Sài Gòn” or Saigon’s *Banh Mi* was coined because it was speculated that the dish became popular in Saigon, also known as Ho Chi Minh City in today’s terms. Now, *Banh Mi* has become a global sensation; so popular, in fact, that I had to make this recipe here.

Putting braising and *Banh Mi* together, you will get this recipe: braised pork belly *Banh Mi*. It combines two of

Vietnam’s most popular and integral cultural food components. There are other varieties of *Banh Mi*, but the contrast of sweet and salty in this *Banh Mi* is what makes it such a good eat. It doesn’t take as long to make as other complex Vietnamese dishes, such as Phở, so giving it a try is always worth it.

Recipe for *Banh Mi*

Ingredients for *Banh Mi*:

Baguette/Bread Loaf (split into 3 sections)
Cucumber (sliced)
Green Onions/Chives (chopped)
Eggs
Chà lụa or mu yo
Coriander/cilantro leaves
Beef liver pate
Pork belly or thịt ba rọi
Pork tenderloin or thịt thăn
Red onions
Sugar
Salt/fish sauce
MSG (monosodium glutamate)
Mayonnaise
Butter
Cooking oil
Pepper

Ingredients for Pickled Vegetables

Rice Vinegar
Water
White sugar
Carrots (cut into matchsticks)
Daikon radish (cut into matchsticks)
White Onion (sliced)

Condiments:

Soy sauce
Sugar
Lemon

Equipment:

Knife
Scissors
1 Big Pot

Procedure

Stage 1: Preparing the Meat

1. Prepare the pork belly and tenderloin. Make sure the pork belly and the tenderloin are slightly frozen/hardened before prep.

2. Split the pork belly into small vertical strips. Skin-side down, slice the pork belly into thin slices. The pork belly will be mainly used to create the sauce. (Figures 1 and 2)

3. In the meantime, boil the eggs until they are hard-boiled. Boil for around 7-9 minutes.

4. Now, we will marinate the pork belly. We will start by creating simple caramel. Put a spoonful of sugar into the pot and constantly swirl. Afterward, slowly and carefully add a splash of water. Be careful as it can splash and cause burns. When the caramel reaches a dark color, turn off the heat.

5. Prepare MSG, red onions, fish sauce/salt, sugar, ground pepper, and a little bit of cooking oil. Thinly chop up the red onions, creating almost a paste-like consistency. Put the sliced-up pork belly along with the aforementioned ingredients into the same pot as the caramel and stir until everything is thoroughly mixed. (Figure 3)

Stage 2: Braising the Meat

1. Before you begin braising, make sure you have all other ingredients out and prepared.

2. To start braising, put your pot of pork on the stove, add water so that it just about submerges all of your meat. This will also be used as your sauce, so add more if needed. The water will evaporate during cooking.

3. Afterward, boil the pot. Wait until it boils rapidly, then immediately turn down the heat and put the pot to simmer. Leave the pot to simmer for 40 minutes. In the meantime, begin to prepare your tenderloin. If your pot is beginning to dry up, add



The delicious final product.

more water. (Figure 4)

4. Wash your tenderloin and when your pot begins to simmer, put the whole slab right into the pot in the middle. If the slab of tenderloin is big, split the piece. Leave the tenderloin in the pot for 15-17 minutes. Cooking time depends on the size and the temperature of the tenderloin.

5. Unpeel the hard-boiled eggs and place them in the pot for 2-3 minutes until the egg gets brown on the outside.

Stage 3: Veggies and Components

1. Prep the veggies: green onions, cucumber, onions, etc. Slice them into long thin slices, matching the width of the slice of *banh mi*.

2. For the ma yo, do the same. Slice them into long thin slices.

3. Layout all of the sliced-up components into the plate(s) for assembly later.

4. Take the tenderloin

out, put it in the freezer for 10 minutes for it to harden. After 10 minutes, take out and slice thinly.

5. Melt a small slab of butter, prepare your mayonnaise. (Figure 5)

Stage 4: Assembly

1. Put the bread in the oven for 3-4 minutes for it to warm and crisp.

2. Afterward, cut the bread halfway open and split it out.

3. Firstly, spread melted butter and mayonnaise on your bread. Then, drizzle some of your braising sauce onto the bread for flavor. Then, spread the beef liver pate.

4. Secondly, place several pieces of pork belly, several slices of egg, as well as several slices of tenderloin onto the two sides of the bread.

5. Add cucumber and sliced onions as you see fit.

6. Using a chopstick, hold the bread in your hand and place the chopstick in the middle of the

bread and curl your hand to tighten the *Banh Mi*.

7. You are all set to go!

Optional: Sauces and Condiment

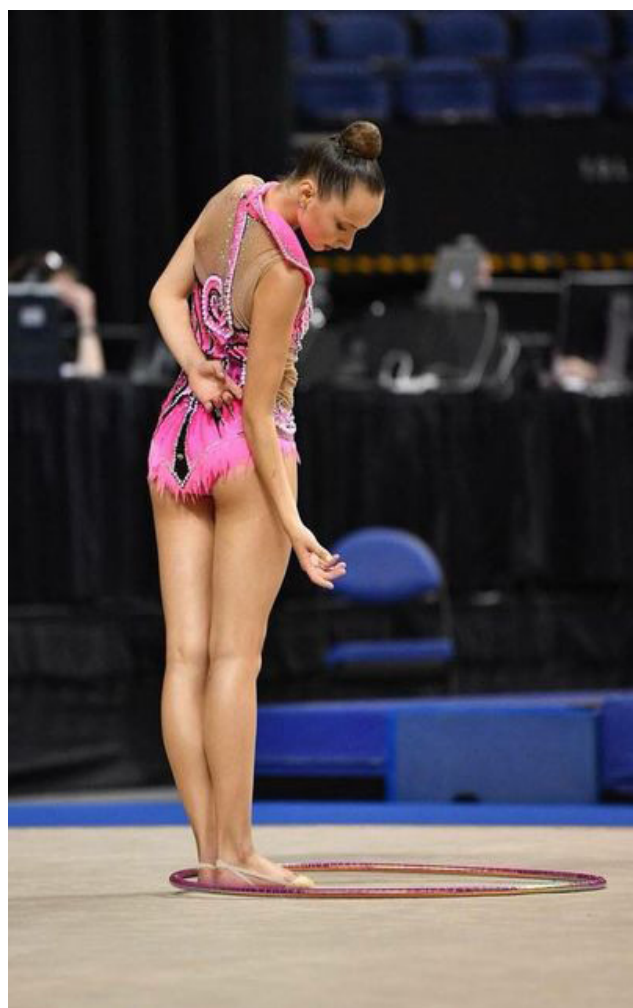
1. Mix soy sauce, a splash of lemon, and sugar. You just created sour-sweet soy sauce. It can be a good dipping sauce too!

2. To make pickled vegetables as a condiment, place rice vinegar, water, and sugar into a saucepan over medium heat, bring to a boil, and stir until the sugar has dissolved about 1 minute. Allow the mixture to cool.

3. Slice carrots, radish, and the onion into thin long slices.

4. Pour the cooled vinegar mixture over the carrot, radish, and onion in a bowl or jar, and allow to stand for at least half an hour (do this before you start braising your pork belly!). Drain off the excess vinegar mixture after the vegetables have marinated.

Feeling Rhythmic Gymnastics with Olympian Camilla Feeley



Courtesy of Camilla Feeley

By JESSICA HUANG

Hoops and clubs soar through the air as Rhythmic Gymnastics (RG) Olympian Camilla M. Feeley gracefully performs on the carpet, catching and throwing apparatuses to uplifting music. While the

rhinestones on her leotard shine under the bright lights of the competition stadium, her talent, which she has honed since 2005, shines even brighter.

In Feeley's 16 years of RG, she has achieved amazing feats as a nine-time USA

National Team member, both as an individual rhythmic gymnast and as part of USA's Rhythmic Group. In 2016 she was part of the USA Olympic team as a reserve, and afterward, she joined the group, qualifying for Tokyo with her four teammates in June.

The team learned of their Olympic qualification in their hotel room in Brazil after competing at the Pan-American Championships.

"It was so many emotions all in one. So many years of hard work paid off," Feeley said. "Every one of us just broke down crying. It was incredible. Like, [we were] just so excited and felt like our dreams had come true."

For those unfamiliar with RG, gymnasts compete using a hoop, ball, clubs, or ribbon, and in group, teams of five gymnasts juggle more than one apparatus per routine.

"[Group and individual categories are] both rhythmic gymnastics, but they're completely different. Individually you're focusing on yourself, but in group, you also have to watch everyone around you, and catch other people's equipment. You have to learn to communicate, learn to have leadership, and to help other people laugh," Feeley explained.

Before their competi-

tion on August 6th, the team trained harder than ever with two practices each day, one in both the morning and evening.

"This whole experience is such a growing experience for me, I've never been in any situation like this in the Athlete's Village, and I'm honestly so motivated by all the athletes here. They're so incredible, working hard and achieving their goals and you know, coming back with medals," Feeley said.

Overall, Feeley believes her biggest takeaway from RG has been gaining determination. "It's taught me so many things but mostly dedication and hard work," Feeley said. "I know how to work hard. I'm scheduling my own time: I always have to put time away for school and time for gym and being able to focus on one thing at a time."

The determination she has gained not only applies to her strong performances as a gymnast, but also as a student. After Tokyo, the 21-year-old will be entering her sophomore year at the University of North Carolina at Chapel Hill where she studies psychology.

"I'm very interested in how the brain works, and personally I've had to meet with many sports psychologists to get to where I am, with competition and staying competi-

tive and in the game mentally, so psychology has just been really interesting to me over the years," Feeley said.

Her strong work ethic is something her friends and teammates admire about her as well. "She's so nice and so sweet, but [when] it's time to work or when it's time to focus, she completely switches on her game mode. She's this very resilient, very tough person which you might not expect from her immediately," former Mongolian RG National Team Member and Feeley's friend Saruul Tsogtbayar said.

In 2018, Feeley's resilience really shone when she got surgery for her injured foot. "It took me probably six months to recover from that incident, but I took one week off after surgery, and then I went straight back to the gym," Feeley said. "I continued my physical therapy and conditioning in order to get back because I wanted to go; I wanted to complete this goal."

What has remained constant throughout her career, however, is the importance of her teammates. "I think it's just really motivating knowing people in your life who are so inspired and going for their goals, and that's what's kept me going and motivated up until the end," Feeley said. Her favorite memory of gym-

nastics, besides qualifying for Tokyo, are the moments she spends with teammates right before a competition routine.

"I honestly just love those moments because we're so connected, excited, as one," Feeley said.

For teammate Isabelle A. Connor, one memory with Feeley stands out. "There was one time where I had just gotten my heart broken, and I was at training the day after. I was trying to hold it together, and we finished practice competition training," Connor recalled. "I kind of just [sat] down on the floor and started crying and she came over to me and put her hands on my shoulders and just said, 'Izzy, you're so strong.'"

"She's super duper duper sweet and just so incredibly kind," Connor continued. "I think she is probably one of the kindest people I've ever met."

Having captivated the world with her teammates in Tokyo, Feeley offers the following advice for aspiring gymnasts: "Stay true to yourself from the very beginning, you know, don't just follow the crowd and do the regular new elements that everyone's doing. Be yourself and have fun on the carpet."

The All-American Comic Book

By KAYLEE CHEN

With the rise of comic book cinematic universes, comic book worlds have long established themselves in popular media. Most recently, Marvel's *Shang-Chi and the Legend of the Ten Rings* hit the box office, where it brought in \$320.6 million. However, the origin of comic books reveals their ties to important events in American history. At its root, comic books are a method of storytelling, and they reflect the social and cultural environment of the place they are created.

Visual storytelling has been around for thousands of years. From faded cave paintings illustrating hunts to Greek terracotta vases featuring leg-

endary heroes to emojis accompanying a viral tweet, we tend to rely on pictures to either make or complete a story. Before the 1920s, these stories were brief—most comics condensed their stories into short humorous moments, simply acting as supplements to newspapers and not often sold separately. It wasn't until the 1930s that comics as we know them today began to take form.

The Golden Age of Comics was accompanied by the creation of Superman in 1938, and it produced a series of superheroes like Batman, Wonder Woman, and the Flash, who remain well-known to this day. During this period, Marvel and DC, as well as a number of other comic book publishers, grew in popularity. This marked a veritable cultur-

al explosion and established the existence of the comic book as a form of media.

Although a devastating world war and colorful storytelling don't seem compatible, the terror of World War II had a surprisingly positive effect on the comic book industry. One of the more famous superheroes today, the Nazi-punching Captain America, arose from the widespread propaganda at that time. Both soldiers and children alike garnered a sense of escapism from the suave skilled heroes during what felt like a dystopian apocalypse.

Between the Golden and Silver Ages was a period of decline and dormancy. Within the superhero genre, only more well-known heroes like Batman, Superman, and Wonder Woman survived, while other

literary genres like romance and science fiction began to surge ahead. Even the comic book form itself was under attack by a psychiatrist named Fredric Wertham, who published a book called *Seduction of the Innocent* in which he claimed the medium of comics induced immorality, sexuality, and violence in young children. This caused the American Senate Subcommittee on Juvenile Delinquency to investigate comic books, and Wertham even testified at Capitol Hill against them, resulting in heavy censorship in horror, crime, and dark fantasy comic books. There were many publishers that would rather close down than endure the heavy sanitization their books were going through. Nowadays,

the Comics Code Authority (CCA) is virtually defunct, but its damage to the industry is undeniable.

The revival of the industry and the beginning of the Silver Age of Comics was headlined by DC's Flash in the mid-1950s, but Marvel also started to surpass DC with the creation of the Fantastic Four and Spider-Man. During this era, Marvel's heroes were flawed and deviant from the usual charming, gallant heroes, with more sophisticated storytelling than before. Naturally, this addition of angst led to more resonance among college students; in fact, beneath popular comics emerged numerous underground comics that reflected the counterculture of youth at the time. In the face of the Vietnam War, the growth of commercialism, and the responding formation of the hippie movement, this age marked the addition of depth,

societal tension, politics, and human failings and fears to the comic book medium.

What we learn from the story of the comic book is that historical events fraught with uncertainty and change can only be accompanied by a medium like the comic book, which has depended on humor and heroes righting wrongs since its origin. Although the origin and development of American comic books throughout the 1900s were characterized by a mixture of successes and drawbacks, closely mirroring the fluctuating American spirit, the industry continued to rise with few setbacks from the 1970s onwards. Indeed, the "ever upwards" trajectory of comic books into the cultural phenomenon it is today can best be said in the words of iconic Marvel comic book creator Stan Lee: "Excelsior!"

TV Show Review: Loki



Courtesy of Marvel

By ANDREW YUAN

Groups of students gather in "There is a fork in every road, yet the wrong path always taken."

As Oedipus Rex helped me to navigate through the hardships of COVID, I never imagined it to be re-envisioned by Marvel, at least not for the trickster god.

Released on Disney+ this summer, the limited

miniseries Loki follows Loki Laufeyson's journey to uncover mysteries behind the Time Variance Agency (TVA) and himself.

Similar to WandaVision and The Falcon and the Winter Soldier, the series follows the 2019 blockbuster Avengers: Endgame, where Loki, in an alternate "time branch," is taken prisoner by the TVA to aid a search investigation

for multiple versions of himself across apocalypses of different eras. As he falls in love with Sylvie, a Loki variant, secrets behind the potent TVA begin to unwind. Eventually, He-Who-Remains, or Kang, is revealed to be the manipulator behind TVA and sets off multiversal chaos upon his death at Sylvie's sword.

Beyond introducing a new villain and an upcoming multiversal war, Loki hints to Marvel's new ambition to further its initial breakthroughs in the television industry after receiving several Emmy nominations for its previous miniseries. Loki has managed to apply classical dramatic tensions and philosophical complexity to an otherwise rascally villain.

Borrowing elements from Ancient Greek drama, the show slowly reveals the inescapable path of predetermined destiny for Loki and Sylvie. The scenes draw the audience's attention as the characters struggle for "free will" but only to return to their scripted fate in the time loop.

In ways, Loki could be seen as a Marvel reenactment of the Oedipus Cycle that follows the sarcastic, yet tragic, descent of a hubristic ruler into his destined downfall as he attempts to bring good to his

realm.

The show, featuring Loki as one of the most famous antiheroes in ancient mythologies, is an antithesis to Marvel's traditional (and overrated) approach of "Hero's Journey." Unlike the Avengers or Gilgamesh, Loki never received a call to adventure, or a Supernatural Aid to start with. He steps on a bizarre, destined path of chaos after seeing the tragedies of his alternate life played out on a screen while grappling with the puzzling mystery of TVA.

Loki becomes the audience, watching his "other" life as we would in Avengers: Infinity War or Thor: The Dark World. He is not chosen for a glorious mission, but to be sinned on a looping path of atonement, only to find his captors as puppet friends in lost disappointment. Such breakthroughs in character development evidenced Marvel's ambition to go bold and to revolutionize the cliché.

The unnerving revelation of Loki's descent to a Kang-ruled alternate universe at the end of the series leaves the audience not only hung to their seats (and screens, but also remorseful at Loki's supposedly triumphant journey of redemption throughout the entire series. The very remorse might have struck the Athenians as they witnessed the Theban king stabbing his own eyes with regret and departing the state he once

gloriously defended. The Ancient Greeks, too, might have asked, "what was all this for?"

Director Kate Herron, a loyal fan of dystopian literature herself, represents TVA as a totalitarian agency to simulate embezzlement and dread for viewers. With colossal monuments, concrete murals, and posters with Stalin-like gazes, minute designs within TVA provoke Cold-War and anti-communist apprehensions from the audience while reminding Marvel fans of similarly covert settings of Hydra in the Captain America series.

In contrast with the monotone TVA, the cyberpunk planet of Lamentis-1 fulfills expectations of sci-fi fans with neon streets and apocalyptic cityscapes. Similarly, the electrifying vibrance of Lamentis-1 represents the start of emotional bonding between Loki and Sylvie, as opposed to their mutual contempt in TVA. The production team's masterful utilization of colors and sensory details to arouse emotional attachment adds to the creative designs of this show.

Despite Marvel's ambition, Loki's sudden pursuit of "free will," a concept Loki has long despised and was rarely mentioned throughout the series, at the last episode seems abrupt. This deliberate attempt to level the series up to a philosophical ending fails to

deliver substantial development in the plotline and turns the characters into simple plot devices to raise dramatic tension.

Similar criticisms have been drawn to the rushed ending of WandaVision, as fan-anticipated characters of Mephisto and a Quicksilver from the FOX/Marvel X-Men Universe become futile fan services to arouse attention and press releases.

Nonetheless, the final reveal of Kang as the possible villain for Marvel's Phase Four, after the absence of important villains in WandaVision and the Falcon and the Winter Soldier, projects Marvel's successful transition from an old-fashioned comic company on the edge of bankruptcy to a cross-platform entertainment giant invested in both movie and television. Surviving its strings of underperformance in the film business during COVID, Marvel's commitment to its television series is a gift to its fans, and a threat to others in the industry by turning its blockbuster characters into breathtaking biographies.

As Loki is expected to return in Season 2 and upcoming projects, both Hiddleston and Marvel fans are praying Laufeyson to not stab himself blind, or to self-exile himself to Colonus. After all, he did land himself in a Kang-controlled TVA.

» **VACCINE APARTHEID**

Readabout Nhan Phan's '24 analysis of the unequal distribution of vaccinations worldwide, 7.

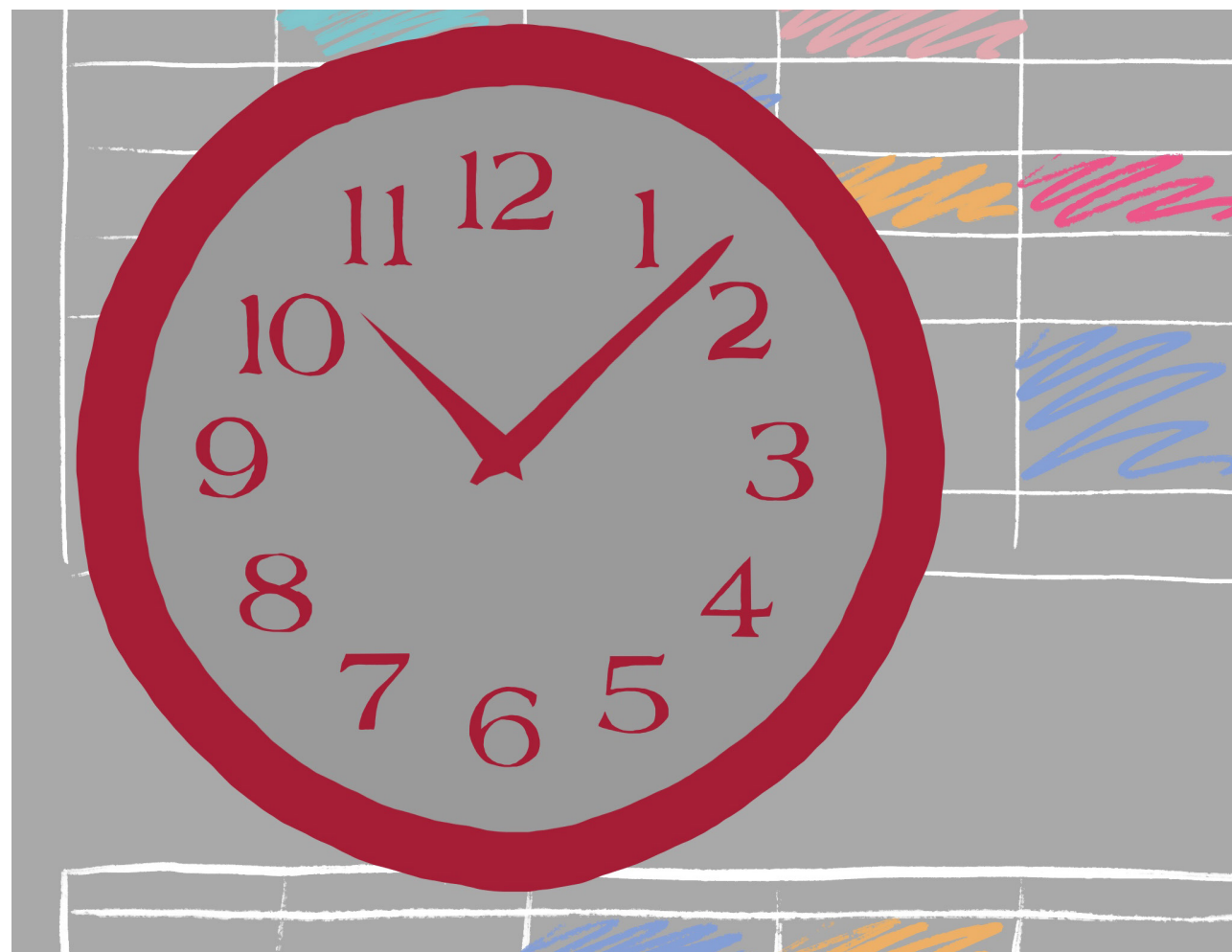
» **SCHEDULE**

Read about Nicholas Rose's '24 defense of the fall term schedule and his experiences with it, 7.

» **MORE OP-EDS**

To read more opinion pieces, visit our website at theexonian.net

This Schedule is Exactly What We Need



By **NICOLAS ROSE '23**

With three weeks of school having passed, I feel like I can now officially voice my support for this year's new and improved schedule. Compared to the constantly-evolving schedules of last year, it's a game changer — the administration has effectively responded to the appeals of the student body. When I

wrote an op-ed last spring trying to create an effective schedule myself, I realized how difficult it really is to balance time for academics, homework, sleep, clubs/activities, and social gatherings. However, it seems from the first few weeks that our administration should be lauded for their solutions to these challenges.

Last year, the homework

load seemed to be the foremost complaint voiced by the student body, as we felt consistently inundated by a wave of assignments. The advent of the "short block" has proven to be quite an effective resolution for this issue, as it allows students to take a rest from homework once a week per subject. While the nightly homework load is still considerable, it now feels more manageable with an

Leandra Sze / *The Exonian*

hour less of homework. I have also enjoyed experiencing the different ways in which teachers make use of this class time, as it often brings a welcome break from the repetition of harkness.

One "long block" for each class a week offsets the time lost during the short period and brings its own set of advantages. A seventy-minute harkness

discussion can certainly be difficult to complete, but many teachers have utilized this time for assessments and labs. Both of these activities are difficult to wedge in a time period of fifty minutes, so much of my stress regarding assessment completion has been alleviated.

Another major downside of last year's schedules was the stress produced by the sheer volume of classes and activities during the day. However, the strategic placement of events like faculty meetings, reserve blocks, office hours, and universal frees allows students to stop and catch their breath at multiple points during the day. Personally, my ability to sleep in on multiple days also improves the challenge of making it through the school week without facing utter exhaustion towards the end.

One downside to the addition of free blocks of time is the decrease in the time between classes. Whereas ten minutes last year was enough to journey from the fourth floor of the Science Building to the second floor of Phillips Hall, five minutes makes it often difficult to arrive on time, especially when teachers inevitably dismiss students a few minutes late. This difficulty also applies to little time before after-

noon practices, and I have heard many students voice frustration that the universal free was not placed after F format.

The Exeter tradition of Saturday classes will always be a point of conflict between the students and administration, but I will say that it is very difficult to find voices amongst the students and teachers supporting this practice. With homework and even tests due Saturday, the cleansing effect of the weekend is practically negated, as students are allowed only one night to relax and recharge. Saturday classes were not implemented last year, and this choice made weekends much more enjoyable.

Creating an effective schedule is an extremely difficult task, but I believe that the administration approached this year in a much more empathetic manner than last. When it comes to homework and class time, less is sometimes more, as students do not need to be constantly productive in order to be challenged and perform at their full potential. While there are certainly a few scheduling shortfalls that hopefully can be ironed out for the future, generally it seems as though the mindset change has paid off and that all-too-familiar burn-out may be avoided this year.

The Global Gap: Vaccine Apartheid

By **NHAN PHAN '24**

The COVID-19 pandemic is an event that exposed the deep levels of social inequity and poor distribution of resources on a global scale. It has also put a spotlight on the ever-increasing individualism of countries and nations that we see evident in the world today through the race to procure vaccinations, medicine, and other essential resources. In a way, I feel like we could have seen this coming.

Individualism, by its literal definition, means "the habit or principle of being independent and self-reliant." We have seen examples of individualism throughout history before. The term itself was first coined by the French in the 19th century, describing the concept of egoism, for the individual rather than the collective. It should be no surprise that colonialism and imperialism both sprouted from one's individualistic needs to gain land territory as a show of power and geographical dominance. Colonialism was built on extraction based on

ideas of cultural superiority that made solidarity unthinkable for dominant countries. By understanding the concept of competition in this context, we can get a deep insight into the discrepancies and inequalities plaguing the global pandemic response today.

Early on in the pandemic, we saw the smallest scale of what eventually is the way vaccinations are distributed across the world today. People were stockpiling toilet paper, wheat, rice, and other resources for themselves. Many were taking more than they needed; some were left with nothing. This competitiveness and individualistic example is the perfect metaphor for vaccine distribution today: richer nations order more than they need and poorer, financially sub-optimal countries are left to negotiate for what's left. A BMJ article exploring the political economy of COVID-19 explained, "Canada could afford to reduce the risk that some vaccines may not be proved efficacious and the risk of production delays by order-

ing five times more vaccine doses than it needed." The term for this phenomenon is called 'vaccine apartheid.' Fundamentally, this competitive political global economy disregards the need for global collaboration and the shared values that the WHO aimed to uphold so early on in the pandemic. Instead, this competitiveness undermined global solidarity in the response to the virus, increased the financial inequality gaps between nations (especially disadvantaged at-risk nations) and essentially, benefitted the rich more than the poor. This competitiveness is one of the main reasons the world failed to respond quickly and effectively to the pandemic.

A theory that would mostly and accurately depict nations' attitude to current resource distribution would be the Tragedy of the Commons, popularized by Garrett Hardin in 1968. The Tragedy of the Commons describes the situation in which people, with access to shared resources, act in their own interests and ultimately deplete

the resource. This scenario is certainly true with the natural resources in the world today (fishes, natural gas, etc.); it is also accurately depicting global access to vaccines and medicine. All countries have their own interests but it is the lack of solidarity and global collaboration that created the discrepancies that we see evident. Many have plentiful access to the vaccine and others are left fighting to find one.

A report conducted by the Independent Panel for Pandemic Preparedness and Response (IPPPR) said, "a 'toxic cocktail' of dithering and poor coordination means warning signs went unheeded." So, how could we have seen this coming, and more importantly: how could we have faced the situation better? The IPPPR report claimed poor global communication, delayed coordination, and a huge wave of misinformation and disinformation was the blame for the poor global pandemic response that killed 3.3 million people worldwide. We knew the inequality gap between

rich and poor nations as well as between the rich and poor parts of the population within these countries as well; we knew that the bottom 90 or so countries judging by the GDP could not afford vaccines at the same rate richer nations can. The top rich nations all have the capacity to redistribute their resources to poorer nations earlier on in the stages of vaccine distribution but failed to do so. Moreover, richer nations ignored African nations' strategies for an effective pandemic response given their experience with containing HIV, Ebola, and Rift Valley fever. Yet, countries still did not listen and still did not see this problem coming.

Will McAvoy once said in *The Newsroom*, "the first step in solving any problem is to acknowledge there is one." By understanding the political economy of COVID-19, we could have devised a global economic agreement in which common benefits and collaborative global progress would be prioritized over the individual needs of

one's country and the hampering of global solidarity in response. This agreement should cover the basics in dealing with pandemics like the funding of global vaccine production and distribution strategies, patent waivers, humanitarian aid, global lockdown-response strategies as well as strategies with reporting data and global coordination. There would also need to be a global redistribution of COVID vaccines as well as testing kits, medical gear, and all other resources relevant. Joe Biden is leading the pack with his initiative to reroute 70 million vaccine doses to several nations. The IPPPR report also stated a possible solution, "Rich and well-vaccinated countries should provide the 92 poorest territories in the COVAX scheme with at least one billion doses by September 1, and more than two billion by mid-2022." All in all, global cooperation is needed to nip this pandemic to the bud in more ways than one; we need to prevent this vaccine apartheid from further worsening itself.

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.

MOKSHA AKIL
LINA HUANG
ANYA TANG
Executive Board

JAMES URQUHART
EMILY WANG
Business Co-Chairs

SABRINA KEARNEY
Chief Digital Editor

NEWS EDITORS
Tina Huang
Amy Lum
Andrea Luo
Hansi Zhu

LIFE EDITORS
Indrani Basu
Jeannie Eom
Allison Kim
Taraz Lincoln

OPINIONS EDITORS
Evan Gonzalez
Manan Mendiratta
Max Park

SPORTS EDITORS
Toby Chan
Sydney Kang
Ginny Vazquez-Azpiri

HUMOR EDITORS
Jack Archer
Dorothy Baker
Chieko Imamura
Blake Simpson

DIRECTOR OF VISUALS
William Park

LAYOUT EDITORS
Anna Kim
Catherine Wu
Andrew Yuan
Valentina Zhang

HEAD PHOTO EDITOR
Teja Vankireddy

PHOTO EDITORS
Joy Chi
William Park

HEAD ART EDITOR
Sabrina Kearney

FACULTY ADVISORS
Elizabeth Dean
Erica Lazure
Michael Matsumaru
Chelsea Woodard

ACCOUNTING
David Kim

ADVERTISING
Anderson Lynch

OPERATIONS
James Broderick

SUBSCRIPTIONS
Claire Fu

OUTREACH
Alysha Lai

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 lahuang@exeter.edu, ajtang@exeter.edu, makil@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.

Sports

Cross Country Season Opens with Successful Choate Invitational

By ANVI BHATE and MI-CHAE LYANG

The boys and girls cross country teams had their season opener at the Choate Invitational with a handful of other New England boarding schools. The cross country teams competed against seven other schools: Choate, Loomis, Avon, Westminster, Kingswood Oxford, and Trinity-Pawling. This was the first time since 2019 that the cross country teams competed.

Lower runner David Goodall described the races and course. “There were three races, the boy’s veteran race, girls veteran, and combined boys and girls novice race. The Exeter boys team had fourteen people in the veteran race and the rest of the team was novice,” Goodall said. “Choate has a very beautiful but hilly and physically demanding course.”

The boys’ head coach Brandon Newbould talked about the team mindset going into the meet. “The Choate Invitational was a strong and successful opener for us, and a celebratory return to racing. I told the boys in both races not to worry about re-asserting their dominance or making some kind of grand statement, and simply to practice and enjoy competing again,” Newbould said. “They did that, forging to the front of the veterans’ race and establishing tight packs, but along the way dominated the field.”

Post-graduate runner Kamran Murray reflected on

his feelings and experience running for Big Red. “For me, as someone coming into Exeter as a PG [post-graduate], I have lots of experience racing XC all over the country but to put on the Exeter singlet and run with a team instead of a lot of solo races that were all too common during COVID was something I treasured and look forward to doing more of this season,” Murray said.

Murray went on to talk about the atmosphere of the competition on race day. “Everyone seemed very excited to be in a real race again since it’s been so long and we were all eager to see where we are performance-wise at this stage in the season after working hard all summer,” Murray said.

The boys team placed well all across the board. Goodall said, “The meet could be considered as a success overall. We swept the top seven for boy’s veterans and had ten runners within the top fifteen. The junior boys did very well too, placing third through ninth, plus strong showings from everyone else.”

In addition to the strong results, both new and old runners finally enjoyed a normal race on the hills after prior COVID restrictions. Goodall explained, “It was a great experience to finally have the opportunity to race after a previous season of staying on campus, being masked, and having interschols on the track. This race was the first cross country race for not only the preps but also the lowers.”

Newbould added, “This meet was unscored, but we displayed depth and strength that should terrify the rest of the league.”

Going forward, the cross country team is looking forward to more meets to come. Newbould expanded on their plans for the rest of the season. “We can move on from this opener with excitement for our regular season and the championships beyond,” Newbould said.

Murray added, “We had highlights across the board but it was amazing just seeing the packs of Exeter runners towards the front of the race, pushing each other to the line and coming away with a good team showing.”

Goodall reflected on the thrill of the races. “The races were thrilling for all the underclassmen to finally get a taste of competition, and great for the upperclassmen to get back on the course,” Goodall said.

The girls’ meet consisted of a veterans’ race, as well as a novice race which was combined with the boys’. A large number of the girls’ cross country team are preps and lowers, and thus, for many, this was their first high school cross country race.

“This was my first cross country meet ever, and I would say it lived up to my expectations!” Lower runner Tenley Nelson said. “All the different teams camped out near the start/finish, with lots of spectators walking around. The overall atmosphere was

very fun, and I had a great time!”

Lower runner Annika Finelli added, “I loved it. This was my first ever high school meet, because we were unable to travel due to COVID last year, and I loved the amount of energy coming from the team.”

The girls cross country team arrived there around noon, after a tiring, three-hour long drive. “I personally thought it was very organized but also a little hectic,” Finelli described. “We arrived there by bus and jogged the course. After that, we watched the returning boys and girls veterans races before competing ourselves.”

According to many of the runners, the Choate course is notorious for being one of the hardest high school courses, and apparently, it lived up to its name. “It was a really difficult course overall, so just completing the race was a highlight,” Lower runner Caroline Ciaschini stated. “It was also great to be able to cheer everybody on like normal and support each other.”

Nelson mentioned that the hill was one of the hardest parts of the course. “One of the highlights of the meet could be the humongous hill at the end of mile number two, which was probably the biggest hill I’ve raced on,” Nelson said.

Despite the notorious difficulty of the course, Big Red cross country certainly showed up at the Choate season opener this past weekend.



ENNA
CHOCOLATE
FACTORY & CAFE

hot chocolate
coffee and espresso
baked treats
mobile ordering



**NAMED ONE OF THE
TOP 50 BEAN TO BAR
CHOCOLATE MAKERS
IN THE US!**

152 Front Street, Exeter
www.ennachocolate.com

gift certificates & shipping

Sydney and Ginny’s Whimsical Words

Which fall sports game are you looking most forward to this E/A? Why?

- » “Water polo, because I’ve been lifeguarding them for a while and now that I really understand the game, it’s become more fun to watch.”
Amy Benson ’23
- » “Obviously mine, soccer.”
Ali Benson ’25
- » ““Football, I guess, because it’s fun to see all of them bobble up and down in their little helmets.”
Emily Wang ’21
- » “The battle for seats at the water polo game that’s inevitably going to be more competitive than the football game.”
Henry Liu ’23
- » “I am most looking forward to Girls’ Varsity Field Hockey because Carolyn Fortin is my everything.”
Danielle Sung ’22
- » “Football, imagine if we get to see a win.”
Anyonomous Senior ’21
- » “Water polo because it’s interesting to see someone go into the water unscathed then come out with a bunch of scratches. Crazy, I tell you.”
Nat Kpodonu ’23
- » “Golf.”
Bradley St. Laurent ’22
- » “Anything but cross country.”
Wyoming Dickerson ’23
- » “Boys soccer, I’m a big fan of the goalie, number 13.”
Lally Lavin ’23

Humor

Over Enthusiastic Prep-Rep Candidate Gets Literally Everyone to Sign Their Signature Sheet

By JACK ARCHER

When it comes to As prep-rep election season falls (haha get it) upon us, tensions rise within Exeter's youngest class. Already tired of sitting in the back of the forum, the future politicians among them decide to undertake the challenge of running to be a class representative. Only one thing stands in the way of them covering every square inch of cork board on campus with campaign posters that look pretty much the same as last year's: the signature sheet. In order to convince the election committee that they are determined to represent their class and completely unfazed about bothering people on a daily basis, prep rep candidates must amass 98 signa-

tures before they are allowed to encroach on everyone's Instagram feeds with a social media platform that rivals the scope of an MLM scam.

Many 9th graders prove their mettle in just this way, collecting all 98 signatures by whipping out clipboards at the beginning of classes, in Dhall, and, on occasion, on the Front Street zebra crossing in case there are any preps in the cars waiting for them to cross the street. Others go above and beyond, collecting over a hundred in case of invalid signatures.

But rarely, rarer than feeling like a human being at 8 a.m., a prep comes along who scoffs at meeting or even exceeding expectations, choosing instead to go off and do their own thing,

creating a whole new category of completion by doing something so downright insane it makes

This year, one such prep walks among us. Actually, they probably run among us, since there's no way they accomplished what they did by moving at normal people speeds.

Prep Stu Co, current prep-rep candidate, wanted there to be no doubt about their entry into the prep-rep fray. They hit 98 signatures on the day the sheets were passed out. So they kept going, and didn't stop. Through a combination of inhuman determination, prep fall pass-fail, and what I assume must be some sort of dark magic, Co got everyone to sign their sheet(s). Literally everyone. All one-thou-

sand and eighty-one of us.

No upperclassmen was safe from Stu's onslaught. "They just wouldn't believe that I was a Senior," student council president Sijon Asain said. "I'm honestly not sure if I'll be able to look them in the eye every Tuesday if they win."

Co wasn't afraid to bend the rules to get just one more signature, even inspiring the administration to write some new rules after certain stunts. "That prep literally broke into my apartment to ask my kids to sign their sheet," a shaken dorm faculty said. "They don't even live in my dorm. I can't sleep at night anymore, knowing there's a kid on the campus who would break-and-enter if an extracurricular required it."

"At last Friday's assembly, that freak of nature ran onto the stage before I could say "Senior Class" and started passing his clipboard around," Assembly Director Melexa Yers said. "No one could leave. It was terrible! What if there was a fire?"

Rumor has it that Co is somehow in possession of the principal's lion card, which allows them infinite access to every building on campus. "They broke into the health center to get signatures from the kids who were quarantining," a nurse said. "I tried to catch them, but they were too fast! Plus, they spit into a COVID test on their way out and tested negative, so I guess it's fine."

Co's most impressive feat was training a faculty cat to sign

its name in order to attain just one more signature. "My cat can write now," the cat's formerly-loving owner said. "I mean, it's still B+/A- work, but it can write. How is that even a thing?"

When questioned about this incredible feat, Co just smiled. "I'm glad I can now rest easy, cause there's no way nine-hundred and eighty-four of my signatures get denied," Co said. "I can't wait to really start campaigning. My campaign statement has the green light at Simon & Schuster and should be available in the Exeter bookstore next week, and the final cut of my feature-length campaign video looked awesome (in theaters soon)."

Adventures Into Our Wonderful Town

By BLAKESIMPSON

Exonians, the time is upon us. The student body is now allowed to traverse the vast and sweeping scapes of Exeter, New Hampshire. As a dedicated journalist, I see it as my duty to report back about the possibility

of adventure downtown and beyond.

PARKING LOT

Either of them.

HORSE PARK

It is exactly what it sounds like. I will not be taking further questions.

DUNKIN' DONUTS

You either love it or 0.9 miles is just too far for a greasy and succulent hashed potato.

TAKE THE EGGS OUT OF A BIRD'S NEST

Now you might be thinking, "that's not a place!"

IS THIS HOUSE UNLOCKED/IS THERE A SPARE KEY UNDER THE DOORMAT?

This one is more of a game than a location.

SHOUT AT THE ELDERLY

It's up to you what you want to shout about. Try something pleasant, like soup or the afterlife.

WATCH PEOPLE TRY TO BACK OUT OF DOWNTOWN PARKING

If you're in downtown Exeter

and want to revel in the misery of others, look no further than the parking spots that line the downtown stretch.

'WHERE'S CHARLIE?'

Charlie is my nephew and I lost him. This one is also more of a game.

10 Ways to Mess Up A Tour

By DOROTHY BAKER

1) It is actually your birthday (joke ruined).

2) It's your prep fall and you don't actually know where the buildings are.

3) You forget to show THE WHALE.

4) You tour the dining halls during lunch rush (if you

can even get in).

5) You tour any academic building on Monday morning. Especially during midterms, finals week, or November 1st.

6) You're not in dress code and a teacher catches you and makes you go back to change, thus leaving your prospects tourless.

7) You walked backwards into a pothole.

8) The pothole wouldn't stop singing the pothole song.

9) You showed them your dorm room then got 'stricts' for illegal Vs.

10) You forget who Louis Khan is.

10 Great Inventions That Have Come Out of Exeter

By JACK ARCHER

(Arranged in order of significane)

1. A foolproof strategy to survive a Harkness discussion without doing the reading beforehand (No, I'm not telling you figure it out yourself (it takes 4 years))

2. The Humor Page

3. Putting DHall churros in a cup to maximise churro carrying capacity

4. Describing our newspaper as the longest "continuously running" one because Andover beat us by a month or so, but then forgot to publish for a few years

5. A method of hotwiring the sit-in lawn mowers that rumble around campus and using one as a means of transportation

6. Whatever the heck they do to get

Harkness tables through classroom doorways

7. Bumping the course numbers of U.S. history courses up by 100 so we can all get into college

8. Putting "Phillips" in the name of like every single building here to maximize confusion

9. The rest of The Exonian

10. That Facepage thing or whatever

A Collection Of Miscellaneous Poetry

By DOROTHY BAKER

There once was a senior named Dorothy.

She walked to her dorm oh so slowly.

Assembly let out, and she started to pout

For her name was on the checklist.

(this is now outdated due to the new

attendance system)

COVID is no longer

The preps grow fonder

Seniors curl on Naviance

Lowers enjoying the ambiance

Uppers live lavish

Before their spring turns savage

The grass is still green

Preps in Agora Hehe

Zucc went here

But Facebook I fear

In solidarity I use Messenger.

StuLis sounds like studious

Proctor sounds like doctor

Prep sounds like rep

Please stop asking me to sign your Stu-Co sheet I'm a four year senior


Chieko's Crossword Corner

1	2	3		4	5	6	7	8	9		10	11		
12				13							14		15	16
17				18							19			
20			21							22		23		
24										25	26			
27						28	29			30			31	
				32	33				34					
35		36	37					38						
39							40							
41						42				43	44		45	
		46							47	48				
49	50			51	52		53	54						
55			56		57							58		
59					60							61		
		62												

Across

- 1. Feline like senior in Merrill, calls 35 across Papi joe
- 12. In English, describes something aged. In Spanish, a cry of joyous approval
- 13. Senior in Main St who does Latin and squash
- 14. American actor in Even Stevens, Transformers, and Indiana Jones 4
- 17. The Women's Leadership Institute
- 18. Basic dance step 1-down might do in square dancing, polka, contra dancing, etc.
- 19. George Orwell has a book based at this
- 20. Has a reunion concert in December. If you're looking for a boyfriend they see that. Give them time and they'll be that.
- 23. The National Apartments Association
- 24. scale commonly used for toy trains and rail transport modeling
- 25. non-financial factors investors are increasing-

- ly applying as part of their analysis process to identify material risks and growth opportunities
- 27. Exeter Alum who made national headlines around democratic primary elections and then again in New York mayor elections.
- 28. Class of 20 Alum who was in Lamont, danced in Imani, goes to Wellesley
- 30. Academy of the Sacred Heart in Michigan
- 32. Not under
- 34. Please Do Ask Alpacas Eating Nuggets
- 35. The absolute GOAT. Birthday is 10/9/21 (Sat). Senior in Merrill. Girls tennis captain
- 39. First track on Ed Sheeran's Divide
- 40. Rihanna has a song called this. So does Justin Bieber and Kid LAROI. So does Alessia Cara and Zedd. So does Kygo.
- 41. a British education charity and awarding organization
- 42. A chain of superstores in

- Hawaii
- 43. "Song in Spongebob with Spongebob and Plankton" + the letter M
- 46. International Student Exchange
- 47. First word of  + I
- 49. Exeter Schedule portal
- 51. American country singer. Did a song with Zedd that won 2019 song of the year from iHeartradio awards.
- 55. Makeup superstore
- 57. To give someone facts
- 58. Last name of unknown persons
- 59. This word + Shady is a rapper. This word + Jim is a meat product.
- 60. Sugar rich liquid in plants and attracts pollinators
- 61. American Medical Response
- 62. Lower in Merrill Hall. Does debate and has a senior sibling who also does debate. On JV girls soccer.

Down


- 1. Yee-haw
- 2. See ya later ----- (plural)
- 3. Married to John Legend, last name
- 4. Single in german
- 5. If apple went into real estate what their product would be called. But also already exists and makes speakers
- 6. Gives you flu shots, minus the letter U
- 7. An Arab Ruler
- 8. Can Apples Drown Under Kayaks Ever?
- 9. If there were multiples of John Lennon's wife
- 10. Sportswear company, radio station, etc.
- 11. The largest city in China (population)
- 15. an account set up at a financial institution that allows an individual to save for retirement. Sometimes has "Roth" in front
- 16. Word used to describe

- 1 across, 35 across, and 62 across
- 21. --- of war
- 22. Senior in Will house. Cohead of EAR. Last name
- 26. Test you most likely had to take to go to Exeter
- 28. Founder of Comme Des Garcons
- 29. & Young Global Limited
- 31. A usually noncancerous tumor that arises from the membranes surrounding the brain and spinal cord
- 32. Other Persons Endearing Never Even Matter
- 33. Virtual Human Resource
- 34. Our school!
- 35. Song by Labrinth
- 36. Deriving pleasure from inflicting pain, suffering, or humiliation on others
- 37. First name and last initial about a former class of '22 from Paris and has music @mt.world_
- 38. What you send to your parents so they know when to pick you up from the air-

- port
- 42. Popcorn before it's popcorn
- 43. To
- 44. Umbrellas Never Read Dog Alarm Roving
- 45. State Seniors are in because of all the work they have
- 47. In the Book of Exodus, the husband of Jochebed and father of Aaron, Moses and Miriam
- 48. Spelled backward is a certain brand of joke popular maybe five years ago
- 50. Key next to the K is stuck
- 52. Is not; are not; am not
- 53. Evangelical Formosan Church of Irvine
- 54. Networking on the Network
- 56. annual American music awards show, generally held in the fall, created by Dick Clark in 1973 for ABC when the network's contract to air the Grammy Awards expired.

Types of People During a Fire Drill

By DOROTHYBAKER

- 1) The student athlete 

They were up before the alarm. Ice in their veins. Practically on their way out to Downer before the siege got in their way. It's ok though, they feed off completing drills. They hate getting their name taken down for attendance; they need to grind in silence. In case of emergency, they will beat the fire.

- 2) Shampooer


The unlucky fellow who was in the wrong place at the wrong time. Seen shivering in their towel squinting the soap out of their eyes. The meme of the dorm for the next week. Let's hope they wore shower shoes.

- 3) The 6 a.m. sleeper

DO NOT BE THIS PER-

- SON. DO NOT BE THE REASON YOUR DORM HAS TO COLLECTIVELY WAKE UP AT 6 TWICE.
- 4) The absent

Cahalane is typing...

- 5) This person:
- 6) The one with a sleep-in

You will know who this person is because they will not stop telling you that they, in-fact, have a sleep-in.

- 7) The vlogger

Paparazzi have arrived. Their Snapchat story has been spammed before the sun has even risen. They made sure to capture your morning hair and eye crumbs. Also the reason the shampooer will be

- memorialized forever as the dorm meme.
- 8) The dorm head

They wait outside looking at the dorm full of sleeping children knowing that they're about to have their day ruined before it even starts.

- 9) Timekeeper

Campus safety, we appreciate you. Please make the next one at 10 a.m.

- 10) The observer

The light sleeper who lives in the dorm next to you. If you go down, they go down too. Wakey wakey!

The humor group chat's reaction:

