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CAPS Speaks at Open Forum after Students Expressed Discontent



The CAPS team responds to questions.

By ALIA BONNANO, EMI LEVINE, SOPHIE MA, and CHENGYUE ZHANG

ESSO Active Minds and the Student Council Mental Health Committee held an open forum with Counseling and Psychological Services (CAPS) on October 6. Though the event was intended to help aid existing tension between CAPS and student body communication, many students who attended the forum felt that the meeting further exacerbated these tensions.

Due to recent controversies surrounding CAPS and student body relations, "the CAPS faculty hopes that our candid answers to students' questions [at the forum] will clarify our supportive role," CAPS counselor Dr. Chris Thurber said. The forum lasted over an hour and was formatted in a question and answer style. Students sent in anonymous questions online to be asked to the panel of the five CAPS counselors. Leading up the forum Thurber added, "The CAPS faculty hopes to learn, from students' questions, about further enhancing our good communication with the general student body."

William Park/The Exonian

"First and foremost, we are committed to bringing students transparency about mental health support on campus. As I think back on my experience coming to Exeter as a prep, I realize this conversation was honestly overdue," Senior and co-head of the Mental Health Committee Maxine Park said.

Senior and Mental Health Committee member

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Student Council Promotes New Visitations Policy

By MEISHU HAN, MINSEO KIM, LUCY PREVIN, SAFIRA SCHIOWITZ, and ANDREW YUAN

Content Warning: mentions of sexual. If you find yourself distressed by any of the following content, olease seek confidential help at the National Sexual Assault Hotline: +1 (800) 656-4673

Alongside several COVID-19 restrictions on campus lifted as of September 27, students are now free to socialize in personal and common spaces in dormitories. Because of this, discussions revising the about Visitations Policy have been renewed.

On September 30, the Student Council Executive Board shared the fifth draft of Visitations policies with Student Council members in an all-Council email and requested representatives to facilitate conversations with the student body. As of October 12, all dorm representatives have shared and discussed the policy reform with their dorms. Notable highlights from the fifth draft included closed-door visitation for seniors from January to June and a change from 90 to 45-degree open door for lowerclassmen. Uppers are allowed to prop doors open with a shoe.

Senior and Student Council President Siona Jain explained the motivation behind recent changes to the visitation policies. "Seniors will remember the Visitations changes that occurred in the summer of 2019," Jain said, "Previously, the policy was incredibly heteronormative, and rather than saying, 'Ok, let's let people of all genders into other dorms,⁷ the new policy closed off the dorms completely until the last 1-2 hours of the day."

"More and more students were getting Illegal Visitations at all hours, and I cannot stress how many Illegal Visitations took place. As a result, some students found themselves in unsafe situations during illegal Visitations, and many have expressed a worry that if they left those situations or reported feeling unsafe, they'd also receive repercussions for Illegal Visitations in the first place." Jain continued, "While this isn't true, our Visitations policy new

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The Assembly Hall is one of the few places where masks are still required for all students.

William Park/The Exonian

COVID Restrictions Loosen, Community Shares Thoughts

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ByDAVID CHEN, ELAINE QIAO, EMMA SORDI, ELLIE ANA SPERANTSAS, ARIANA THORNTON, and KENDRA WANG

After weeks of pandemic restrictions, the Academy allowed mask-wearing for vaccinated individuals, removed twice-weekly COVID testing, implemented visitations, and permitted leaving campus and Out-of-Towns. Students and faculty shared mixed thoughts about the loosened protocols, which started September 23, as they balanced health concerns with greater options.

Of note, unvaccinated people are required to wear their mask indoors except when alone in their room or eating/ drinking and to participate in twice-weekly testing. In addition, teachers who do not feel comfortable can require their classes to wear masks, regardless of vaccination status, and masks are required for all students in assembly. General guidelines like social distancing are still recommended when possible.

Upper Ina Mason was a new student at Exeter last year,

CONCERN, 4

Common Cold Sweeps through Campus, Health Center Overwhelmed

By EMILIA KNIESTEDT, HANNAH PARK, ANNA KIM, LAUREN KIM, WILLIAM HACKETT, and ELINA YANG

As the leaves on the Academy Lawn turn bright red and orange, Exonians find themselves bundled up in anticipation of winter months. However, along with the chilly winds and cooler temperatures come an influx of coughs, runny noses, and sore throats.

Large numbers of the student and faculty

body reporting flulike symptoms have overwhelmed the Lamont Health and Wellness Center.

Most students undergo a polymerase chain reaction (PCR) COVID test, strep test, and flu test upon their arrival to the center. Because students are kept at the center while awaiting results, visits have lasted up to 12 hours, leading to missed classes, sports, and general frustration.

Faculty and students expressed

concerns about students interacting unmasked History Instructor Diana Richardson, who experienced the sickness, shared, "I've had too many students come to class sick, which is resulting in spread to others. If we all keep away from one another when we are sick and wear masks and wash our hands – we can be safer."

R i c h a r d s o n recommended that all students take precautions when experiencing sickness. "Students

NEWS-IN-BRIEF Prep Class Representatives Chosen

On the evening of October 12, the Student Council Elections Committee announced the results of the class of '25 representative election with Junhyeok Jang, Bryan Chen, and Dhruv Nagarajan being elected.

Upper and Elections Committee co-head Tucker Gibbs expressed his appreciation for the high level of participation. "We were very pleased with the turnout in this election. 74% is not something you see everyday, and it goes to show how engaged the preps are in Student Council. I hope that this passion continues through their four years at Exeter."

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CAPS Forum, Continued



Counseling and Pschological Services (CAPS) Office can be found at 225 Water Street.

Bradley St. Laurent agreed."I went because I was really hoping it would reassure me that when I am suggesting CAPS to people, I'm not making a mistake and that things will be handled professionally and will not make the situation worse," he said.

The forum began with a focus on medical leave, with many students having questions regarding the process and intentions of removing a student from campus. CAPS

send a student home unless an investigation had been finished and we know they are safe... if CPS has determined that the situation is not legally defined as abuse we don't have a choice. However, we know what happens legally, let's do this humanely. We always talk to caregivers and try to figure out another option. Grandparents.... we're always trying to make sure that where students go is safe."

Shortly after this, a student posed a question about whether medical mandatory, is leave Thurber responded with graphic description а of a past student's self harm, without any trigger warning. This comment led to many students exiting the forum briefly and delayed the proceeding of the forum for roughly 15 minutes.

before opening the topic up for discussion.

Thurber stated that answer was his not properly thought-out, "Speaking for myself, I sometimes lose sight of what would make another person uncomfortable. I apologize for my sloppy choice of wording and not keeping in sharp focus the transparency without being graphic ... " he said, "I think the request to be transparent is an important request, and I thought it was relevant to the question that the student themselves didn't want to go on medical leave, but others wanted them to. I didn't have to be graphic, I could have explained concerns in a dormitory without using such explicit language." Senior and Mental Health Committee cochair Ben Ehrman explained the issues within the forum. "The first thing that went wrong is that Dr. Thurber went way over the line with his comments in an unnecessary manner. What was worse is that there were four other licensed therapists on the stage with him. None of them interjected and said, 'Hey, that's over the line.' Again, we saw that the burden was placed on the students to intervene in that moment." St. Laurent commented on the explicit nature of Thurber's answer. "It's hard because I'm trying to not let one member of CAPS speak for all of them when I have that idea in my head, but it was jarring," St. Laurent said. "This was their chance to say, 'we know that we've kind of messed up and we're gonna help you. We're going to answer all of these questions. We're gonna make it crystal clear.' And [the forum] didn't really do that [for me]. [Dr. Thurber's remarks] were not appropriate. It was shocking. There were a couple people who were really, really, really upset because it was a really upsetting thing, especially to describe something like that."

In his email, he said, "I want to apologize again for the discomfort that I caused this afternoon... I made several mistakes... and I did not realize that my language was causing distress until a student spoke up. In my effort to be transparent, I was insensitively detailed. I deeply regret that my striving for clarity—which all students deserveclouded my selfexpression. In retrospect, I could have provided equally transparent an answer to the student's question without any upsetting descriptions. Again, I apologize for my insensitivity." He continued, ۴I also apologize that my actions interrupted the event. Students worked hard to organize this forum, assemble excellent questions, and moderate it professionally And as we said at the start, we all felt grateful for the opportunity to enhance communication between students and CAPS. My insensitive language took attention away from the substance of our excellent conversation, for which I am sorry... I am grateful that students returned after the pause, both to process what we were feeling and to offer direct feedback to me.... I will continue to reflect on the candid feedback from students and from my colleagues, and I will strive to do

beginning of the event,

Joy Chi/The Exonian

which we didn't even know had to be an understanding, of what content would be inappropriate for students and what wouldn't," Park said. "I think that fits into a larger theme of this disconnect between students need, what adults' perception of what students need, and how they can meet these needs."

"They're trained to do these things, but at a point when each one is having a thousand appointments year, they're going to be pretty stretched out. It seems like the most important thing is trying to regain trust between the student body and CAPS, which was the goal of [the forum], but it wasn't particularly successful ... " St. Laurent added, "I know for a fact that MHC and Active Minds are taking that very seriously. It's basically the number one goal at this moment is to make sure that students feel comfortable going to [CAPS] and feel as though they can be vulnerable and truly talk about how they're feeling without the worry of things going awry or something bad happening." "What I don't want is for students not to seek help because of the failures of our team. We are one resource, absolutely, but there are other resources as well," Lee said. Counselor Kathy Simon agreed during the forum, saying, "Even if you're not getting the support from me, you should be getting that support. I would hate that you wouldn't have a way to do that." Park added that CAPS should consider the burden placed on student leaders to handle things meant for trained professionals, "The fact that students were the first ones who had to speak up is part of the problem. I understand that there's ambiguity as to where the student leadership realm ends and where actual professional care begins. Students are more comfortable speaking to students, but at the same time, the level of training that students have, and the age that we [students]

are, do not equip us to deal with really serious situations or emotions that are supposed to be dealt with by trained adults," Park said. "It has become clear that what we meant when we said that students need transparency was not understood. There was a gross misconception that because we, as students, were there to take part in dialogue, we were willing to take on this burden of hearing things that we really shouldn't be hearing. Transparency is not amplifying the student burden by detailing harm unnecessarily. Transparency is about getting students clear, appropriate information about the support and care they deserve."

"It's just hard when mistakes [like these] are just so present, especially in such a back to back manner with everything else that's going on and then this... But at the same time, I think one thing that people have said is also that there are a lot of successes that people have with CAPS. People don't tend to talk about the successes as much as they might the failures or the setbacks. I think that is another thing that should be kept in mind, but the frequency of these failures is just alarming," St. Laurent said.

"I think as much as student trust might have been further diminished by Thurber's words, there was an effort at the end of the forum by CAPS to discuss with the student body, candidly, what actually went wrong. And I think people respect that. I think it is important to recognize that there is an ongoing effort on CAPS' part for improvement and reconciliation. Obviously,

attendees reassured that medical leave is an option available with the student's best interests in mind, emphasizing that it is not meant to be an isolating act. Dr. Szu-Hui Lee, Director of CAPs stated, "Medical leave was placed to support students. It's okay to press pause on academics if that means you get to prioritize your health."

Counselor Marco continued, Thompson saying, "Medical leave is an asset that is afforded to all students...it's a tool...if we didn't have the medical leave option, I suspect we would simply be asking students not to be students anymore. The connotation is that it's a punishment, but it's really an asset to students. I'd really like to change the language behind medical leave."

Thurber also talked about the individuality of each medical leave case, saying, "Not every medical leave case can follow a specific flow chart... CAPS might not be involved in the process at all."

Many students had questions about the process for placing a student on medical leave in the case of domestic violence. The counselors explained that they are required to report to the Child Protective Services for investigations, who have the ultimate say in the matter. "It's not our job to determine if there's abuse at home, but it is our job to report anything we know that concerns safety so students aren't sent home to that," Lee said.

Thurber continued explaining, "We wouldn't

After multiple students had stepped out, a student asked, "Dr. Thurber, can we please get a trigger warning for those sorts of descriptions?"

Thurber then responded by saying, "You are here to talk about some very serious things and get some transparent answers. My apologies if this is upsetting..." The leaders from the Mental Health Committee then informed Thurber that they ask everybody to refrain from using vivid and physical descriptions of anything.

The event was briefly paused, during which Dr. Lee and the student leaders stepped out to check on the others. Once the forum resumed, Dr. Lee informed the audience that they had debated stopping the forum right there, with a fear that students would feel comfortable not returning. Lee said, "If we had just called the event it would have been unfair."

The remaining part of the forum was dedicated to addressing Thurber's comment. "Maybe the language we used was unnecessary, direct, and raw. Sometimes this is the work we do and this is the world we're in. For me sometimes, I forget that this is not what people talk about all the time. Let's process this." Lee added,

Thurber has since released a formal apology to the student leaders.

The forum's conclusion students left and counselors alike feeling as though the purpose was not satisfied. Ehrman said, "I think from what we saw, it can be very important and valuable to just have students asking counselors about their policies and how things work. But what needs to happen in order for it to actually be a valuable resource to have counselors, is for them to realize that trauma can still be very sensitive for people."

better in the future."

don't Ϋ́Ι really know how to explain this because I'm not a professional, trained but something like that shouldn't have happened. There wasn't really an understanding from the

this doesn't change that the mistake and ensuing response shouldn't have happened in the first place." Park said.

"[The Mental Health Committee and Active Minds] want to emphasize that we're not recommending anyone necessarily go to CAPS or not go to CAPS, but we're are highlighting the fact that there's a lot of distrust in the community right now and that we can fully say that CAPS is not a good place for everybody. But again, some people do have good experiences, but that's not [the focus] right now," senior and cohead of Active Minds Otto Do said.

"The goal of the forum was to try to build a bridge that's been broken between CAPS and the student body and all that had seemed to happen per those who attended the events, and from what they have disseminated to everyone else on campus, is that the bond has been even further destroyed. I don't know where to go from here, honestly, like in terms of building [the bond back] with CAPS. I think this event only exacerbated [the issue]," Ehrman said.

Park continued by sharing what hopes CAPS took away from the forum, " I think [this forum] should first show them that change is possible. But second, I hope it pushes them towards a proactive mindset—a proactive striving for transparency. Adults can no longer just wait and expect students to initiate this kind of change."

Meditation Returns to Student Acclaim



Bennett Fellow Kim Foote gives her meditation at Phillips Church Wednesday morning.

TANIA RANA, Bv ATHENA WANG, CLARK WU, and ANDREW YUAN

Sunlightshonethrough the stained glass windows of Phillips Church to illuminate students and faculty gathered for the beginning of Meditations on Wednesday, October 6.

Scheduled for 9:50a.m. on Wednesdays, Meditations are an Exeter tradition for the community to share their stories. Faculty and staff share in the fall and seniors selected by the English Department share in the winter and spring. The series started with Director of Religious and Spiritual Life Reverend Bonnie Jean Casey in a

reception under the Art Gallery tent. This year, attendees have a limited capacity of around 90 people and mandated masking.

Hearon expressed his excitement for the coming weeks. "The return of Meditations in-person is like a long-awaited homecoming. They bring a sense of connection to others' stories, reflections and connections-things direly needed in this period of isolation," he said.

Riley Senior Valashinas also looked forward to in-person Meditations. '[It's] so much more of a

that online meditations can't, and in a place where it can often be hard to take that time to slow down and pay attention, this oasis of calm and presence is something I'm grateful for," she said

In Casey's meditation, discussed the she community's transition out of COVID. "I want to honor our resilience and focus on our ability to adapt to change. Change takes courage, it always has. We learn to map our course, but often we are thrown off course by something unexpected," Casey said.

Casey spoke of a checkpoint of sorts. It religious tale about a

cross the desert, until the desert whispered that the wind crossed the stream. 'If you continue to hurdle in your own way, you'll disappear. You must trust the wind," she said.

"When the wind took up the water and carried it over the desert the stream understood. And there are several beautiful messages in this journey. It's one of determination and the challenges in personal change," Casey concluded.

Students in attendance on Wednesday expressed their appreciation for the reinstated event. "It was so peaceful to just have a space that was quiet and focused, and everyone and I'll be starting my really requires you to stream, a desert, and the was really respectful, own soon, and it's just so sit and focus for thirty wind. "The stream was so I'd say it was great. I inspiring to read people's straight minutes in a way convinced that it could not loved having a dedicated stories, and to see what

time to just sit in this sanctuary of sorts and just listen," Valashinas said.

Senior Emma Chen agreed. "Even though I'm not Christian, the church itself felt such a peaceful setting for a meditation," she said, "the location itself gave additional significance to the meditation itself."

Valashinas also looks hearing forward to classmates read their meditations. "I feel like it really helps you get to know people in a way you otherwise wouldn't...I've also been reading some of them in my English class, since it's senior fall William Park/The Exonian

they choose to say when they're given the space to do so."

Hearon hoped that Meditations can strengthen connections between the community. "It's а religious experience of sorts, and it's what the root of the word 'religion' means: a bringing back together of what has become frayed or torn," Hearon said.

"What I love most about Meditations are the generosity of spirit in the speakers, matched with a generosity of awareness in the listening audience. There's no better place on the Exeter campus to witness goodness-inaction" Hearon said.

Campus Cold, Continued



The Lamont Health and Wellness Center is open 24/7 for all students who feel symptoms of illness.

should absolutely go to the health center and be evaluated/tested when they first experience any cold/flu symptoms and then wear masks until their symptoms are gone," Richardson said.

Richardson also suggested an adjustment to the Academy's current way of managing the sickness going around. "I don't feel unsafe regarding COVID as most of us are vaccinated, but I think that a better plan

for dealing with colds/ flus is in order. It's really disruptive for me and/or students to miss a whole day or two of class for every sneeze and sniffle," Richardson said.

Some felt like the Academy's response did not consider students' mental health. "The Academy seems to value our mental health and understand the stress of our workload only during the peak of the pandemic, but as we return to

normal, they seem to be reverting back to old bad habits in which they don't [fully and explicitly] acknowledge the stress and anxiety their workload and behaviors in general create, and I believe this lack of understanding has been revealed during this Main Street plague,' upper Drew Smith said.

Student efforts to the Health report to Center and masking in class and public spaces have not gone unnoticed. Joy Chi/The Exonian

Main Street Dorm Head and English Instructor Tyler Caldwell spoke specifically about the students in Main Street Hall. "The Main Street students went to the Health Center to get tested even when they knew they would be stuck there for a day or two. Good for them for being proactive and thoughtful, considerate members of our community," Caldwell said.

Caldwell added that

he would prefer this sickness to not be called the "Main Street Plague," explaining, "I understand some of this may be in jest and I understand that some kids in Main Street might have even participated in naming it, but I don't think it is helpful to label the cold in that way."

Caldwell added. "When else have we seen people point, whether casually, jokingly, or seriously, to other groups of people as the source of a sickness? And how do we think people from that 'ill' group might feel?"

Some students expected the sickness to come. "I think with the masks coming off, it was bound to happen sooner or later," lower Will Soh said.

Students also expressed concern over the lack of protection against the sickness. "It is a bit unsettling knowing how the cold is spreading so rapidly, yet there is not much I can do besides maintain distance from those who are ill and wear a mask around others, especially if I start receiving symptoms," prep Emily Chai-Onn said.

Others suggested extra restrictions to manage the sickness's spread. Prep Soleil Jamani said, "If cases begin to rise, I think we may have to bring back the mask mandate and start having people get the booster shot if they are eligible."

the school would benefit from more recorded statistics on the spreading sickness. "I think that the school needs to be more conscious of cases, how much students are exposed in town, as well as the amount of outside exposure day students experience."

Senior Will Carney appreciated the Academy's efforts to combat the sickness. "It's a natural thing that happens every year at every school," Carney said. "I think the school is doing enough. They're doing what's expected and following CDC guidelines and New Hampshire state guidelines."

Upper Jayson Tung said, "I think the correct measures are in place right now, because I don't want to go back to the old rules and I think they're unnecessary for this 'plague'."

Richardson emphasized the need to take care of oneself and other members of the community. "I think we all could use the reminder that we are all still living in a pandemic and need to be cautious. Masking and keeping our distance is not fun, but we should do it when we aren't feeling well for the greater good the community," of Richardson said.

Chai-Onn also believed

Concern over Restrictions Loosening, Continued

so this is her first experience with such loosened pandemic restrictions. "So, a chance to go without masks and have people in my room or hang out inside common rooms—I appreciate that," Mason said.

Senior Ellie Gransbury agreed. "My experience has been generally very positive; I have been able to make better connections with my classmates in an unmasked environment. I am not all that worried about my own risk of infection on campus," Gransbury said. "I would say that my concerns lie with those who are unvaccinated due to religious or medical exemptions. It is a challenge in and of itself to be othered by the community for remaining masked; I cannot imagine the stress."

Lower Riya Tyagi was also worried about people's health. "It's been really nice, but at the same time, I think it's dangerous. I only really have two qualms and that is the no weekly testing and opening up to town, because on campus, the majority of people are tested and this is basically a safe bubble, but outside of campus, there's still so much going on."

Lower Charles Potjer similarly shared some apprehension. "I've gone out of town and it's nice to get off campus a little bit, but the biggest effect is now that the [cold] is going around, a lot of my friends are in the health center."

Tyagi added, "On campus, I completely welcome the normalcy. [Hanging out with friends] is so much easier when you're not wearing a mask or distancing. But whenever I'm going to town, [wearing a mask is] really a must."

Tyagi believes the Exeter community will handle masking well. "In all of my classes, if I don't feel too well-I've seen other people do this too-I wear a mask. I know a few of my teachers require masks in class because they also don't agree with some of the new protocols." Tyagi continued, "I think people are doing very well with being aware of the time when masks need to be worn, and I don't think that it's going to be a super large concern because most people are pretty proactive in handling it."

Some students, such as lower Rowan Flanagan, felt more worry than excitement. "I feel like they made a poor choice in the order that they let the protocols down, by first stopping testing, then letting people go into town, then letting people unmask—it just seems like a perfect time for everyone to catch COVID and for it to rapidly spread," Flana-

gan said.

"T'm not sure if I trust everyone on campus to always go to the health center if they're presenting certain symptoms, or to hold themselves accountable 100% of the time. It just takes one person to not hold themselves accountable for that to cause problems for the rest of the school," Flanagan continued. "My greatest fear is getting COVID, then going home and giving it to my sister"

Math Instructor Tim Whittemore expressed concern with the speed of COVID protocol liftings. "It feels a little fast. As with most things I'm deferring to people in the health center who know much more than I do, but it seemed a little fast to take off the masks the same day as Academy Life Day."

Some students with medical conditions have heightened fears. "I personally have a medical condition that affects [my experience]. It's not good for me to take painkillers or cold medicine unless I really, really need it, so if something were to happen to me-COVID or any illness-it would not be good," an anonvmous prep said. A division in their eye makes it so that a variety of medicine could have the unpredictable effect of impairing their vision.

"So that's why, even though I'm fully vaccinated, I'm still wearing a mask as much as I can and using my sanitizer, just because I'm trying to be as careful as possible," the prep continued. "I also know there's a lot of other people who are affected by health conditions, and so even if they follow all the standards perfectly, when everyone around them isn't wearing a mask all the time, it can be very hard."

"You should be able to sit and focus in class without worrying about whether you touched somewhere you need to sanitize, or if someone nearby doesn't have a mask on and they sneezed," the prep continued.

Faculty with small children who are not vaccinated also shared concerns. "T'm happy that the vaccination rates in New Hampshire are high, and relative to the rest of the country, infection rates are low," Whittemore said. "On the other hand, I have two young kids who can't get vaccinated. I don't think I'm any more worried on campus than I am off campus; I'm just worried in general."

Dean of Multicultural Affairs Sherry Hernández shared her experience with her five year old daughter, an unvaccinated child, in the context of the new mask protocols for adults at the Harris Family Children's Center. "I feel semi-good about the fact that adults are no longer needing to wear masks at the Harris Family Children's Center. To me, that's really a wonderful way for my child to still understand body language: a teacher's smile, a teacher's reassurance, and affirmation through their facial expressions that is really comforting for young children. So for me, it has been positive," Hernández said.

Hernández also has worries. "On the flip side, of course, my daughter can't be vaccinated. So I do worry about my daughter being in spaces where she is unmasked as well as other adults who may be carriers of COVID."

Other faculty members share this sentiment. Instructor of Health Education Shane Lapointe provided her methods for keeping her unvaccinated children safe with the new protocols. "I am still abiding by sort of keeping my family close to home and not eating in the dining hall because that doesn't feel like the right decision for us right now," Lapointe said. "In different spaces I'll make different choices." Samuels remarked about teachers' choices for mask protocols in their own classrooms. "I know that some of my colleagues have small children or unvaccinated family members. The fact that they have the option to keep some of these restrictions in place is really important," Samuels said.

French Instructor Katherine Fair acknowledged the autonomy given to teachers regarding masking protocols in their individual classrooms. "As soon as the administration lifted protocols, they also gave teachers permission to continue requiring masks in our own classrooms, which I did. My students instantly understood and complied without missing a beat, for which I am extremely grateful," Fair said.

Samuels expressed gratitude for people who wear masks. "The reassurance I get from seeing those people who want to remain masked and are comfortable doing it makes me feel good to be part of this community," Samuels said. "It makes me feel like it is maybe, cheesy as it sounds, that there is a sense of non sibi here, where we're taking care of each other in a way that really makes me happy."

History Instructor Troy

Visitations Policy Changes Proposed, Continued



for the revised Visitation policies. "I'm a fan of the newest Visitations policies. It's a lot less intrusive than the current policies when it comes to door angles," he said, "You have the ability to spend more time with friends in places that are comfortable."

Upper and Student Life Committee co-head Grace Puchalski agreed. "I personally support the new Visitations policy we are pushing because I think it is a privilege that students a closed-door policy for seniors is, since we will be seniors soon. Under the proposed changes, we get to enjoy more privacy and adjust to college life's complete close-door policies," he said.

Lower and day student representative Advay Nomula commented on day students' reactions to the recent policy changes. "There wasn't anv particular concern among day students I've talked to, but a few are confused about the difference between a 45 and a 90-degree open door." he said. "I was not involved in drafting the policies or the physical writing of the policies. We provided feedback in the all-council meetings." Senior and Merrill Hall dorm representative Sophie Fernandez talked about her dorm's views of the policy. "I sent out a Google form for it to our dorm, and everyone who replied to the Google form said that they were in favor of it," Fernandez said. Senior and Main Street Hall dorm representative Kosi Onwuamaegbu reflected on his dorm's thoughts. "Everybody was in support of the policy," Onwuamaegbu said. "Some students asked what qualifies as a shoe, but other than that, people didn't have any confusion over it." With the Student Council passing the new Visitations policies, students are looking forward to the faculty votes. Fernandez commented on the potential of the policy to build trust between different parts of the Exeter community. "I particularly feel like ever since our prep year, there's kind of been [a loss of] trust. I don't know if it's because of COVID or anything, but I definitely feel like there's a battle between the administration and students and faculty," Fernandez said. "I think this would be a really good time and policy that would allow there to become more trust between the students. administration and faculty."

Uppers Rodrigo Spinola e Castro and Arhon Strauss get visitations together.

hopefully mitigates the need for Illegal Visitations by creating safe spaces for students to have private conversations with their doors closed."

"However, if students find themselves in an unsafe situation, the faculty would also always know who's in the dorm, which creates a level of accountability for the perpetrator that doesn't occur during illegals." Jain continued, "Finally, there would be both faculty and proctors on duty available for immediate support.

Senior and Student Council Vice President Georgie Venci explained that the motivation for the renewed discussions surrounding the Visitations Policy is for students to have more "privileges and privacy."

Upper and Student Co-Secretary Council Aaron Joy noted the role pandemic played in Visitations Policy changes. "Student Council is seeking to bolster social lives and respect students' independence and privacy with the new Visitations policy. The pandemic had a big dent on campus social life, and changing the Visitations is a muchneeded action that will go a long way to alleviate that," Joy said.

In order for the policy to pass, 50 percent of Council must support it, according to Venci. Most dormitory representatives have already initiated conversations about the policy with residents.

To bring the stipulations of the Visitations policy proposal to the attention of deans, the Student Council Executive Board has held meetings with Dean of Students Russell Weatherspoon and Dean of Residential Life Carol Cahalane. They are collaborating on the negotiation of details.

A Student Council vote on the policy was held on Monday, October 12. It passed 82-0-18 in favor of the policy (18 people abstained because they were absent from the meeting). A date for faculty vote has not been confirmed, but the first round of voting will occur with dorm heads.

If the dormitory heads pass the policy, the Executive Board's next step is to meet once again with the deans. "If they pass us, we can either be sent back to StuCo or we can go forward to the faculty," Venci said. "And then we have two faculty meetings where we present our policies, answer questions, and then vote [again]."

Sexual assault and safety was a core topic of discussion for the council and Executive Board. Senior and Student Council Co-Secretary Kiesse Nanor explained the logic behind giving

students more freedom with the Visitations policy reform. "Our sense is that the proposed visitations policy would be helpful in the sense that it might make it easier for victims of sexual assault to come forward and seek support," Nanor said. "We've heard that many students have feared coming forward in the past about sexual assault that took place during an instance of illegal Visitations with closed doors, and so we hope that removing the "ban" on closed doors for seniors will eliminate some of this added stress."

"Students got illegal visitations so they could have private conversations with their friends, and this creates space to do that during supervised hours for seniors," Jain said,

"Additionally, if а student was in an unsafe situation during Visitations hours with closed doors (and the doors must be unlocked and can only be closed with both student's consent), then they would hopefully feel more comfortable approaching a faculty member in the dorm."

Nanor continued. "We also would like to emphasize that though seniors would theoretically have the option to close their doors during Visitations from January to June, this would not be a requirement, and William Park/The Exonian

would only take place if all parties involved consented to the door being closed. However, we will continue to have talks with EASA, faculty, and students to make sure that these concerns are addressed."

Nanor presented next steps that the Executive Board will be taking for the Visitation policy. "We will continue to refine our policy before a meeting with dorm heads. After that meeting, we may need to come back to Council and discuss and revise the policy again before going back to dorm heads and then faculty. We would only really have one opportunity to present the policy to faculty," Nanor said.

The discussion with faculty on the Visitations policy is yet to be scheduled. "We haven't yet had our meeting with dorm heads to receive feedback on the policy, but we have met multiple times with Dean Cahalane and Dean Weatherspoon, who have expressed general support for the policy while offering some insight into how to improve our likelihood of faculty approval," Nanor explained.

Students generally support the new Visitations policy, citing the increased freedoms and safety measures. Upper and elections committee co-head Tucker Gibbs expressed his support deserve," she said. "I also believe the academy should stick to their value of 'trust until trust is broken' and trust us with these new Visitations."

Upper and Budget Committee co-head Charlie Holtz provided his take on the current state of the Visitations policy reform."Although I voted in favor of the Visitations amendment proposed by the Student Council executive board, I felt it was incomplete and almost premature to have passed it as quickly as we did." Holtz said. "I think StuCo, as a unified organization, should have made all necessary changes, however small, like specifics on door-knocking policies. I would also like to have done more research and collaboration work with Andover regarding the impact of the policy on sexual assault cases on their campus in both quantitative and qualitative aspects. It's important that this policy be not only more trusting of students, but it also must maintain their safety."

Upper and fellow Budget Committee cohead Val Whitten noted the perspectives of students on campus. "I have talked about the policy with my friends who aren't in StuCo. A lot of the belief is just like 'We have been trying to reform Visitations for years and nothing's happened," Whitten said. "But I genuinely do see more progress than I've seen in the past two years."

Upper and class representative Tony Cai noted the significance of close door policies for seniors. "I have heard from uppers about how popular

Life

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MOVIE REVIEW

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Senior of the Week: Bradley St. Laurent

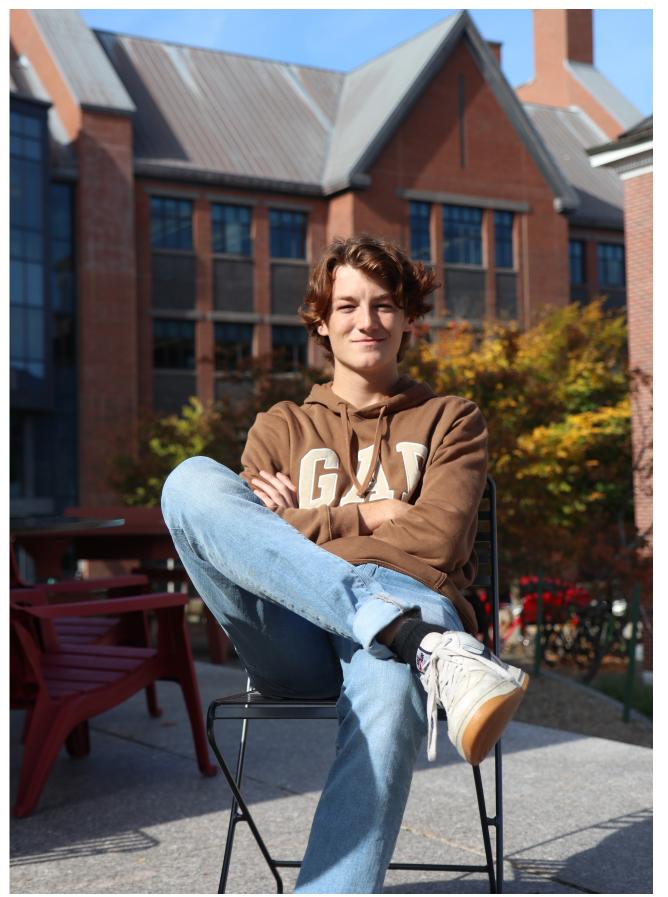
SENIOR OF THE WEEK

Read about Senior of the Week

Bradley St. Laurent's growth at

ty spirit, 5.

Exeter and his impact on communi-



Senior Bradley St. Laurent poses for a photo.

Bv FRANKLIN CHOW.

William Park/The Exonian

"I attended the preseason in what comes next for Jasper Chen described the

PEA career. I forget if it was his prep or lower year, but when Bradley says he's going to get involved in something, he doesn't just step into it lightly. He throws his whole self into it. And he did that with the Reading Buddies program where we went out into the schools and read to children in third grade."

"You get paired with the same student and after working for an entire year you really get to see how they improve with your help. And this is important - we're able to bring in a lot of different people from all around the world and that's something uniquely from Exeter that's wicked rare in New Hampshire and New England, really. So even if the three and fouryear-olds can't exactly grasp what's going on or retain anything, we hope to build some kind of relationship with them," St. Laurent said.

"I've been working with Bradley on the ESSO board. He's shown up, he's given 110%. He keeps us on our toes. He makes me laugh. He makes everyone laugh, which is important, especially at a school that is as competitive and high stress as PEA," Reyes added.

Unfortunately, the pandemic shook up St. Laurent's entire Exeter experience. "I'm an extreme extrovert, so it was really hard being stuck in my room all the time and having to go through the upper year grind with online learning and social distancing. I think all the stress combined realcome fully immersed and start laughing and having a good time, that was one of my best moments watching him in action," Reyes said. "That's what he does, he brings people into the community."

"There are so many things I think I would have rather done differently here, but at the same time I feel like they've all gotten me to where I am now, and I'm very happy with where I am right now. Like I wish I didn't have to go through my anxiety, but it kind of feels like I've been able to get over the biggest hump," St. Laurent. "Some things suck, but I can learn from it and I can improve myself with it. And I think that's something I'll take with me in many different ways."

St. Laurent's friends saw his change for the better in the past years. "He's really caring about other people. That was one thing that struck me and that's why I like to hang out with him," senior Sava Thurber said. "He's not dismissive of anyone and he's really interested in getting to know each aspect of a person."

"I know that oftentimes, when you're just walking on the path or whatever, you make small talk with people and it's like, 'Oh, how's your day? Oh, it's fine.' But, getting to talk with Bradley for extended periods of time, I've noticed that he's genuinely interested in other people," Thurber said. "He's always interested in finding the best solution to something and he's not the kind of guy to just accept something the way it is, or to settle for anything. He's

EMI LEVINE, NHAN PHAN, KENDRA WANG, and CLARK WU

Racing on his bike to cross country practice, senior and co-captain Bradley St. Laurent spots a squirrel in the middle of the road and abruptly stops. He falls and tumbles off his bike, waiting for the squirrel to pass before continuing on to practice. St. Laurent shows up late, but his teammates laugh at his story.

Thinking back, St. Laurent believed himself to be "a bit of an idiot" as an underclassman. "I don't even know how to start or articulate this, but Exeter has helped me put in the effort to mature, to become the person that I looked up to when I first came to this campus," he said. "They really helped me in the times when I felt clueless and lost, and I want to be able to help those people now."

"Everyone kind of gets imposter syndrome in the first year. The realization that all these people I'm surrounded by are so smart and excellent at what they do. It's those before us who create the closeness in the community, who passed down the traditions, who opened the doors of opportunities for us. I owe so much of my Exeter experience and happiness to their kindness," St. Laurent added.

Cross country running grounded St. Laurent in his first weeks at the Academy. "Before coming here, I've already ran for about three years, and it's become a sort of daily ritual," St. Laurent said.

in my prep year, and getting to know the guys and live with them was something special. I felt like I could get to know these people as a family. Even now, I'm surrounded by people who run because it's part of me, and part of me here at Exeter."

St. Laurent is currently a co-captain of the cross country team. "Brad keeps true to himself wherever he goes," senior and fellow cross country co-captain Alex Kermath said. "It's cool seeing him come into his own as a captain and become more confident and find his place as a leader. He knows when to take up that mantle and when he's able to relax and just enjoy company with friends, and he always has the same outlook and vision and beliefs," Kermath said.

Lower Advay Nomula agreed. "I went to my first cross country practice and even though he wasn't a captain when I was a prep, he was still a very welcoming upper. He was one of the people that really made me feel like a part of the team and kind of made me less afraid to talk to the older guys."

Senior Harry Gorman had shared similar thoughts. "He's grown as a leader since I've met him and is definitely someone that underclassmen should look up to. I have the utmost confidence in and respect for him as the captain of the Boys' Cross Country team. I think he's an incredible athlete and an even better friend. I have total faith that he's going to do exceptionally well

him after Exeter."

"I'm always going to think of Bradley as someone I can rely on. I think everyone can clearly see how seriously passionate he is about everything he does, which I have so much admiration for," Gorman added.

"I'm going to miss him so much," senior and teammate Tommy Seidel said. "I'll miss his style and fit. I'll miss waking him up. I'll miss him before our races. He always goes, 'What time is it?' and there's always a prep who goes, 'It's 9:30.' And Bradley would yell, 'No, what time is it? It's our time!'"

"There's been much friendly competition in our years here, especially on the trails, when we would play Mr. President," Seidel added. "Of course, we play other games too. After four years, I'd just like to say that you've lost the game."

"Keep carrying, Brad. Keep pushing. Ache te Vitu," Kermath said.

St. Laurent's leadership in running intersects with his proctorship on the 4th floor of Cilley Hall. "I feel like no matter what Bradley does or in what context you're hanging out with him in, he always finds a way to make it enjoyable," lower, fellow runner, and Cillian Aidan Ting said. "Last year, coming in as a prep, I was somewhat scared of the different upperclassmen. But as I spent more time with Bradley, I've seen that he's just a really open, accepting person and someone who's just great to talk to."

Lower and dormmate

first time he met Bradley, "So last year as a prep on the second floor, my room was right next to Dillon's room, the proctor. I found myself hanging out there pretty often. And Bradley is also a good friend of Dillon. Bradley was also there and that's how we met. He was a cool, chill, responsible guy."

Chen added, "I think he is definitely a role model for me. He is easily one of the most responsible and hardworking people I know, you know, being like cross country varsity, being an ESSO leader and all the incredible things he does. He's somebody I really look up to and respect. I'd say there definitely have been a few moments where he has been down and not necessarily feeling the greatest, but I think, you know, he's been really just there for all of us as a proctor and as a person; that means a lot to us."

St. Laurent's involvement in the Exeter Student Service Organization (ESSO) exemplifies his eagerness to pass on the kindness he received. "I remember being in elementary school and looking at high school students as giants who know everything, have everything figured out. I would take in what they have to say. And now that I'm on the other side, it's refreshing and fun," St. Laurent said.

ESSO Student Program Coordinator Elizabeth Reyes attested to Bradley's sincerity in his involvement. "Bradley wanted to help work with kids in the community. And so he got involved in ESSO early on in his ly got to me to the point where I had to deal with anxiety issues last spring and summer," St. Laurent shared.

"I got put on medication, and it was a really hard time. So many of the things I took for granted as a prep or lower, things like going into town or hanging out with friends in d-hall, were done for," St. Laurent said. "And for the past, what is almost two years, it felt like I've been on a long empty holiday. The time has just been stolen, and now I'm a senior. It's crazy, it's crazy."

Yet even in those tough times, St. Laurent built communities and uplifted people around him. "In the spring of 2020 when COVID hit, Bradley was the one who set up the team lunches over Zoom," Seidel said. "All us boys were playing the online IO games. I really appreciated that - it encouraged all of us not to just drag through the pandemic."

Reyes remembered seeing St. Laurent in action at the end of his upper spring, "I remember it was the end of the term and the outgoing board said they wanted a water celebration. Bradley really wanted it. He called me that morning but he had so much more to do and he couldn't be there, which I was fine with," she said.

"But that afternoon, he had apparently gotten his work done and showed up after the event had started. He relaxed, he had so much fun and he brought friends with him. And to see him come and show up and then bereally willing to push the boundaries respectfully and to make sure that things always work out in everyone's favor."

St. Laurent looks forward to senior spring, when he may venture to build a treehouse in the woods. "I'm not scared of leaving Exeter, per se, but I am wary of it. And the thought that we only have so many months left before everyone is once again scattered across the globe for the rest of our lives - that's daunting," St. Laurent said. "But I'm also very excited to move on. We've all been through quite a bit together, in many different senses, and I think the Class of 2022 has built tight relationships because of it. We thrive on empathy. So I just want to make all the memories that I can, because we'll always be able to look back on them."

"At Exeter, you have to trust that so many people want to see you become the best version of yourself. The competition may seem cutthroat, but the people around you will go out of their way to help you, in any way that they can. I think that's why we take in so much here, and why we manage to do as much as we do. And I think that should be alright," St. Laurent added.

"I've seen him on the track, watching him be a leader on the team and cheering every single runner on from start to finish. And I think that's what he does with everything is not just to support himself, but to support others. And he wants everyone else to succeed," Reyes said.

Assembly: Elizabeth Reis and the History of Intersex



Assembly speaker Elizabeth Reis speaks about history of intersex people.

By ANVI BHATE, HANNAH DIRSA, JESSICA HUANG and TANIA RANA

Standing at the podium on the Assembly Hall stage, Professor Elizabeth Reis delivered her talk on intersex as students listened from the both the Assembly Hall benches and Grainger Auditorium. Though her talk was shorter than the classes on Medical Ethics, Reproductive Technologies, and Disability Studies she usually teaches at Macaulay Honors College at the City University of New York, it was rich with information that Exonians have probably never heard much about. Reis explored the meaning of being intersex and its history, and talked about her own experience as an activist for the intersex community.

Her presentation began with a video that featured four intersex people Reis explained to students society's tendency to expect people to conform to binary gender standards."The motivation for 'fixing' intersex babies is compounded with the desire for a perfect baby," Reis said. "The thinking was that babies could be molded into anything that you wanted them to be if it was early enough in their development."

The earliest case of an intersex person on record that Reis found dates back to the 1620s, and the first surgery was recorded in 1849. "[The surgery] was all about preventing homosexuality. That's been a big motivator for surgeries ever since actually, even if it's unspoken," Reis said. William Park/The Exonian

Reis also talked about the experiences of people, both past and present, who went through intersex surguries and its devastating effects. Some of the negative consequences of the surgeries included incontinence, scarring, the need for more surgeries or hormone replacement, and also the need to change genders. "Surgeries in the past have been done for the doctors and not for the patients." Reis said.

To conclude her presentation, Reis talked about hospitals, such as Boston Children's Hospital and Lori's Children Hospital, that have released apologies for the non-consensual surgeries they carried out, as well as a pledge to end them. "We can hope that hospitals do the right thing and that other hospitals follow their lead, hold themselves accountable for their past actions and stop offering general surgeries to parents and let people decide about their own bodies when they're old enough to do that."

Reis has learned about raised awareness and for intersex individuals all her life, but her journey into intersex activism stemmed from her curiosity after reading a life-changing book. "I first learned about intersex from another scholar, Alice Dreger, who wrote a book called Hermaphrodites and the Medical Invention of Sex," she explained. "I wondered if I could find information about the medical management of intersex in the US. I started looking through historical medical journals where physicians published accounts of their cases, and saw that there was a lot to be said."

Reis' book, Bodies in Doubt: An American History of Intersex, was published this year, in 2021. "Researching Bodies in Doubt expanded my scholarly interest to the broader field of bioethics, particularly our understanding of bodily autonomy," Reis said.

Students can follow in Reis' path by finding their own way of broadening their perspective. "Students at Exeter can continue to educate themselves about intersex issues and include programming through the GSA [Gender Sexuality Alliance]. You could invite some intersex teenagers to come speak, for example. And you can question the way we talk about gender and sex, as if the binary was set in stone," Reis recommended.

Reis explained how Exeter could gain a new and important perspective after listening to the assembly. "I hope that students now understand what the 'I' in 'LGBTQI' stands for. Often people say those letters but really don't know what intersex is all about," she said. "I hope that students will agree that our conception of gender roles, gender presentation, and even biological sex has been very limited. In fact, our understanding of 'normal' of just about everything is quite narrow, and the medical world has contributed to this by trying to 'fix' people whose bodies do not conform to our expectations."

Fall Events See Rousing Student Appreciation



a canvas to paint on. Sometimes it's difficult at school when you have a lot of stuff, then you have commitments and homework to spend time doing things for joy, because you're always thinking, 'oh, I, that time is where I should be doing the things that I have to do or I'm required to do, or choices when they choose costumes."

"I've heard from Exeter Association of Rock and I know they're planning on doing a concert. I'm excited to hit up the comedy club set up and I'm like, "you know, as soon as you guys start feeling like you've got enough

Uppers Nathan Khuu and Duke Garschina enjoy the Fall Festival.

By NHAN PHAN

Five and a half weeks into the year, campus is bustling with noise. The screaming and yelling of elite athletes throwing foam dodgeballs at each other mixed with the smell of corn dogs, donut sundaes, nachos with cheese, and cotton candy reminds us of the campus we love and share. With a plethora of events happening over the past several weeks, campus life is thriving back to pre-pandemic levels.

Over the past several weeks, Student Activities, the Office of Multicultural Affairs (OMA), and Student Council planned and operated several events on campus. Some notable events included the Thinkfast Trivia Show, Exeter Carnival, Dodgeball Tournament, Hispanic Heritage Month Bob Ross Painting, and film showings.

The Thinkfast Trivia Show attracted the attention of numerous students where one student could win \$200 in cash by answering a series of trivia questions. Lower and Thinkfast participant David Goodall enjoyed the event. "The Thinkfast trivia show is really fun. I really enjoy having the opportunity to hang out with friends and meet new people, and the Thinkfast was a good chance for that." Lower Oluwagbemiga Salu won the \$200 prize. "It was definitely very intense. Like everyone was really trying to answer those questions as best as they could, but despite it being so intense, it was still pretty lighthearted and everyone was just trying to have fun, so it didn't get too serious, but it was still pretty intense," Salu said.

Assistant Director of Student Activities Kelly Mc-Gahie also appreciated the turnout at the year's Thinkfast. "This year's crowd was bigger and definitely more energetic than I've ever had for that event in the past. And I think the timing of the event, meaning closer to the start of the school year, really made a huge difference."

One of the most popular events that happened so far is the schoolwide Dodgeball Tournament organized by Student Council and Student Activities. Upper and Student Council Recreation Committee co-head Ale Murat described how the Dodgeball tournament went. "I feel like last year it was well organized, but this year...we had a better plan in place," Murat said. "And I think people had fun, which was at the end of the day, my job. That's what I want to make sure: the student body knows that they can

have fun and de-stress and there's some healthy competition."

"I think the Dodgeball tournament was fun. It was a good way to distract myself from all of the work we had that week," Lower Dubem Akunyili said. "I think it was well put together. And it was great to see a good turnout with a lot of people."

Senior and dodgeball team captain Alex Luque shared his thoughts about the event. "Oh boy, it was very competitive. I think it was playful. It was energetic. I mean, I think it was chaotic. I think it was disappointing for some, there were some big upsets. I know my team beat the PG team and that was kind of unexpected... I think our school is competitive by Exeter nature."

While organizing the dodgeball event was a challenge last year, McGahie offered her thoughts on the event. "Last year's Dodgeball event was super overcrowded and super chaotic. And I mean the Student Council Rec people, while they did a great job of running it, it was also when we were in super COVID mode. We were only supposed to have a hundred people in the venue. It was five minutes and we were already overrun. It was difficult William Park/The

from that perspective."

"This year...the StuCo group did an excellent job of getting organized enough to make it happen in a very small time frame, and doing it well," McGahie added.

Upper and dodgeball referee Tucker Gibbs enjoyed exercising his role as a referee. "I think it was interesting... When you're competing for the school Dodgeball championship, everyone's gonna have a voice and they want to know why certain calls were made or why their friends got out. At times that can get heated, but it's all pretty straightforward."

Hours before the Dodgeball Tournament, students flocked to OMA x Bob Ross Painting Club x La Allianza Latina's sponsored event on the Academic quad. "It was the Office of Multicultural Affairs and Dean Camilus in collaboration with La Alianza Latina and the Bob Ross Painting Club that created that event there," McGahie recalled. "I supported it logistically; I made sure they had what they needed. I also helped to promote it, but it was really something they did in the spirit of Hispanic Heritage Month."

Lower William Weber reflected on his time painting. "I really enjoyed just having I'm expected to do.""

"I would love to see more cultural events...We have such a diverse population here at Exeter of students from all different parts of the world, and 'youth from every quarter' is one of our core values. I think we need to welcome and share [cultural experiences] so that we have a sense of purpose and pride," Weber added.

Students also appreciated Fall Fest, which was organized by Dining Services. Upper Kenny Chen said, "I

think it was great, especially the food. It's a great opportunity to bring the community together. And I really enjoyed the games and the food personally, too."

"Fall Fest was a fun break in a rather hectic first few weeks of school. The atmosphere was great, very calm thanks to the guitar and fall theme, yet very alive thanks to the whole school attending," prep Aveen Burney added.

Recreations Committee has even more ideas for the rest of the year, according to Murat. "Right now we have four main events. One of them is Pep Rally. Second is spirit week. Third is homecoming and fourth is Exeter Spirit Games," Murat said. "I feel like the Spirit Games is an event that I've been wanting to organize since my lower rep campaign but we really haven't had the sort of infrastructure to put it in place."

McGahie also had some ideas for the future. "I'm excited about some of the collaborations I'm thinking about. I'm looking at trying to do a kind of a combination of an ESSO exchange and theater costume sale. And maybe try to do a collaboration also with OMA as part of that [to have a conversation about] what is appropriate costuming so people are making good material and you want to do a show." So, I'm looking forward to also doing those kinds of collaborative things," she added.

Several members of the community offered their thoughts on what they would like to see happen going forward. "In general, I would love to have another Spikeball tournament or a 3x3 basketball tournament or something like that. I want to see some more sports events where Exeter students get a chance to be competitive," Chen said.

Upper Nate Bartkovich would love to see a return of Abbot's dorm tea, Abbot Casino. "Abbot Casino is probably one of my fondest memories of my time here. And that's probably [one of] the top three events because the whole vibe was really cool," Bartkovich said. "I've never been to a casino, but blackjack was really fun. The Roulette thing was really fun. It was just like a really fun time."

Salu also had some suggestions for future events. "I would like to see more trivia and more like games related to that type of thing, just so I can win more. But a wider variety would be great."

One thing is for certain. Exonians are loving student life activities. And we are waiting for more to come.

Murat had a message to the Academy community. "I know that a lot of people say that [StuCo] doesn't do a lot of work. But, please know that we are working for our student body, our constituents," she said. "At the end of the day, the reason why I'm part of StuCo in our committee is because if I can have at least a small percentage of bringing the student body happiness, whether that's the Dodgeball tournament or like Exeter Spirit Games or anything like that, that's why I do it."

Film Review: No Time To Die

ByNHANPHAN

If you want to watch the movie first and then read this review, stop reading this article now.

After 15 years of destroyed Aston Martins, betrayals of trust, and octane-packed action sequences, Daniel Craig is finally saying goodbye to the role of the dapper British agent 007; No Time To Die gave him the perfect proper send-off he deserves. With this movie marking the 25th film of the Bond franchise, it's refreshing to see it can still throw in a couple of shockers, shirking most of the conventions of Bond movies that we have come to expect.

Craig's tenure as Bond is haunted by a mysterious force of darkness that seems to control Bond's every movement, thought, interaction, and gesture of love. For his final foray, Craig certainly did not lighten the mood. Turns out, he was right after all, "the past isn't

dead."

The opening sequence introduces a young girl's mother being murdered by Lyutsifer Saffin, played by Rami Malek, who proceeds to be the main antagonist of the movie. The young girl in this opening sequence is revealed to be Madeleine Swan (played by Lea Sevdoux), a returning character from Spectre, who is vacationing with Bond in Matera, Italy in his presumed "retirement" from duty as 007. Hans Zimmer did a wonderful job expressing the endearing glance Swan gave Bond during the scene, as well as showcasing the majestic allure of Matera with a hauntingly beautiful tune. Visiting the grave of Vesper Lynd, James was nearly murdered by his old enemy organization, Spectre. He believes that Swan betrayed him by revealing Spectre where he is and abandons her in anger. However, five years later, Felix Leiter (played by Jeffrey Wright and also a returning

character from Craig's first Bond outing Casino Royale), approached him and asked him to help bring down Spectre. What they didn't know is that someone has been playing tricks on both of them, as well as Spectre, at the same time.

As much as we would have expected Craig's final movie as Bond to be filled with action-packed sequences and high quality fighting scenes (which it does have), No Time To Die showed another side to Bond: a more emotional, vulnerable one. Craig's maturity shows in the way he handled his emotions. In the words of M, "It's a shame you haven't lost your touch." He's still confident, aggressive, and a tad cocky at times; at the same time, he is erratic, impatient, and quick to anger. In this movie, he has never been more vulnerable when faced with remnants of his own past than he is here; the past is an apparent major theme of the movie. Saffin brings about a more creepy, harrowing tone. All of Saffin's scenes ring that of a horror film. He's supposed to be the eccentric maniac that you'd expect him to be, hellbent on destroying the world. However, one of the few critiques of this film that I have is that Saffin's screen time is too little to really get under the audience's skin; but whenever he appears on screen, the naivety, cruelty, and mindlessness in his glare is enough to give the audience chills. He assumes himself to be the "invisible God" for all of mankind, unaware of all the possible consequences of his actions (isn't this like most villains in stories?). Bond cheekily replied, "you know, history isn't kind to men who play God?"

No Time To Die also redefined the image of "Bond girls" with three very different Bond women in their own rights. Alongside Madeleine, one of the main returning characters from Spectre, there's MI6 agent Nomi (played by Lashana Lynch) who became Bond's 007 replacement while he was gone. It's also worth noting that Lynch became the first ever black female 007 agent. There is also Paloma (played by Ana de Armas), who is a CIA agent in Cuba claiming to only have "three weeks training." No Time To Die breaks the ice, taking strides towards shattering the glass ceiling of previous Bond movies regarding gender equality and representation. Talking to Harper's Bazaar UK, Lynch commented, "I feel very grateful that I get to challenge those narratives... We're moving away from toxic masculinity, and that's happening because women are being open, demanding and vocal, and calling out misbehavior as soon as we see it." Seydoux, playing Madeleine Swan, also added about her view of her character in both Spectre and No Time To Die, "I don't consider myself a Bond girl. I think I'm not really the stereotyped Bond girl... she's not a fighter, she's a doctor. She fights in another way."

Overall, No Time To Die is a very fine film in it's own right. It continues the storyline of a five-film series that has prompted Daniel Craig's tenure as one of the best Bonds in history and perhaps in future. After a rocky road of a production process, director Cary Fukunaga seems to be the perfect choice for director. He did not set out to reinvent the image of what it means to be a Bond movie, but he did set out a new course for where it could go next. By leaning into the traditional, campy, overused formula developed by Bond's predecessor movies and making bold creative choices, pulling tangential, physical, and emotional threads from Craig's 4 previous films, Fukunaga gave this project a modern, unpredictable, nostalgic, yet vital twist. Fukunaga made this final Bond movie his own, giving Daniel Craig the fitting farewell worthy of his 15-year commitment to being one of the UK's most famous fictional figures.

Grace Kelly Captivates Audience with Performance



Courtesy of the Women's International Music Network

Kelly announced to the audience that she would be changing up the music program, speaking on the flexibility of her music show. "For live shows, I have a set list and an idea of what songs we're gonna play, but every show is always so different depending on the spontaneous vibe that I'm getting from the audience. Just from that intuitive moment of either feeling like, oh my God, the crowd is just, they are ready to rock and roll. At that moment, I might suddenly say to my band, like, let's keep it up tempo. Or I might feel like this is a perfect moment to pause and play more of an introspective song, like 'By The Grave.""

She drew together an analogy of running a show to being a party host. "I think about a live performance very similarly to when you're hosting a party... It's your job to curate the vibe and make sure everyone feels welcome And that's going to change depending on who's at your party." When asked about where she finds inspiration for her songs, Kelly spoke about her deep love for composing and putting her interaction with the world around her into words. "I'm inspired by a whole range of things. Sometimes I write songs about people, like a song about falling in love or first meeting my boyfriend. And sometimes I'm writing a song about a stranger or an experience I just had." Kelly also spoke about the jazz musicians who inspired her throughout her life. "Growing up, my saxophone inspiration was a gentleman named Stan Getz. He's long gone now, but his sound was beautiful... Terry Lyne Carrington [was also] a real inspiration to me in her musicianship and the community she's building, and being an advocate for women in music. I've had the fortune to perform with and record in her band, and she's also played and recorded in mine. She's pretty amazing." Kelly went on to tell a story about the origin of one of her most emotional composing ideas. "I once had the experience of performing in San Quentin prison for a bunch of the inmates who were there, and I had no idea what to expect or who I'd meet," she recalled. "And I was so overwhelmed with the stories that I was hearing from those men about why they were there, how they missed their family, and how they just want to be with their loved ones." "I was so overwhelmed with emotion that when I came home, the only way that I knew how to express it was to write a full song," Kelly continued. "Sometimes I'm simply inspired if I'm looking out to a beautiful ocean or if I'm in a rainforest. There's a lot of visual aspects that are inspiring to me."

Kelly shared some of her past personal experiences as a saxophonist and as a person of color. "When I was growing up playing jazz, I would hardly ever see any women in the industry playing this instrument. It's really important to have role models. And to know that the lane's wide open for you to be able to do whatever you want to do...I think we're headed in a much better direction as far as having more diverse artists."

Kelly continued. "I have young girls that come up to me and say, 'I've been watching you and I play saxophone. I can't thank you enough for being a role model.' That makes me really happy because we have a lot of work to do towards becoming more diverse and having more women playing saxophone and in the jazz industry" After the performance, upper Priya Nwakanma shared her thoughts about jazz. "Community reclaims jazz because it started as such a unique expression of, specifically African American culture," Nwakanma said. "I feel like a lot of people see it these days as this sort of watered-down elevator music, like 'white man music enthusiast genre,' and it's not, which you can see so clearly with Grace Kelly... The passion with which they played the music was very much a way of hearing jazz that doesn't line up with a lot of people's modern interpretations." Upper Alexa Wingate spontaneously signed up for the concert. "I think it's very easy at Exeter to get stuck doing the same things, just trying to survive your classes and get through your day," Wingate added. "I try to attend the performances on campus because they are so special to this school and they make my day a little better." Upper Grace Nivera loved the concert. "The concert was so, so, so fun! Grace had really good energy, and she knew how to get the crowd pumped. You could clearly tell that she is doing what she loves and that she's happiest when she's performing." Wingate agreed. "I hadn't listened to any saxophone music in a while, certainly not any that wasn't traditional jazz. Grace Kelly brought her unique spirit and enthusiasm to saxophone music, and I am happy that I decided to come." Lower Reilly Piersimoni also appreciated the event. "The concert was pretty tight. Kelly is super dynamic and a fantastic singer in her own right. Her band knows how to keep her upfront and on top while still finding ways to be expressive and let themselves

shine through," he said. "It was so great to finally have a packed Bowld after a year and a half of pandemic restrictions."

Lower and jazz ensemble member Achyuta Rajaram appreciated Kelly's musicality. "Between the musicality and emotion on display the event was an incredible experience," he recalled. "As a jazz musician, I loved the saxophone. Combined with the drums and all the instruments the sound emanating from the Bowld was fantastic."

Upper Hannah Rubin also enjoyed the show. "There was an honest aspect of it too: I liked how Grace Kelly, in between songs, took a few moments to reference her own life and how it related to the pieces she was performing."

"As someone who tends to get nervous before performances, I really admire Grace Kelly's ability to stride onto the stage as if the Bowld was made for her!" Rubin continued. "And the fact that she's dancing while playing saxophone!! That must take so much hard work and years of practicing." Rubin's favorite song was "By the Grave." "The tension was palpable within the deep vibrations of the drums, and the sonorous quavering of the saxophone. It was almost like a wave of emotion, which struck me as very powerful." she said. Nwakanma also spoke about how memorable "By the Grave" was to her. "I was almost crying in the audience. there was this part where her saxophone was wailing, and the drummer had gone so hard that he drummed off one of the symbols. It was like being privy to the process of grief. It was very beautiful," she said. "It was really exciting to see an Asian woman like myself performing jazz; it's something I've never seen before," Nivera said. "She definitely inspired me to keep pursuing interests in music. I really hope to see more of Grace Kelly and other POC women musicians in the future!" Kelly concluded with some advice to young musicians. "Continuing to have music in your life is a beautiful friend to have with you. It's a great way and safe place for you to be able to explore your own expression. Whatever that thing is that lights you up-it could be music, visual arts, sports-and whatever that thing is that makes you feel a little bit freer, feel like you can express yourself, is something that's very much worth holding onto," she said. "So if that's music, I really just encourage everyone to just keep on at it and have a lot of fun with it."

BVANVIBHATE, ANNA KIM, MINSEO KIM, and AND REWYUAN

Students, faculty, and townspeople pack red seats. Lights dim to give rise to the Bowld's windowed evening-blue backdrop, and the audience claps and cheers as spotlights land on the band to welcome saxophonist Grace Kelly onto the stage.

Kelly, a modern jazz icon, began playing the saxophone as a young kid and recorded her first professional song at age 12. Over the years, she has gone to over 30 countries and performed over 900 timesand recently began posting music on her Instagram account, which has since been verified and has over 100,000 followers. On October 5, Academy community members had the honor of listening to the saxophonist, singer, and songwriter play several of her favorite classic songs, as well as some of her own music. Kelly's band consisted of drummer Ross Pederson, keyboardist and jazz pianist Utar Artun, and bassist Julia Adamy. Moreover, Exeter's very own jazz band had the opportunity to have a focused masterclass with Kelly, where she shared tips that helped her as an aspiring musician.

Kelly shared what music means to her. "Music has always been a very special thing in my life because of its spiritual connection. It's one of those things that from a very young age, I felt it wasn't just like notes that I was hearing or singing or was playing. It was a type of therapy for me, and I realized that writing music is not only healing for myself, but for the people that I play it for," she said.

Drummer Ross Pederson said, "Do what makes you feel like you come alive. And on that note, listen. Listen to

and transcribe and absorb as much music as you possibly can," he said. "Internalize it. Make it a part of the fabric of your being. And then make it your own."

During the performance, Kelly and her band performed a series of songs, with spotlight moments for each performer, er. "Jazz music is based upon playing as a team. You know, I could be out there playing my soul out, but if my band is not, it's not supporting me. When I'm performing in my band, there's such beautiful trust and love for each other as people," Kelly said.

"My drummer's been touring and playing with me for over eight years and we've been through so much together. Of course playing music, but, you know, 5:00 AM lobby calls, challenging times during the tour and really joyous times... And so there's a lot of love that's on stage."

"Grace is one of my favorite people to work with! She's so gracious, kind, humble, and funny-always creating a positive and open space to work in," Pederson said. "She's also very welcoming of the different musical personalities of the people, not something that you always see as a sideman."

Kelly also provided advice to young musicians who enjoyed making music together. "There's a lot of love that's on the stage. If students can keep that in mind, when they're playing with each other and actually going to that vulnerable place with each other, [it] will help create better music, [and] that is the reason to just try it out and experiment with it," she said. "I promise that the depth of the personal connection will make a really big difference. Not only in the music, but in enjoying the act of making

music."

Pederson agreed. "Simply put, music is life! It is a part of the lives of people around the world-movie/tv/game scores, cultural celebrations, gatherings, dances, rituals... all include music. It is such a beautiful means of communication that transcends many boundaries," he said.

Kelly continued to speak on how the audience becomes part of a musical show. "Performing music is about connecting with my audience. There's few things that can allow you to have such a special connection with a complete stranger. Music's one of those things, where at the beginning of a show, I'm meeting complete strangers and by the end we're all dancing and singing and having a great time," she said. "That to me is the power of what music can do to bring a community together."

Kelly also shared her experience holding a master class for jazz ensemble. "I love being able to offer up pieces of musical thoughts or advice, and then the students try it out in real time... My favorite part is watching students have that realization in the moment of, 'oh my God, that did sound better.' Hopefully from that point on, they'll really be able to dive deeper. Even just knowing that you can get there is really powerful."

Kelly then pointed out a memorable moment during the master class. "We had that exercise with the drum and bass player. I was like, 'I need you guys to look at each other and maybe smile, right.' That connection, the emotional connection of 'we are on the same team,' strengthens the music 150%. And I think the guys felt that in that moment and certainly everyone watching did too."

During the performance,



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BOND

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The Evolution of Bond Girls



By NHAN PHAN '24

Celebrating No Time To Die, Daniel Craig's final movie as the dapper British agent that we all know as 007, it is important to examine the evolution of one of the most important components of Bond movies: Bond girls.

Historically, Bond girls were either Bond's accomplice or the enemy, attracted by Bond himself. Approaching the Daniel Craig era, there were a few that existed out of these categories, but they eventually died or ended the movie as Bond's lover. Over the years, the 'Bond girl' image has been attributed with the worst aspects of the 007 franchise, being considered sexist, racist, classist, and ultimately utilizing stereotypical body beauty tendencies

(despite a changing attitude to body pride and body positivity). In fact, many label the term 'Bond girl' as being dismissive and possessive. No Time To Die, however, redefined the image of a Bond girl.

In the 007 series' first movie Dr. No, Honey Ryder, played by Ursula Andress, became 007's love interest and, thus, was dubbed the 'Original Bond Girl.' She was blonde, tanned, dressed in a white bikini, and singing a sweet song about love when we first see her in the movie. Throughout the movie, Honey was portrayed as simply a damsel in distress, being used as Dr. No's leverage point against Bond. She frequently insisted that she did not need a man to save her, however, after being held captive by Dr. No and tied to a rock,

Courtesy of IMDb

Bond was ultimately the one to rescue Honey from being drowned. The pair then escaped by boat until they ran out of gas in the middle of the sea and started kissing. Dr. No has been thought to set the standard for Bond girls for proceeding movies.

The Bond girls of the 70s and 80s followed the precedent set by Dr. No in all being portrayed as damsels in distress: Solitaire (played by Jane Sevmour in Live and Let Die) gets trapped inside a foldout bed and needed saving from a murky sacrificial ritual, Mary Goodnight (played by Britt Ekland in The Man With The Golden Gun) got bundled up in the boot of the antagonist's car and driven off to an evil lair, the list goes on.

Bond girls changed massively. Rather than damsels in distress, Bond girls are portrayed as partners in crime with Bond on the battlefield. In GoldenEye, Natalya Simonova (played by Izabella Scorupco) destroyed the antagonist's satellite, commandeered an enemy helicopter and actually rescued Bond himself.

Also during this time was a wave of changing attitudes regarding gender equality and beauty standards amongst women. The biggest change of the 21st century was about women's beauty standards. In the early 2000s, the idealized beauty standard for women required their body to appear firm, chesty or, frankly, slender. The University of Regensburg conducted online experiments to determine the four most popular ideas of women's bodies: 1. Slim and slender. 2. An hourglass-looking body figure that is largely attributed to Beyonce. 3. The sporty body figure. 4. The "Barbie" type. It is during this period that society has amplified the foundation for the body ideal we are trying to refute today. The line between equalization and objectification was more blurred than ever before, showing how damaging an unrealistic body image can be. Furthermore, according to a study by the University of Buffalo, the portrayal of women in the media has become increasingly sexualized. In the 1960s, they found that 83% percent of women were sexualized in the media. In the 2000s, there were 10 times more hypersexualized images of women than men. An increase in the sexualization of women, combined with the increased adoption of "idealized" body standards inevitably led to increased body dissatisfaction amongst women whose body does not fit any of the criterias outlined.

conforming historically to most other Bond movies, died of drowning in the final combat scene in Venice. However, Lynd was thought to be one of the most empowered Bond girls of all time because she has fought for the character to keep her clothes on at all times. There is not a moment in Casino Royale that Lynd is seen in a bikini or revealing outfit of any kind; almost all previous Bond films always contain scenes where the presumed 'Bond girl' for that movie appears in an attractive outfit to seduce Bond himself into being his love interest. In Skyfall, Eve Moneypenny (played by Naomie Harris) delivered a modern, capable, and deadly touch to the typical Bond girl who also happens to be an agent that fights alongside Bond. The image of Bond girls in today's era has completely shifted from Dr. No's precedent of the character being a damsel in distress. As attitudes regarding women's bodies change, the 007 franchise either had to adapt to this new image or risk losing relevance among its audience.

Today, Bond girls are being treated as equals to Bond in an age of gender and racial reckoning and changing attitudes towards women, gender equality, and body positivity. In No Time To Die, Paloma (played by Ana de Armas), Nomi (played by Lashana Lynch), and Madeleine Swann (a returning character from Spectre played by Lea Seydoux) redefined what it means to be a Bond girl."I think this movie is 'Bond women,' not so much 'Bond girls," Ana de Armas told CNN during an interview about the movie. "They're highly skilled, they're powerful and they all show it in their own way. They're equals to Bond," de Armas added. It is also worth noting that Lashana Lynch plays the first ever Black woman 007 (In No Time To Die, Bond has disappeared for a prolonged amount of time after Spectre and Nomi has taken over his position as 007.) Talking to

Harper's Bazaar UK, Lynch commented, "I feel very grateful that I get to challenge those narratives... We're moving away from toxic masculinity, and that's happening because women are being open, demanding and vocal, and calling out misbehavior as soon as we see it." Seydoux also added about her view of her character in both Spectre and No Time To Die, "I don't consider myself a Bond girl. I think I'm not really the stereotyped Bond girl... she's not a fighter, she's a doctor. She fights in another way."

No Time To Die has set the 007 franchise on a new course, changing the conventions that have formulated our perspective of the agent 007 for the past several decades. As Daniel Craig is stepping down from the role, there has been speculation of a female 007 agent. However, it has been met with controversy. Many who are against the idea of a female Bond claim that the character's masculinity is a central part of the role, that a female Bond simply could not be Bond. Others claim that since Bond was originally envisioned by Ian Flemming as a man, those qualities should not be altered. However, why should gender matter? Is gender actually as critical to the character as some would suggest? If a Bond fan considers the main characteristics of Bond as a sex symbol, an erratic but cocky persona, a love for danger, or a familiarity to violence, there's no reason why these qualities could not be portrayed by a woman. The character of James Bond, or 007, has evolved with time out of necessity, relevance, and adaptation to changing norms and attitudes. The portrayal of Bond has also changed. Perhaps, No Time To Die is the once-in-a-life-

Forwarding towards the 90s and 00s, the image of

In Daniel Craig's 2006 first outing as Bond, Casino Royale, Vesper Lynd was cast as the spy's love interest. However, Lynd ultimately betrayed Bond in the end and,

time opportunity for the franchise to charter a new, exciting course into the unknown; I'm excited to see it happen.

A Look At the Supreme Court: Week 1

By COLIN JUNG '24

The Supreme Court is the highest court in the United States. Although hot-button topics like abortion and gun control capture headlines, I hope to give a better look into the day-to-day legal work of the court and dispel the cynical myths that the federal judiciary is a partisan institution. These op-eds will cover every single topic on the court's merits docket this year in the month in which oral argument takes place. I will also review some of the more influential decisions made by the court once they come out.

Mississippi v. Tennessee

By pumping groundwater using wells within its borders, Tennessee is impacting groundwater located in Mississippi. The wells are drilled straight down, but the groundwater reserves are connected, so Tennessee's actions have cross-border consequenc-Mississippi claims es. this is a violation of its sovereign right to control resources located within its border.

The Supreme Court in the past has ruled that

movement of an interstate resource within its own borders (e.g. building a dam on an interstate river) is lawful, but that said interstate resource could be equitably divided by the Supreme Court. However, the Supreme Court said it is a violation of a state's sovereignty if another state physically enters the state and extracts resources.

The fundamental legal question is: is it lawful for a state to act in a way that impacts the movement of a resource that is located in another state?

Mississippi argues that it is not lawful. It cites precedent that forbids a state from entering another state to extract resources. If Tennessee had entered just one inch into Mississippi territory, it would be unlawful for it to extract the water under Mississippi's territory. It would be inconsistent to allow them to do the same thing (take Mississippi's water), just because the wells happen to be a few miles on the Tennessee side of the border.

Tennessee argues that it is lawful. If there was a river flowing through the two states, and Tennessee built a dam on its side of

a state controlling the the river, blocking water or fish from going into Mississippi, this would lawful. be Tennessee further contests that at the moment it draws the water from the ground, the water is within Tennessee's borders, and that the fact that the water was once on Mississippi's side of the border is irrelevant.

Although Mississippi's case is compelling, I would decide this issue in favor of Tennessee. At the moment the water is drawn, the water is indeed in Tennessee. And although the water was once located in Mississippi's territory, the water was probably also once located in various other states. United States law does not allocate ownership of water based on where the water once was, but rather, based on where the water Because, however, is. this groundwater is an interstate resource, equitable apportionment by the court should be an option, barring procedural issues.

Wooden v. United States

It is unlawful in the United States for certain kinds of criminals to own firearms. Although the penalty for doing so is mild for most, the Armed Career Criminal Act (ACCA) places mandatory minimum а of 15 years for a "career criminal" who is found to own a firearm. A "career criminal" is defined as a person who "has three previous convictions ...

for a violent felony or a serious drug offense, or both, committed on occasions different from one another". William Dale Wooden broke into a storage facility and robbed ten different units in the building. This was considered to be him committing ten different violent felonies on different occasions.

The fundamental legal question in this case is: what constitutes two "occasions different from one another" for the purposes of the ACCA?

Wooden argues that the ordinary use of the phrase "occasions different from one another" would not count his burglaries as ten different occasions. He gives the example of a shopping trip to the mall. If someone went to the mall and went to a shoe store, then went over to the other side of the mall to buy clothes, no one would say these purchases occurred on "occasions different from each other." Rather, an ordinary English speaker would say those purchases occurred on the same occasion, a trip to the mall. Similarly, Wooden says that his burglaries were not committed "on occasions different from each other". He argues that the correct way to determine if two offenses were "committed on occasions different from each other" is to see if an "intervening change in circumstances" took place. A significant amount of time, (e.g. a burglary on Monday, then again on Tuesday) or an intervening arrest could separate two offenses such that they would be on "occasions different from each other."

The United States government disagrees. It says that Wooden's test for determining different occasions is complicated and subjective, inevitably leading to different decisions from different judges. The government proposes a simpler test: if the "fundamental parts" of a crime were committed at different times from each other, the crimes take place in a different time. For a burglary, the "fundamental part" would be breaking

into the unit. Because he broke into the ten units at different points in time, they were on different occasions. Responding to Wooden's example involving the mall trip, the government points out that if an ordinary English speaker were asked "On how many occasions was a purchase made?", (like "On how many occasions was a burglary committed?"), the obvious answer would be "two". Similarly, the obvious answer is that Wooden committed his burglaries on ten different occasions.

I rule in favor of Wooden. The government fails to answer the example involving the mall trip because of the force with which the statute is worded: "[crimes] committed on occasions different from each other" not "different crimes" or even "crimes committed on separate occasions". Wooden is indeed correct that the two purchases would not be said to be "on occasions different from each other". The fact that the ordinary usage of the phrase in question falls decisively in his favor is dispositive for me.

We mustn't stop think-

The Well-Hidden and Unquestioned Path: A Reflection On College Applications' Presence in My Life

By SOPHIA ZHANG 23

Prep winter was the optimal time to be stressed about college applications. So, one night, awake, I decided to google "How to get into Harvard". Pretentious, I admit, but that small piece of self-loathing was folded away as I found stacks of articles. I chose to read one from a blog. Amongst the confidence of "a Harvard alum(nus)" author, the airtight logic, and the bolded phrases from which I was meant to arrive at an answer, the article brought up the idea of a "spike"—a talent which you want to flaunt in your application, and the author promised that if I was to start as early as possible, I'd gain thousands of hours a year to develop an impressive spike of my own. He promised that I'd sort it all out, and, as long as I worked hard enough, I'd be guaranteed a spot in an Ivy League. Sending the article to my parents, I went to sleep a few minutes later, reassured.

This sense of security was elusive throughout my lower year. I would try to revisit the article and to find more pieces or suggestions, but the subject of college itself became very touchy. For some strange reason, I'd be drenched in viscous confusion whenever I even thought about college applications. There were so many whether questions: I wanted a counsellor outside of school. whether I should bury myself in the chase of better grades, whether I should hurry up and participate in clubs so I could, as horrible as this sounds, become co-head of as many as I could my upper year, whether, after I'd convinced myself that my life's passion-my "spike"—was in education, if education was still something I loved. And the question of whether I'd, in a few years, be rejected from the Ivies. whether I'd soon be a

failure.

I really didn't want to think about it all. I tried redirecting myself into my old interests or finding new ones that gave me a snap of "oh this is my destiny". I sat on our couch in the afternoons, with assignments piling up on my computer, as I steamed in uneasiness and fear; I screamed at my parents; I cried in places all across Shenzhen; I wondered what exactly was tearing me apart.

Where had the sense of security and reassurance gone?

In hindsight, I'd call it dissonance. Dissonance between a dedication towards "loving education" and a hope to explore other fields that felt just as fascinating. Dissonance between the necessity to compete and to achieve and not being sure if that was the standard of action I'd want to set for myself. Dissonance between the certainty of the well-walked path, of the "spike" and the uncertainty of a different direction that felt more right. Dissonance between what I needed to do-and now-for the goal of college applications and what my gut said about the longer terms of life. Dissonance between the persona that the information I'd gotten about college applications had told me to develop and the person I was vaguely tugging at myself to be.

I don't think I'm alone in this. Perhaps in some aspects of the struggle, yes, but the smell of college is everywhere at Exeter. It chokes the pretty autumn air, it winds itself around the stairways we hurry along, and it seeps from club meeting emails we receive. And as we are naturally inquisitive-a fancier and prettier word for prone to overthinking—I think we all stumble upon this dissonance.

Yet I often wonder how much we get to consciously think about this omnipresent thing. Since coming back here, I've hardly found time to breathe, and much less to ponder what exactly I'm going to do with my life in a little over a year. It is possible to chalk this up to timing-my lower year may have just been the year when this thinking was meant to happen. But I still contend that the atmosphere is different here, because it holds a thin film of "let's stuff you with work and not talk about that just yet". We're told, in classes and in activities, to question and critically consider everything we encounter, yet when it comes to the college application process looming over our horizons, we're quietly ushered, forced by distractions, onto an unquestioned, well-worn path. Isn't it contradictory?

I'm not here to reflect on whether that's how Exeter should be, as this is already getting a bit too long. But, briefly relegating more responsibility to ourselves, and in my confused attempt at a conclusion to this piece, we can't stop thinking about this.

ing about this. Maybe take a break once in a while, yet without the painful dissonance and the loss of reassurance, I would be stumbling my way into a shell of a college life. The worst thing we could do is to follow, without question, what an article by someone decades older than us or a comment by an unfamiliar aunt decrees. I may choose to value my college admission over thinking about longer term goals. Perhaps I can find my own way to combine the two. But at all costs we can't settle into something that someone else has told us. We can't read an article or listen to a counselor and, grateful for their comfort, make that our own view of this crucial issue. We must think. We must consciously, constantly think about what exactly I'm to spend these years on. At risk of sounding hubristic, we are complicated, confused beings. Why spend years carving out something insin-

cere and different?

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A Pro-Outdoor Physical Education Argument

By NICHOLAS ROSE '**2**3

As an elementary and middle school student, I grew up particsoccer, swimming, and lacrosse. I endured intense tryouts and competition as I journeyed all around my home state of Virginia, findequally-dedicating ed athletes. However, upon entering high school, where the competition actually "mattered," I was just about burnt out. Around that time, I stumbled upon and fell in love with more "outdoor-sy" activities like surfing, rock climbing, and skiing. Granted, as a kid I had taken trips to the beach, ski resort, or climbing gym every once in a while, but I had never thought about dedicating much time to them. Fast-for-

ward three years later, and my understanding of athletics has completely changed. While I still partake in soccer and rowing here at ipating in organized Exeter, I competitiveteam sports: travel ly rock climb almost every day year-round, surf a few mornings every week in the summer and fall, and ski almost every weekend in the winter and spring. In the process, I've been exposed to a completely different athletic atmosphere. Since all of these sports can be considered hobbies and competition does not occur until a high level, the main objective is simply to get better and have fun. When you have just sent a difficult bouldering route or surfed a gnarly wave, pure support echoes from the fellow athletes around you, as they are all trying to make you better as well. There is no tryout to ski or mountain

bike, which I believe is the beauty of these types of sports.

The benefits of partaking in outdoor activities go far beyond the supportive atmosphere as well. Athletes inevitably gain an appreciation for the wonder and power of nature, along with a desire to take better care of it. This appreciation can also be life-long: while NFL players in 2020 had a young average age of only 26 years old, outdoor sports feature a more diverse range of ages as they can be played well into old age. Spending active time outside can also better mental health with the exposure to vitamin D, sunlight, and physical activity, especially during the winter months. While Exeter itself did not increase my interest in any of these sports, its geographical location sure did. Our

school is located in an extraordinary spot for experiencing the outdoors: 5 minutes from great mountain biking, 15 minutes from the beach, 30 minutes from world-class bouldering, and one hour from ski resorts. There are also numerous locations near campus to pursue sports such as fishing, kayaking, paddleboarding, and hiking. Personally, it is difficult for me to think of any geographical environment on the East Coast that is more suited for an array of outdoor sports, and Exeter needs to take advantage of its unique position. Students themselves have shown initiative in establishing clubs for many of these activities, but imagine the possibilities if outdoor physical education was incorporated into the athletic department's agenda. During

prep physical education, ninth graders could spend an afternoon learning to fish or kayak on the river, surf at the beach, or climb at nearby boulders. A class itself could be competitive mountain dedicated to learning one or two of the sports over the course of a season. Even a program over the course of the year could teach students a plethora of a similar program is sports. While these initiatives may seem lofty and over-ambitious, they have already been put into place by other New England prep schools. Berkshire School in Massachusetts offers the Ritt Kellogg Mountain Program to "promote academic growth, to challenge athletically, to teach leadership, to develop character and to foster environmental responsibility," according to their website. In the fall and

spring, students are able to hike, climb, canoe, bike, fish, along with learning wilderness first aid, cooking, and survival skills. The program also offers a biking team in the fall, nordic skiing team in the winter, and rock climbing team in the spring. The potential for certainly present at Exeter, as well as the interest amongst the student body. For example, in a surf club trip last spring there were over 100 sign ups for only 13 available spots—a very telling sign. Hopefully, with Exeter's investment into outdoor physical education, future students would be able to discover their passions outside just as I have.

The Exonian

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honor their ancestors, descendants and future generations for caring for this area and allowing us to be here today.

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Sports

Girls Soccer Triumphs over Holderness, **3-0**

By VIR SHRESTHA

Girls Varsity soccer played against Holderness. They secured their first win of the season, with a 3-0 shutout. With their new-found chemistry, the girl's midfield and offense were able to improve their teamwork, leading them to a successful home win.

The start of the girl's season was tough to say the least; they started off at two away games. For their second home game, the girls made sure to put on a show for the crowd. During practices, they worked on offensive set pieces. Senior

Nicole Craighead talked about how they prepared specifically for Holderness. Craighead said, "Holderness was a very fast and aggressive team, so we planned for going in fairly offensively." Coach Caldwell said, "The team's aggression and heart was there since day one. Eventually we improved our organization on defense and in the midfield." Coach Caldwell continued on, "The girls were more aware of the positioning and thus made more consistent, accurate passes."

The team came in for preseason on September 3rd, and practicing everyday has built up more than just teamwork and aggression. Coach Caldwell has said since the first game, "Our stamina and aggression have improved."

Lower Kahliya Clayton commented on the support her teammates provide before stressful games. The team commences each home game with a pregame ritual. Kahliya said, "We get hyped pregame in the locker room by blasting music." In the actual game,

this improved organization helped their offense to be as aggressive as possible. Lower Esme Shields and upper Jaydn Mitchell racked

up two goals in the first half alone. Coach Caldwell notes Jaydn's header came off a wonderful corner kick, which was one of the set pieces the team ran during practices. Coach Caldwell additionally credited the midfield for staying consistently organized through the entire game. Craighead said, "Defender Jenna Sylvestri hit really great long balls, helping the transition from defense to attack." The team's sturdy defense was able to maintain a clean sheet.

The atmosphere at home furthermore contributed to the girl's triumphant win. Coach Caldwell says that playing on the stadium turf is always a joy. Craighead loves the energy in the stadium, stating, "We love all the support we get, it really does motivate us to play harder." Not only was the energy up, Clayton said "It is relaxing because the field is familiar and no travel is involved. This free time gives me time to prepare and stretch out for the game better." She also vividly remembers the Big Red Zone, with their posters and matching maroon attire. Everytime the team scores, the energy is unmatched.

The team hopes to continue this enthusiasm to all future games. Coach Caldwell emphasized the importance of the team's persistent passion and intensity. She said "Above all, we strive to put in 110 percent effort." With this mentality, the girls intend to keep on working on their finishing and midfield's aggressiveness.

Clayton added, "This game was our first win of the season so it was a highlight in all." Girls varsity soccer is proud of the hard fought win. They intend to carry their continual passion and effort into future games.

Boys Water Polo Bests Choate in Narrow Game

By CHELSEA ZHAO

The Exeter Boys' Varsity Water Polo team triumphed over Choate in overtime, with a final score of 13-12. Lower Will Reed scored the final goal, bringing the team to their third win in a row, marking a season record of 3-1. In a nail biting finish, the team came together to give it their all in the end.

Upper player Matthew Dame expanded on his sentiments, "The game was exciting through and through. We came out fired up after a glorious, even spiritual, hype speech courtesy of senior player Pedro Coelho."

Lower player Will Reed added to Dame's comments about the game's energy, "The game was a lot of fun, Choate was a great school to go up against. Our defense was a huge supporting factor in our victory."

New Assistant Head Coach Blitzshaw said, "The team has definitely improved since day one and that was clear in the better shot selection and more coordinated counterattacks we saw, especially in the first half."

Senior Captain Hayden Giles talked

.....

about the game environment. "The game was intense, especially in the last quarter after I was rolled out (three ejections = rolled out), we were consistently up two to three goals until the last five minutes, where one of their shooters was burning us on counter-attacks. We still pulled out a couple clutch goals in OT for the W."

Coach Blitz talked about coaching the team, and her hopes for the rest of the season."It's always exciting to be on deck and coaching. The folks on the bench were enthusiastic and the atmosphere was certainly high energy! Coach Mills and I were eager to see our progress as we were confident in the team but also knew this was likely to be a close match."

As for highlights from the game, lower player Michael Yang said, "Patrick McCann had seven goals, firing one after another, many hitting those prime upper corners." Dame expanded by mentioning, "Upper player Dax Knoll had a glorious backhand." Quick thinking and smart plays from the team help secure their victory over a very evenly matched team.

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Coach Blitzshaw added, "I was really impressed with some crucial defensive plays -- some great shot blocks and heads up steals particularly from one of our captains, Hayden."

Coach Blitzshaw continued on to talk about the transfer to Exeter this year. "The Exeter team has given me such a warm welcome and all the boys have been working really hard to step up, improve their game and do it with a great attitude. As with any team, we have lots to work on but we're on a great path and I am excited to see where the remainder of the season takes us."

Each player on the team has been excited to return to polo after nearly two years off. Reed said, "After a year off of no games at school and only club competition, it has been a lot of fun to get back involved in the intensity and rivalry of the sport."

Giles added, "It is very nice competing and just being back in the water with my boys, wouldn't rather be anywhere else."



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Humor

Chieko's Crossword Corner

1	2	3	4	5		6	7	8		9	10	11	12	13
14						15				16				
17						18			19					
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	47				48	49	50	51			52			
53												54		
55										56	57			
58						59				60				
61						62				63				

*****NEW THIS WEEK:** The first five people who send Chieko a picture of themselves with a completed crossword through Instagram or Snapchat will get their name in a crossword.

Across

1. Name of two seniors, one a girls squash captain in Merrill, another a girls soccer captain 6. A tutelary god or spirit associated with Vesta and the Penates as a guardian of the household by the ancient Roman

9. KPOP website

14. First Prime Minister of India

15. Upper in Lamont from Houston Texas 16. "I even fail at xylophone"

17. Middle eastern country with capital Tehran + D

18. American developmental and comparative psychologist. He is professor of psychology at Duke University. Books include: Origins of human communication

20. A small channel cut for drainage purposes; Guaranteed Annual Wage

21. Senior in Main St in the honorable mentions section of the alignment chart + 15 +11 + 1 + 4 + 14

22. Here To Serve Holding Corp

24. Geographical region in Africa, spanning northern Tanzania 25. A traditional Javanese food made from fermented soybeans. It is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form. 27. Scandinavian male given name, mostly used in Sweden and Norway. Malmsten last name is a famous swedish guitarist 29. Powerhouse of the cell

34. Your emo selfs favorite band

37. Movie released July 2021. A man is released from prison after 15 years and reunites with his high school girlfriend, who is now a single mother of three.

38. Vroom vroom

- 39. Alice through the 42. Metalworking tool consisting of a large block of metal (usually forged or cast steel), with a flattened top surface
- 43. Angry or bitter disagreement over fundamental issues

47. To fail to reach an

amount or standard that was expected or hoped for, causing disappointment

52. Last name of twilight leadv

53. Last year or the recent past, especially as nostalgically recalled 54. What I'm going to

say if you share personal info and we're not that close

55. Emma Lyle fav kind of cheese

56. To really hate the letter after F

58. Yes in latin

59. Type of bread listed after white and wheat 60. A sacred song or

hymn, in particular any of those contained in the biblical Book of Psalms and used in Christian and Jewish worship

61. Does something in StuCo? I'm not really sure tbh

62. belonging to or associated with the speaker and one or more other people previously mentioned or easily identified.

63. Upper in Merrill who really likes Willie Wonka. A Transitions co-head, a classics kid

Down

1. House on campus next to Bissel 2. Introduce air into

3. 3rd person present Verb become liquid or soft as a result of warming + M

4. Suffix forming adjectives

5. Wet dirt 6. Potato pancake

7. Bye but in a beret and baguette

8. City in the Central District of Israel

9. A person who dislikes, despises, or is strongly prejudiced against women

10. Second part of event soon with 45 down as the first part. Will probably be a news or life article next week

11. Apples fetch laretes and toto gravel running clean

12. City in central Chile, at the confluence of 3 rivers. Also where the biggest earthquake ever recorded was

13. Oil company with Mobile gas stations 19. Belonging to or on behalf of a specified person

21. Married to mila kunis 23. Cost Per Mille

26. Even I like indigo lavender locks eating

edemame mandatory acts

28. Hey Epic Shredders! Club

30. Abreviation for a body of people with a particular purpose, especially a business, society, association, etc.

31. A sustainability company which identify, design, implement and financing turnkey energy and water conservation solutions at no upfront cost to clients

32. A smaller mountain without I

33. Only Eaters and starfish turn red

34. Principal professional association in the United States for scholars of language and literature. Format for citations and headings

35. ----- Falling is a Big Time Rush song. It also makes a huge mess at parties. Normally falls from ceilings.

36. Used as a direction in music indicating imitation by reversion or by inversion

40. A coral island belonging to the Amindivi Subgroup of islands of the Union Territory of Lakshadweep in India

41. Software Requirements Specification 44. I wanted to tell ally

icarus

45. First part of something happening in two days with 10 down.

46. A person or thing that is mysterious, puzzling, or difficult to understand

48. Social Relief of Distress

49. Sksksksksksk omg my scrunchy save the turtles

50. All vowels except I replaced with y in random order

51. A preference for meat to be less cooked 53. French designer with same last name as Senior of the Week

56. DO NOT Talk about this or ask about this to seniors EVER 57. National Security Review

Some Underrated Seniors of the Week

By HARRY GORMAN

There are only a certain number of weeks in every year, so not everyone can share the coveted spot of Senior of the Week. Here are some lovable friends that might have fallen to the wayside this year.

Shindle Tweezle

Shindle is a cohead of Exeter Snuggle-Ups, and an all around awesome "person" to be around. We reached out to day

student Lizzy Swerve for Pearl Button a comment, and she had this much to say: "Please get out of my house."

Worldy Milkdrinker

Worldy is one of the coolest people on campus. Her hobbies include growing toxic mold on the walls of Langdell, cement, and screaming. Searching for Worldy? Look no further than Tan Lane at the crack of dawn, where she loves to throw rocks and sticks at passerby.

Pearl has not been seen on campus for the past two weeks, but apparently she's pretty cool. When asked about her best qualities, most people say, "There is no one at Exeter called Pearl Button. You are crazy." An anonymous upper in Merrill walked up to me and said whenever she closes her eyes, she sees Pearl's face furled into a wicked grin.

Blorsh

Who doesn't love

this ball of fun? Everyone fondly remembers the time when Blorsh ate an entire lawn chair last spring. On campus, Blorsh can regularly be seen hunting squirrels and taking copper nitrate solution from the science building. Who knows what they do with it!

Tinsy Flemmings

Tinsy is captain of the Newspaper Chewing team. Last year, he caused quite a stir by destroying both drink machines in Elm with a sledgehammer. When asked why he did it, he twisted my pointer finger, making me feel the most pain I have ever experienced in my entire life.

Amy Poehler

Amy Poehler is a hilarious actress most known for her role as Leslie Knope in Michael Schur's Parks and Recreation. Who else LOOOOVES Amy Poehler?

Ticket Muncher

One time Ticket Muncher said I had the most horrifying face he ever laid his eyes on. That hurt my feelings. Other people seem to think he's a lot nicer though. We reached out to upper Itsy Bitsy for a comment, who said "Was he wrong though"

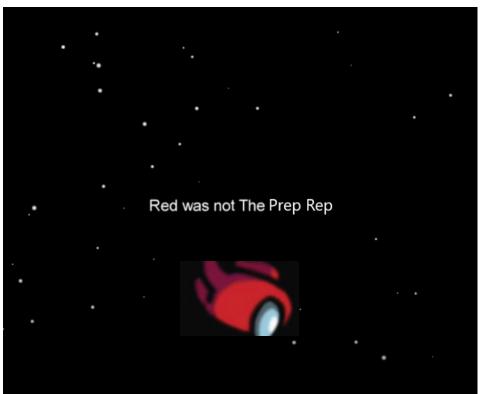
You're Dreaming

Have you ever stared at a wall too long and thought you could see it melting? Have you ever seen someone, turned around, and when you looked back they were gone? Ask yourself, did you really wake up this morning?

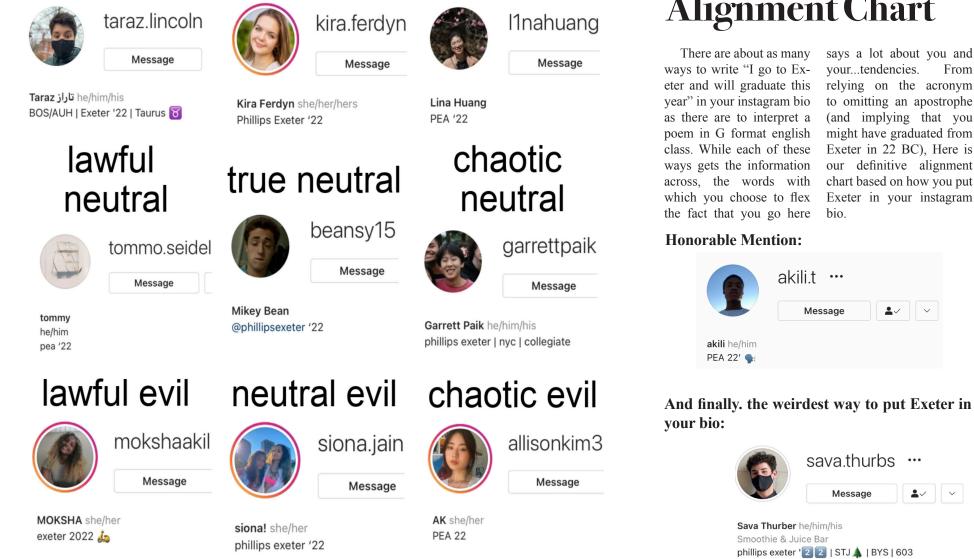
Prep Rep Elections Before:

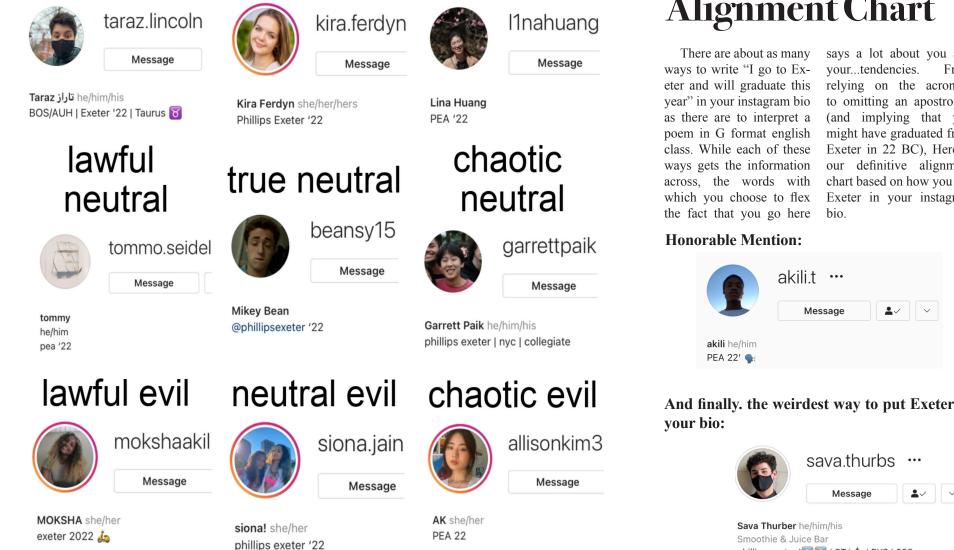


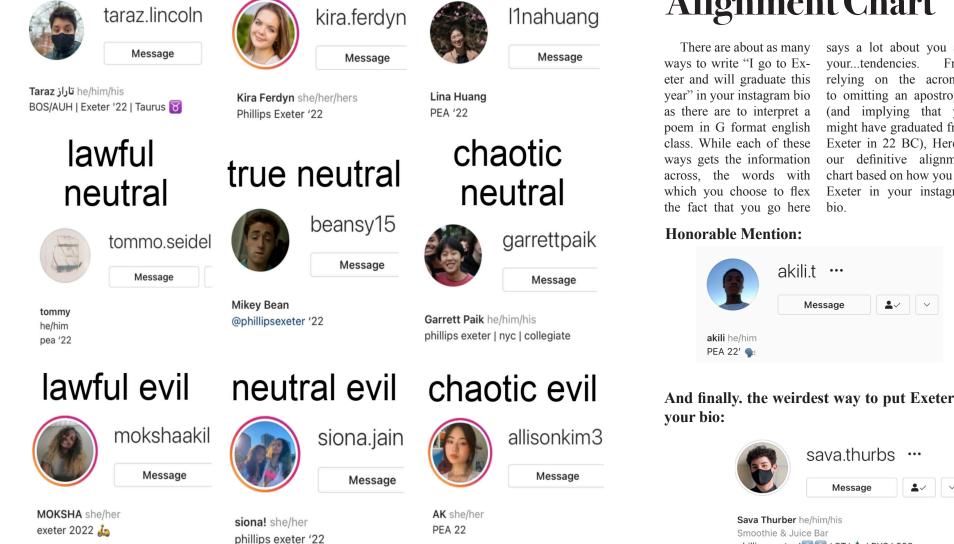
Prep Rep Elections Now:



lawful good neutral good chaotic good







Insta Bio Alignment Chart

There are about as many says a lot about you and

Top 1 Worst Day to Have Classes

By BLAKE SIMPSON

1. Saturday

Honorable mentions (in no particular order): Monday, Tuesday, Wednesday, Thursday, Friday

How to Impress Your Parental Units During Family Weekend

By JACK ARCHER

1. Show them the messiest room in the dorm before you show them yours.

2. Tell them how much sleep you got last night and how long you've been awake for.

3. Brag about that time you got the highest math test score in the class even though you

got a 70.

4. Prove that you're eating well by demolishing an entire pint of Stillwells in front of them.

5. Take them on a campus tour and only get lost twice.

6. Bribe your proctor to lie to them about how good you've been.

7. Tell them how many boxes of chalk you used to campaign for

Prep Rep.

8. Infect them with the [redacted] plague (Sorry, Dad).

9. Give them a hug and say "I love you" in front of all your friends. Like all of them. In public. You won't.

10. Chug a mug of D-hall coffee and then conk out into REM sleep like it's nothing because caffeine doesn't do it for

you anymore.

11. Invite them to your music ensemble's open rehearsal knowing full well you haven't practiced in a week.

12. Make the effort to spend quality time with them while standing in lines at D-hall.

13. Show them our matriculation data (but from the 1800s).