



Welcome, Parents!

WITH HARVEST FEST, CHOATE SAYS HELLO TO FALL

By **JeeHwan Kim '21**
Copy Editor

This past Sunday, October 13, Choate held its annual Harvest Fest on Memorial Field from 1:00 p.m. to 4:00 p.m. Of the 15 clubs that volunteered to host stations, three hosted activities, including tie-dye, henna tattoos, and face painting, while the other 12 provided food, ranging from traditional fall beverages such as apple cider to Jamaican beef patties and dumplings. Three inflatables were also provided by Sound Spectrum Entertainment.

According to Ms. Colleen Kazar, Assistant Director of Student Activities, preparation began early fall term, when Director of Student Activities Ms. Alex Long reached out to Sound Spectrum, an entertainment agency in Wallingford, and asked for Choate's most active clubs to host stations. Tech Crew and members of the Committee of Student Activities (COSA) helped with setup as well as ticket sales, and SAGE Dining Services provided the food.

In order to participate in activities or buy food, guests bought tickets to spend at the

booths, which cost fifty cents each. Ms. Kazar estimated that close to 200 people, including students, faculty, and faculty children, attended the event.

Harvest Fest was advertised through the new Choate student activities Instagram account, which Ms. Kazar felt was fairly effective in bringing people to enjoy time together for the festival. Though many people attended the event, Ms. Kazar wished more clubs had hosted stations.

"I would love to see more clubs participate in the future," she said. "If we had more club participation, we could certainly offer more foods or activities. I think it would have been fun to see something like pumpkin painting or bobbing for apples — a little more fall-themed."

Overall, though, she said that her first Harvest Fest as Assistant Director of Student Activities was a great success. The preparation went well, and the event ran smoothly. Hopefully, next year, the event will be just as successful, if not more, with the participation of more student-run organizations.

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Photo by Jessie Goodwin/The Choate News

Eliana Kim '20 earned a standing ovation on Tuesday evening for her performance of Mendelssohn's *Violin Concerto in E minor (Op. 64)*.

CHOATE PLACES IN TOP TEN AT CYBERSECURITY COMPETITION

By **Grace Liu '23**
Reporter

From September 27 to October 11, a group of Choate students participated in the 2019 picoCTF competition, an online cybersecurity contest organized annually by Carnegie Mellon University. This year, picoCTF brought together more than 5,000 teams from

middle and high schools across the United States to compete against one another in topics including reverse engineering, hacking, and decrypting.

The competition has its roots in encouraging students to learn about the cybersecurity industry, which is currently struggling to fill seats with qualified talent. Over the course of the competi-

tion, it has successfully drawn over 18,000 participants from across the United States.

Problems ranged from finding the password to a login portal to analyzing lyrics to a rock song with computer code hidden within. The top five teams that solved the most problems by the end of the two-week competition period receives monetary prizes,

with the top three teams winning an all-expenses paid trip to Carnegie Mellon for an awards ceremony and a tour of the campus.

This year, Choate had more than twenty participants in the competition working in teams of one to five students. Andrew Lee '21 said, "The Com-

See **CYBERSECURITY**, Page 2

A Look into HLF's Annual Celebration



Graphic by Elaine Zhang/The Choate News

HLF had a showing of the documentary *What is Culture?* at Choate on

By **Elton Zheng '22**
Reporter

Hispanic and Latinx Heritage month, which lasts from September 15 to October 15, came to an end this week. The month celebrated the culture and history of Hispanic and Latinx contributions to the United States. In honor of this month, Choate's Hispanic and Latinx Forum (HLF) hosted a celebratory community gathering.

In previous years, Choate's dining service, SAGE, has prepared a themed dinner to recognize the culinary innovations the Hispanic and Latinx community has brought to the world. This year, HLF decided not to hold the themed dinner open for members of the school community and instead ordered tacos from a local restaurant and watched a

video showcasing proud Hispanic and Latinx immigration stories in their opening meeting of the term on September 30.

HLF also hosted salsa dancing lessons early in the fall term, as it has in the past. HLF member Skye Figueroa '22 found the month and HLF's celebrations to be a moving representation of her culture. At the second meeting of the term on October 7, the cabinet showed a video on *What is Culture?* before diving into a discussion on how culture represents each individual and if there is a shift in culture after students come to Choate.

Although HLF mainly focuses on bringing recognition to a minority group, many HLF cabinet members still believe that HLF is a relatively unknown club at

See **HISPANIC**, Page 2

Students Begin Application Process for Spring Break Trips



Graphic by Elaine Zhang/The Choate News

Students will have the opportunity to travel to Cuba, Spain, and Mexico through Choate this spring.

By **Begum Gokmen '23**
Reporter

Though only a month and a half has passed since the start of the school year, students have already begun the process of applying for Choate's Global Program spring break trips.

This year, the School is offering trips to a number of destinations including Cuba, southern Spain, and Mexico.

While each trip has its own focus, they all aim to expand students' understanding of the diversity of the world around them. "The goal of our programs in gen-

eral is to expose our students to a different culture, a different way of doing things, and a different way of life," said Ms. Ashley Sinclair, Director of Global Studies.

On the trips, students will be encouraged to step out of their comfort zones as they immerse themselves in the unique food,

language, and architecture of a different country. Students, moreover, will get the chance to interact with the locals of the countries they visit — more often than not, in the language that they study at Choate. "It helps [Choate

See **SPRING BREAK**, Page 2

Toxic Contamination

A plane crash at BDL raises concerns about the use of PFAS in fighting fires.
Local News • P3



Learning from Difference

How should diversity be incorporated and celebrated in academia?
Opinions Campus • P4

Troops Pulled from Syria

Trump's latest decision will be detrimental for all nations involved.
Opinions N/W • P5



2nd Annual Arts Fest

Medina Purefoy-Craig '20 will host Choate's second annual arts show on October 25.
Arts and Leisure • P7

What's Inside

School News.....	1-2
Local News.....	3
Opinions: Campus.....	4
Opinions: Nation/World.....	5
Features.....	6
Arts and Leisure.....	7
Sports.....	8



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Visuals by New Haven Register, HSP Research Foundation, The Atlantic, and Kathryn Phillips



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Student Council Recap

By **Chris Lin '21**
Columnist

This week, the student council continued its discussion on the parking proposal issued by upperform day student representative Luke Barrett '21, who proposed allowing day students to park in the lot behind St. John Hall.

The student council also resumed discussion on both policies proposed by Abby Lu '22 the previous week. Her first proposal aims to replace the current single-use plastic cups used to make waffles in the dining hall with reusable cups. She hopes that this change will contribute to long-term sustainability at Choate.

Lu's other proposal aims to make Wi-Fi available for Choate students starting at 5:00 a.m. While recent reforms to Choate's Wi-Fi policy have benefitted upperclassmen who work late into the night, Lu believes that the school needs to be more accommodating to students who are more productive in the morning or who have different sleep schedules.

Nate White '20 initiated a call for more chairs in the dining hall's senior section. "There is a constant lack of chairs going around, so people constantly move chairs from one table to another," said White.

By the end of the meeting Lu's compostable waffle cup and early Wi-Fi proposals along with White's senior section chair proposals were passed, while Barrett's day student parking proposal was tabled for further discussion.

Since the start of the year, students have been able to track the progress of Student Council legislation through their Instagram account. Javier Castillo '20 said, "So far, I have been really impressed by the proposals that have been introduced to the council, I just hope that they conduct more forums in the dining hall so that they can start to push for what the students want, not just our input on form events."

Will Robertson '20 introduced a proposal permitting senior voting in schoolwide elections. Currently, the School's policy does not allow the graduating senior class to vote on the rising Student Council President and Vice President. The idea was only briefly mentioned and will warrant further elaboration in future student council meetings.

NATIONAL HISPANIC HERITAGE MONTH CELEBRATED

Continued from Page 1

Choate and are taking the initiative to increase its presence on campus, hosting more events and gaining more members.

HLF meetings are a communal safe space, bringing Hispanic and Latinx students and allies together on campus. Cabinet members appreciate the shared community of the club and encourage newcomers to join. The HLF cabinet will be holding elections for the Secretary position this week at their next meeting, aiming to build an executive team to accomplish their goals this year.

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2019-2020 Spring Break Trips Announced

Continued from Page 1

students] think and expand their own bubble," said Ms. Sinclair.

Ms. Jessica Cuni, a visual arts faculty member, and Dr. Yaser Robles, a fourth-form dean and history teacher, will chaperone this year's trip to Cuba. While the trip focuses mainly on Cuban history, culture, and the contemporary arts scene, students will also take salsa and cooking lessons. Dr. Robles explained that the trip participants will be experiencing Cuba holistically by learning about important aspects of Cuba's history: "Students will learn about the Cuban Revolution, foreign policy, U.S./Cuba relations, health care, education, economy, socialism, and the arts."

Another spring break trip offered this year is one to southern Spain, which will be led by Ms. Eera Sharma, a Spanish teacher, and Mr. Georges Chahwan, the Language Department Head and Arabic teacher. "The goal of this trip is to give [the students] an understanding of the Moorish influence of Arab culture in southern Spain, not just through the language but also in architecture, food, and the daily lives of people who live there," said Mr. Chahwan.

A notable change from last year's trip to Spain is an addition to the trip's geographic focus. Though students will still be spending time in Seville, the capital of Andalusia that is known for its iconic monuments like the Real Alcázar, and Granada, the home of the Alhambra, program leaders made the decision to add a visit to Toledo, the capital of La Mancha known for its medieval Arab, Christian, and



Photo courtesy of Jaime Gonzalez

Students from last year's trip to Oaxaca, Mexico bonded with local children.

Jewish monuments as well as for the Mudéjar architecture, to this year's itinerary.

While the other trips are centered on cultural immersion, the trip to Mexico, organized through Simply Smiles and led by Director of Community Service Ms. Melissa Koomson, will focus mostly on community service. Throughout the week, participants will have the opportunity to interact with children and their families and give back to the surrounding community in Oaxaca. For example, the students who participated in the trip last year spent their mornings physically building a classroom for a new local kindergarten. In the afternoons, they spent time with the children in the Simply Smiles program.

Though all three March trips are unintentionally to Spanish-speaking countries, Ms. Sinclair explained that students without Spanish language ability are welcome to apply for any of the programs as well. She said, "We try to run our trips on a biannual basis, and these are the trips that were proposed by faculty this year. We are quite excited be-

cause our faculty are experienced and have had great reviews on these tours in the past."

Students seem thrilled for the opportunity to spend their spring break experiencing and learning more about a new culture. "I want to go in depth experiencing the influence of art in Cuba and also broaden my artistic perception," said Manuela Sepulveda '23.

Beyond cultural immersion and community service, the trips are also designed to facilitate Choate students' personal growth: "Each of the programs has its own set of learning outcomes, but it is part of our mission to ensure our experiences are designed to build independence, self-reliance, resourcefulness, and adaptability through exposure to new ways of living and thinking. They are intended to encourage students to reflect on their own background through the lens of the culture and attitudes of the host country," concluded Ms. Sinclair.

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PATHWAYS: A CRUCIAL CHOATE SUPPORT SYSTEM



Photo courtesy of Choate Flickr

Choate's Pathways mentors gathered together this fall to welcome prospective students to campus.

By **Pranav Pendri '22**
Reporter

At the start of the school year, new students can find it difficult to adjust to Choate. Three years ago, at the start of the 2017-2018 school year, Dr. Keith Hinderlie, Director of Equity and Inclusion, created Choate's Pathways Program to help students of color begin to find their place within the School.

The stated goal of the Pathways Program is to support new students of color through their first year on campus, which is often full of challenging academic and social transitions. According to Dr. Hinderlie, there is common, consistent knowledge that environmental factors often impact the way students of color adjust to life on predominantly white campuses.

By the time Dr. Hinderlie founded Pathways, he had run similar programs for more than 20 years at other independent schools. During the 2016-2017 school year, a strong development in student interest in having a peer mentor element for students of color helped lead to the creation of the program.

Mentors of the Pathways Program believe that their role is of utmost importance to helping students of color adapt to Choate. Esi Donyoh '20, a former Pathways mentor, said, "I think that there's a lot of selflessness that has to be a part of it, because you have to take yourself out of this position as someone who's been at this school for years."

The Pathways Program relies primarily on student mentors from the fifth and sixth forms, students who have already transitioned to Choate. Having students of color already well into their Choate education who want to help younger students of color transition to life on campus is, according to Dr. Hinderlie, vital. Krystal McCook '20 said "It can be hard to look around your class and be one of the only students of color, so I like being someone that these students can talk to and someone that helps them conquer life at Choate."

Now that Pathways is entering its third year, students who were mentees in their third form have the opportunity to become mentors — indeed, all but two of this year's Pathways mentors were mentees as third formers.

Pathways hosts events during the year for mentees to

bond with mentors. The program hosts a pre-orientation at the beginning of the fall term, during which students can spend time with their mentors before school officially starts. It also holds a cookout for all students of color at the beginning and end of the school year, as well as four other events dispersed throughout. These events, ranging from the Pathways barbeque to opening day orientation, typically focuses on easing students' transitions or giving advice to mentees on combating stereotypes.

Bradley Wang '21, now a Pathways mentor, said, "When I came in, it was a hard transition from a school with an Asian majority, so I wanted to help other kids in the same position as me out and avoid the same conflict I had."

For anyone wishing to apply to become a Pathways mentor, Dr. Hinderlie urges students to listen for an announcement in the spring regarding applications. The process will take place through the Choate Common Application.

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CHOATE STUDENTS COMPETE IN NATIONAL CYBERSECURITY COMPETITION

Continued from Page 1

puter Programming Union organized the teams. The heads of the club decided based on each students' strengths and experience level which team to assign them to."

Passionate for math, Lee was the cryptography specialist on his team. "This year, the cryptography questions weren't very challenging, so I finished them early. I tried to help others out as much as I could with the time we had left," said Lee. The roles were assigned to fit each member's specialty and cover the large number of problems. For example, Lee stated, "We designated the Binary Exploitation problems, which is a more traditional type of hacking, to the student in our team with a Linux computer because of the capabilities of the software."

The competitors had to regularly devote their free time to working and collaborating on the competition problems. Lee said, "The other team [would be] up until four in the morning working. My team and I met in the dining hall during meals every day and in Lanphier Center a lot. Overall, we spent an ungodly amount of time working." Lee's team also used Discord, a popular chat platform commonly used by

video gamers, when it wasn't able to meet in person. At the meetings, the main priority was to address the more challenging questions and any individual issues team members were having with their designated category.

The results of the competition have been finalized: Choate's top two teams were ranked eighth and twenty-ninth, respectively.

Overall, the students had a positive time and gained valuable experience.

Some problems combined many topics, and people could contribute their different areas of expertise.

Heidi Lei '20

Heidi Lei '20 felt that working with a supportive team was particularly rewarding. "Whenever I was stuck on a problem, it was nice to explain my thinking to others on my team because they gave me new insight," she said. "Some problems combined many topics, and people could contribute their different areas of expertise."

Though Lee plans and looks forward to participating and helping to organize Choate involvement in the competition next year as well, he is looking forward to having some more time on his hands: "With the competition over now, I will have to start getting used to spending my free time doing things other than looking at my computer screen."

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DEPARTMENTS WORK WITH OUTSIDE CONSULTANTS TO IMPROVE TRAINING

By **Alyssa Jaster '23**
Reporter

In the past two weeks, the Language, English, and Humanities, Philosophy, Religion and Social Science (HPRSS) departments met with outside specialists for workshops on professional development.

Department days are opportunities for faculty to take a step back away from day-to-day teaching and engage with longer-term projects that can address potential issues facing the departments. Ms. Amy Foster, the head of the HPRSS department, spoke to the breadth of events that department days have been used for. "Last year, HPRSS brought in Tom Jehn from the Harvard College Writing Program to give an evening workshop focused on the teaching of writing and providing helpful feedback to students on their writing. And we had a couple of department days that focused on the redesign of our courses in preparation for the implementation of the new daily schedule."

This year, the HPRSS and English departments paired up for a combined department day that focused on how teachers can make classrooms places of greater equity and inclusion. They worked with an outside facilitator, Ms. Emily Chiariella, from Education for Good, a consulting organization specializing in diversity and equity in K-12 education. Mr. Ned Gallagher, a faculty member of both the HPRSS and English departments, said, "It was an unusual opportunity for faculty from both departments to be gathered together and for the faculty members to exchange ideas."

Occasionally, department days take teachers off campus

for training experiences. Ms. Foster said, "A popular Department Day was a visit to Wesleyan, during which we visited classes and interacted with a panel of professors who spoke with us about how they felt we could best prepare high school students for the transition to college academics."

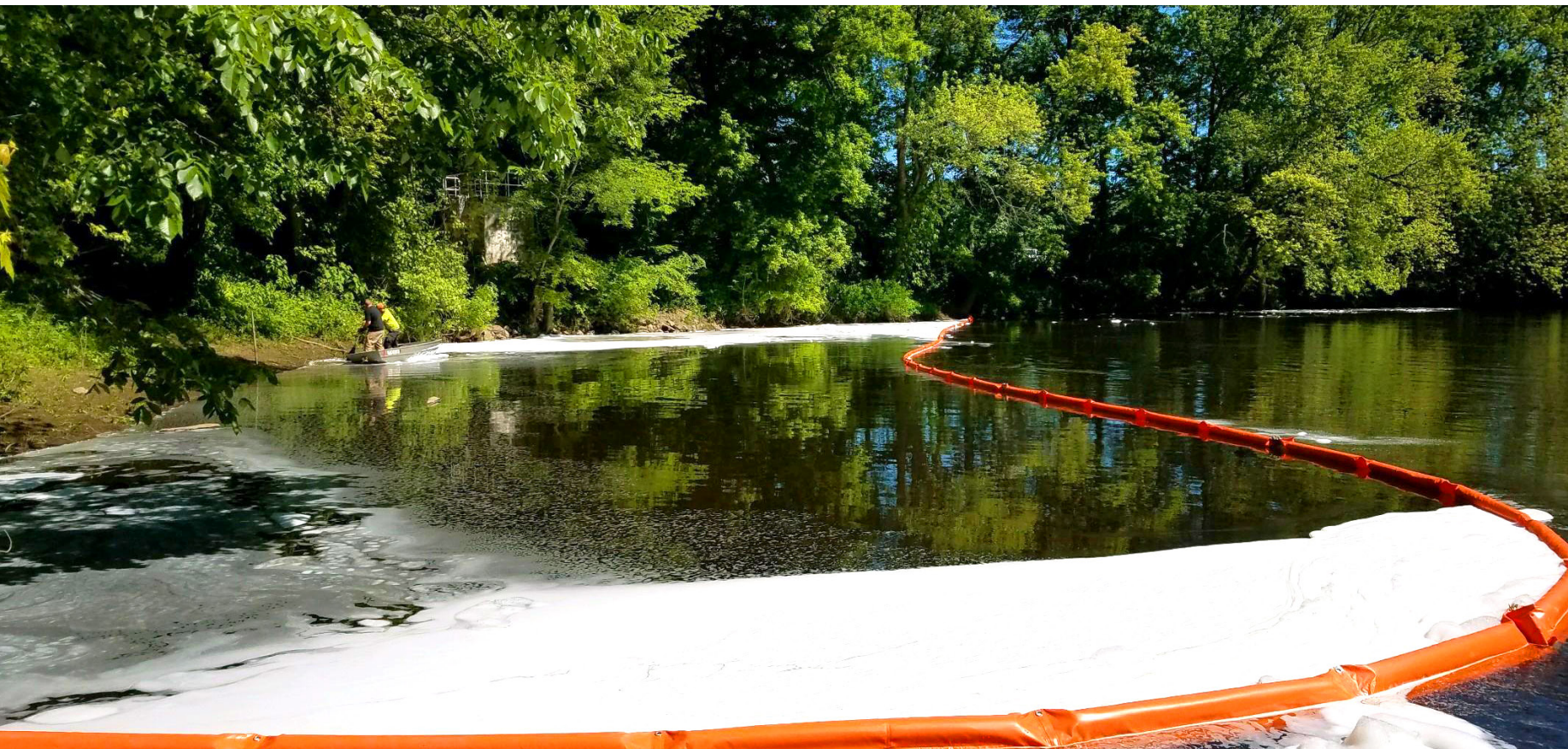
Since last year, Mr. Georges Chahwan, head of the Language Department, has aimed to align the departmental curriculum with the standards instituted by the American Council on the Teaching of Foreign Languages (ACTFL) and to further the department's emphasis on performance-based assessments.

During the language department day this fall, an ACTFL speaker, Mrs. Lea Graner Kennedy, was invited to Choate to provide training on grading and conducting performance assessments. Mr. Chahwan explained, "Mrs. Kennedy prepared an agenda and material for the day that contained group work for the entire department — different scenarios and exercises that would be performed in pairs. These scenarios were meant for faculty members to be placed into the shoes of their students." By the end of the day, faculty had completed training on how to incorporate curricula, lesson plans, and assessments into language presentation and performance.

Dr. Matthew Bardoe, head of the Math Department, addressed some concerns that may arise from missing a day of class. "Department days are disruptive to the students and teachers, but they are necessary to keep teachers up to date on their craft."

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TOXIC FIREFIGHTING FOAM USED IN BRADLEY AIRPORT CRASH FOUND IN WINDSOR WATER SOURCES



The Connecticut Department of Energy and Environmental Protection has hired private contractors to contain firefighting foam found in Windsor's rivers. Photo courtesy of Connecticut Public Radio

By **Nathan Lang '22**
Reporter

On October 2, an airplane flight took a disastrous turn as a 75-year-old World War II-era B-17 bomber, struggling after takeoff, crashed into the de-icing facility at Bradley International Airport and caught on fire. In the weeks since the accident, concerns have been raised about the foam used by firefighters to extinguish the fire. The foam contains perfluoroalkyl substances (PFAS), an extremely toxic group of synthetic chemicals. Nearby rivers and water sources have shown signs of contamination. This has raised concern among the Connecticut Department of Energy and Environmen-

tal Protection (DEEP) and the Windsor Department of Health. Active measures are being taken to contain the toxic foam.

Shortly after the B-17 crash, PFAS-containing foam was sprayed on the wreckage of the plane, following airport safety protocol. PFAS can cause fertility issues, increased cholesterol, changes in the immune system, increased risk of certain cancers, changes in fetal development, liver damage, increased risk of thyroid disease, and increased risk of asthma when exposed to the body for a long period of time, according to the Department of Veteran Affairs. PFAS are the most dangerous to children, since they can have large impacts on child development.

The director of the Windsor Health Department, Dr. Michael Pepe, said that the foam is suspected to have flowed into a local brook near the airport and that local residents have reported seeing foam floating above two bodies of water in Windsor: Rainbow Brook and Watts Pond. Officials are concerned about whether the PFAS reached the Farmington River, which is connected to Rainbow Brook. DEEP has initiated water sample testing in these bodies of water; however, the results have yet to be published.

DEEP, alongside the Windsor Health Department, has also hired private contractors to scrape foam from the surface of Rainbow Creek and Watts Pond and set up water barriers along

Rainbow Creek to prevent the further spread of the chemicals. The Windsor Health Department has been working closely with DEEP to contain the foam. Dr. Pepe said that DEEP is “the leading authority” on PFAS clean up.

Because of delays in water sample testing, it is still not known whether the foam has contaminated the Farmington River. But no reports of surface foam have been submitted by residents near the Farmington River. If the PFAS reached the Farmington River, they could be carried into Massachusetts and surrounding areas, contaminating more waterways and potentially causing hazardous health effects to residents who ingest the water. Touching the water,

though, should be fine, as scientific research has shown that PFASs cannot easily enter the body through the skin.

Dr. Pepe reassured that, as of now, PFASs are being contained. Furthermore, he stated that the Windsor Health Department has posted advisories at every public access point to caution residents against coming in contact with the foam, as well as an advisory against eating any of the fish. Although short contact with PFAS is relatively harmless, the town stressed that these advisories should be followed by all citizens to ensure their safety and the safety of the community.

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Community Calendar

OCT. 18, 6:00 p.m.

Glastonbury Apple Harvest and Music Festival
Glastonbury's annual festival features 28 artists, carnival rides, 25 food trucks, and more than 100 craft vendors.

Riverfront Park, Glastonbury
Free admission; \$35 car ride

OCT. 19, 11:00 a.m.

Spooktacular Science Weekend
Dress up in your favorite costume for a Halloween dance party, Hocus Pocus sing along, and other spooky activities.

Connecticut Science Center
\$17 admission; \$30 car ride

OCT. 19, 12:00 p.m.

New Haven Chalk Art Festival
Watch as local artists decorate the streets of New Haven with chalk drawings.

Yale University Art Gallery
Free admission, must register online to draw, \$23 car ride

OCT. 19, 6:00 p.m.

Goats n' Pajamas Party
Brush, feed, and cuddle with goats dressed in pajamas and costumes.

Bradley Mountain Farm
\$15 admission, online registration required, \$37 car ride



By **Bella Capuano '21**
Columnist

Next to the railroad track on South Colony Road sits a 1920's Philadelphia subway car that houses Trakside Brick Oven Pizzeria. From the outside, the Pizzeria appears to be a vacant subway car – you would never think that it is home to some of the best pizza in Wallingford. Serving New Haven-style classics from mashed potatoes and crispy bacon pizza to chicken pesto pizza, Trakside is bound to impress.

One of the most popular pizza dishes at Trakside is the sizzling shrimp scampi pizza. This white pie is topped with parmesan cheese, parsley, oregano,

and shrimp covered with lemon juice. All the pizzas at Trakside are cooked in brick ovens that produce a rustic char on each pie.

In addition to its savory pizza dishes, Trakside also serves a variety of Italian dishes, including chicken parmesan grinders and stuffed breads filled with

Trakside Brick Oven Pizzeria
118 Dudley Ave.

Open every day except Monday for lunch and dinner

ham, broccolini, and buffalo chicken. Customers can also enjoy more traditional entrees such as zuppa di pesce, a soup made

with shrimp, calamari, scallops, fresh clams, and linguine, as well as chicken piccata, a dish of sautéed chicken cooked with capers in lemon-butter sauce.

Ed Naclerio, the owner of Trakside, opened the pizzeria 18 years ago. On his unique choice for the location of the restaurant, Mr. Naclerio said, “The subway was just sitting here. One guy rented it for a year in the 1990s, and we have been here ever since. Yep, that’s the story.”

Mr. Naclerio loves to chat with customers while he prepares and bakes pizza dough. It’s the unique experience that keeps customers coming back for more.

Bella Capuano may be reached at bcapuano21@choate.edu



Trakside Pizzeria serves a variety of pizza pies, including one inspired by shrimp scampi. Photo by Bella Capuano/The Choate News



Rock House School of Music opened its Wallingford location in May. Photo courtesy of Record-Journal

Music School Rocks Wallingford

By **Linda Phan '22**
Reporter

The faint tapping of cymbals accompanied by the strumming of an electric guitar echoes down Center Street. With a feverish rhythm and a booming beat, the Rock House School of Music fills the center of Wallingford with melodies. For the past five months, the school has allowed the communal life and musical atmosphere in Wallingford to flourish.

With certified and experienced instructors, the Rock House School of Music teaches students of all ages and skill levels. The school's music curriculum centers on “The Rock House Method,” a technique for teaching music through an applied-learning experience that emphasizes exploration.

Teachers use books, worksheets, video demonstrations, quizzes, and one-on-one lessons to provide a comprehensive learning experience. The school also holds events such as youth open mic nights, when younger students perform by themselves, and talent showcases, when students of all ages perform in an ensemble. Every year since 2015, the Rock House School of Music has been awarded the “Best Place to Take Music Lessons in

CT” award from CTNow, a Hartford-based newspaper.

For students between four and seven, the school also offers its “Little Rockers” program, designed specifically for young children. This program teaches students the fundamentals of music through multi-sensory activities. Instructors use hand and foot patterns to teach students about rhythm. They also expose children to a variety of instruments to nurture their musical curiosity and creativity. Through music, the school hopes to develop their younger students’ artistic abilities and motor skills, skills applicable beyond the musical field.

Mr. John McCarthy, the founder of the Rock House School of Music, opened the school’s first location in West Haven 1991. After 28 years teaching in West Haven, Mr. McCarthy decided to build a new location in Wallingford. He hopes one day to establish locations across the United States and the world.

Mr. McCarthy had his first experience with music listening to his siblings’ albums when he was six years old. His passion for music led him to teach guitar during his teen years in the 1980s, when he developed the Rock House Method. According to Mr. McCarthy, the approach isn’t just about learning songs. It’s also about

“learning the theory behind the song ... and the elements needed [to become] a successful musician.”

To create the Rock House Method, Mr. McCarthy studied 10,000 number one hits from the past fifty years, and discovered that many of those songs used the same ten chord progressions. Mr. McCarthy based the foundation of the Rock House Method on the chord progressions, scales, and other musical elements commonly found in popular songs. From this foundation, he developed comprehensive curriculums for the guitar, bass, piano and keyboard, drums, ukulele, and voice.

Since inventing this method, Mr. McCarthy has written or helped write over one hundred books on learning to play music for a variety of instruments and genres, including blues, jazz, metal, and funk. He has also promoted the Rock House Method online, hoping to make learning music more accessible.

“My goal is always to bring more music to the community,” said Mr. McCarthy, adding that Choate students are welcome to a free lesson if they stop by the school and mention this article. Rock on.

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THE CHOATE NEWS



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TRUE SELF-CARE DOESN'T COME EASY



Graphic by Chandler Littleford/The Choate News

By **Ella Briggs '21**
Opinions Writer

It's common to hear the term “self-care” amongst conversations of superficial yet feel-good activities, such as face masks, spa days, and general indulgence. Although these activities certainly make up a part of self-care, the truly meaningful exercises that exist at the root of the concept are often not included in the discussion. Despite the instant gratification a face mask might bring, self-care should not be mistaken for self-indulgence.

In recent years, social media has made the word “self-care” palatable enough to be considered trendy. Too often it is used to justify not fulfilling responsibilities or immediately giving up when the slightest feeling of overload hits. Or, the word is simply used to refer to beauty products, as nothing but a marketing tool to pander to those seeking a less stressed version of themselves.

But how can one grow by giving up? While sometimes needed, this weakness we now call “self-care” does not change behavior or mindset, the ultimate goal of productive self-improvement. Self-care culture becomes toxic when it is used as an excuse to find shortcuts that reinforce toxic habits, biding time while neglecting the root of the bigger emotional health issue.

In its rawest form, self-care is not always easy or pleasant. In fact, in my experience, the most truly effective forms of self-care

require enormous amounts of time, commitment, and reflection. It means having uncomfortable and difficult conversations with yourself and with others not only to determine what factors of your mental health can be improved upon, but to find realistic strategies for accomplishing those goals. Often, self-care exists outside of physical objects, manifesting itself as a change either in perspective, friend group, or habit. Finding peace with your past, present, and future selves is the true reward of self-care — this self-reflection just can't be achieved with a nap or a self-proclaimed “no homework night.”

There is absolutely no shame in taking breaks. But, I urge you: When engaging in indulgent, short-term forms of self-care, bear in mind that it is not always an inherent step forward if it becomes an excuse that only drives you deeper into the black hole of mental uneasiness. Self-improvement isn't supposed to come easily, and superficial self-care culture offers a convenient way to procrastinate the more formidable aspects of the process. So, the next time you're considering just going to sleep instead of pushing through that last chapter of *The Odyssey*, I encourage you to reconsider your options: which one is simply a crutch for a larger problem, and which one will help you in the long run?

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CORRECTIONS

School News

A *School News* article last week about the changes the Divestment Committee is making incorrectly listed its writer as Praj Chirathivat '22. It was in fact Nick Visuthikosol '22.

The Choate News regrets this error. To submit a correction, email thechoatenews@choate.edu

The Trouble With Voluntourism



Graphic by Elaine Zhang/The Choate News

By **Rachel Pittman '22**
Copy Editor

At school meeting two weeks ago, Director of Global Programs Ms. Ashley Sinclair announced the study-abroad trips that will occur this spring. One trip in particular furrowed at least a few brows in the student body: a community service trip to Oaxaca, Mexico, which, to more than one student, appeared to promote the unsettling phenomenon known as “voluntourism” — a relatively brief overseas service trip. The phenomenon isn't exclusive to Choate: many organizations fly volunteers to foreign countries, where they construct a building or two, play with local children, and depart — pausing only briefly, if at all, to consider the trip's larger implications.

Voluntourism and other acts of international service can, indeed, have positive impacts on communities, even if some underlying motivations feel less than ideal. Serving abroad allows volunteers to learn about new cultures, exposing them to issues beyond their standard bubble. This exchange of cultures goes both ways, as the locals living in communities abroad are also exposed to other parts of the world, despite, maybe not having the opportunity to travel themselves. And it is undeniable that volunteers often do accomplish what they set out to — whether that be painting a classroom or teaching a primary-school English class.

And yet many observers have pointed out that these impacts are often short-term and can even harm the very communities they

are supposed to help. Critics of voluntourism worry that travel-based community service programs, especially those that work with orphanages, exploit impoverished children's financial situations to fulfill their growing flow of volunteers. In a 2012 article for the Huffington Post, Daniela Papi-Thornton, then the deputy director of England's Skoll Centre for Social Entrepreneurship, reported that voluntourism in Cambodia was “spawning some horrible orphanages, fueling the separation of children and parents, keeping kids out of school to entertain tourists and aiding corruption by adults who are using these children to profiteer, all in the name of ‘service.’” According to UNICEF, 75% of children living in Cambodian orphanages have at least one living parent.

Moreover, is it healthy for children to live in a place constantly cycling through volunteers? This sets up a situation for children to become close with a volunteer, perhaps even regard them as family, only to have them flying back home in a week or so. A 2013 report in the Scientific World Journal found that children living in areas where short-term volunteers come and go frequently develop attachment disorders.

A related cause for concern was sparked during Community Service Day earlier this month. A few students in each group were assigned to take photos at their service locations. These photos later appeared on Choate's Facebook and Instagram pages, which provide to prospective students

and alumni, among other constituencies, glimpses into life at Choate. While all of this reinforces support for community service at Choate, and provides a record for the good work the students have done, such documentation of service, especially to the scale Choate did during Community Service Day, can make the labor feel less about service and more about our school. Despite what the old saying preaches, if there's no picture, it still did really happen.

This problem exists, too, on a larger scale: when voluntourists go abroad with large, powerful companies, they often return from service trips with heartwarming, social media-ready photos. This hints at corporate marketing rather than true, selfless community service. As journalist Tina Rosenberg put it last year in The Guardian, “The newest trend is corporations sending employees to volunteer. It's a team-building exercise and associates the brand with good works.”

Perhaps volunteer efforts can use their power to help advocate for the establishment of non-institutionalized child care programs, as J.K. Rowling did when she established the non-profit Lumos Foundation, which aims “to help the eight million disadvantaged children in orphanages around the world to be returned to their family or placed in a loving family environment.”

The amount of money institutions spend traveling to and from volunteer locations could also be donated directly to charity organizations, allowing communities to make more informed, efficient

use of those funds. This would also leave the jobs that many volunteers pursue, such as constructing buildings or supporting children, to locals. For example, if ten students travel to Oaxaca, at least \$230,000 will be spent, considering the base-line cost is \$2,300 per student and at least ten students will be traveling. This is money that could help an Oaxacan construction worker earn a better wage, supply the salaries of more than one new teacher, or help initiate a project to address the larger issue of child care and education in the area.

Choate is distinctive in its concentration of globally-aware and passionate thinkers; we are a community that has the potential to defy voluntourism and make change more lasting than a one-week trip. But instead of “sympathetically volunteering,” a term Ms. Papi-Thornton coined in a TEDx Talk titled “What's Wrong With Volunteer Travel,” students should “empathetically learn.” They should aim to better understand the culture, structure, and underlying struggles of a community, and they should use that knowledge to develop a plan for sustainable, targeted initiatives. And, rather than engaging in one-off acts of service, they should seek to establish continued engagement with a community, which is more beneficial to both the community and volunteers' understanding of their global citizenship.

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The Value of Diversity in Schools — Two Students Share Their Perspectives

By **Irene Garcia Gutierrez '22**
Opinions Writer

Imagine that you have a flute. You can give the flute to Anne, who knows how to play it, Bob, who has no toys, or Carla, who made the flute. This is the Parable of the Flute, a case that we discussed in my Peace & Justice class a few weeks ago. The discussion was intense. Some argued that Carla, as the maker of the flute, should not be obligated to hand over her creation; others held that the giving the flute to Anne would be most practical, as she was the only child who could actually use the flute for its intended purpose. And a number of students believed that Bob, having no toys, should be given the flute because he had nothing else to play with. Our class could not come to a consensus.

We later learned that the answers that we each defended were likely influenced by our backgrounds. To whom you chose to give the flute would be affected by the environment you were raised in. My class is composed of a diverse group of students, of differing nationalities, socioeco-

nom ic statuses, races, values, and educational backgrounds. It was this diversity that ignited such a polarizing discussion.

As in the recent court case *Students for Fair Admissions v. The President and Fellows of Harvard College*, which criticized Harvard University for allegedly discriminating against Asian-Americans in their admission process, schools are often condemned for considering class diversity over academics or personal accomplishments. However, a diverse environment benefits students in many ways, just as the diverse environment here at Choate has expanded my own perspectives.

By learning from the different perspectives of my classmates, my own viewpoint has been broadened: in Choate's diverse environment, I am constantly exposed to new ways of thinking. And this diversity is preparing me to be an aware global citizen. The world has a wide range of ethnicities, races, genders, and religions. Knowing how to accept differences while nurturing connections is key to navigating this diverse world, and should be a mission of education everywhere.

By **Calvin Walker '21**
Opinions Staff Writer

Recent media frenzy surrounding lawsuits like *Students for Fair Admissions v. The President and Fellows of Harvard College* have brought attention to an important controversy: whether or not socioeconomic and racial diversity should play into college admissions processes. I believe that race and socioeconomic status should remain a factor in admissions, and that these identifiers should be used mainly to contextualize a student's academic and extracurricular achievements.

Students who face less adversity and are raised in families in higher-income brackets are more likely to succeed academically — the statistics prove it. A 2014 study by the *Washington Post* found that students whose parents earn more than \$200,000 per year score nearly 400 points higher on the SAT on average than their peers whose parents earn less than \$20,000. By contextualizing students' scores with their backgrounds, academic institutions can view the bigger picture, considering what may have contributed to or inhibited a stu-

dent's academic success. Those that come from disadvantaged backgrounds often do not have the tools to succeed in the way that their wealthier peers do.

Those who argue for full meritocracy in admissions — in which standardized test scores, GPA, and other academic or extracurricular achievements are the only factors in the decision process — are, in fact, arguing for a less fair system on a wider level. Admissions committees would be wise to take into account the challenges often faced by minority groups.

Academic institutions should admit a person who will benefit their community both inside and outside of the classroom, as well as after graduation, which is not always a person with a perfect SAT score. Contextualizing students' applications by considering their background should remain an important part of admissions processes for higher education.

Irene Garcia Gutierrez is a fourth-former from Villahermosa, Mexico. **Calvin Walker** is a fifth-former from Rhinebeck, New York. They may be reached at igarciagutierrez22@choate.edu and cwalker21@choate.edu

TURKEY MUST FOCUS ON ISIS, NOT THE KURDS

By **Evrilmalmaz '21**
Opinions Writer

On October 9, Turkey launched Operation Peace Spring against the Kurds, whom they consider terrorists posing internal threats to the Turkish state. As United States Secretary of Defense Mark Esper stated, fewer than 50 Special Operations soldiers had previously given Turkey an incentive to keep peace with Syria because Turkey wouldn't risk spilling any American blood in the attack zone. Now that President Donald Trump P 'oo has pulled U.S. troops from the region, Turkey's president, Recep Tayyip Erdoğan, now believes he can justify sending troops into Northern Syria. He hopes to prevent a Kurdish-led state in Northern Syria, which connects to the southern part of Turkey home to Kurdish people and the Kurdistan Workers' Party (PKK), Kurdish separatists living in Turkey.

The Kurds, who fought on America's behalf against the terrorist organization ISIS, have every reason to believe their "ally," the United States, has abandoned them. But Operation Peace Spring



Photo courtesy of The Independent

On October 15, Turkish President Erdoğan told President Trump that he will "never declare cease-fire" in Northern Syria.

will harm both sides — this military incursion will neither stabilize the area nor address Turkey's domestic problems.

Trump's decision to withdraw U.S. troops will undermine efforts to defeat ISIS. Since Operation Peace Spring began, the primary

goal of the Kurds in Northern Syria has been resisting Turkish forces, making looking after around 12,000 jihadi terrorists a secondary goal. I believe the thousands of ISIS fighters held prisoners by Kurdish forces should be repatriated by their countries of origin,

including Germany, France, Italy, the United Kingdom, and Belgium. Otherwise, a possible jailbreak denotes that even though the caliphate is destroyed, these 12,000 ISIS prisoners might enable ISIS to regain power. Three suicide bombings that happened on October 9

in Raqqa, Syria, the closest major city to ISIS-held territory, show that ISIS members throughout the region are already emboldened by what is happening up North.

Trump's move also proves to the U.S.' allies that "America has no permanent friends or enemies,

only interests," as Nixon-era Secretary of State Henry Kissinger once put it. Israeli officials now think that betraying the Kurds gives a sign of a potential betrayal of Israel. Losing Israel's trust, and consequently losing the best intelligence agency in a geopolitically crucial place, would be costly for the U.S.

Right now, Erdoğan must focus on the most pressing issues in Turkey: a heightening humanitarian situation, destabilization of the region, and reversed progress in defeating ISIS. Remembering the many times ISIS launched coordinated attacks on Turkish citizens and killed hundreds within the country's borders — and especially the day when an ISIS suicide bomber exploded right in front of my former school in Istanbul — I believe ISIS poses a much bigger threat than PKK for Turkish citizens. Both sides need to start thinking more rationally to maintain stability in the region and prevent the revival of militant terror organizations.

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Title VII Protection Does Not Extend to the LGBTQ+ Community

By **Marcus Amine '22**
Opinions Writer

Recently, the topic of LGBTQ+ rights has gained significant media coverage as the Supreme Court decides whether employers should be able to discriminate in the hiring and firing process based on sexual orientation and gender.

The cases in question are *Bostock v. Clayton County*; *Georgia, Altitude Express v. Zarda*; and *R.G., and G.R. Harris Funeral Homes v. EEOC*. Many believe that the Supreme Court should decide in favor of LGBTQ+ persons due to their implied protected class status in the workplace. However, such rulings would demonstrate the practice of judicial activism — rulings based more on individual judicial opinion and broad legal interpretations — rather than a more adamant, literal approach to the legal question at hand.

In these LGBTQ+ cases, the law in question is Title VII of the Civil Rights Act of 1964, which prohibits discrimination "against any individual with respect to his compensation, terms, conditions, or privileges of employment, because of such individual's race, color, religion, sex, or national origin" and gives those groups a protected class status, barring employers from firing them solely based on those identifiers. The portion of this law that the justices disagree on is whether the word "sex" is broad enough to afford equal protected class status to the LGBTQ+ community as well.

It is in the interest of the Supreme Court's institutional credibility for the justices to follow a strict, textual interpretation of Title VII. "Sex" has a different legal and scholarly definition than the modern day definition of gender. Hence, in a strict legal and constitutional interpretation of Title VII, the LGBTQ+ community is not eligible for protected class status under the word "sex."

Therefore, deciding in favor of the LGBTQ+ community would demonstrate judicial activism. Practices of judicial activism set dangerous and unforeseen precedent for future legal cases and can damage the reputation of the Supreme Court.

A notorious example of judicial activism setting a dangerous legal precedent is the *Bush v. Gore* case of 2000. The Supreme Court broadly interpreted the Constitution and stated that the recount of the presidential election vote in Florida would violate the Equal Protection Clause of the

Fourteenth Amendment, effectively granting George W. Bush the presidency. Many legal scholars and politicians alike opposed this ruling, as it set a problematic precedent that the judiciary branch could decide the outcome of a presidential election.

As the *Bush v. Gore* example shows, the implementation of a judicial activist system exposes our nation to the risk of the judiciary branch gaining more power than the other elected branches of government. This damages not only our democracy but also comes dangerously close to violating the rule of law and separation of powers within our government. Furthermore, in *Harris Funeral Homes v. Equal Opportunity Employment Commission*, the funeral home was run under the owner's personal Christian beliefs and morals. The owner religiously disagreed with certain gender identities and fired an employee that identified as a transgender woman. A finding in favor of this transgender woman would jeopardize employers' practice of religion in the workplace.

Denying this religious owner the ability to hire and fire workers of unprotected classes directly violates the Religious Freedom Restoration Act and the Establishment Clause of the Constitution. These laws protect the right of the owner to freely practice their religious interests and beliefs in the workplace.

Nevertheless, I believe that the LGBTQ+ community are deserving of the protected class status, but it should not be decided through a single judiciary action. Instead, the integration of the LGBTQ+ community into the protected class status should be deferred to a legislative decision made by our elected representatives in Congress and the executive branch.

Judicial activism is detrimental to our rule of law and societal democracy. Hence, in these cases regarding the firing of LGBTQ+ workers, the courts should not rule in favor of those workers. But, as they are citizens of this great nation, they should be afforded the same legal protections and civil liberties as every other American. It would be best for our legal institutions and the LGBTQ+ community in the workforce to ensure their protected status through a diligent legislative process.

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NBA Suppresses Free Speech for Money

By **Wesley Boatwright '22**
Opinions Writer

"Fight for freedom, stand with Hong Kong." Every American should agree with these first three words. After all, fighting for freedom is the conviction that this nation was founded upon. But America's own basketball league, the National Basketball Association, does not promote this statement. In fact, it vehemently opposes it. So, a problem arose when Houston Rockets General Manager Daryl Morey tweeted that sentence on October 4. The reason this was a problem? Money.

The NBA has spent the last twenty years building ties and new revenue streams in China. According to political authorities in China, those decades of collaboration

were severed when Morey tweeted support for Hong Kong. His statement enraged China and led the league to a difficult decision. On one hand, there was freedom of speech, and on the other, billions of dollars. Instead of doing the right thing and making a statement in support of the freedom of expression, the NBA went the spineless route and chose to placate the Chinese political establishment by releasing an incoherent statement vaguely claiming to support bringing people together.

It makes sense that the NBA would submit to the Chinese government because the league serves in the best interest of the owners. Selling out the people in Hong Kong who have fought for democracy by giving into an authoritarian regime would make it easier to fulfill the fantasies of

sports team owners, which typically revolve around making more money. Yet it is wrong to be completely beholden to a foreign regime for the sake of revenue.

If the Houston Rockets fire Morey, as they're reportedly considering, it would further reveal the ugly underbelly of professional sports leagues: nothing else matters except revenue, and anything that harms the ability to make money must be shut down. The NBA should not fire Morey, as it sets the precedent that freedom of speech doesn't exist and that foreign interests control American sports. As NBA fans and American citizens, we can not allow for Adam Silver, the commissioner of the NBA, to become a puppet to the Chinese regime.

Unfortunately, the puppeteering has already begun. A

direct order from China that no questions be asked or answered after a preseason game was adhered to, and consequently, freedom of speech was further repressed.

The NBA has long been known as the most progressive sports league, dedicated to championing players' expression. Their reaction to Morey's tweet suggests that this progressiveness is a façade. At the first sign of losing revenue, the league cowardly capitulated to Communist China. The NBA should make a stand for freedom and cut ties with a government that represses human rights.

Wesley Boatwright is a fourth-former from San Francisco. He may be reached at wboatwright22@choate.edu

Edward Blum Seeks to Limit Diversity in Schools

By **Niki Gummedi '21**
Copy Editor

In 2018, the trial for the case of *Students for Fair Admissions (SFFA) v. the President and Fellows of Harvard College* took place. This case was brought by plaintiff Edward Blum, the president and founder of SFFA, an anti-affirmative action group that files lawsuits on behalf of students rejected from competitive universities, who claimed that Harvard College was unfairly discriminating against Asian-Americans in its college admissions process by granting admission to students of other ethnicities even though they had lower grades and test scores. On October 1, a federal judge sided with the college, ruling that there was no explicit bias against Asian-Americans in Harvard's admission process. The verdict is anything but a setback for diversity in American colleges and universities.

On the surface, it seems as though Edward Blum, a white man, has no stake in this case. However, if the judge were to have ruled in favor of Blum and SFFA, the main beneficiaries of the ruling would have, in fact, been white Americans, who, as a whole, have long enjoyed many more advantages than minority groups. A "win" in this case for Asian-Americans would mean the continuation of systems that limit minorities' access to higher education.

Blum's motives were shown explicitly in *Fisher v. University of Texas*, a 2016 Supreme Court case bankrolled by Blum. During the trial, Blum and his team argued on behalf of Abigail Fisher, a white female, claiming that she was denied admission



Graphic by Chandler Littleford/The Choate News

Federal judge Allison Burroughs ruled that Harvard's admissions process, if "not perfect," is legal.

to the University of Texas at Austin because she was white. Blum's team claimed that Fisher was passed over in favor of black and Latino students with lower grades and test scores. Blum, who is a fervent opponent of affirmative action, was disappointed with the Supreme Court's ruling, which allows schools to be race-conscious when considering applications. Because of this "disappointing" outcome, Blum decided to try his case again, but this time arguing on behalf of Asian-Americans. Clearly, Blum used the Asian-American community as a pawn in hopes of advancing his agenda.

So, where do we go from here? Although Harvard won the case, the courts were adamant that the college, and other establishments like it, are not in the clear. Blum already filed an appeal on October 4, and the case seems destined for the Supreme Court.

Admission data from Harvard reveals that since the 1990s the percentage of Asian-Americans in incoming classes has remained relatively stable even though the percentage of Asian-Americans in the applicant pool has more than doubled. This may suggest that the college has a quota, something that both Edward Blum and his affirmative-action opponents agree is not a good thing.

People should not be chosen for a school or a job simply because of their race, but their race should be considered as a circumstance when looking at their qualifications. For example, if a Latino student was applying to a certain college, he should not be granted admission just because the college needed a certain amount of Latinx students to maintain a diversity quota. Instead, his ethnicity and how it has affected his life should be taken into consideration when evaluating the merit of his application. This is

the difference between race-based and race-conscious admission. Harvard is in a unique position to change the landscape of American college admissions. Any major modification it makes to its admissions policies will set an example for other colleges and universities.

This case has given Asian-Americans a unique opportunity. We have a choice to make. We can sit back and let people like Edward Blum do their best to keep diversity out of our colleges and universities, or we can refuse to be a political pawn in the fight against affirmative action. One could do worse than snagging a spot at a place like Harvard, but must such things be attained by stepping on the heads of fellow students?

Niki Gummedi is a fifth-former from Ocala, Fla. She may be reached at ngummedi21@choate.edu

FEATURES

WHAT MAKES A FAMILY? THREE STUDENTS SHARE THEIR STORIES.

As told to Henrik Torres '22. Interviews condensed and edited.



Photo courtesy of Sabahat Rahman

Sabahat Rahman '21 is a two-year junior from Dhahran, Saudi Arabia. She is pictured with her parents and younger sister.

"I live in Saudi Arabia, and I was born and grew up in Texas. I live in Dhahran, Saudi Arabia — a gated compound for international people. They really tried their best to recreate suburban America, and it's a really nice place for a family to live and spend time in. My family and I have always been really close, and we do a lot of things together and tell each other everything. Coming to boarding school, surprisingly, has made our bond a lot stronger. I feel like the reason for that is because now that we live far away from each other, now we cherish our moments together a lot more. I would say that my family is honest. I call my parents at least

twice a day. I think the more you call your parents and the more you talk to them, the less isolated you'll feel and the more open you'll feel with one another. Something that is really hilarious is that in my family, I'll talk about Choate and complain about the homework and stress, and then my parents would agree. But my sister would say that she loves Choate, all of the soft-serve ice cream, and the fact that living in a dorm is like a massive sleepover every day! My Choate experience would not be the same without my family. No matter how far away they are, they really continue to support and motivate me every day."



Photo courtesy of Adrienne Chacon

Adrienne Chacon '22 is a two-year sophomore from Commack, New York. She is pictured with her mother and father.

"My family is really normal. I don't have any siblings. My mom's family lives in New York on Long Island. My dad's family is Cuban. I was born in Clifton Park, New York; I moved to Pennsylvania when I was three, and in seventh grade, I moved back to Long Island. My parents met each other in high school. My uncle and my dad went to Bronx Science; My dad was really smart and became an engineer. Well, my mom was supposed to go on a date with my uncle, but he stood her up. Instead, my dad took her out and before they knew it, they were married for 28 years.

My dad died last year, so it's just me and my mom now. For the longest time, it was the three of us. It's just something you don't want to believe at first. I remember that my adviser came into my room to tell me that my

dad had a heart attack — all of this happened during my freshman year. There are days when it is so hard not having that person there and knowing he can't come back. It comes in waves, really. Sometimes it hurts so much that he's not here and that all I have are pictures and memories, and it's hard to think about because it happened so recently in the spring; it happened ten days before my birthday. It was so recent that it feels like he hasn't been here for a while, but I've known him longer than I haven't known him. I miss him a lot. I think about him all the time, but most of the time it's pretty happy because he was someone that I love and someone that I know. I know he would always have the best advice. My mom always asks me if I think he'd be proud of me, and I'd like to say, 'Yes.'"



Photo courtesy of Esi Donyoh

Esi Donyoh '20 is a four-year senior from Parlin, New Jersey. She is pictured with her older brother and mother.

"I'm from New Jersey, and my parents are both from Ghana. They got divorced when I was about two, so they live in separate houses. My mom is my main guardian, and I don't really communicate with my father as much. My brother has long moved out and lives in Boston now. There's still a bit of animosity between my parents, but they try to keep it under wraps for the two of us. My relationship with each of them is fine. I would say that they've both been very kind and caring parents to me, even when they didn't get along. I would say that my family is hardworking. My favorite part about my fam-

ily is spending one on one time with each person, since we haven't been together as a group in a few years. I do think that when I get to spend time with each of them, I get to see what we have in common because oftentimes when I'm at Choate, I feel like a completely different person.

I would say that my childhood was a pretty happy and peaceful one. As time has gone on, I ended up spending less time with my father. I think when it was me and my brother in the house together, it was a good time. I love my family very much, and I don't think coming to Choate has dampened that."

A Rare Opportunity to Travel to Bhutan



Photo courtesy of Skylar Hansen-Ray

Choate students met the Queen Mother of Bhutan on their trip to the country last summer.

By **Richard Chen '22**
Reporter

Snow-capped mountains, deep valleys featuring flowing rivers, and Buddhist temples instantly come to mind for most when Bhutan is mentioned. An exotic getaway, Bhutan seems like the perfect way for travelers to escape from the pressures of daily life. However, this stereotypical outlook on Bhutan and many other Himalayan countries isn't always true. Visiting Bhutan as a tourist can be tough. With the country's only airport requiring pilots with special training, a tourism tax, and other factors, tourism into Bhutan is extremely limited.

"Bhutan didn't want to be overwhelmed numerically and have their culture westernized," said English teacher Mr. Stephen Farrell, the coordinator of Choate's summer trip to Bhutan. "The tax protects their cultural heritage and funds schools and other services within the country."

Mr. Farrell explained that other Himalayan countries have had difficulties in dealing with tourists destroying culture that is hundreds of years old. "Nepal has been destroyed by tourism particularly in their infrastructure but more specifically in their culture." This, along with the fact that Bhutan is the only carbon negative country in the world — and its intentions to stay that way — means that any type of travel into Bhutan requires strict communication with not only a certified travel agency but also with the ruling body of Bhutan itself.

And so it's something of a miracle that Mr. Farrell has been able to lead a group of Choate students to travel to the country. "The majority of work done to set up the trip was done by two former Choate students, one of whom was the prince of Bhutan," he said.

Jigyel Wangchuck '03, the prince of Bhutan, created a

Bhutanese travel agency with a classmate from his days at Choate. After a series of negotiations with the Global Studies Director at Choate, students were able to step foot into the country that eludes many tourists.

Peter Di Natale '21, one of the students who participated in the trip last year, said, "I found it really interesting how much the country was concerned about environmentalism and sustainability. It is amazing how they are an entirely carbon negative country and incorporate environmental practices into their daily lives." Set to the backdrop of the current climate crisis, it is easy to see how a trip to such a country would be both eye-opening and important.

"The goal was to expose students to different cultures, a different way of life, and different values," said Mr. Farrell. "All decisions take in what is best for the people of the country, not the gov-

ernment, nor the businesses within the country."

Such ideals almost seem out of reach in modern society. Yet, a small mountain nation with a population barely even a third the size of Connecticut's is still able to achieve them. Trips such as the one to Bhutan serve to educate and inform their participants, and they seem to succeed to a great extent. "There has been positive feedback across the board," Mr. Farrell said.

After visiting the country, Instagram-worthy photos aren't the only things students will bring back. Lessons about the environment, and more specifically how to save it, will likely permeate every moment spent in Bhutan. Overall, the difficulty of travelling to Bhutan is easily outweighed by the lessons gleaned and the experiences attained.

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CLASS RINGS, ONCE PRIZED, NOW OVERLOOKED

By **Brian Harder '23**
Reporter

The tradition of class rings "can be traced as far back in time to ancient Egypt," according to Herff Jones, the company that makes class rings for Choate. Although class rings date far back, their sales have remained consistently low. Their expensive price is an unappealing factor that sways Choate students away from buying them. Nonetheless, they have an interesting story to tell.

Class rings were integrated into military academies in the 19th century. They were given to departing students at graduation. In terms of their history at the School, class rings date back to Rosemary Hall. The first Rosemary Hall ring was created in 1909 and had the symbol of a boar imprinted using wax. The girls of Rosemary Hall held a ceremony each spring in which the seniors would present the rings to students during the spring of the fifth-form year. Then, the girls would wear the rings throughout their upcoming sixth-form year.

At The Choate School, boys initially received only class pins, replaced later by rings imprinted with the School crest. School Archivist Ms. Judy Donald RH '66 said that the designs of Choate's rings have changed over time; "A ring from the '60s is much different from one today."

Although some do not see the point in buying a class ring, there are some students who choose to do so. "I think it's a really nice tradition to have to remember my time at Choate," said Katherine Lima '20. "Both of my brothers have their class rings from high school and college, so I am definitely getting one," she said.

Class rings now have the Choate Rosemary Hall seal and the graduation year, along with other personal options. "A lot of students buy the rings for tra-

ditional purposes. Some do it for sentimental reasons. They have kind of a keepsake from high school," said Ms. Kerry Kuhn, the Choate School Store Manager. For many, the rings serve as a reminder in later years of one's experiences in high school and can even be passed down through generations as an heirloom.

Herff Jones representative Mr. Derek Turbacuski said that these class rings are custom made. "We hold no inventory of rings, only raw materials. Each ring is handcrafted by skilled artisans in our plant in Warwick, Rhode Island. There is a great deal of pride that goes into making each ring, adding to the uniqueness of a class ring."

Likely due to the expensive price, many graduating seniors opt out of purchasing a ring. The class rings start at \$380 but can go up to around \$850. "The rings range in price depending on style, size, and metal quality," said Mr. Turbacuski. "I plan on getting a ring, but I will most likely use Beyond the Classroom Fund because of the high price. I think the price should be lowered so that more students could afford it and feel financially comfortable purchasing it," said Krystal McCook '20.

Other students choose not to get a class ring simply because they don't think they hold much meaning. Faris Alharthy '20 said, "They are irrelevant — they don't do anything. I would much rather just get a senior sweater than a class ring. Maybe it was a thing in the old days, but I feel like in this generation it is not as common to get one."

For those students who do wish to buy a class ring, Ms. Kuhn can help with that. "We have order forms available at the store year-round. We can take the orders here, and then we let the representative know that we have them."

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DANCE COMPOSITION CLASS EXPLORES THE ART OF BALLET ON NEW YORK CITY FIELD TRIP

By **Yolanda Wang '20**
Staff Reporter

This year has proven to be a phenomenal gift to the Choate arts, the dance department included. Along with the sleek new dance studio, students are given the opportunity to broaden their experiences and explore something new. “Students work cooperatively as both choreographer and dancer to experiment with diverse compositional practices, from traditional to contemporary, narrative to conceptual,” Ms. Pam Newell, a dance teacher, explained. “We have been doing a kind of back and forth looking at contemporary choreographers and their historical predecessors. We look at the specific physicality of each choreographer, what inspires them, and how they want to be received by an audience.”

On October 12, the Dance Composition class attended the live ballet performance *Masters at Work* in New York City, featuring the masterpieces of Merce Cunningham and George Balanchine. The field trip was an excellent opportunity to see traditional compositional rules at their finest in Balanchine’s work and totally turned upside down in Cunningham’s work.

This field trip was definitely one that the whole Dance Composition class looked forward to because the NYC Ballet brings to life the creative works that they have



Photo courtesy of NYBC Serenade

Last Saturday, Dance Composition students attended a performance by the New York City Ballet titled *Masters at Work*.

been studying. Before departing campus, Ethan Luk '20 said, “I’m so excited for the trip! ‘Serenade’ by Balanchine, one of the pieces performed in the program, was one of the first pieces that made me fall in love with dance and choreography. I can’t believe that I was watching YouTube videos of ‘Serenade’ last year, studying how Balanchine created formations and patterns,

and this year I get to watch it live in action.”

The performance definitely lived up to the class’s expectations, as it beautifully demonstrated the choreographers’ skill as well as the ballet dancers’ passion and many hours of rehearsal. Laura Jiang '21 said, “In ‘Summer Space,’ we see Cunningham’s use of chance operations, his exploration of 3D planes, and six dancers

displaying movement that has no real correlation, simply co-existing in a space with the music and visual art. In class, we’ve explored all of these elements in little studies, and this field trip certainly urges me to further explore this limitless world of movement and dance composition.”

Di’Anna Bonomolo '20 said, “My favorite part of the performance was in the first piece when

some of the women let their hair down. It portrays beauty and youth in the piece and adds a lot to the narrative. Moreover, the ending of the ballet dancers doing a bourée with the lead being lifted off an arching, symbolizing some sort of sad yet beautiful tragedy.”

Ms. Newell added, “It was an incredible occasion to bask in true dance artistry. The dancers are interpreters of the finest qual-

ity. In ‘Serenade,’ in particular, the purity of expression supports a narrative that echoes in many directions, letting each individual find their own poetry.” Students in Dance Composition were able to form their unique interpretations of the works performed and seek inspiration from the performers.

Each student had their own takeaways from the field trip and their own thoughts about how the performance influenced their choreography careers. Andrew Chang '21 said, “I think the most inspiring part of the field trip for me was how in sync all of the dancers were. When I was watching them on stage I just noticed how in unison they all were, and it got me thinking about how long they must have practiced. It made me consider how much better a dance would look when the performers are all in sync and also the ways you could use that unison to create new movements.”

Bonomolo believes the first and third piece were well-utilized formations, and the second piece used space amazingly well. Regarding her future compositions, Bonomolo wants to utilize more of the elements from the workshop to enhance her choreography. She thinks this experience has inspired her to go outside her comfort zone.

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Choate Arts Festival: A Cabaret, Gallery Show, and Coffeehouse All In One



Graphic by Chandler Littleford/The Choate News

The Choate Arts Festival encourages cross-collaboration within the arts.

By **Adrienne Chacon '22**
Reporter

On October 25, Choate will host its second annual Arts Fest. The event is one of a kind because it encourages and endorses cross-collaboration within the arts.

The Arts Fest, started last year by Theater Arts Concentration student Medina Purefoy-Craig '20, was motivated by Purefoy-Craig’s own lack of interaction with students in other arts disciplines. “Arts Fest, at its core, is a showcase of all the different types of art and a chance for artists to be collaborative with other artists that they aren’t usually in contact with,” she said.

This lack of partnership within the arts is one reason that Purefoy-Craig’s idea of Arts Fest was well-received. “I went to [Ms.] Kalya [Yannatos, Director of the Arts], and I said, ‘I have this idea; I think it’d be cool,’ and Kalya said, ‘I’ve been wanting something like this for a long time — I [just] didn’t have anyone to do it with me,’” said Purefoy-Craig. The connection of many arts in one show successfully completed part of her vision, but not all

of it — for Purefoy-Craig, there was more to be done.

Max Brown '21 described the show as a “cabaret, night showcase, and arts coffeehouse all in one.” Arts Fest is not concerned with an artist’s level of experience or what they want to perform. To perform in the showcase, a performer does not have to be in Arts Con or even participate actively in the arts at Choate. “There’s no hierarchy and no right way to be an artist,” said Brown. This is exemplified by the vetting process of Arts Fest’s board. The most that the board will do is critique an artist or give advice on an act. No specific type of performance is being sought out. “It’s about what you want to showcase,” said Brown.

Due to the pre-show rehearsal process, there is no set theme or vision for the showcase. Once an act is submitted, auditions are held, and there is a dress rehearsal held a few days before the real show. As a result, the show does not take form until right before it goes on.

Purefoy-Craig was surprised by the cohesive tone of last year’s inaugural show. “Because we live in such a tightly knit community ... I think [this sense

of community] is an underlying theme in what goes on.” There is no way to foresee if this will happen this year, because that is one of the virtues of the show — it is directed solely by the art and the artists. There is a layer of spontaneity that is reflected in the one-show run; it is a moment for the Choate community to gather around the work of classmates that would not have been seen otherwise.

For everyone involved, the excitement of finally creating a space for art that incorporates many specialties and artists is what makes this endeavor worthwhile. What was most exciting for Brown was the way that the showcase shaped itself: “We don’t know what to expect from the Choate community,” he said.

When reflecting on Choate’s Arts Festival and its purpose, Purefoy-Craig said, “If you have an art that you don’t end up sharing, the community is at a disadvantage. That’s one less perspective we get to experience. It’s just sharing your art that makes the community an infinitely and instantly better place.”

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The Violin Wizardry of Paloma So '23

By **Lara Selcuker '21**
Reporter

Years ago, five-year-old Paloma So '23 went to a concert for the first time. She was awestruck by the sound of the violin, the musicality of the performer, and the ambience of the show. “It was an Anne-Sophie Mutter concert, and from that moment on I begged my mother to take me to violin lessons. It wasn’t a plan — it was a calling.” So’s passion for the violin sprung that night and has kept blooming ever since.

So is now a freshman from Hong Kong credited to be a child prodigy. She started playing the violin when she was only five, right after she attended the Mutter concert. Ever since then, her journey with the violin has been nothing but passionate, and it is an impressive story of dedication. So has been playing the violin for nine years now.

At the age of eight, after only a few years of dedicated practice, So was invited to a conservatory in Spain but rejected their offer. She didn’t want to be restricted to one path, though she knew that the violin was her future. She said, “I wanted to continue a normal education and play the violin.”

In addition, her teacher wouldn’t let her go. She still works with Mr. Zakhar Bron at the Interlaken masterclass to this day.

“That’s part of the reason why I moved to the UK.”

So came to Choate from the Wycombe Abbey School in Buckinghamshire, England, where she saw her teacher in Spain every holiday — sometimes even once a month. Her dedication never lessened.

Today, So practices three hours on most weekdays, six on Wednesdays, and much more on weekends. Outside of Choate, she also has an incredibly busy schedule. She is a part of the Juilliard Pre-College, a highly selective conservatory-style music program that requires her to travel to New York City every Saturday. This traveling isn’t just to New York either; So missed the first week of school to play a Sibelius violin concerto with the Xiamen Philharmonic Orchestra at the Busan International Music Festival in South Korea.

So has played all over the world. Having played with various orchestras ranging from the Chinese to Berlin philharmonic orchestras, she has dazzled a variety of audiences. Together with Maxim Vengerov, a famous violin virtuoso, So also played the *Sarasate Navarra* violin duet for a charity concert with the Oxford Philharmonic Orchestra. Right before the concert, she was also invited to a special visit to Buckingham Palace. She said, “We

went to a private part of the palace — the coronation room. We didn’t perform there, but it was a very unique experience.”

Having performed at various venues, So has a few favorite places to perform. She said, “I’ve played in Moscow five times this past year,” and that her favorite memories of performing were made in Russia. The first competition she ever placed first in was in Novosibirsk. She was the youngest participant, but this didn’t intimidate her. After that initial success in Siberia, she was consistently invited to perform in Moscow and St. Petersburg with the China Philharmonic Orchestra. She has loved performing in Russia the most throughout her career. She even debuted a commissioned piece that was written specifically for her in Moscow. She added, “The audiences are so professional — they don’t clap between movements!”

So’s love for music is everlasting, and her experiences performing for diverse audiences have certainly added to her passion. She plans on pursuing a career playing the violin. Genuinely passionate about her instrument, she dedicates much of her time and energy to music and is excited to continue this journey at Choate.

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Photo courtesy of English School Orchestra

Paloma So is part of the Juilliard Pre-College, a highly-selective conservatory program in New York City.



FIELD REPORT

Choate Fall Record
56 - 61 - 9

Varsity Saturday Games

Boys' Cross Country (1-5)
falls to Deerfield, 23-32

Girls' Cross Country (1-4)
falls to Deerfield, 23-34

Field Hockey (1-8)
beats Hopkins, 3-2

Boys' Soccer (5-3-3)
beats Kent, 1-0

Girls' Soccer (6-1-3)
beats Taft, 7-1

Girls' Volleyball (4-7)
beats Nobles, 3-0

Girls' Volleyball (4-7)
falls to Taft, 1-3

Boys' Water Polo (4-5)
beats Westy, 14-5

J.V. Saturday Games

Boys' Cross Country (2-2)
beats Deerfield, 36-23

Girls Cross Country (2-2)
beats Deerfield, 42-21

Boys' Soccer (3-3-1)
beats Kent, 3-1

Girls' Soccer (4-3-1)
falls to Taft, 1-3

Girls' Volleyball (6-1)
beats Taft, 3-0

Thirds Saturday Games

Girls' Volleyball (5-2)
beats Ethel Walker, 3-0

Varsity Wednesday Games

Field Hockey (1-8)
falls to KO, 1-2

Boys' Soccer (5-4-3)
falls to Suffield, 1-6

Girls' Soccer (7-1-3)
beats KO, 6-0

Girls' Volleyball (4-8)
falls to Loomis, 0-3

Boys' Water Polo (4-6)
falls to Staples, 7-11

JV Wednesday Games

Field Hockey (2-5)
beats Hopkins, 3-1

Football (0-3)
falls to Brunswick, 6-32

Boys' Soccer (3-3-1)
beats WMA, 6-0

Girls' Soccer (5-3-1)
beats KO, 4-1

Girls' Volleyball (7-1)
beats Loomis, 3-0

Boys' Water Polo (3-1)
beats Staples, 11-3

Creative Pre-game Meals Fuel Choate Athletes

By **Dylan Allen '22**
Reporter

Eating correctly is essential for athletes. With a good meal, an athlete can feel energized for the duration of a competition, but without one, an athlete risks performing poorly. This is no different at Choate, where student athletes need the right nutrition to compete in games, matches, and races. However, Choate students' pre-game meals can be limited by the options at the dining hall, creating unique choices for pre-game meals.

Among all Choate students, energy or granola bars are popular for quick snacks before a game. Choate students consume these snacks so that they can feel energized without a completely full stomach. For athletes who travel to away games during meal times, SAGE supplies teams with meals that often include granola bars, sandwiches, fruits, and cookies, possibly contributing to the popularity of granola bars as a pre-game snack.

In terms of choices found in the dining hall, different types of nut butter with toast is often a popular choice among students before competitions. Some spread peanut or Sun Butter on toast or a bagel to eat before a game. Girls' Varsity Field Hockey, Ice Hockey, and Lacrosse player Gina Driscoll '20 consistently eats whole-grain toast with peanut butter and sliced bananas. "I saw upperclassmen eat them before hockey games, so I figured I'd try it. Now, I've adopted it as my own pregame meal," said Driscoll.

Also found in the dining hall, cereal and yogurt are common pre-game meals. Every student has a favorite cereal like Girls' JV Field Hockey member Annalise Rhodes '23, who insists on eating only Froot Loops. In addition, many students enjoy sports drinks

like Powerade or Gatorade. Most students do not have an opinion on their favorite flavor, but Girls' Thirds Volleyball player Nikki Ramos '22 insists on blue Gatorade.

Although some stick to relatively common pre-game foods, others utilize the dining hall to create unusual meals in preparation for athletic competitions. This sometimes stems from superstition, as some students feel that their creations provide the perfect fuel before games. Kayce Madancy '22, a member of Girls' JV Soccer, normally eats a few mini pizza bagels and drinks Powerade. Her belief in pizza bagels stems from superstition after a strong individual performance during a soccer game. "When I was six, I scored three goals and I believed it was because I ate pizza bagels before," she said. "Now, I try to eat them before every game."

Girls' Varsity Field Hockey player Izzy MacArthur '21 relies on SAGE's seven-layer bars. She believes that they give her a burst of energy and prepare her for gametime.

No matter the time of day, Drew Cormier '22, a safety for Boys' Varsity Football, has to eat waffles before games. "At home, before a game for any sport, I always eat waffles, and they give me some type of superhuman ability," he said. "When they are in my system, I'm unstoppable." Cormier doesn't have a preference for a type of waffle and would eat an Eggo or a waffle from the dining hall. Boys' Cross Country runner Harry Margolis '22 has one of the oddest pre-game meals, drinking only three glasses of milk before each race. He believes the milk helps his bones stay strong for competitions.

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THE BOARS WITH THE THREE STRIPES



Graphic by **Lara Selcuker**/*The Choate News*

Adidas provides Choate teams with uniforms and equipment.

By **Greer Goergen '21**
Staff Reporter

As part of Adidas' High School Partner Program, Choate has become an Adidas School after — relying on the brand for a wide variety of athletic gear. The athletics department has unofficially used Adidas for the last two years but signed an official all-athletics agreement this past summer. Mr. Roney Eford, Director of the Athletics Department, said, "Our main goal to partner with a team dealer was to brand the Choate Athletics department and make sure our teams are aligned while representing the School on the courts, fields, or in indoor spaces."

The athletics department and the equipment room have multiple interactions with Adidas representatives each week, whether that be ordering items, checking inventory, getting recommendations for specific styles, or following up on previous orders. Daily interaction with Adidas's representatives have enhanced the overall operation of our department, according to Mr. Eford.

Most teams have made the shift in uniforms and team items to Adidas. "The Equipment Room works with coaches and athletics office to review all styles, colors, and branding so that it is compli-

ant with the Choate Athletic and school branding guidelines, said Mr. Justin Whittaker, the Head Equipment Manager and WJAC Supervisor. Although not all team uniforms have transitioned to Adidas yet, Mr. Whittaker said, "We have taken a look at the uniform order history over the last few years, and are developing a process to convert all uniforms to Adidas when the team is up for new uniforms."

According to the athletics department, the shift to Adidas has opened the School to a variety of Adidas-exclusive items. The cage, moreover, has access to all of Adidas's inventory and shipment information.

Girls' Varsity Soccer captain Cici Curran '20, who often works with the equipment room and Mr. Whittaker, described the process of using team stores and how they interact with Adidas. She said she reached out to Mr. Whittaker, who directed her to an independent vendor, but Curran said of the team stores and their connection with Adidas, "they're easier, more convenient, and fast." She mentioned that she was definitely satisfied, but also that, "It's a big organizational thing but it's hard for a single captain."

Other students had differing views on the Adidas uniforms. Samuel Maldonado '20, who

plays on Boys' Varsity Soccer, said, "Boys' Varsity Soccer has used Nike all four years, but I think a move to Adidas will be great." He also mentioned that he believes all teams should have a team store with Adidas merchandise, so people have many options when it comes to gear.

Lillie Lanphier '20, a player on Girls' Varsity Field Hockey, disagreed. Of her team's current uniforms, sponsored by Nova Brand, she said, "We like our uniforms because they fit really well." According to Lanphier, Adidas carries much more men's clothing than women's, and that the brand's clothing doesn't fit as well. "We chose to get the men's pullover for our team item because none of the women's [pullovers] were good," Lanphier said. "They rarely have any new options for women's sweatshirts."

Not only does Nike look better, Lanphier thinks, but it also uses better material.

Regardless, the athletics department hopes that Adidas can fulfill the uniform and equipment needs of all Choate teams and will make sure that Choate teams are comfortable with the brand's items.

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PLAYER PROFILE

ON THE COURSE WITH SARAH McANDREW '20

By **Nina Hashmi '22**
Reporter

Throughout her four years at Choate, Sarah McAndrew '20 has contributed immensely to Girls' Varsity Cross Country, Swimming, and Lacrosse. Her teammates have recognized her dedication to each of these teams by voting her as captain for every single one of them. Recently, reporter Nina Hashmi '22 sat down with McAndrew to talk about being a tri-varsity captain and the differences among the teams.

Nina Hashmi: When did you first start running?

Sarah McAndrew: I started running when I was four. I ran at the New Haven Kids [Fun Run] at that age, and that's my first memory of running.

NH: Why did you decide to run cross country at Choate?

SA: I did cross country in middle school and really liked it. My older sister, Emily [McAndrew '14] did cross country, so I went to some of her meets, and I just wanted to continue running.

NH: How do you feel about the dynamic of the cross country team?

SA: The girls' cross-country team is definitely really different than any other team — in a good way. Everyone is so supportive of each other, and, especially in a sport like cross country where it's more individual,



Photo courtesy of Ross Mortensen

Sarah McAndrew '20 takes the lead in a home race against Andover.

you are trying to go as fast as you can, even though you are trying to get points for the team. However, most of the time people do not care if you beat them or if they beat you. Everyone is always supporting each other, and the people on the team are really nice individuals.

NH: How does it feel to be a tri-varsity captain this year?

SA: It feels very cool. I really was not expecting it because there are a lot of other seniors that would be great captains, as well, but I definitely am super honored. It feels really good that my teammates trust me with the responsibility to be their captain.

NH: Do you have any role models?
SA: I would say JD [Mr. Jim Davidson], our coach, is definitely a big mentor because he is very understanding, and he truly knows each individual runner and knows what is best for you on a given day. I would also say my captains last year, Claire Gussler ['19] and Lily Bar ['19], were role models, too. They were just really great runners and they were running with me since my freshman year.

NH: How do you feel about this year's team?

SA: Really good, actually! We lost some good runners last year, so coming into the sea-

son Betsy [Overstrum '20] and I were not sure if we could win Founders, but so far everyone's been improving and really working hard. It's really making it seem like we have the potential to win Founders again.

NH: Do you have any goals as an athlete?

SA: I don't have any super specific goals this year. In cross country, my goal is simply to get a best time. Swimming is a little more [of my] main focus just because I am going to be doing that in college. For lacrosse, I just hope that our team can come together and have a good season. I

am just really excited about all the seasons.

NH: What do you think is different about each team?

SA: Cross country runners usually do track in the spring, so there is only one swimmer on cross country. I have completely different groups of people each season. Lacrosse athletes will do field hockey and hockey. Swimmers will usually just do swimming and water polo. So, the cool thing about it is that [they] are different groups entirely, but everyone still has the same attitude of supporting each other [and] helping each other improve. And whenever you are feeling down, they are always there to help you get back up.

NH: Is there a message you want to relay to your teams as a captain?

SA: Yes, I try to pump them up whenever they need it. Honestly, in every single sport, just do your best, rely on your team for the support you need, always have a positive attitude, and make sure that you are having fun for the most part. When you are having fun and when you have a strong bond with your team, you guys collectively just do better and have a better experience.

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