



× Welcome Parents! ×



Photo by Pinn Chirathivat/The Choate News

Yesterday, hundreds of parents made their way down to the Worthington Johnson Athletic Center for conferences with teachers and faculty members.

SPEAKER CINDY PIERCE ENCOURAGES HEALTHY RELATIONSHIPS IN HIGH SCHOOL

By **Brandon Zhang '20**
Staff Reporter

Last Tuesday, October 23, Ms. Cindy Pierce spoke to the student body during one of Choate's Special Programs. The program was a Dean of Students event, which invited guest speaker Ms. Pierce to Choate campus. Ms. Pierce is a leading social sexuality educator and comedic performer, and she has been traveling the country since 2004 to inform students on healthy sexual behaviors and choices.

The topics that Ms. Pierce addressed in her speech are similar to the ones she has been passionate about for years along with others that are more tailored to a high-school audience. Ms. Pierce started under the broad umbrella of what a healthy relationship en-

tails, including the importance of communication and consent between partners and what healthy relationship choices are. She moved into the topics on hookup culture, social courage, bystander behavior and peer pressure through social media. Ms. Pierce ended the program by talking about pornography and how modern media has changed our perception of what is average, including body image and sexual expectations.

Ms. Pierce is focused on using her education and humor to promote a safer, healthier and more enjoyable understanding of sex. She states that the comedic nature of her talks often allows her to be able to communicate with students about how much pornography they watch, how they communicate with their partners, their un-

derstanding of STDs and masturbation habits.

Ms. Pierce believes that parents want their children to have healthy relationships and sex lives but nonetheless often avoid having the awkward conversations frequently associated with such topics. Many parents simply assume that their children will figure it out, and the kids, left without a lot of options, turn to pornography as a solution. Ms. Pierce argues that such material skews expectations on how bodies should look, objectifies women, and can promote violence.

As a Dean of Students Office program, Mr. James Stanley was heavily involved in the process of bringing Ms. Pierce to Choate. "I have been aware of Cindy Pierce as a speaker who works with boarding schools and colleges for at least

five years," Mr. Stanley said. Two years ago, he heard Ms. Pierce speak at a conference hosted at St. Paul's School. "I was really impressed with her knowledge in the area of healthy sexuality, her understanding of teenagers, her humor and her willingness to be open," he said.

Mr. Stanley hoped that these qualities would make the special program successful, stating that he thought it would, "be a successful program — informative, entertaining and honest, and it's not going to be someone getting up there and trying to scare people straight."

The Administration hoped the program helps students gain a better understanding between what normal and what

See **PIERCE**, Page 2

Students Advocate Teen Voter Registration Before Influential Election

By **Siri Palreddy '20**
Copy Editor

The chilly days of fall are here, which for many political enthusiasts signal election time. This year, midterm elections will occur on November 6. The midterms are general elections that happen halfway through a president's four-year term in office.

This year's elections will decide all 435 seats in the U.S. House of Representatives and one-third of the U.S. Senate. While each state has different voter-registration age requirements, Connecticut allows those who are currently 17 and will turn 18 before the elections to register to vote.

Students who live outside their hometown can fill out an absentee ballot. While this presents an opportunity for newly eligible voters to submit a ballot, studies have shown that, during non-presidential election years, voter turnout from this demographic is low. In fact, in 2014, only 16% of 18- to 24-year-olds reported voting, according to the Child Trends Organization, a non-profit research organization based in Bethesda, MD, focused on improving the lives of children and their families.

Last year, Alice Volfson '19 led an initiative that encouraged Choate students to

See **ELECTION**, Page 2

STUDENTS CELEBRATE THE BEGINNING OF FALL AT HARVESTFEST

By **Grace Zhang '20**
Copy Editor

The leaves change color. The air gets chillier. Halloween decorations appear on front yards. And pumpkins and apples ripen for the picking. Most Choate students are accustomed to these characteristics of a New England fall. Unique to the Choate community, however, is the annual fall festival that brings the campus to life with games, activities, and food galore. This past Sunday, October 21, Choate celebrated its 32nd annual HarvestFest on Memorial Field.

This year, 15 student clubs and organizations ran booths selling a variety of food, from caramel apples and pumpkin cheesecake muffins to Jamai-

can beef patties and Mexican corn on the cob. Other clubs ran activities such as pumpkin carving and face painting. The Choate DJ Association buoyed the event with music. The festival, said Mr. Jim Yanelli, Director of Student Activities, "is a nice way for clubs who have been working together since the beginning of the school year to actually do something as a group, to have the leadership to organize an event, and to execute their well-thought-out plans for their particular booth."

Erica Vandenbulcke '20 was excited for HarvestFest. "Last year, I had an event that clashed with HarvestFest," she said. "This year, I really wanted to go, just to experience what it is because ev-

eryone always gets hyped up about it."

HarvestFest aims, in part, to bring the community together and to highlight the diverse array of Choate's student-run clubs. While students purchase tickets to exchange for food and activities, nobody makes money off HarvestFest. "There aren't really club proceeds, per se," explained Mr. Yanelli. "Each club sells their particular food item at below what we pay for it. What we do is award each club that participates a share of the funds that they generate in ticket sales, but the SAC generally underwrites it." He added, "When you think about all the food and labor and decorations and

See **HARVESTFEST**, Page 2



Photo by Ryan Kim/The Choate News

Members of the Choate community get in the Halloween spirit by carving pumpkins.

Looking for Food? Look No More.

A guide to local restaurants in Wallingford and its neighboring towns for students and their parents.

Local News • P3



Dietary Restrictions
Students with gluten-intolerant, vegan, and Halal diets share their experiences in the Dining Hall.
Opinions Campus • P4

Vote in the Midterms
Opinion's Editor Audrey Powell '19 stresses the importance of voting in today's political environment.
Opinions N/W • P5



Choaties Past and Present
Alumni-parents and current students describe how Choate has changed over the years.
Features • P6

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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Student Council

Recap

By **Grace Zhang '20**
Copy Editor

Student Council's fourth-form representatives held the floor at last Tuesday's meeting, passing two proposals and discussing several more.

The first proposal, set forth by Fourth-Form President Shane Baldwin '21, called for the installation of full-size refrigerators in dorms that current lack them: Chapel, Lowndes, Squire, Pitman, and Memorial. These dorms house a total of 107 students, or 16% of the boarding population. Baldwin argued that the refrigerators in these dorms would improve these students' wellness and nutrition. Each representative present at Tuesday's meeting voted for this proposal, sending it to the Deans for further deliberation.

The second proposal passed Tuesday night was spearheaded by Day Student Representative Ryan Doyle '21, and suggested adjustments to the day-student overnight policy. In his proposal, Doyle explained the lack of clarity and efficiency in aspects of the current policy, such as the Student Handbook's lack of a deadline for day-students to get overnight permissions. This proposal was unanimously supported by the representatives present at the meeting.

Student Council discussed Fourth-Form Representative Anesi Ojior '21's proposal to send biweekly email updates on the Council's work to the student body. Sixth-Form President Tippa Chan '19 suggested that the Council instead post such updates on its Instagram account.

Debate ensued. Fifth-Form President Vikram Sharma '20 agreed with Chan. "Not everyone will open the email. I think Instagram is the best option," he said. Sixth-Form Representative Arjun Katechia '19 preferred an email. "Not everyone who has Instagram checks it more than once or twice a day," he said. "Whereas with email, everyone has it, and people are on it all the time, checking to see if teachers email you and sending emails out." Other representatives agreed that everyone, not just Instagram users, should have access to these updates.

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MS. CINDY PIERCE TEACHES SEX ED WITH HUMOR



Photo by Kathryn Phillips/The Choate News

Ms. Cindy Pierce gave her presentation on sex ed to 4th, 5th, and 6th formers on Tuesday, October 23.

Continued from Page 1

is only perceived to be normal in the world of intimate relationships, "I just hope it opens conversations for people to talk about what they want rather than what they think people want," Mr. Stanley said.

After hearing Ms. Pierce and her humor on Tuesday night, student sentiment took a positive turn. Matt Anastasio '19 stated, "I was kind of skeptical about her message coming in, but she ended up being pretty relatable and funny." He did have some criticism, saying, "It felt like it was more to lighten the mood

rather than to inform us. It was funny, but there was nothing life changing, no big insights."

I was kind of skeptical about her message coming in, but she ended up being pretty relatable and funny.

Matt Anastasio '19

Aidan Marzeotti '20 said, "Personally, I felt that the question and answer session was very entertaining and a lot of the questions really pertained to the Choate community and administration. Also

her overall speech had good points on important topics although it was a bit lengthy."

Ms. Pierce had a packed schedule after her presentation to the entire school on Tuesday. On Wednesday, she met with the third formers to further discuss topics on wellness. Afterwards, she also completed a professional development workshop with faculty, particularly those involved in the lifelong wellness curriculum.

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Choate Partners with the Red Cross for First Blood Drive of the Year

By **Claire Yuan '21**
Reporter

Last Friday, October 19, students and faculty alike had the opportunity to save three lives each at Choate's first blood drive of the year. The event, organized by the Choate Red Cross Club and facilitated by a Connecticut-based branch of the American Red Cross, ran from 11:00 a.m. to 4:30 p.m. in Macguire Gym. Students and faculty ages 17 and older that fulfilled certain physical requirements were able to donate. Participants each gave one liter of blood, an amount capable of saving as many as three lives.

In the wake of several natural disasters, including Hurricane Michael, which hit Florida's panhandle on October 10, the Red Cross is urging people to help however they can, whether that be by donating blood or money.

The American Red Cross set a goal for Choate of 48 individual donations. Many of the school's students are younger than 17, yet Choate still had many people donate. Thirty members of the community gave blood.

Students who gave blood were quite positive about the experience. Everett Zelson '19, who participated, said, "I think that people who are physically able to give blood should do so because it's a relatively painless experience that can easily save lives."

The Choate Red Cross Club is also striving to extend projects beyond blood drives. As Choate progresses further into the school year the Choate Red Cross Club is hoping to participate in more diverse events, such as supporting veterans in need or raising awareness for fire safety. Will



Photo by Ryan Kim/The Choate News

The Blood Drive facilitated the donation of 30 liters of blood, enough to save up to 90 lives.

Kanders '19, vice-president of the Red Cross Club, said that the club, "wanted to take it a step further because, before, we were kind of a blood drive club, and we're trying to get past that."

Recently, there have also been critics that have spoken

out about the Red Cross, voicing concerns regarding their use of financial donations and issues of who is allowed to give blood. Even amid these complaints, however, the Choate Red Cross Club has confidence in the organization. Ms. Melissa Koom-

son, Director of Community Service, said, "I think people are always going to find some faults with any organization ... but there is a great need for blood donations."

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College Counseling Reviews Programs to Enhance Students' Experience

By **Siri Palreddy '20**
Copy Editor

As college application deadlines loom ever closer, many seniors must frequently visit the College Counseling Office (CCO), located in Hill House. The CCO, as stated in the 2018-2019 College Counseling Handbook, "seeks to arm students with the tools necessary to conduct a thorough college search." To fulfill its purpose, the CCO counselors provide a variety of activities throughout the year to help students understand all that the college process entails.

One opportunity offered by the CCO is a collection of information sessions known as Carrington Conversations. Named after the CCO's previous location, Carrington House, Carrington Conversations cover important topics that "many students will need to know but are not universally applicable," as Ms. Marcia Landesman, Director of College Counseling, put it. Topics include pursuing the arts in college, sitting down with an



Photo by Pinn Chirathivat/The Choate News

The CCO guides students through each step of the college process.

interviewer, and applying to college in the UK through the UCAS (Universities and Colleges Admissions Service).

The Conversations differ from Choate's usual College Seminars in that they are optional, and underformers are allowed to attend on occasion. Ms. Landesman said, "We are happy to include underformers in the session on, for example, athletic recruiting, since that process often starts early in a student's high school career."

In addition to the Carrington Conversations, the CCO hosts two college fairs in the Worthington Johnson Athletic Center each year, one in October and another in April. Students are able to meet with admission officers from different schools and learn about what each institution has to offer.

There is also the College Information Weekend in February, targeted, in part, to parents, as well as a spring break college trip; the location for this year's

trip has yet to be announced. The CCO also conducts a multi-part essay writing workshop and recurrent seminars for fifth and sixth formers.

The CCO has been reviewing their programs and making changes to enhance the college search and application experience for upperclassmen. Some recent improvements include the increase in college counselors, from six in 2012 to 8 in 2018, to allocate more time to each individual student, the centrally located offices in Hill House for easy access, and moving discussions on important application information to mandatory college seminars rather than non-compulsory evening programs.

The office has also begun offering more mini-info sessions which, according to Ms. Landesman, are "designated times when students can meet with multiple college representatives in a small setting that allows for deeper conversation than is possible during the college fair."

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Many Choate Students Prepare to Excercise Their Right to Vote

Continued from Page 1

register to vote. HeadCount, the registration website utilized by Volfson, allows people to register to vote through a text message, perfect for boarding students who cannot register in person. The website also has information about voting procedures in different regions of the country, as well as an absentee ballot form.

Volfson held a three-day voting registration booth last year in the dining hall. "I wanted to do something bipartisan on campus that would encourage our generation to go out and vote because it's really crucial we do that now," Volfson said.

Volfson estimated that about 70 people came to the booth and registered. "That was a good amount because obviously not a lot of people are over the age of 18," she said. "We got mostly repeat juniors and seniors, but there were a lot more than the 15 or 20 people I was expecting."

Volfson hopes to increase that amount by having more information about voting at Choate. Volfson believes more people would vote if Choate provided more resources, such as absentee ballots, and also registered eligible students who wanted to vote. "I personally want everyone here to go out and vote on November 6," Volfson said, "but that's difficult to do without access to an absentee ballot."

Matt Anastasio '19, who is currently registered to vote and plans to go to the booths on November 6, agreed with this sentiment, stating, "I do think that Choate should make it easier for students to register to vote, as well as give them the opportunity to vote on Election Day, whether that's setting up voter registration stations or providing transportation to the voting polls." He added, "We need to encourage young adults to vote and make educated votes because we are the future of the country."

Although she is 17 and cannot vote in the upcoming midterms, Polina Ermoshkina '19 said she would vote if she could. "I think that in this political climate, it's not okay anymore to say, 'I'm only one person, and my vote doesn't count.' It does." Ermoshkina added, "If a large group of people thought that their vote wouldn't change anything, an entire perspective would be left out of the political debate, and we just can't have that."

Volfson encouraged everyone to do their due diligence and research, and, for those who can, to vote. She said, "You don't have to agree with the candidate 100%, it's just a matter of doing something. What's happening now will affect us for the rest of our lives."

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HARVESTFEST BRINGS CAMPUS TOGETHER

Continued from Page 1

everything else that goes into it, it's definitely not a money-making enterprise."

The tradition of HarvestFest began 32 years ago, in 1986, when Mr. Yanelli, along with a group of students, were, in his words, "looking for a way of celebrating what is a beautiful time of year here in New England." He went on, "It's just a nice punctuation mark in the fall term. It generally happens just before Parents' Weekend and after midterms. The apple and pumpkin picking at Lyman Orchards has always preceded the day so that we get apples to bake into pie or the pumpkins that get carved at HarvestFest. That's kind of a nice lead-in to the event."

Students seemed to possess a general air of enthusiasm about the event. Sarah Stern '21 and Carolina Vargas '21 noted their favorite parts of HarvestFest last year, complimenting the food, bouncy house, and face painting. On what they looked forward to most about attending the festival for a second time, at the same time, they both said, "The food!"

According to Mr. Yanelli, HarvestFest changes every year based on the "proclivities of the student leaders." Years ago, when the festival took place on the patio between the old Student Activities Center and the Larry Hart Pool, he explained, "We worked with Facilities to cut down young saplings in full color and tie them to the rail-

It's just a nice punctuation mark in the fall term.

Mr. Jim Yanelli
Director of Student Activities

ings as decorations. It looked like a little park. It was really cool."

As much as HarvestFest may have evolved over the last three decades, its purpose holds true: an opportunity for the community to spend time together, support each other's organizations, engage in light-hearted fall activities, and indulge in some good food.

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THE WITCHCRAFT BURIED IN WALLINGFORD'S HISTORY

By **Victoria Esquibies '20**
Reporter

With Halloween fast approaching, many Wallingford houses are decked out in synthetic cobwebs, inflatable monsters, and plastic gravestones. But what many students and residents may not know is that Wallingford has a much stronger link to the supposed supernatural. Buried in the Center Street Cemetery is a woman accused of practicing witchcraft in the mid 1700s.

Historians agree that one of the darkest periods of New England history came in the form of the 17th-century witchcraft trials and persecutions. The most widely known series of these events is the Salem Witch Trials, in which, beginning in 1692, over 200 people were accused of witchcraft, and 19 were hanged for the deed. Witch trials were not exclusive to Salem, Massachusetts. All of the New England colonies experienced a multitude of witchcraft accusations and trials. As it happened, New England's final witch trial took place in Wallingford. It placed two women — Mrs. Winifred King Benham and her daughter, Ms. Winifred Benham Jr. — in front of the court.

The members of the Benham family were some of the first settlers in Wallingford. Mr. Joseph Benham, Mrs. Benham's husband, has his name engraved in a plaque on Center Street commemorating the founders of Wallingford. The family of 14 secured a six-acre home lot. They lived quietly for about a decade.

But then the Benham's reputation became tainted. Mr. Benham was allegedly thought to have criticized local magistrates, an offense that brought him in front of the New Haven court. The Wallingford townspeople began to gossip about the Benhams, and, in 1692, rumors started to



Photo courtesy of Carol Bryner

Mrs. Winifred Benham, a 17th-century Wallingford resident accused of practicing witchcraft, is buried in the Center Street Cemetery.

circulate specifically about Mrs. Benham.

Ms. Cynthia Wolfe Boynton, author of *Connecticut Witch Trials*, explained that a local named Goodwife Hannah Parker was the first to accuse Mrs. Benham of practicing witchcraft, after Mr. Benham, for reasons that remain unclear, threatened to "load his gun with two bullets and use them both" on Ms. Parker. Tensions simmered for five years, and, in 1697, Mrs. Benham and her 13-year-old daughter were more formally accused.

This time, the accusers were local teenagers who belonged to

respectable families of Wallingford. Mr. John Moss, Mr. Samuel Lathrop, Ms. Elizabeth Lathrop, and Ms. Sarah Clark claimed that the women inflicted bodily harm upon them, and they had the dark spots on their skin to prove it. Around the time of this accusation, an infant in town died. The teenagers claimed that the child had dark spots, too, and so did Mrs. Benham and her daughter.

The Benhams were brought before a grand jury in Hartford. Mrs. Benham and Ms. Benham Jr. were searched for the "witch spots" and are said to have been

thrown into water with rocks tied to their feet to see if they could stay afloat, an eerie feat attributed to witchcraft. Accounts of the event indicate that the women survived this experience, but were not condemned, possibly because Connecticut had recently changed its standards for determining witchhood.

The women were eventually acquitted, and the case was dismissed. Still, the Benhams' reputation suffered immensely. The family's once stable existence within the town, already shaken by Mr. Benham's earlier misdeeds, was further disrupted

by the townspeople's dislike for the Benham family women. Before long, the family relocated to New York after the trials.

Yet, the Benhams seemed to feel that Wallingford was their home in the end. Mrs. Benham is buried in the Center Street Cemetery, about a mile from the Choate campus. America's last witch trial continues to haunt her legacy. She is still known today as the Witch of Wallingford.

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Community Calendar

OCT. 26-28

Trail of Terror
Brave this local spin on a haunted house.

Opens at 7:00 p.m.
60 N Plains Highway
Tickets start at \$15;
\$12 car ride

OCT. 26, 6:00 p.m.

Ocean's 8 Screening
Visit the Wallingford Public Library for a screening of the film *Ocean's 8*, which follows a fictional heist at the Met Gala.

Wallingford Public Library
Community Room,
Free admission

OCT. 27, 11:00 p.m.

Food Trucks on the Farm
Sample cuisine from more than ten food trucks, with options ranging from seafood to kettle corn.

32 Reeds Gap Road, Middlefield
\$15 car ride

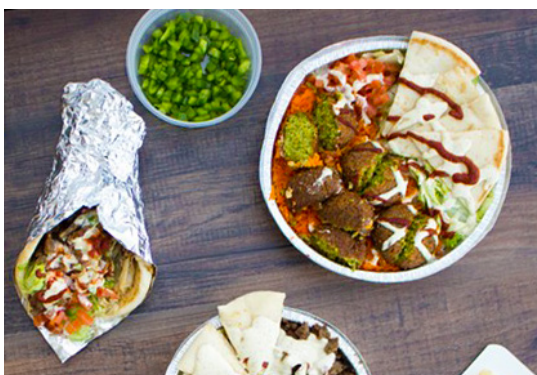
OCT. 31, 3:00 p.m.

Yale University Art Gallery Teen Program
Explore the museum's diverse collection and participate in drawing, painting, and photography sessions.

Yale University Art Gallery,
New Haven
Free admission; \$30 car ride



Bar Bouchee (left) offers French far, while The Halal Guys (right) serves meat and falafel dishes.



Photos courtesy of fredbollacenterprises.com and the Phoenix New Times

By **Peter DiNatale '21**
Columnist

This weekend, parents from all over the world will visit their children's classes, meet their teachers, and watch their sporting events. When in need of a respite from the hustle and bustle of campus life, parents and families may want to grab a bite to eat in Wallingford or one of its neighboring towns.

Located within walking distance of campus, Archie Moore's is a classic American-style restaurant with a lively atmosphere. The dimly lit interior of the restaurant has bar, booth, and table seating. The large windows at the front of the establishment offer a glimpse of the outdoor seating area, which lines a portion of the sidewalk and is separated from passersby by a short partition. Nicknamed "Archie's" by students, it offers lunch and dinner options including several types of wings, hamburgers, salads, and nachos. "The food was good, and the setting was very welcoming," said Holden Zerega '20, who had one of the restaurant's signature burgers last Par-

ents Weekend. Archie Moore's tends to be very crowded on weekend nights, though it does take reservations.

Wood n' Tap Bar and Grill, another casual option for lunch or dinner, is a mere eight-minute drive from campus. Like Archie Moore's, Wood n' Tap is also a classic American-style restaurant. "I thoroughly enjoyed my experience at the Wood n' Tap restaurant," said Xavier Shattuck '21, who visited Wood n' Tap last year with his parents. "They cooked very good steaks and they were a reasonable price." This restaurant is often less crowded than Archie Moore's and has a plethora of burgers, salads, and steaks.

Several Choate students have also had excellent experiences at a restaurant in New Haven. Located on Chapel Street, The Halal Guys is a gyro and chicken restaurant that began as a food cart in New York City before becoming the brick and mortar spot it is today. Now, there are several locations worldwide. "We went to [The] Halal Guys because it was really famous and really cheap," said Will Flamm '21. The res-

taurant's menu consists of beef, chicken, and falafel sandwiches and platters. The Halal Guys is about a 20-minute drive from campus, but students and parents can avoid the difficulties of parking in New Haven by taking the train from Wallingford Station on North Cherry Street. Tickets cost \$3.50 per person.

Bar Bouchee, an authentic French restaurant in Madison, Connecticut, is another out-of-town dinner option. The restaurant has an elegant atmosphere, with dark wood paneling and subdued lighting. "They had delicious French food," recalled Ian Bamford '19. "The food was very fresh and the setting was small." Bar Bouchee offers a wide variety of options for food, though menu items tend to be pricey, ranging from charcuterie and cheese boards that start at \$13.75 to braised wild boar for \$27, an amusing option given Choate's mascot.

Whether you are looking for something close by, casual, or authentic, Wallingford and its neighboring towns have a great variety of dining options.

Peter DiNatale may be reached at pdinatale21@choate.edu

Check out our map of Wallingford restaurants by scanning the QR code to the right. The QR code can be scanned with an iPhone camera or with a QR code reader application.



Main Street's Trick-or-Treat

A Photo Essay by **Kathryn Phillips '20**



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Becoming a Boarder

By **Sean Kish '21**
Opinions Writer

My family lives in Guilford, but after Choate accepted me, I requested to live on campus. Initially, I was rejected because of a lack of available beds. And so my first year here, as a third-former, I was a day student, commuting over an hour every day. Over the summer after my freshman year, however, the School notified me that a bed had opened up. I claimed it immediately.

After I became a boarder, everything changed. My new room is a mess. And I no longer have the delicious home-cooked meals that I love. But I do my own laundry, and I set my own alarm.

I also had to deal with all the new rules in the dorm: study hours, trash duty, checking in. At home, I never needed to check in or sign out at specific times, so it was perhaps inevitable that my first week living at Choate would consist of numerous conversations with my house advisor about why I had forgotten to sign out or check in.

Obviously, I saw my parents a lot less. Every now and then, homesickness would wash over me. Adjusting to my new life, in all honesty, was difficult.

Eventually, I got used to the rules. Though they seemed imposing at first, I'm used to them now. They aren't that bad. In many ways, living as a boarder has helped me grow

into an independent and involved Choate student. Without having to commute every day, I've joined more clubs and done more activities. I've even begun writing for *The Choate News*.

Adjusting to my new life, in all honesty, was difficult.

Boarding also opened the door to great friendships. Of course, as a day student, I had my friends, but I can't deny that boarding made meeting new people much easier. I wouldn't have been able to meet all of the sophomores, juniors, and prefects in my dorm if we hadn't been crammed into a single building every day. I also wouldn't have connected with the house advisers whom I now see daily.

Boarding isn't necessarily better than being a day student. But, from my view, it was trickier being a day student — so much goes on when you don't live at Choate.

Becoming a boarder has changed everything. Yes — I have been homesick, I am usually hungry at night, and the rules can get annoying. But I can't deny that it's been a change for the better.

Sean Kish is a fourth former from Guilford, CT. He may be reached at skish21@choate.edu

DIETARY RESTRICTIONS: *Experiences in the Dining Hall*



Graphic by Elaine Zhang/The Choate News

Vegan

I became vegan not only to improve my physical well-being but also because a good friend told me about all the ways animal products harm the environment. It has been a little over a year since I converted, and I now enjoy a healthy lifestyle and a smaller carbon footprint.

I learned that the meat and dairy industries emit considerable amounts of greenhouse gases, and they also perpetuate the inhumane treatment of animals. I do my best to address these issues, as they've become a passion. As a C-Proctor, I strive to initiate change within the Dining Hall to implement more local and eco-friendly food choices.

I'm often asked about how I stay vegan at Choate when the Dining Hall is so limited. I admit that it's a challenge to put together good meals each day. For me, there isn't a difference between Meatless Mondays and other days. I've had meals that range from a plain bagel with a side of rice and soy sauce to just fruit — apples, bananas, and clementines. Once, after circling the Dining Hall for ten minutes and witnessing nothing but a display of steamed carrots and "Spanish rice," I left with my friends, calling Iron Chef.

Still, SAGE does put together a mean salad bar and, on most days, has a varied selection of cooked vegetables in the hot

food line. I'm grateful for that.

To improve, SAGE shouldn't necessarily add more vegan options. After all, the majority of the Choate community isn't vegan. Rather, I would recommend that the School puts more time and consideration into improving existing vegan options.

By **Blake Migden '19**

Halal

Meatless Monday, International Food Station, Burger Day — many at Choate have their grievances with SAGE. However, people seldom realize the struggles of those with religious diets. For people with religious diets, finding necessary nutrition from the Dining Hall is no easy task.

As a practicing Muslim, I have a Halal diet; I can't eat pork, and the poultry and beef I eat must be slaughtered in the least inhumane way possible.

The meat provided by SAGE is not certified Halal. Though I'm not vegetarian, I become one whenever I eat in the Dining Hall.

As meat accounts for so much of the protein-rich food in the Dining Hall, it's difficult to find the necessary nutrients — protein, in particular — in SAGE's vegetarian options. This makes it harder to recover from athletic training and competitions, and it makes the already tiring Choate days even more stressful. And when SAGE

does provide vegetarian protein-rich food like tofu or beans, it isn't always tasty.

SAGE should make an effort to accommodate the Muslim population at Choate. Finding Halal meat is not hard. Restaurant Depot, a major restaurant supply warehouse with locations throughout Connecticut, supplies Halal meat at a cost comparable to standard meat. Hindu restaurants in Wallingford, including Kender's Indian Palace, serve Halal meat even though the establishment isn't Muslim.

Though I'm not vegetarian, I become one whenever I eat in the Dining Hall.

By addressing this issue, SAGE will not only make Muslim students' lives easier but also stand in solidarity with Muslims in an era of heightened Islamophobia. Doing so will also likely attract more Muslim applicants to Choate. I know that when I apply to college, I'll look for the dining services that serve Halal meat.

As of now, the Dining Hall does little for those with religious diets. To support its Muslim population, the School must push SAGE to serve Halal food or find a dining service that does.

By **Hilal Zoberi '20**

Gluten-Free

For those who are gluten-intolerant, it is important to avoid wheat, barley, or rye. Yet Choate's dining hall doesn't always make it easy for those with gluten-free diets to find proper meals.

At home, I have the freedom to sample new gluten-free substitutes for my brownie recipe or new spice combinations for my gluten-free baked ziti. At Choate, it's different. Granted, the gluten-free options have gotten better since I entered Choate in 2015 as a freshman, but the options are still much more limited than the food I eat at home.

At times, it seems easier to deal with an empty belly than to stick to the Dining Hall's gluten-free food.

Though I can sometimes supplement parts of my diet with the regular options in the servery, the meat options usually contain glutinous ingredients, limiting my options to the salad and sandwich bars. There is a gluten-free station, but I find that it's mainly stocked with unappetizing carbs. At times, it seems easier to deal with an empty belly than to stick to the Dining Hall's gluten-free food.

I've tried addressing these issues using SAGE's feedback forms, but it's taken time to effect change. Since freshman year, I have filled out at least five suggestion cards requesting boxed gluten-free waffles, but only this year did the Dining Hall begin offering Van's Gluten-Free Waffles for hot breakfast.

Overall, I appreciate SAGE's efforts in accommodating gluten-free students — I know that it can be hard to serve food to so great a variety of needs. Still, there are improvements to be made.

By **Taylor John-Lewis '19**

FOR STUDENT WELLBEING, START SCHOOL LATER



Graphic by Senching Hsia/The Choate News

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

As children enter puberty, their biological clocks — which tell them when to sleep and wake up — shift forward. They start going to bed and waking up later. It isn't because it's cool to stay up late or sleep in, or that it's an excuse to frustrate parents. Rather, it's because their brains' circadian rhythms are developing.

Not only is waking a teenager at 6:00 a.m. equivalent to waking an adult at 4:00 a.m., but teenagers also need more sleep than adults. The American Academy of Sleep Medicine recommends that teenagers get eight to ten hours of sleep, while adults should aim for at least seven. Sleeping less than these recommended lengths leads to a

higher chance of inactivity and obesity later in life. Insufficient sleep may also precipitate substance abuse and mental health issues. All this leads to greater stress, which then leads to less sleep — a dangerous cycle.

At Choate, classes start at 8:00 a.m., with lights out at 10:45 p.m. for freshmen and 11:00 p.m. for sophomores. Theoretically, if a student wakes up at 7:00 a.m. to get dressed and eat breakfast, then he or she gets the minimum recommended amount of sleep: eight hours.

However, expecting students to go to sleep at lights out is unrealistic. Choate students take demanding classes, play sports, and participate in a number of extracurricular activities. Work often piles up. It's likely that almost ev-

ery night they'll need to stay up well past 11:00 p.m. and won't get the sleep their bodies need to function.

Even if a student doesn't have work, he or she might stay up late anyway, watching TV or browsing social media. While this may partly be his or her own fault, Choate should address this issue. After all, underslept students are less productive and happy.

The obvious solution? Start school later and shorten the school day. Numerous health organizations such as the CDC and the American Academy of Pediatrics support the policy that schools should start no earlier than 8:30 a.m. Many schools have already switched to 8:30 a.m. start times, and in many cases, the change has led to more sleep, better grades, and higher

attendance.

When schools align their schedules around the fact that teenagers are biologically inclined to fall asleep and wake up later than adults, the results are very positive.

Students at Choate don't want to sleep in because they are lazy. They want to sleep in because it is in their biology to do so. By starting school later, Choate will improve student wellbeing and study habits. There's a reason that many Choate students believe the "sleep-in" is the best free period of all — students get more sleep and are more relaxed and focused in class. Imagine if students could have that every day.

Calvin Walker is a fourth former from Rhinebeck, NY. He may be reached at cwalker21@choate.edu

Corrections

School News

A graphic last week about the Recycling Challenge was incorrectly credited to Choate Rosemary Hall. It was, in fact, made by Emily Cha '21 and Dasha Asienga '20.

The Choate News regrets these errors.
To submit a correction, email thechoatenews@choate.edu

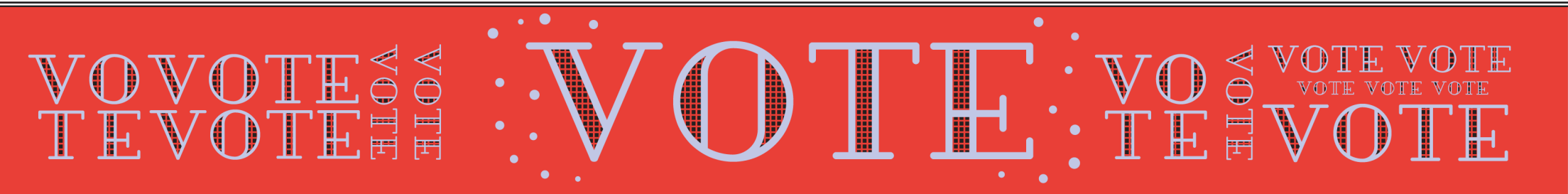


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WHY YOU MUST VOTE IN THE 2018 MIDTERMS



On November 6, Americans across the country will vote in the 2018 midterms — a race that will determine which party will control Congress. Be one of them!

By **Audrey Powell '19**
Opinions Nation/World Editor

What frustrates me most about the 2018 midterm elections is that I'm too young to vote. Though the possibility of a continued red wave undeniably concerns me, it's not quite as frustrating as knowing that I ultimately can't contribute my voice and vision to this year's election — one that will come to define not only the rest of President Donald Trump P'oo's time in office, but perhaps even the next presidential election. Despite my anger at my inability to vote, there are many people in our community and our country that can vote but choose not to. That is a mistake. By abstaining from the election, you are relinquishing your right to play a role in our democracy. Not only do many Americans abstain from voting, but many eligible people choose not to register to vote altogether. While the reasons behind not voting boggle me, the reasons why you would not even register to vote in the first place confuse me even more. Today, registering takes approximately five to

ten minutes. In most states, the process can be completed entirely online. For the few other states that mandate paper registration, the form is very simple and takes very little time to mail in. All you need is some basic government-issued information. In fact, you can register before you turn eighteen, as long as you will be of age by November 6, the date of the elections. According to the U.S. Census Bureau, in the 2016 presidential election, only 61.4% of registered voters cast their ballots. That is utterly embarrassing. Some voters simply can't make it to the polls because of conflicting schedules at work or school, but that reason only accounted for approximately 14% of those who didn't vote, according to the Pew Research Center. The same survey found that the most common reason cited by 25% of non-voters was a "dislike of the candidates or campaign issues." However, difficulty choosing between candidates is not a valid excuse to abstain from voting. By doing so, you're saying that not preferring one candidate over the other means that you shouldn't

contribute your voice to the American people. After all, presidential elections are supposed to assess what Americans as a whole want for their country. When only 61.4% of registered voters participate, the final tally can't properly represent the people. The Pew Research Center also found that 15% of non-voters in 2016 abstained because they felt "their vote wouldn't make a difference." This sentiment isn't true. Especially in particularly close elections like many in this year's midterms, every vote matters because even the smallest margin can decide who wins. In states where polls predict the winner by a large margin, your vote still counts because there will undoubtedly be other voters who believe their vote doesn't count, thereby decreasing the size of that margin. Moreover, as expressed earlier, government elections are supposed to account for all of the people. Your vote definitely won't count, however, if you don't cast it. Although voters who abstain from midterm elections do so with similar reasoning as those who abstain from presi-

dential elections, midterms have much lower voter turnout. In the 2014 midterms, only 36.7% of registered voters participated, according to the United States Election Project. This extremely low turnout — which only diminishes for local and state legislature elections — is partially due to the misconception that the presidential election is the only one that matters. However, your senators and representatives are the people that actually bring your states' desires into the federal government to make change on your behalf. They draft the laws you want enacted, push them to the floor, and convince other politicians to vote for them. Your senators vote on Supreme Court confirmations — they chose to appoint Brett Kavanaugh to the highest court in the nation even after accusations of sexual assault. The president of the U.S. wields a vast amount of power, but so do your congressmen. They determine our health care laws, policies on reproductive rights such as access to birth control, immigration regulations, and much more. Congress

collectively makes some of the most influential and momentous decisions in government — the kind of decisions that end up affecting American lives. Even though voting is an essential American right, it comes with responsibility. Voters must educate themselves on their candidates and the issues at stake. While simply voting according to a political party is better than abstaining, you should be voting for a candidate, not a party. In every political party, there are candidates who diverge from their party's historical alignments. For example, there are pro-life Democrats and pro-choice Republicans. Voters who don't educate themselves about the respective candidates might not know this information, leading them to vote for someone who supports legislation that may hurt the voter. Before voting, you must take the time to learn about each candidate. This isn't a sacrifice; it's a right — the right to know who you're voting for and why. Throughout history, suffrage has been a never-ending fight for many Americans. Particularly for

women and black Americans, the journey towards acquiring the right to vote was dangerous and long-lasting. Women weren't granted suffrage until 1920, and African American right to vote wasn't fully secured until 1965. Given the hundreds of millions of people who struggled to obtain the right to vote, how can we voluntarily relinquish that right today? Voting is the foundation of our democracy, and it determines the future of our government. We have the ability to change the political environment of this country, simply by registering and casting a ballot for the candidate who most closely aligns with our views. It is our responsibility to take action — not just Generation Z, but every generation. Young people aren't the only demographic with low voter turnout. 2018 must mark the beginning of a new era in American democracy — one in which voters consistently vote in elections so that our government properly represents the people.

Audrey Powell is a sixth former from Bronxville, NY. She may be reached at apowell19@choate.edu

HOW TO VOTE

for registered boarders

1. GO TO [USA.GOV/ ELECTION-OFFICE](https://usa.gov/election-office).
2. FIND YOUR HOME STATE.
3. LOOK FOR THE ABSENTEE BALLOT REQUEST.
4. FILL OUT THE LINKED FORM.
5. MAIL THE FORM TO YOUR LOCAL ELECTION OFFICE BEFORE OCTOBER 31.
6. FILL OUT THE BALLOT WHEN IT ARRIVES.
7. SEND IT IN ASAP!

Congrats! You're part of a democracy!

Graphic by Chandler Littleford/The Choate News

Vote for the Person, Not for the Party

Map showing how counties voted in the 2016 presidential election (Republican Party shown in red; Democratic Party shown in blue)

Map courtesy of Medium

By **Max O'Connor '21**
Opinions Writer

The divide in American politics is widening rapidly. This is a fact that many Americans have come to understand and even accept as they themselves contribute to the escalating tension between Republicans and Democrats. Some political psychologists such as Lilliana Mason claim that members of one political party dislike the supporters of the other mainly because these individuals are simply in the opposite party, not because of disagreements over specific issues. It is this bond that a supporter feels to their political party that convinces them that they have opposing views, causing the beliefs of political parties to become more extreme.

In order to close the divide in U.S. politics and increase support for compromise and collaboration, the citizens and politicians of the U.S. must make it a priority to educate themselves on current issues and, more importantly, to listen to and consider the perspectives of the other party. Many Americans may be surprised to discover that they share similar opinions with those who they may have otherwise disregarded as merely an ignorant Republican or Democrat.

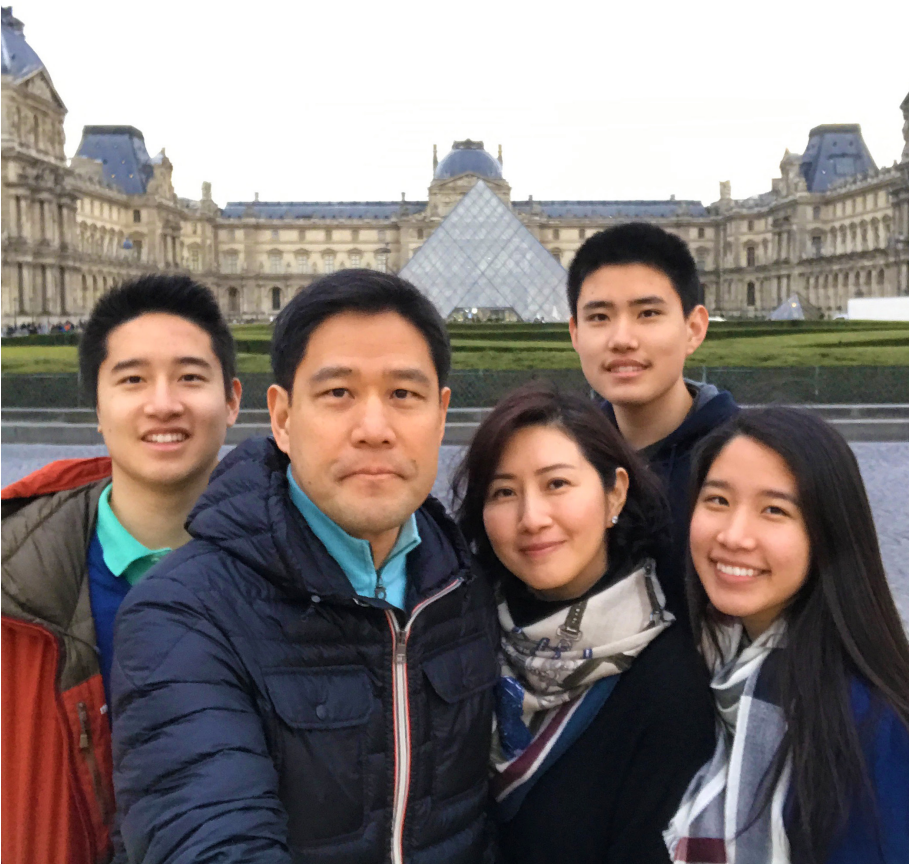
For example, an individual may identify as a Republican primarily because they believe that their views regarding taxes and foreign policy best align with that of the Republican party. However, this same individual may also support abortion rights, gay rights, liberal immigration reform, and racial justice — all viewpoints most Americans would say are Democratic beliefs. In the same way, someone may associate themselves with the Democratic party because they believe their views regarding gun control are shared by the Democratic party, yet this individual may also oppose gay marriage and abortion rights. The people of the United States of America must hold themselves accountable to identify what the actual views of election candidates are, regardless of political party.

It is true that the current political climate undoubtedly exacerbates polarization by stirring confusion about what it means to be a Republican or Democrat. Many individuals feel that they can't identify as a moderate Republican because President Trump is so extreme; on the other hand, moderate Democrats feel lost in a trend of extreme liberalism. One must understand that an individual's definition or idea of a Democrat or Republican may be quite different from another's; generalizations should not be made based solely on these notions.

Hopefully the next time U.S. citizens vote, they will choose politicians who they believe are the best options for improving the nation, not just their party favorite.

Max O'Connor is a fourth former from Laguna Beach, CA. He may be reached at moconnor21@choate.edu

WELCOME MOMS, DADS, AND FORMER CHOATIES!



Many Choate parents are also alumni: (from left to right) The Keatings, the Sethbhakdis, and the Ponce de Leons.

By **Lizzie Quinn '20**
Staff Reporter

Welcome, Choate parents! And welcome back, former Choate students!

Parents' Weekend allows alumni parents to relive their Choate experiences. Many alumni parents (most of whom have already attended their 25th reunion) are awed by how much Choate has changed — for better and for worse — since their time here. The most noticeable transformation that parents consistently bring up is the iPad program and the overall technologically-advanced era we've entered. While Choate is adapting to changing times, especially with its more lenient dress-code and the construction of new buildings, several aspects remain the same: some faculty members, the academically rigorous curriculum, and the friendliness on campus, to name a few. To get a better sense of parent and student perceptions of Choate, I interviewed some current students and their alumni parents. Below are highlights from those interviews.

Ms. Anna Jameson '88 (Mother of Hunter Jameson '19)

I graduated from Choate 30 years ago. All I can say is, wow! Choate is very different now. There have been major upgrades and improvements to various buildings around campus. These improvements are all great and necessary for living and classroom space, improving the beauty of campus and flow of student life.

I do enjoy coming back to campus for Hunter's basketball games or his friends' football games. It is a fun reminder of the days when I attended Choate. I even see a handful of teachers on campus that were teaching when I was there. And they still remember me from when I was there! Parents weekend is a great reminder of the academic advantages Choate has to offer.

Tigo Ponce de Leon '22

I definitely felt more comfortable knowing that my mom had a wonderful experience here. It was reassuring knowing a little about Choate before arriving. Last summer, I would ask her about some of her 'funniest memories' or 'most memorable teachers' and

her stories would always alleviate my anxiousness.

I wasn't necessarily more inclined to go here because my mom went here. I solely chose Choate because I thought it would be the best fit for me.

A major difference between my mom's experience and mine is how technology is incorporated into my daily life. As a Choate student now, you are constantly responding to emails, doing homework on iPads, and texting with friends. I can't imagine transitioning here without having previous exposure to technology. It would be really hard! My mom's experience was quite different from mine in that aspect. Her classes were way more 'traditional' than they are now.

Ms. Marti Johnson '92 (Mother of Tigo Ponce de Leon '22)

It's definitely a mental shift to be 'the parent' instead of the 'the student' or 'the alumna celebrating reunion weekend.' You look at the school through a different lens as a parent. I want Choate to be my son's school now, even though I will always love the school and met my best friends in life there that I still speak to daily.

I often tell my son that the Choate community wants to see every student succeed and to seek out extra help if you are starting to feel overwhelmed. That advice will hold true indefinitely. I value my Choate experience over my university experience because Choate is where I learned to write, think critically, and manage my time with competing priorities. I do tell my son that friends are just as important as academics at Choate, and I was impressed by how friendly the kids seem to be to each other when I was on campus recently.

Ms. Cindy Wall '81 (Mother of Lily Ball '20)

In 1979 when I came to Choate, it was only three years after the first co-ed graduating class. Most of the girls lived on the Rosemary Hall campus, or as we called it, 'Up the Hill.' Three times a week, there were girls' morning meetings that were held in the Ruutz Rees Dining Room before the first class. Ending those gender-based morning meetings was a huge stride for all kinds of reasons!

It's terrific to walk through Lily's actual school day and meet the faculty members and see how

they teach and get a sense for the other students and the class dynamics. It's energizing, and I always leave full of respect for the faculty and the work and intellectual curiosity of the students.

The News was a huge part of my life at Choate. Just for some perspective, we typed articles — yes, on an 'electric typewriter' and we sent it out to be typeset. We met for layout on Wednesday nights and used exacto knives to cut the headlines and columns of print and arrange them on the page. I hope you all still have a lampoon edition called 'The Nooz.'

Ms. Jamie O'Donnell '80 (Father of Honor O'Donnell '22)

You have to understand that I attended Choate a long, long time ago. It was in a galaxy far, far away from now. So there are indeed many differences and things which are no longer a part of Choate life today. For instance, even though class was maybe a five-minute walk from any dorm on campus, in the winter, the administration would make us walk five miles in the snow without shoes in order to get to class. This toughened us up for any occasion

when you had to walk five miles in snow without shoes. So in most respects, Choaties today have it easier than we did. But actually, you do suffer one excruciating hardship which reflects a big difference between then and now. Back then, the Tuck Shop used to feature Dusty Millers [a scoop of vanilla ice cream with chocolate sauce and malt powder]. Even quite recently, when Honor's brothers attended Choate [classes of '16 and '17], the Dusty Miller was still an important item featured on the Tuck Shop menu. But I noted with shock that Dusty Millers are no longer served at the Tuck Shop. This is a huge loss to the Choate community. Even if you have never tasted a Dusty Miller, write your Congressional representative and Dr. Curtis right now and demand that these be restored to the Tuck Shop menu ASAP.

Apart from not being able to get a Dusty Miller, [coming for Parents' Weekend] is really great. I don't have to prepare for class. And I get to see my daughter. What could be better?

Lizzie Quinn may be reached at lquinn20@choate.edu

THE GHOSTS OF HALLOWEEN BRINGS THE SPIRITS OF CHOATE TO LIFE

By **Deanna Tan '20**
Staff Reporter

October has always been a month when you begin feeling chills from the weather — and from the spooky stories that are shared. From the dead body on campus to the ghost in Lib, the following are only some examples of ghost and spirit encounters on campus.

Di'Anna Bonomolo '20 has heard multiple ghost stories at Choate. "One was about a guy named Utus in the Library dorm. A group of Choate students were playing with an Ouija board and swore on their lives that they didn't influence it. The ghost spelled his name out. Of course, I don't usually believe in that stuff, but people who live in the dorm say they hear footsteps from upstairs in the attic all the time. At one point, a friend of mine named CC [Gulbrandsen '20] and other people went up into the attic and ended up getting locked in it. Pretty creepy stuff. Another story was told by Mrs. Amanda Arcand. She heard someone shushing her baby over the baby monitor, but no one else was there. The last story I've heard about recently was about a ghost living in someone's room at Arch, and the girl thought it was her roommate's figure behind her. When she turned around, her roommate wasn't there, but she could feel the essence of her," Bonomolo stated.

Ms. Judy Donald, Choate Archivist, also shared her knowledge on the spirits on campus. "On Reunion weekend in 1992, there was a program honoring the immurement of the ashes of Caroline Ruutz-Rees and Mary Elizabeth Lowndes. According to the 1992 Choate Rosemary Hall



Choate gets ready for a spooky Halloween.

Magazine, the immurement was 'one of the most moving events of reunion,'" said Donald. More than 60 people attended the event. Caroline G. Ruutz-Rees Stafford '62, granddaughter of Caroline Ruutz-Rees, said, "I am delighted that Rosemary Hall is in Wallingford, and my grandmother would be too." Their ashes had been at the Rosemary Hall campus in Greenwich and then brought here with the move in 1971. If you go up to the Ruutz-Rees building, you can see the stone tablet to the left of the front door. On the tablet is inscribed, in Greek, "To you, fair ones, this mind of mine can never change."

Bonomolo has also heard some rumors about a dead body hidden inside a wall somewhere on campus. "I remember a lot of people definitely mentioning it. I'm just not sure about the actual details or which building."

Ms. Donald disproved this rumor. "Technically, there are no bodies buried on campus, but the ashes of two of our illustrious past heads of school are entombed in one of our buildings."

Although it seems as though no one has stood face-to-face with a spirit on campus, Bonomolo remarked, "I feel like a lot of the older buildings and dorms like Pitman and Squire are really sketchy though. I've heard rumors about there being a tunnel between Nichols and Mem, and there is probably some creepy stuff that happens in the basements of these dorms. But I have never had any spooky encounters on campus."

On the other hand, Mr. Deron Chang, Director of Curricular Initiatives, says he has not heard of any ghost stories on campus. "The only thing

was not really spooky — more ghostly— a couple of days after our dog Jack died, I heard him walking on our hardwood floor in the dining room of our McCook House when I was working in my study. When I went to investigate, the tick, tick, tick of his nails on the floor stopped," Chang said.

The general consensus seems to be that as we grow older in age and gain more knowledge of the world around us, the haunting aspect of Halloween has just seemed to lose its relevance. Yet no one has been able to disprove the existence of ghosts and spirits. Therefore, be wary, because you can never be too sure if a ghost or the spirit of a school founder just happens to be watching you from the corner of your room.

Deanna Tan may be reached at dtan20@choate.edu

Crosswords!

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			7.					
			8.					
9.	10.	11.						
12.								22.
13.						17.	18.	
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16.				21.				

Across

- 1. Seymour
- 7. Last school Choate Varsity Football lost against
- 8. Aha!
- 9. Mean Girls Calculus answer
- 12. Telescopic military gun sight
- 13. Beg for money
- 14. Three
- 15. Reaction to pain
- 16. Don't do drugs!
- 19. A film's music
- 20. Best mascot
- 21. George Washington warned against them

Down

- 1. Magical winter vehicle
- 2. Laud
- 3. Waterway relevant to the biblical character with the same name as 1-across
- 4. Forewarning
- 5. Wellness Day activity for nature-lovers
- 6. Exposed by Snowden
- 9. Type of computer commonly found at Choate
- 10. Too close to the sun
- 11. Chef from Friends
- 17. Opposite of 20-across
- 18. Obstacle for future tournaments
- 20. Degree below Ph. D
- 22. Second attempt

Visit our Instagram @choatenews or on Facebook /choatenews for answers to the puzzle!

PARENTS' WEEKEND Arts Calendar

FRIDAY AND SATURDAY
9 a.m. - 7 p.m.

Open Collections
By Kathryn Frund
Arts Center Gallery

Explores our tenuous connections to the environment and attempts to bring awareness to the themes of stewardship, fluidity, excess, and integration.

FRIDAY, 7:00 p.m.

Instrumental Ensembles Concert
Seymour St. John Chapel

Free Concert Featuring Choate's instrumental groups: Wind Ensemble, String Orchestra, Jazz Ensemble, and Symphony Orchestra.

FRIDAY, 7:00 p.m.

Acapella Performances
PMAC Steps

Free Concert Featuring All Acapella Groups on Campus: The Maiyeros, The Melatones, Lilith, The Whimawehs, and Bellacanto.

FRIDAY, 8:30 p.m.

Choral Concert
Arts Center Gallery

Free Concert Featuring Choate's Festival and Chamber Chorus.

PMAC GALLERY SHOWCASES SAM GILLIAM'S FAMED ART

By Deanna Tan '20
Staff Reporter

Sam Gilliam means a great deal to the world of modern abstract art. However, few are aware that one of his pieces is currently on display in our very own PMAC gallery.

Born in 1993, Gilliam is considered a lyrical abstractionist and a color field painter. Through his experimentation with different colors and textures, the artist has gained many admirers within the art community. His work is included in the collections of many modern art museums including the Museum of Modern Art (MoMA) and the Brooklyn Museum.

Gilliam was one of the first painters to experiment with the idea of an unsupported canvas, which is a canvas not fastened to a wooden frame. This eventually became a popular style. Gilliam did not stop there. He also introduced the idea of "Black Painting," in which he incorporates geometric figures onto a predominantly black background.

Along with creating artwork, Gilliam teaches visual art. He believes that teaching art should be part of the mission of every artist. In 1989, Gilliam was quoted in "Working With His Seven League Boots On," *American Visions*, by Curtia James: "I am a better artist today in that I am obviously a better teacher. Whether I am teaching or making art, the process is fundamentally the same: I am creating." Over the decades, Gilliam has taught in a variety of institutions including the Washington public school, the Maryland Institute, the College of Art, the University of Maryland, and

Carnegie Mellon University in Pittsburgh.

Although one of his pieces is exhibited at Choate, Gilliam does not have any direct affiliation with the school. His painting "Tires" was donated by Choate alumnus Edward Fox. "It's a meaningful piece of art not only because this is an artist that has been discovered and appreciated in the art world, but also because of what he represents. I think his artwork really is a standout amongst many of the pieces of art Choate has," said Ms. Kalya Yannatos, Department Head of the Arts Center.

This is an artist that has been discovered and appreciated in the art world.

Ms. Kalya Yannatos
Director of the Arts Department

Recently, there have been disagreements around how the painting should be hung. Some think it should be vertical and others think horizontal. "Ms. Judy Donald thinks vertical is right, but based on where the signature is on the painting, we are not convinced. It's sort of a mystery, but some people are pretty adamant it should be horizontal," Ms. Yannatos remarked. These disagreements serve as evidence of the abstract nature of Gilliam's work.

Every student should take a look at "Tires" in the PMAC to appreciate the work of world-renowned artist Sam Gilliam.

Deanna Tan
may be reached at
dtan20@choate.edu.

Fashion World's Romanticization of Poverty Affects Campus



Photo courtesy of Fashionista

The "Torn-and-Tattered" fashion trend has made its way to the Choate community.

By Richard Chen '22
Reporter

Looking through today's fashion blogs and catalogs, there seems to be a divergence between what is normally considered fashionable — clean, pristine, and neat clothing — and what is identified as ultra-distressed: dirty jeans, holey sweaters, and scuffed shoes — all new items constructed to appear used. This ironic style of clothing has made it off the pages of magazines and into the closets of Choate students in a slightly more subdued form: expensive ripped jeans and designer tattered sweaters are among the items worn by some Choaties.

According to the fashion world, this new trend of destroyed and deconstructed clothing is far from trashy. In fact, it is considered top of the line, with \$425 Nordstrom jeans that have physically been

coated in mud and \$530 pre-scuffed, taped sneakers also at Nordstrom. This revolution of style began before the generation of current Choate students. Many grunge-rock bands of the early 90's would perform on stage with ripped clothing as a sign of rebellion. Of course, the hard rock phase of this trend has mostly been forgotten, yet the aim of presenting oneself as defiant persists in the latest style movements.

At Choate, many students seem to buy into this fashion. When questioned on why they decide to wear clothes such as ripped jeans, students around campus responded with cryptic answers such as, "It just looks good" and "It matches my style."

Off-campus, this rugged style is visible in contemporary fashion brands such as Supreme, Bathing Ape, Golden Goose, and Comme des Garçons. For example, much of

Supreme's clothing features off-center images and clashing, bright colors.

In the fashion business, a rugged and deconstructed piece of clothing is a stylistic statement rather than an insult to individuals who have no other choice but to wear tattered clothes due to hardships. However, the irony of holey high fashion may appear offensive to individuals who are unaware or uninterested in this fashion statement. At Choate, ripped or damaged clothing of any sort is prohibited by the dress code, meaning that students are asked not to display this type of style. Because Choate is an economically diverse community, students will hopefully keep in mind how their outfit choices might affect others — especially when it comes to wearing expensive items that romanticize poverty.

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ARTS FESTIVAL PREMIERES IN THE PMAC GALLERY

Text
By Tony Lee '21
Staff Reporter

Photos
By Kathryn Phillips '20

Choate's first ever Arts Festival, a new event that aims to showcase all forms of art while appealing to a broad audience, took place last Friday night in the PMAC gallery. The event featured student performances in singing, slam poetry, instrumentals, theater monologues, and visual arts.

Medina Purefoy-Craig '20, creator of the festival, wished to organize an event that celebrated all artists on campus. Her goal was to highlight art fields that are showcased less often and therefore receive less attention and appreciation from the student body.

"Even though I've been in theater Arts Con since the end of my freshman year, I didn't go to any senior recitals; I didn't go to any singing events; I didn't go to see the visual arts galleries," Purefoy-Craig said. "I really only went to theater events and dancing events that had my friends in it."

In order to attract a wide range of audience members, the event included a variety of arts. More popular fields such as singing helped bring exposure to underappreciated arts such as percussion or slam poetry.

I think that's what life is really about — expressing what you want and what you're passionate about.

Journee Brown '19

Purefoy-Craig explained, "I wanted to make an event that could showcase all the arts together. If you went to see just one art form, you would end up seeing a lot more. It would make people interested in actually going out and seeing the rest of the art forms, so we can give the art students a platform and an audience that they deserve."

Journee Brown '19, who performed a monologue from the play *Uncle Tom's Cabin*, said the Arts Festival gave students a free space for creative expression at Choate. "I think art events like this have amazing effects. Artistry is all about creativity, and Kalya [Yannatos, Head of the Arts Department] and Medina allow us to come to one place and just express ourselves." She continued, "Not only that, it's coming from us, from our hearts, from our passions. I think that's what life is really about — expressing what you want and what you're passionate about," Brown said.

I wanted to make and event that could showcase all the arts together.

Medina Purefoy-Craig '20

Jules Dubel '20, a student that hasn't been greatly involved in the arts before, enjoyed performing their slam poem at the Arts Festival. The event allowed them to showcase their interest in poetry. Dubel said, "I think more people should come out to events like the Arts Festival. I think the more events the better, and I think they should be more varied. We get a lot of singing, we get a lot of visual arts...I'd love to have some things focusing on creative writing and poetry."

In the future, Purefoy-Craig hopes that the Arts Festival will receive more submissions from Choate students. Although the event was a success, she wished for more publicity and student involvement.

"People are busy. Even though I tried as much as I could, other people who didn't have any obligation to the festival did not have to get involved," she said. "Part of it comes from the fact that this is the first one, but I'm very happy with what we have right now."

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FIELD
REPORT

Varsity Games

Boys' XC (3-5)
falls to Hotchkiss, 42-19

Girls' XC (4-2)
beats Hotchkiss, 17-41

Field Hockey (3-8)
falls to Hotchkiss, 2-5

Football (6-0)
beats Worcester, 35-6

Boys' Soccer (9-2-2)
beats Hotchkiss, 1-0

Girls' Soccer (6-2-4)
beats Kingswood, 2-0

Volleyball (4-8)
beats Hotchkiss, 3-2

Water Polo (3-10)
beats Hotchkiss, 12-7

J.V. Games

Boys' XC (5-3)
falls to Hotchkiss, 48-15

Field Hockey (0-7-1)
falls to Hotchkiss, 0-5

Boys' Soccer (6-1-2)
beats Hotchkiss, 3-1

Girls' Soccer (2-5-2)
falls to Hotchkiss, 0-4

Volleyball (7-2)
beats Hotchkiss, 3-2

CHOATE ATHLETICS INTRODUCES LIVE STREAMING

By **George McCabe '20**
Staff Reporter

People across the globe can now view Choate sporting events through a streaming service known as PlaySight. Four venues — the Class of '76 Field, the Larry Hart Pool, the wood courts in the Worthington Johnson Athletic Center, and Remsen Arena — now have cameras that record and stream athletic competitions and even practices. Members of the Choate community can access the service by logging on to the school's main portal. There, games can be watched in real time. The service also records all games, allowing fans to watch them later.

Having a live streaming service for athletic events has long been a priority for the Choate athletics department. After extensive research — and consultation with Information Technology Services, Communications, Facilities, and Head of School Dr. Alex Curtis — the athletics department selected a company called Playsight to run the live streaming service. "It was a long process that involved many different live stream companies," said Director of Athletics Mr. Roney Eford. "We really wanted a company that was innovative and essentially didn't require someone to physically be filming. So that eliminated a lot of companies."

The process of choosing and implementing the streaming service at Choate required input from not just the Choate athletics department, but also from Information Technology Services



Photo courtesy of Ross Mortensen

The Class of '76 Turf is one of the many athletic facilities that feature the new livestreaming service.

and Communications. The group chose PlaySight for the live streaming last year, and Facilities installed the cameras at athletic venues last summer.

The athletic live streaming technology from PlaySight allows teams to stream and record practices and games without having someone actually standing behind a camera and filming. PlaySight has a wide experience in athletic live streaming including operating cameras for professional, college, and other prep-school teams.

At Choate, the athletic streaming cameras are located at the turf field, the wood and tartan courts, the hockey rink, the stadium squash courts, and the pool. In the future, the service

will expand to other fields around campus. Mr. Eford said that one day he hopes every athletic venue on campus will be equipped with PlaySight technology.

Choate coaches have already learned how to benefit from the program. Coaches have received training on how to best utilize the service, not just in reviewing game film but also in practice, to give their athletes immediate feedback. Mr. Eford said, "Many of our coaches partook in the innovative ways they can utilize the live streaming as a coach in practice mode. Now, it's for the benefit of the student-athlete in practice that they can stop and give the student-athlete real-time feedback."

The athletic live streaming service appealed to Choate because

of its uses to benefit the athletic program as well as to connect families and alumni to Choate athletics. Mr. Eford said, "We are a very innovative school, and this is a very innovative live streaming service that many of our peers are starting to get or have inquired about." PlaySight was "perfect," he said because "it required nobody to run it and also because of the coaching application that is available in that space."

A large benefit of the athletic live streaming is for parents and families of Choate student-athletes. Mr. Eford said, "The basic benefit is their games can be live-streamed and parents, families, siblings, and friends can now watch so it has a multi-layer

effect of being able to now have all those things."

Most parents cannot always come to athletic competitions, so the service makes it easy for parents to watch while not being present at the game. Varsity Football player Luke Foster '21 said, "Obviously, my family has been to every game back home, but now they can't make every game, so they just watch the game on their computer." He added, "If they weren't watching, I would feel like something was wrong."

Despite only being up and running for only a couple of weeks, the streaming service has already benefited Choate athletic teams. Now, instead of having someone film games, the service records the games that can then be watched later by teams. Varsity Water Polo player Jack Sun '21 said, "It is a pretty good thing to have because it's better than having our managers take a video, and it is easy to find on the portal."

However, there are some early problems with the streaming service. Users have said that he quality of the video can sometimes be blurred, and that the live feed can occasionally disconnect. "My parents have said that the live stream quality has cut out around the third quarter a few times," Foster said.

Sun added, "The quality is not that great, but you can still sort of tell what's going on. I think it would be better if you could download the footage, so you could watch the games on your laptop without wi-fi."

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Kickin' It With Abbi Adler '20



Photo courtesy of Ami Hoq

Abbi Adler '20 has provided an important scoring punch for Girls' Varsity Soccer this fall.

By **Allen Zheng '21**
Staff Reporter

Abbi Adler '20 is a new junior, who currently plays striker for Girls' Varsity Soccer. Though she has only been on the team for a few months, she has already made a significant impact on the team's performance. Recently, Abbi sat down with staff reporter Allen Zheng '21 to talk about adjusting to life at Choate, and her team's playoff chances.

Allen Zheng: When did you start playing soccer?

Abbi Adler: When I was five years old. I started soccer at such a young age because my brother played and my dad really liked the sport. He actually coached me for a few years when I was first starting.

AZ: Where did you play soccer prior to Choate?

AA: I played on a small club team in North Carolina, which is where I'm from, and later at my high school as well.

AZ: What are some differences you have noticed so far about prep school soccer compared to where you previously played?

AA: I'd say the biggest difference is how much people care here. People here at Choate really care about the team as a whole and

work throughout the entire game. I can just think of a few really close games this year where we've been down or tied late in the game and you can just see everyone on the field giving their all. Our last game against Hotchkiss, we were down 0-1 with about two minutes left in the game and we were fortunately able to pull out a tie.

AZ: What have been some challenges coming in as a junior to a new school and a new team?

AA: At first, acclimating was a little bit challenging, with academics, sports, and just everything all at once. There hasn't been one thing in particular that has stuck out as the most difficult, but the combination of everything has made it a little hard to adjust.

AZ: What's your favorite thing about the Choate soccer team?

AA: My favorite thing is definitely how close we are. We all get along with each other really well, which is great for team chemistry, and that helps us on the field.

AZ: Did you apply to other schools? Why did you choose Choate over other schools?

AA: I applied to about eight to ten other schools, but I chose Choate because of the community. Also, what set Choate apart from a lot of other schools is I would be able to

play club soccer at CFC, a local club, during the offseason, allowing me to play soccer year-round.

AZ: What are your favorite things about Choate so far outside of soccer?

AA: So far, I've joined the symphony orchestra, where I play violin, and a few other clubs, which has been great. I also love how I can go into town on the weekends and do stuff like go out to eat with friends.

AZ: Do you have any future goals with soccer?

AA: I plan, and hope, to play in college.

AZ: What is one piece of advice you would give to a new Choate soccer player?

AA: I would say to just come in with an open mind. It's important to be willing to try new things. If Coach asks you to play a new position, have an open mind and listen to what he or she has to say.

AZ: Who is your favorite soccer player?

AA: I'd say Cristiano Ronaldo because we play similar positions and his style of play is very aggressive and I think I have a lot to learn from watching him play.

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Fall Crew Builds
Team Chemistry

By **John Buckholtz '20**
Reporter

Most intramural sports tend to be fun, easygoing, and noncompetitive. The exception is Choate Fall Crew. The team has put in hard work and effort during the fall season to train for their spring season.

Coxswain Shade Mazer '19 said, "The goal is really to help varsity members get back into shape, while simultaneously introducing novices to the sport as a whole."

This team is the most active intramural sport on campus, practicing everyday throughout the week. Three out of the five days, the hardest working intramural sport is out on the water primarily focusing on maintaining or increasing boat speed, endurance, and technique. The other two days, the team is on land, working on strength and conditioning.

Practices can last as long as three hours. Despite the twenty-five minute bus ride to the water the team can still spend up to two hours on the water rowing. They normally spend the first minutes of practice getting the boats in the water and warming up. They quickly transition to working on the water and getting through a workout. These workouts can consist of maintaining steady paces, putting in meters or laps with rest in between, or sprints.

Land workouts vary between two things. The rowers usually either do a crossfit workout or an erg workout of higher difficulty. Since the fall season emphasizes long distance rowing and conditioning, the team rows a lot of "5k's." These practices work on each player's individual fitness.

The main purpose of fall crew is for the rowers to get

into better shape for the spring season. There are a number of benefits to essentially having a preseason the length of all fall term. In crew, rowers must be in excellent shape to compete, but boat chemistry can be the difference between a win and a loss. This extra season allows boats to build chemistry, which is such a great benefit because the program welcomes so many new rowers each year.

Many crew team members not only participate in this fall intramural program, but they also do winter erging. The sport truly is a year-round sport, or at least it is for those who take it seriously. Players practice the majority of the year so that their times don't fluctuate. Endurance is a huge aspect of the sport and is needed when striving for improvement. Crew Captain Scott Herman '19 said, "You can't take any time off from the sport. If you're not getting faster, you're getting slower."

You can't take any time off from the sport. If you're not getting faster, you're getting slower.

Scott Herman '19

The hope is that the fall crew program leads to a faster and more successful team in the spring. Herman '19 said, "We know that Belmont hill and Deerfield are going to bring their A game. We have a lot of work to do if we want to match that boat speed." He continued, "We have the right mindset and work ethic, which will hopefully help us in the spring time match up with other teams."

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