

EXTRACURRICULARS

and why too many students join them only for college

LINDSAY GABOW '12 IN EDITORIAL NOTEBOOK P.7



Student leaders convene

Leadership conference hosted by StuCo

BY REKHA KENNEDY '13
Web Editor

January 17, Tuesday, marked the third annual Student Council's Loomis Leadership Conference (LLC), a forum that included StuCo representatives, class officers, presidents of major campus organizations, leaders in LC residential life, and committee heads. Discussions at the LLC pertained to an overarching theme that correlated with the Student Council's objectives for the year. This year, attendees were asked to consider the query, "How can we, as a community, promote respect, integrity and goodwill on campus?"

The subtopics pertaining to this theme included considering means of effectively recognizing civic engagement and acts of goodwill performed by students, the establishment of new leadership positions, ways to increase involvement and dedication to extracurricular activities, and methods of implementing the new code of ethics, recently named the 'Pelicode.'

Among the ideas presented in response to rewarding students for exemplary acts of integrity was that of spotlighting students in a manner similar to the Pelican of the Week system used for athletics. Possibilities for implementation of this concept include the distribution of drop boxes around campus, in which students could submit nominations for peers who perform good deeds on campus, (winners selected from the nominees would potentially be noted in the daily bulletin). The Student Council and Pelicode committee will be investigating other venues for spotlighting students of character as well, in accordance with the LLC and Student Council's goals.

The LLC discussion of insti-

LLC, PAGE 2



'THE OTHER GUYS'

Alex Buis '13 and John Macdonald '13 have figured out a way to circumvent this winter's lack of snow and ski anyway. Above, their crew: Taylor Roth '15, Ben Caccavale '14, Buis, Macdonald, and Ryan Shelby '13. Missing from picture: Jeff Stantial '13, Jesse Joffray '14. SPORTS, P.8



PERSPECTIVE

In DC, a top-notch term abroad

ROBERT FRANCALANGIA '13

"Wait, where's my metro card?!" one of my classmates shouts from behind me. It is 7:00 am and our class is in shambles. There are 21 of us running around like headless chickens, preparing for the meeting we have in two hours. We don't function properly at such an early hour, especially with such a daunting task ahead of us. Ties are being tied; the printer is going non-stop, and smartphones are in use for final research. The RAs finally usher us out the door as people start trying to grab everything they will need: an umbrella; a metro card. Typical high school kids preparing at the last second. Nerves are jumping.

Our dorm is on the 200th block of East Capital Street, the second block from the U.S. Capitol building, just across the street from the Supreme Court building, and surrounded by the buildings of the Library of Congress. An impressive and breathtaking environment, to be sure, but our attention is elsewhere as we start the short walk to the nearest metro station. Our goofy grogginess is starting to wear off, and we begin to focus on the task

SEGL, PAGE 3



PHOTO COURTESY ROBERT FRANCALANGIA '13
Francalangia and his peers visited the US Capitol building.

associate head of school and dean of senior boys Woody Hess.

"I know that our faculty and staff care deeply about their students and want to be helpful and supportive," wrote head of school Sheila Culbert in an email to Log editors.

The vast majority of illegal Adderall users interviewed by the Log said they didn't like using Adderall. Most said they don't like the health risks of Adderall or even the feeling it induces and that their usage stemmed from a feeling of being boxed in by work and obligations and being pressured by themselves and many people

CONTINUED ON THE NEXT PAGE

Assessing and addressing the Adderall issue

BY IZZY KORNBLATT '12
Editor in Chief

Dean of student life Mary Liscinsky doesn't like the gap she perceives between deans and students. "I wish we could get kids to tell us what's going on," she said.

And she doesn't think the issue of the illegal usage of Adderall and similar stimulants arises from school policy. Rather, she said, usage is "not a policy issue so much as a communication one."

Loomis Chaffee has a number of supports in place to help students cope with

the various stresses of their lives. Ms. Liscinsky and her colleagues in the deans' office, who are charged both with discipline and support, are complemented by a network of health professionals from

PERFORMANCE HIGH

Second of three parts

the health center staff to the counseling department (with whom all conversations are confidential) to a learning specialist. "There's just a lot of adult help for anyone who's willing to avail themselves of it," said

LC students win art, music awards

Sirena Huang '12 awarded for violin; Ji Hee Yoon '13 for drawing; Diana Suci '13 for sculpture

BY ALEXANDER LAFRANCE '12
News Editor

A number of Loomis Chaffee artists have recently taken their accomplishments beyond the borders of the Island to the surrounding Connecticut community and beyond. In the musical sphere, Sirena Huang '12 has earned herself a position as one of the 153 Young Arts Finalists from the National Foundation for Advancement in the Arts.

In addition to striving to become one of the U.S. Presidential Scholars in the Arts, Huang and her fellow finalists represent the top 3 percent of more than 5,000 applicants selected by blind adjudication out of a pool of young artists from across the nation. She and the rest of the finalist attended the Young Arts Week festival in Miami this January, where they attended master classes, performances and exhibitions by world-renowned artists.

A number of Loomis Chaffee students invested in the visual arts have also received recognition for their works in the Connecticut Scholastic Art Awards Show. Diana Suci's '13 sculpture, titled "Diana's Dragon," was awarded a Silver Key Award and is presently on display at the Silpe Gallery at the University of Hartford. Juwon Jun '14 also received a Silver Key for an oil-on-canvas self portrait.

Ji Hee Yoon '13 received an Honorable Mention for her drawing of a combination of Daniel Bovet, who developed the first antihistamine drug, and Leonard Noon, who was an inventor of the allergy shots. "In order to accentuate the fact that they were the first creators of treatments for allergies, I drew color-

ARTS AWARDS, PAGE 3

Longtime faculty announce retirements

Frank Merrill came to LC in 1974

BY SOJIN KIM '12
Editor in Chief

Before coming to Loomis Chaffee in 1974 as a mathematics teacher, Frank Merrill had been posted as an American soldier in Germany for three years. After earning his masters degree from the University of Maine, Mr. Merrill started teaching at UM's mathematics department before coming to LC. Mr. Merrill is a native of Rockland, Maine.

Reflecting back on his 38 years of teaching, Mr. Merrill said that he loves LC for giving him the "opportunity to work with bright students who are eager to learn." Just like his students who enjoy learning from him, Mr. Merrill said that he "enjoy[s] entering [the] classroom each day, and [considers himself] lucky to be surrounded by so many extraordinary faculty members."

In 2010, Mr. Merrill was awarded with the Teacher of the Year Award for the second time.

Mr. Merrill has connected with many student with his keen intellectual knowledge of geometry,

MERRILL, PAGE 2

Kathy Pierson came to LC in 1972

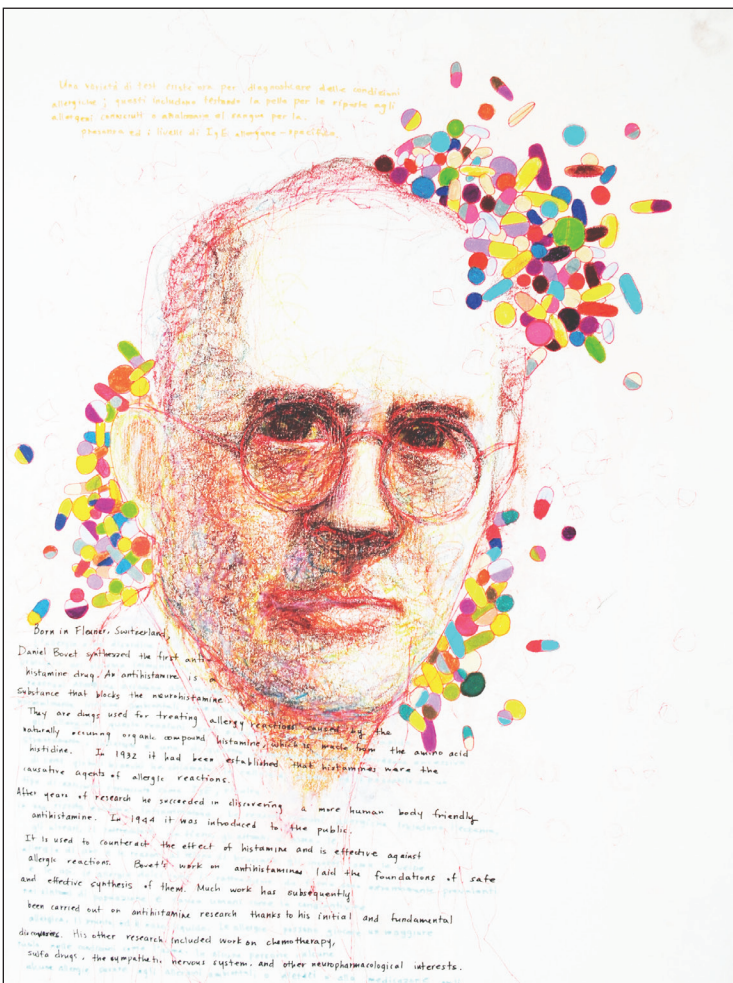
BY LINDSAY GABOW '12
Managing Editor

Departing at the end of this year is Kathy Pierson, a teacher in the mathematics department. Not only does Mrs. Pierson teach Algebra and Statistics, but she also serves as the faculty advisor to the Math Team. She began teaching at LC in 1972, and she used to reside on campus when her sons attended the school.

Said her four-year advisor Liz Titterton '12, "She actually cares... if you're struggling with anything, whether it's a math thing or a personal thing, she will always make time for you... it's always been her own personal goal that her students be happy."

Mrs. Pierson played a very important role in last year's homework survey, which will be a force behind the coming changes in the Student Handbook. Regarding her experience at LC, Mrs. Pierson said, "I've had an enormous number of fantastic advisees over the years, and conversations with them have always been a delight

PIERSON, PAGE 2



Ji Hee Yoon's '13 award-winning drawing

IMAGE COURTESY JI HEE YOON '13



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Addressing the Adderall problem

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The Log explores the use — both legal and illegal — of Adderall and similar stimulants in a three-part series.

PART ONE | JANUARY 20

Tales of student lives impacted by Adderall in a wide variety of different ways

PART TWO | TODAY

Addressing unauthorized Adderall usage as an issue at Loomis Chaffee and beyond

PART THREE | MARCH 2

Looking at the wider trends in Adderall usage around the globe and figuring out a way forward

CONTINUED FROM THE PREVIOUS PAGE

around them.

“They do have other options,” said Ms. Liscinsky, noting the many academically successful students who manage without illegal Adderall use. “At 11 o’clock at night, I’m not there,” she said. “It’s their call.”

Illegal Adderall users say that they understand that. But they also say that beyond a point, perceived necessity breeds dangerous and even illegal actions.

Ms. Liscinsky says she understands. “Nationally, you’re under such pressure to get into the right colleges, and get the right internships and the step up,” she said. But still, to her, it’s clear where the responsibility ultimately lies: “Students need to take some responsibility because ultimately it’s their choice,” she said.

* * *

What remains unclear is the precise extent of illegal Adderall usage at Loomis Chaffee. Most staff and faculty interviewed for this article objected to the term ‘major problem’ but conceded that use is an issue here, as it is at most high schools and colleges across the country.

“If you go by the number of people who’ve been disciplined, you wouldn’t think the problem is very great,” said Mr. Hess. He said the school disciplines only one or two students for Adderall usage every few years.

The Log is currently working on measuring the abuse of Adderall and similar stimulants at Loomis Chaffee. Both Julie Field, director of counseling, and Katherine Keen, another counselor interviewed by the Log, believe that for the counseling department to effectively respond to the issue, more concrete data on usage is necessary.

Nationally, prescription drug abuse — which encompasses stimulants like Adderall as well as a number of other drugs — has been on the rise, particularly among youth. According to the 2010 Annual Report of the International Narcotics Control Board (INCB), prescription drug abuse is “the fastest-growing drug problem in the country.”

In the same report, the INCB wrote that a “matter of particular concern to the Board is the increasing abuse of cannabis and prescription drugs containing controlled substances among [United States] youth.”

According to Monitoring the Future, a program of the University of Michigan dedicated to measuring youth behaviors, 6.5 percent of high school seniors in the US reported having abused Adderall within the last year as of 2011. In the same study, Monitoring the Future also reported that 2.6 percent of seniors had taken Ritalin illegally in the past year, but did not measure the use of any other illegal study drugs.

Monitoring the Future began measuring Adderall use in 2009 — from 2009 to 2011 annual prevalence among 12th graders rose from 5.4 to 6.5 percent — so it is difficult to map long-term trends in usage.

The only available data point for peers of Loomis Chaffee comes from a spring 2010 report by the Phillipian, the student newspaper of Phillips Academy Andover, which found that 7.4 percent of Andover students had abused prescription study drugs. The vast majority of those who had abused study drugs did not make the school’s honor roll, according to the report.

Many of the students referred to the counseling department for drug and alcohol violations reported that they had tried Adderall, said Ms. Keen. She said that she thinks Adderall abuse is as serious an issue at LC as marijuana and alcohol.

* * *

“If I were a school administrator, I’d try to figure out what these students are going through. Most of the kids who come here have incredible pressure from their parents and put a lot of pressure on themselves,” one illegal Adderall user told the Log. “They need time to relax and to get things straight before they do work, and Adderall makes that possible.”

But the deans don’t see their role as one of unilateral disciplinarians. “The goal isn’t to punish; it’s to get kids back on track,” said Ms. Liscinsky. “That’s why we do what we do.”

Ms. Keen does think that more balance is necessary. “There are a lot of kids who get referred to the counseling department who can’t even squeeze in a time to come,” she said, “and that’s an indication that there may be an overly heavy load of requirements and responsibilities on campus.”

School psychiatrist Richard J. Miller, M.D., believes that illegal usage comes from a distortion of students’ definitions of success. “This can cause otherwise rational folks to engage in dangerous, unethical and illegal behavior perhaps to score just a few points on a test,” he said.

* * *

Last spring this newspaper published the results of a complex homework survey that found overwhelmingly that students felt a significant decrease in workload was necessary. This fall head of

school Sheila Culbert announced an initiative to reexamine the school’s homework policy by the curriculum committee, which consists of students and faculty and is chaired by dean of faculty Ned Parsons.

Ms. Keen favors a different approach to homework. “I’m a big proponent of the idea that small, productive homework is better than

ious,” said Ms. Liscinsky. “You’re going to be under pressure your whole entire life. If you don’t learn to deal with it now, what are you going to do?”

To that end, Ms. Liscinsky and others see the pressure at LC as in fact to some degree helpful to students. The school seeks to teach time management skills, and academic pressure is key to doing so. “There are some kids who don’t manage their time very well. There are some adults who don’t manage their time very well,” said Ms. Field. “It’s a complicated issue and there are a lot of factors that go into it.”

“Too little tension is worse than too much, to a certain extent,” said Mr. Hess. “People come here because they are ambitious, because they want to be pushed pretty hard.”

Director of the health center Deborah Aniello thinks the issue is a cultural one on a national scale. “It’s not just Loomis Chaffee,” she said.

“You hear these stories of parents having to apply for kindergarten spots for their children. It’s starting at such a low level,” she said. Her husband taught at public high schools for 34 years and even there, she said, students felt extraordinary pressure.

* * *

The health risks of illegal Adderall usage, which can include loss of sleep and appetite as well as changes in vision and long-term behavioral shifts, were the most-cited deterrent by illegal users interviewed by the Log. Adderall is prescribed by doctors for ADHD and narcolepsy and illegal usage is considered very dangerous by most medical professionals. In fact, prescribed Adderall is only legal in the United States and Canada.

“Illegal use is dangerous and that’s what concerns me most,” said Ms. Liscinsky.

“The fact that a pill is prescribed to someone else doesn’t necessarily mean it’s safe for you to take it,” said Ms. Field. “And that’s why there are doctors who do blood work and check back in with patients to make sure that they’re not experiencing any adverse effects.”

Illegal Adderall use can be particularly dangerous if a user is taking another medication or drug at the same time or if he or she has an underlying medical condition.

Snorting crushed Adderall pills is significantly more dangerous than simply taking them normally. Ms. Keen called snorting Adderall “extremely risky” and said that to her, it’s far more concerning than any other use. “Many of your peers do not realize that even a low dose of Adderall can be fatal if crushed and snorted,” Dr. Miller told Log editors.

Prescribed use, on the other hand, is widely considered safe.

* * *

Few of faculty and staff interviewed by the Log said they could see a clear way to address the issue. Ms. Liscinsky says she is working to improve communication between the deans and students. “I think we need to do more proactive programming,” she said.

She says that she generally likes the school’s current drug and alcohol policies. “I always will consider policy changes, but I don’t want to do it based on a knee-jerk reaction,” she said. “I’d want to have conversations first.”

Neither she nor Mr. Hess nor any other faculty or staff member interviewed for this article favors more aggressive policies like requiring prescribed day students not to bring their medication into school or making all prescribed boarders take their medication in the health center. “How we monitor abuse without becoming a police state is difficult,” said Ms. Field.

“I do not think that we need more discipline and I think that our protocols through the health center are good,” said Dr. Culbert.

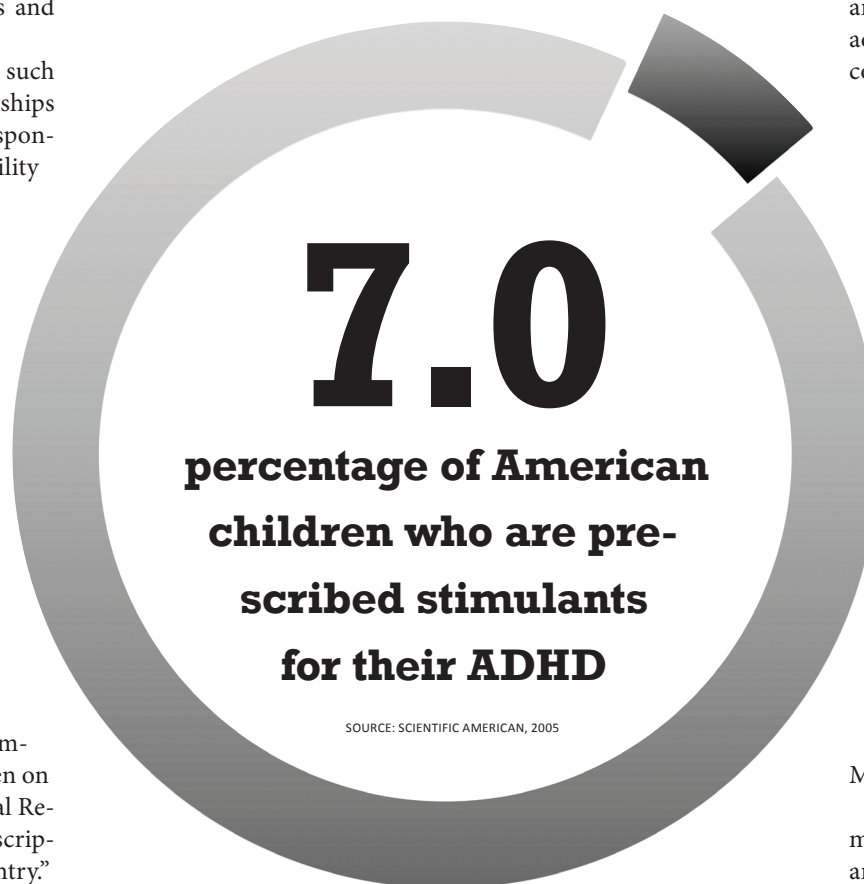
“The health [center] has more monitoring and oversight than at most boarding schools,” said Dr. Miller. In fact, unauthorized Adderall usage is not just against school rules but a felony on the same level as narcotics use.

Improved education for faculty and students about the health risks of taking Adderall is a priority for the counseling department. “There are a lot of trends that change pretty rapidly and it’s important to stay on top of what’s out there,” said Ms. Field.

“We will continue to work on educating students on how to manage their work load and the problems about becoming reliant on these sorts of drugs,” said Dr. Culbert.

But on a wider scale, college admissions, and even prep school admissions, have become more and more competitive. And a weak economy, at least for the moment, has left many qualified young job-seekers vying for just a few open positions.

It’s hard to imagine a significant change at Loomis Chaffee that would get at the fundamental causes of the issue.



long busywork,” she said.

“Kids need to feel connected to what they’re doing, that the work really has meaning.”

Still, she said that she isn’t sure a change in the homework policy would have a large enough effect to significantly cut down on pressure or reduce illegal Adderall usage. “Students who come here are the ones who push themselves very hard,” she said, “and there’s a chance



that no matter what, even if they had more time to work on papers, they’d still spend it all working and still put a lot of pressure on themselves.”

Alleviating such pressure is a goal of the counseling department, which has this year begun exploring the possibility of creating a quiet relaxation room on campus where students could escape from academic pressure. A suitable space has yet to be found, however.

But the pressure goes far beyond Loomis Chaffee. “You’re ambi-

Merrill

CONTINUED FROM PAGE 1

pre-calculus and calculus, not to mention his jokes. Outside of the classroom, Mr. Merrill made his presence felt by coaching sports like the varsity rifle team and the club basketball and baseball teams. But his fondest memory of teaching math at LC will always be “those exciting times in the classroom when students understand and appreciate what you are doing.”

Next year, Mr. Merrill will be spending most of his time traveling with his wife, Alice, and visiting his son’s family in Los Angeles, and “of course ... spending more time enjoying the coast of Maine!”

LLC

CONTINUED FROM PAGE 1

tuting new leadership positions ultimately focused not on establishing more positions, but instead on improving advertising for leadership positions already in existence. Advertising for extracurricular activities was also discussed as a means of providing

Pierson

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... It is always a wonderful adventure when they walk in the door.”

She also noted that of her accomplishments, she is “most proud of developing the Math Team and bringing the American Mathematics Competitions to campus.”

When asked about her plans for after her retirement, Mrs. Pierson, acknowledging her excitement about moving to Saco, Maine, answered, “Retirement means being able to pursue many interests I haven’t had time for while working. Teaching at Loomis is a very engaging job that takes all of your energy. I look forward to having time to read, to get

involved with the Literacy Project in Saco, where we will live, and to get engaged in a lecture program for seniors through the many colleges in the Portland area. For a teacher, getting on the other side of the desk is always exciting!”

Despite her enthusiasm about the next chapter of her life, Mrs. Pierson emphasized that she “loved [her] time at Loomis Chaffee.”

“My students have always been stimulating to work with, and the faculty is a group of wonderful professionals with strong intellect, sound values, and compassionate souls,” she said.

in a convocation, in addition to those already available during the annual clubs fair. Mandatory monthly meetings for clubs, to encourage establishing organized routines for these extracurriculars, were suggested as a possibility as well. Club awards were also

considered as a means of encouraging both active club participation and club pride.

Although the Pelicode committee will further pursue the topic of integrating the Pelicode into the Loomis Chaffee community, the LLC laid the ground-

work for possible methods of incorporation. Convocations were regarded as a useful tool for disseminating information regarding the Pelicode by the LLC members, because such all-school meetings would introduce new students to the code and, it

is hoped, will eventually include time for seniors to reflect on their experiences and outlook regarding the Pelicode. Devoting one class period every year to discussions on both the Pelicode and the value of such a pledge was also suggested.

NEWS IN BRIEF

Trustees convene for winter meetings

This week, Loomis Chaffee held its winter trustee meeting at which trustees discussed the school’s new diversity task force. Before the annual trustee dinner, the trustees enjoyed a live performance from LC’s music department: chamber singers, orchestra, jazz band and concert band. In addition, Pauline Chen ’82, trustee and chair of the diversity task force, took the time to talk about the diversity task force in depth with Log editors Christian Bermeil ’12, Sojin Kim ’12 and Izzy Kornblatt ’12.

What’s news? - If you have a news tip for the Log, let us know! Email log@loomis.org

Student Council holds annual Game Night

Last Saturday, the Student Council hosted Game Night in the dining hall. Featuring poker (with Scott MacClintic, director of the Kravis Center for Excellence in Teaching, as dealer), Scrabble (reports said that dean Fred Seebeck was particularly tough to beat) and raffles (one lucky student walked away with an iPod Touch), students flocked to the event for a night of fun on this Week II Saturday. Said Shay Hearn ’12, Student Council treasurer, “It was great seeing the student body coming together and interacting in such a fun atmosphere.” This was the Student Council’s fifth annual Game Night.

LC delegates earn accolades at 2012 Yale Model UN conference

12 of 36 Loomis delegates win awards

BY VICTORIA SMITH '14
Staff Writer

A group of 36 pelicans attended the 38th annual Yale Model United Nations (YMUN) conference at Yale University on January 21st to 22nd. LC students represented the countries of Israel, Chile and the United Kingdom, and simulated various committees of the United Nations. Working with peers from neighboring schools, as well as with students from around the world, the delegates addressed and debated about contemporary global political issues by collaborating on drafting written proposals and resolutions for the aforementioned quandaries.

Loomis Chaffee has been represented at the YMUN conference since the early 2000s, and history teacher and Model UN faculty advisor Rachel Engelke noted that this year's group stood out. "Loomis Chaffee has been building a strong group presence at the Model UN over the years," she said, "but this group was exceptionally qualified." In fact, 12 students garnered awards for their performance.

Awards of Honorable Mention went to Mattie Thomas '12 (Chile/United Nations Children's Fund), Paul Lee '13 (Isra-

el/Historic General Assembly Committee 1994: Rwanda & Bosnia), Alex Shirley '12 and Suzie Jung '14 (Chile/Disarmament & International Security Committee), Eliana Zhou '14 and Victoria Smith '14 (Israel/Special Political & Decolonization Committee).

Ji Hee Yoon '13 and Krishna Kulkarni '13 (United Kingdom/European Union), Daniela Rakhlina-Powsner '13 (Chile/Commission on Sustainable Development), and Jamie Neikrie '13 and Rekha Kennedy '13 (United Kingdom/Disarmament & International Security Committee) earned Outstanding Delegate honors as well. The award for Best Delegate in the Historic GA 1994: Rwanda & Bosnia for his representation of the United Kingdom, went to Mike Horowicz '13.

Model UN attendees had the opportunity to do more than work in their assigned committees; in fact, the conference coincided with Yale Day, an event on the campus that allowed conference participants to attend faculty lectures, tours, workshops, and lunch with Yale professors. The Yale showcase and delegate's dance also provided entertainment for students.

Loomis will continue its participation



LC's 36 representatives at the 2012 YMUN conference at Yale University in New Haven

PHOTO COURTESY RACHEL ENGELKE

in Model UN conferences in the future, and Ms. Engelke hopes to expand the Model UN program by having members attend more conferences each year, possibly even one in each term.

FROM PAGE ONE

Term abroad

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at hand.

One hour later, we arrive at the State Department building. The front hall is decorated with the 200 or so flags of each nation in the world. We are escorted into an elevator and then into the East Asia wing of the building. We are placed in a conference room and told to wait. A nervous silence falls upon these never-silent students as we wait to present our policy recommendations to Derek Mitchell. Mr. Mitchell is the Special Envoy to Myanmar, currently the highest U.S. official affiliated with Myanmar (formerly known as Burma) and we were there to tell him how we would be doing his job. We had a 40-page policy document full of recommendations for how the U.S. government should promote a stable democracy in Myanmar.

Our presentation went over without a hitch. From then on out, our teachers joked around, teasing us, saying, "You can't remember a basic need of city life,

a metro card, but you do have a comprehensive plan on how to mitigate the ethnic conflict in Burma?"

The only response to this would be, "Yeah, that happened."

It was a unique fall semester spent at the school for Ethics and Global Leadership in Washington, DC. Friday nights, after a long week of school, we would spend our time watching episodes of Aaron Sorkin's "The West Wing." And when the Republican presidential debates were on, we would fill all the cups in the house with water and get ready to play a drinking game. We would pick key words or phrases and each time one was said everyone would have to drink a cup of water. Back when Herman Cain was promoting his "9-9-9 tax plan," there were quite a few trips to the sink. Pretty lame, huh?

Not really. In government classes around the country, students use a multitude of different techniques to try and master the material. If you look up "Stun-

tin' Like Bernanke" on YouTube, you will find a rap a student in Cleveland made to teach himself his material. We students at the School for Ethics and Global Leadership, on the other hand, went to see Bernanke himself testify to the Joint Congressional Finance Committee.

We were normal students for most of the school week, but on Wednesdays, we had better things to do than go to classes. We had bigger, more substantial things to think about. We had policy memos to write for the former Ambassador to PEP-FAR. We had speeches to deliver to Lissa Muscatine, long-time speech writer for Hillary Clinton and lead pen on Clinton's famous Beijing "Women's Rights are Human Rights" speech.

All of these experiences were once-in-a-lifetime and I wouldn't trade them for anything. It takes a lot of guts to take a risk and leave all of your friends behind and go to some place where you do not know anyone. Now reflecting on the past for four

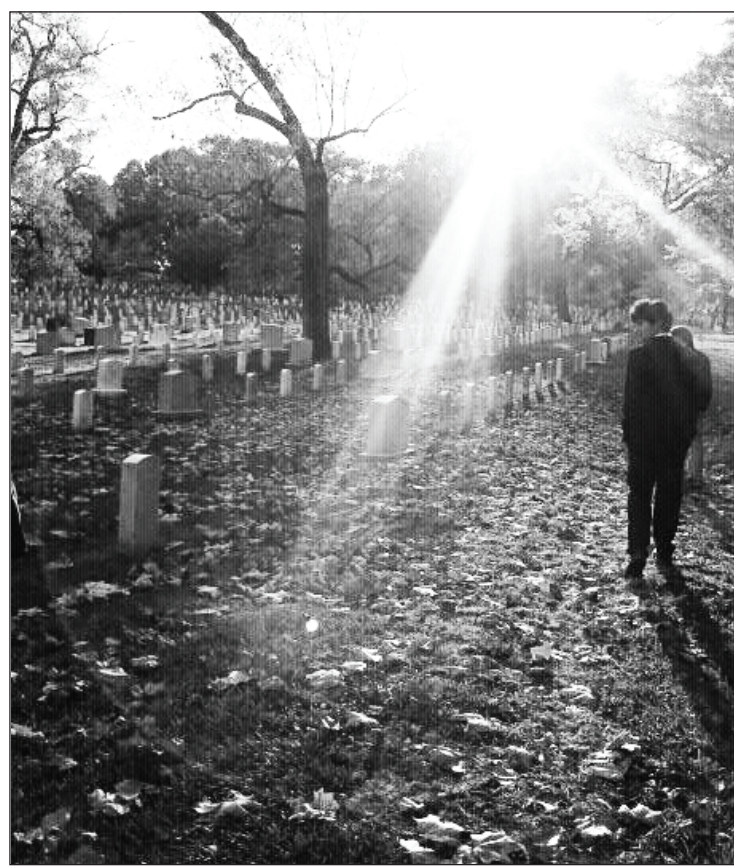


PHOTO COURTESY ROBERT FRANCALANGIA '13

months, I would give you one piece of advice, and that would be to not go to SEGL but take a

risk. You may just come out with more than what you had when you went in.



PHOTO COURTESY ROBERT FRANCALANGIA '13

Above: Francalangia and his peers at the School for Ethics and Global Leadership visited Arlington Cemetery in Arlington, VA, on Veteran's Day. At left: Francalangia, third from right in the third row and Ezra Kaufmann '13, far right in the back row, at their graduation from SEGL.

Arts awards

CONTINUED FROM PAGE 1

ful pills in popping colors, and I also used the flowy lines of the colored pencil to convey the fact that the figure I was drawing was not a representation of one person, but a combined image," she said.

"I used a black gel pen to write about the research I had done about allergies and their history, giving credit to the inventors, but also adding a note about how I perceive allergies," she said.

Yoon's choice of allergies as the subject of her art grew from her own history. "Ever since I was young, I was exposed (and still am exposed) to many types of allergies, including fur, dust, pollen and so on," she said. "I came to choose this topic of allergies because I really wanted to learn about the history of allergies while doing one thing that I love -- art."

She also noted that she wanted to research and create works of art about allergies because by studying these subjects, she would come to understand herself better as well. "I hoped to learn more about what I have and carry, and I did learn a lot about it. I simply regarded allergies as a symptom that makes me sneeze in the spring and fall, but through this artwork, I delved more deeply into the topic of allergy's history," she said.

"Because I was tuned to be free in my thoughts concerning art, I believe that I was able to come up with this topic without having concerns about the aesthetic beauty that the piece would actually bring," said Yoon.

She attributes this freedom of self-expression to art teachers past and present. "My art teacher this year is Mr. Zunino... Previously I had Mr. Kempczynski, and both teachers greatly helped me in all my artwork by encouraging imagination and by not being restrictive on the subjects that I have to draw," she said.

we know the most important question on your mind is whether or not we will have a snow day tomorrow

fortunately for you, the log is here to help

snow day predictions from the log on Facebook

[facebook.com/lc.thelog](https://www.facebook.com/lc.thelog)

featuring predictors Lindsay Gabow '12, Vijay Mansukhani '12 and many more

FEATURED ARTIST: ASIASOL GORING '12

Asia baring her 'Sol'

BY KAREN CHA '14
Staff Writer

Many children grow up with nursery rhyme songs, the occasional off-key singing in the shower, and maybe a piano lesson or two — yet never make it to a stage. For AsiaSol Goring '12, finding a place to perform was not a problem. Her experience on stage as a child shaped her love for dance, music, and theatre. "A lot of people consider me a theatre nerd, but I just love the feel of a live audience and the hours spent rehearsing...I love to dance and sing," said Asia.

It is evident that Asia loves to perform; her passion for dance and music is woven into both her life at home and at Loomis. Asia has been performing since the budding age of seven, singing at her mother's workplace, a Veteran's Hospital. Starting out by helping setting and cleaning up for the veterans, Asia eagerly began to assist the elderly with their instruments, and occasionally performing as a background singer for entertainers. Her ar-

tistic experience has since grown to include more than vocal performance; at basketball games, Jazz Poetry Nights and Christmas parties she has sung, danced, and even "dabbled in cheerleading." Since her arrival at Loomis as a new sophomore, Asia has participated avidly in a variety of theatre and music productions, including the fall play, winter musical, dance revue, and open mic. Taking vocal lessons as well as courses such as acting I, II and ballet dance technique, have helped develop her creative abilities. Asia's unique experiences and qualities have led her to become a leader figure among her fellow artists as well as foster her own signature mark on dance and music.

When asked about the main inspirations behind her personal style of expressive art, Asia simply said, "Beyonce." From the celebrity's dance moves to her smooth vibrato tone, Beyonce has been Asia's foremost influence. "I learned to dance [by] watching and mimicking her videos ever since I was a child," said Asia, "So, whatever form of dancing she performs is basically what I do. You

can ask anyone who knows me and they will tell you how much I admire her performance skills." Asia has been successful in channeling the hip-hop vibe of her role model; she is a founding member of Loomis's dance club, Blazin'. Performing at the Kent Day Pep Rally as well as other all-school events, Blazin' comprises students who are talented and interested in hip-hop dance. A natural leader of the group, Asia takes a strong initiative in both learning and teaching. As dance teacher Kate Loughlin said, "I can give her specific choreography which she executes well, or I can just give her ideas and let her express her character through her own dance movements. She is a strong dancer, who brings personality and power to every performance." Asia's skills in choreography give her the ability to express her own ideas, and therefore, create her own unique form of dancing.

Asia is a firm believer in finding her own individual quality, and advises aspiring artists to "find what makes you unique so you can run with it."

When asked to share some words of wisdom to fellow performers, Asia said, "Independence is the greatest way to find success. This does not mean that you should ignore those advising you, but be true to your individuality. And keep the passion you first had with you at all times." Although, these wise words may sound vaguely similar to the advice of an actress nearing the end of her career, Asia is hardly finishing her life on stage. This term she will perform in the Loomis musical production of *Hairspray* as 'Little Inez,' a young and talented dancer who is discriminated against because of her color, yet finds her way into acceptance along with the of rest of the cast. Asia also plans to perform in the annual Dance Revue, a sure must-see of the spring term. As for her singing career, any witnesses of her Open Mic performance of Amy Winehouse's 'Valerie' can say there is more to come from Asia in terms of her vocal performance. Whether it be at the musical, dance revue, or perhaps one day at a professional stage, *this* artist is one to watch.



AsiaSol Goring '12, this issue's featured artist, dances, acts and sings.

IZZY KORNBLATT '12 / LOOMIS CHAFFEE LOG

A taste of something new

Taste of India, a restaurant on Broad Street, is one you've probably passed, maybe even considered, but in the end, settled for the Tavern once again. For those of you seeking that exotic leap from the comfort zone of the good old Tavern, this restaurant is just the place to take that chance. Customers rave about the authentic Indian food on Windsor's Broad Street.

The night was cold, and my hunger grew; before I knew it, there I was at the door of Windsor's Taste of India with a limited amount of money in my pocket. Lucky for me, menu prices weren't steep, and portions weren't small. There were minimal options

waiting after you've ordered is pretty long," a frequent customer said.

He added, "the food is definitely worth it though! I really like the lentil soup, kheer [rice pudding], and shrimp curry. I think my favorite is the Chicken Tikka Masala though."

According to the menu, Chicken Tikka Masala is 'chicken marinated in a blend of ginger, garlic, yogurt, & herbs baked in the tandoor and sautéed with tomatoes and cream.'

The ultimate customers' favorites, however, were samosas, a deep-fried vegetable or lamb pastries with spicy chutney and Gulab

MAINLAND DINING: TASTE OF INDIA NATALIE GUITÉRREZ

in the soup and chef recommendation sections of the menu, but there were many options for vegetarian and chicken specials. My server was quite helpful in giving me suggestions on what to order. I ended up ordering the Bungan Barta, a tasty roasted eggplant dish cooked with ginger and tomato.

The food was wonderful, but waiting wasn't so great. For those of us lacking in the patience department, this restaurant might not be the ideal place. I spent more than forty-five minutes waiting in a less than crowded restaurant for my single entrée. As I waited, though, I watched the servers interact with other customers-- answering their questions, smiling as they walked in, chatting with them, and offering them water and recommendations. The waiters' personalities and cooperation helped make up for the speed of their serving.

"I've never been to Taste of India and seen it very busy. For me, the wait for a table has never been longer than five minutes, but

Jamun, and cheese balls dipped in syrup as dessert.

Common complaints about Taste of India were about the good but chewy garlic naan bread and the slow service. On average, Taste of India customers gave an average of four out of five stars. Their generous ratings no doubt stemmed from the restaurant's authentic food and welcoming servers.

For those of you like me, with little

knowledge of Indian cuisine, Taste of India offers a lunch buffet which makes it easier to cut down on any indecisions concerning what to order.

Prices at Taste of India range from about \$15 to \$25 for entrée, and five to six dollars for soups, desserts, and breads. Taste of India is open for lunch and dinner Saturday to Sunday, and if you want to avoid long waits or desire your very own taste of India on the Island, rumors are true that the restaurant has an online menu for deliveries.

Overall, I would definitely recommend a venture down Broad Street to this place!



PHOTO COURTESY INDIANFOODFOREVER.COM

Folk-rock with ties to Loomis: Mobjack

GRACE FOSTER '13
Staff Writer

If you've ever stumbled into the Snug during a Mobjack concert, the low-lights, the chill atmosphere, the folk rock sound, and if you're lucky, renditions of Loomis favorites such as Old Crow Medicine Show's Wagon Wheel, should have been more than enough to convince you that Mobjack fairly rocks. If you haven't been fortunate enough to catch one of the many shows the band has put on at Loomis over the past few years, you are certainly missing out.

Based in Hartford, Connecticut Mobjack started out as a recording project and eventually morphed into a gigging band. The group's style takes nods from alt-country and folk rock movements. The band released its first album, *Clean Slate*, in September 2010. The album was recorded at Suffield Academy with the help of

"Whiskeytown's plaintive Americana was a clear touchstone, though Glass sang tunefully in flat Midwestern tones familiar to fans of the singer-songwriter Freedy Johnston."

Along with Mr. Glass, the band consists of drummer, Steve Phillips, bass player, Rob Ashley, and pedal steel player, Scott Hiestand. The band has also shared the stage with Loomis alumni Niles Krieger '10 and Justin Tosti '08.

A Mobjack set never disappoints, thanks to the perfect balance of Mr. Glass's "grip-&-rip" rock songs and ballads of long-ago tragedies, as well as well-known classics popular among the students. The band has been known to light up the Snug on dreary winter evenings alongside other local Hartford bands, including Sunspots. Sunspots made two appearances at Loomis last year, and the two bands frequently have gigs together throughout New England. As a result of their many Loomis shows, Mobjack has developed



PHOTO COURTESY MOBJACK

the band's then-English department chair, David Stillman. A second, presently nameless album is currently in the works and will be reflective of lead singer and Loomis IT faculty member Keller Glass and his time spent in Oxford, Mississippi.

Mr. Glass commented, "While *Clean Slate* had a much more acoustic, singer-songwriter feel to it, this album is much more influenced by my time spent playing in a radio house band in the early 2000's. There was a very active, eclectic music scene there including the North Mississippi Allstars, Otha Turner and R.L. Burnside." It was the opportunity of getting to play with many of these bands and other bands who came through town to play at Ole Miss that shaped Mobjack's new sound and Mr. Glass' style.

In May 2011, a Hartford Courant article praised the band's "nervy cover" of "16 Days" by the '90s alt-country band Whiskeytown adding,

quite the student following. "[They're] a great compilation of modern, strong roots rock," remarks Alyssa Reamy '13, "and some of the most talented musicians I've ever known personally. It's modern and hip, but without having a generic sound." Their annual concerts are a tradition that many students have come to look forward to.

Nathan Papermaster '12 comments, "Their rendition of the folk classic Wagon Wheel is a Loomis tradition that I love."

Student Activities loves to showcase Mobjack as a thank you to Mr. Glass for putting in countless hours setting up activities to ensure that weekend events are always fun and successful.

If you're looking for a little soulful, American alt-country to brighten your day or to bring some folk into your winter, make sure to check out Mobjack on Facebook or on Bandcamp, www.mobjackmusic.bandcamp.com.

The end of days?

Mayan calendar? Please.

BY PURVEN PARIKH '13
Staff Writer

We've all heard of 2012--and no, I'm not talking about the year. Allegedly, on December 21, 2012, the world is going to end. Who exactly came up with this Earth-shattering idea? For that, you can thank the Mayans who ended their Long Count calendar on December 21 because they supposedly "predicted" that the world would end. Conspiracy theorists, doomsayers, and other sadists have provided a multitude of "theories" which depict the end of days in great detail. From an expected collision between a mystical, magical planet and Earth, to a supernova consuming our planet, conspiracy theorists just refuse to stop concocting increasingly fictional, far-fetched, and rather flimsy "theories."

Did you know that calendars were used to predict the future? Apparently, it's true, because according to the abounding absurdities that theorists spew out, the end of the Long Count signifies the end of the world. When has a calendar ever done anything more than mark time? When a calendar ends, another one starts. I'm pretty sure the world doesn't end every year. That would make for an extremely painful New Year's celebration - or lack of one.

As we all know, there are hundreds of seemingly well-thought-out end-of-the-world scenarios. Unfortunately, for all you believers, and fortunately for the rest of us, these scenarios are as likely to occur in December as us being chased down a hill by a group of rabid, radioactive, cave monkeys from

Antarctica. Here are a couple of theories, predictions, prophecies or whatever you deign to call them, for us to analyze. But I'm warning you, they won't be pretty.

An asteroid will crash into



PHOTOS COURTESY ASTRONOMY.COM. GRAPHIC BY JAEHWAN KIM '13 FOR THE LOG

the Earth and it will have a devastating impact on the planet.

Does the name NASA ring any bells? I think our Space Agency has enough manpower and tech-

nology to ensure that no asteroids hit the Earth. I don't think any asteroid close enough to be detected by NASA will escape its notice. For now, there are no asteroids projected to hit the earth this December or

The Planet X, or the Planet Niribu, will hit the Earth.

There has never been, and probably never will be, a planet called

Niribu. Nor will it collide with Earth, since it doesn't exist. Again, I do trust NASA with this fact. I highly doubt a planet can appear out of nowhere and hit the Earth, without NASA or any other space agency

laws of physics, for that matter? And what makes them so persistent in dwelling on the existence of Planet Niribu?

The Earth will be consumed by a supernova.

The Earth is far enough away from any star such that any radiation released from a supernova death will have no effect on the planet. The two nearest candidates have a very short life span left, predicted to explode in the next 1,000 years. But there's no need to be worried about being fried anytime soon, as there is a minuscule chance that the supernova will even release radiation in Earth's direction.

The Earth's axis will tip.

The moon provides a force called gravitational balance for the Earth. So, unlike our lively neighbor, Mars, Earth has a relatively stable axis. Sorry to crush all your hopes and dreams, but Earth's axis will stay the same for a very long time.

These are just a few of the very irrational theories fervently circulating the world, instigating fear and panic. As you've seen, there are several large, gaping holes in the doomsday scenarios. There is also a lack of reasonable evidence to back up these theories.

Just as the theorists are eagerly awaiting the so-called Doomsday, I'll be waiting to see the reactions on their faces as December rolls around. Hopefully, I'll have a camera near me as things are bound to get ugly, and not because of some colossal planetary explosion.

A small, grey world

GOT A CASE OF THE SEASONAL BLUES?

BY GRACE DENNY '13
Staff Writer

While winter brings many wonderful things - cozy fireplaces, sledding, hot chocolate, and snow days - it also can engender a certain aura of gloom and drabness, especially when none of the things that makes winter fun is present. The dreariness can have a palpable affect on the mood on campus. As the winter stretches on, many students begin to feel depressed and discouraged. Devin Markison '12 said, "I get very bored and feel like it drags by."

This winter has been especially dismal, because snow has been largely replaced by a lot of chilly, rainy days without the prospect of a potential snow day to brighten them up. After all, if the cold isn't bringing us opportunities to sled, build snowmen, have snowball fights, and drink hot chocolate, then what's the point?

There are lots of scientific reasons for mild depression during the winter. First of all, because of the shortened daylight hours, we receive less sunlight. Besides the fact that the sun tends to make people cheerier, it also means we're getting less Vitamin D, which offsets depression. Vitamin D also helps our immune system fight off diseases. In addition, because we spend so much time indoors during the winter trying to keep warm, more germs are spread and as our chances of getting sick increases, it adds yet another reason to the overall misery of the season. Being ill, stuck indoors, deprived of much sunlight doesn't really instigate happy thoughts.

Allie Kendall '12 said, "Person-

ally, the weather makes me stir-crazy. The combination of the cold air and the dreary grayness makes everyone feel depressed and especially sleep-deprived." Lots of students agree that the weather casts a melancholy pall over campus.

Amanda McParlane '13 said, "I hate bad weather (rain, snow, clouds, etc.); it stresses me out."

Michelle Irukera '12 agreed, declaring, "Cold weather makes me

Hannah Shushtari '13.

However, something many students (and faculty) agree upon as the one thing that keeps winter exciting is the ever-present possibility of a snow day. Even Dr. Culbert gets excited. "I love the unexpected downtime and the opportunity to read or do something fun. Of course, because I'm the one, along with Associate head [of school] Woody Hess, who makes the decision about calling a snow day, I'm usually up earlier than normal on a snow day as we try to make the decision by 5:30am. But once the call is made, I make myself a cup of tea and then take it back to bed where I read the newspapers. Then I take my dogs for a walk around campus. Because of the snow, the campus looks more beautiful than ever. I do usually go into my office, but I also like to walk around campus and talk to the guys and students who are helping to clear the pathways."

Kendall also noted that, "Although snow days are very exciting, you still feel compelled to go about your normal routine, just in case that expected cancellation turns into a delay."

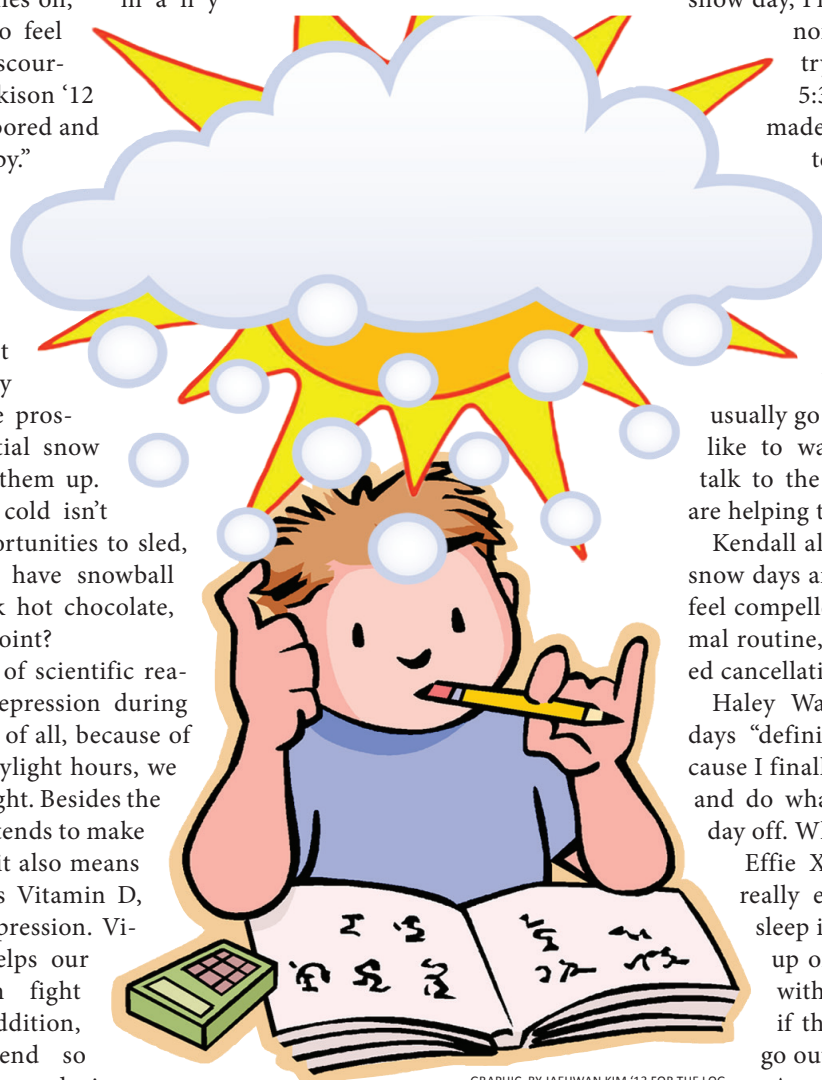
Haley Walsh '12 said that snow days "definitely get me excited because I finally just have a day to relax and do what I want. It's a surprise day off. Who wouldn't be excited?!"

Effie Xistris '13 agrees, "I get really excited because I get to sleep in late, get ahead or catch up on work, or just hang out with friends. I love snow, and if there's enough snow I can go outside and sled!"

As we still have a few months of winter left, hopefully, instead of the gray-drenched, depression-inducing weather, they will bring us both an opportunity to cancel classes and play outside in the snow, as well as an excuse to wear all of our cute snow gear.

homesick." Although students have different reasons for disliking winter, the overall consensus that winter produces a sort of inevitable gloom persists.

"Winter makes me so depressed. I feel cold all the time and hate having to hide my outfits under a coat," said



GRAPHIC BY JAEHWAN KIM '13 FOR THE LOG

Avoiding eye contact: A guide

BY CHRISTIAN BERMEL '12 AND SPENCER CONGERO '12
Managing Editor & Staff Writer

We've all had these moments. You know: the quad is deserted, and from afar you see that one kid who you kind of know, but not really. Maybe you've had a class with him, and you had to do that one presentation together fall term. You made him buy the posterboard, didn't you? You two pulled off an A minus, not too shabby, but that's about as far as your acquaintanceship goes. Let's be real: you don't want to say "Hi."

As the space between you two gets smaller and smaller, you realize contact will be inevitable. In these sticky situations, your dutiful writers present some possible solutions.

First, wait until you are approximately 20 feet away from your 'special friend,' and then whip out your phone and start texting away.

Option 1: The classic "whoa, that's a really interesting tree over there in the distance" trick. Yeah, you know what we're talking about. You locate some object, slightly to the right, that you've passed hundreds of times before. But this time, that plaque on the side of Mason is looking especially shiny. Fixate on it, don't break your stare, until you feel that your former classmate's presence has passed.

Option 2: Did your phone just vibrate? Yeah, we thought so. First, wait until you are approximately 20 feet away from your "special friend," and then whip out your phone and start texting away. Ideally, your iPhone still makes that click whenever you hit a key, so turn the sound all the way up and type furiously and without relent. This will have two desirable effects: not only will your "special friend" not fault you for snubbing him, but he will also secretly envy you and your texting buddies, whom he obviously doesn't have.

Option 3: Stare directly ahead. Unwavering. Really, it is important that you do not falter in your determined gaze. Warning: This option, if executed correctly, may cause your compadre to worry about your psychological health. If you can see him glancing at you, you've done this wrong. Keep your eyes focused on that vague, empty space in front of you, and all communication between you and your classmate can be avoided.

Well, there you have it: three options that will guarantee a completely antisocial encounter. The best outcome of this whole ordeal is when both you and your special friend execute one of these three options in tandem. With this arrangement, you can evade all eye contact, and both parties will leave the experience feeling free and without social burdens.

Then again, you could just say "hi."

Loomis Chaffee Log

FOUNDED 1915

ABOUT

The Loomis Chaffee Log is Loomis Chaffee's official student newspaper. We can be found online at www.lclog.org and we can be contacted via email at log@loomis.org. Letters to the editor and op-ed piece submissions are welcomed via email. The Log reserves the right to edit all letters and pieces for brevity and content. The views expressed in the Log do not necessarily reflect those of The Loomis Chaffee School. Unsigned editorials represent the collective views of the Editorial Board.

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EDITORIAL

A house system for cohesion

The latest draft of StuCo's house system proposal has much promise

StuCo's house system proposal is finally taking shape, and it's looking better and better. The proposal has huge potential to reconcile the sometimes disparate groups on campus into a more cohesive community.

The trick here is in creating a system to do so that doesn't breed meaningless, artificial bonds by simply forcing students into groups, but rather encourages them to meet and get to know more people of their own accord.

We were at first skeptical of the proposal because, simply put, we didn't see the value in the creation of houses out of thin air. Congratulations, you're now a member of Chaffee House! By virtue of some sort of unknowable magic, this means that you know more people and feel more valued!

Not so much. Meaningfully created bonds occur among those who

have commonalities — members of the same pre-cal class, for instance, or members of the same sports team. Artificially generated groups do nothing to promote those commonalities.

The present house system proposal that seems increasingly likely to pass StuCo, however, is far more sensible

The day-boarder divide is more geographic than demographic.

and, in fact, quite a good idea. The key is that the 'houses' are just dorms and day students are assigned to them. This way, the system is based around natural bonds that arise among those who share a dorm, but effectively adds day

students to the mix.

There has been much talk at Loomis Chaffee in the past few years about the day-boarder divide and though much of it seems to us quite overblown, there is, indeed, a divide of sorts. Many day students tend to spend their time in the Chaffee student lounge or the Nee Room, while boarders, naturally, gravitate towards their dorms. We see this primarily as a geographical problem: we don't think day students are at all averse to spending time with boarders or vice versa.

Given that, StuCo's current house system proposal is spot-on in terms of addressing a significant issue of unity. Impressively, it manages to address that issue without relying on artificial groupings or meaningless bonds. As such, it has the full approval of this Board.

Student leaders convene

At the LLC, the conversation lacked substance

Several of us were among the 50+ students who attended the third annual Loomis Leadership Conference (LLC) hosted by the Student Council a few weeks ago. We found the concept sound — there is certainly work to be done in improving the quality of student life at Loomis Chaffee, and who better to address it than the students themselves? — but a regrettably large portion of the conversation lacked substance.

We don't blame the Student Council for this, as its leadership has worked tirelessly to involve students and host events and explore ideas; rather, it's the

general mindset with which student leaders approach the serious issues at LC at fault here.

Too much of the conversation at the LLC revolved around how many prizes we give or leadership positions we designate, and not enough of it got at the fundamental question that student leaders need to ask: what is it, really, that drives a well-functioning student community?

We recommend that future conferences include far fewer student leaders in order to give individuals opportunities to speak, and that those who do attend should focus on issues with depth,

not how we advertise events or whether or not we feature certain students in the daily bulletin. We think the issues of community division (see the above editorial about the house system proposal), drug use and discipline and the level academic pressure, to name a few, are the issues we should focus on.

The Student Council's recent passage of the "Pelicode" has created an opportunity for student leaders to take a critical look at what we do and what we could do better. Let's hope that in future conferences, they step up to the plate and directly address significant issues.

LETTERS

Solidarity against Log censorship

To the editors,

I may have graduated last spring, but I have made sure to keep up with the progress that the Log has made in the subsequent time. From the redesigned layout to the admirable level of student involvement, I cannot fully express how amazing it is to witness such a commitment to journalism from a dedicated group of 'true pelican warriors.' However, I am not just another alumnus — I was an Editor in Chief of the Log during my senior year on the Island.

While the changes that this year's Log team has made are beyond my wildest dreams, I must admit that I was a tad ashamed by the state of the campus paper when I turned over the reins to Izzy Kornblatt '12 and Sojin Kim '12. During my tenure as Editor in Chief, behind-the-scenes conflict led to unfortunate internal gridlock. While the section editors were outstanding in their display of indepen-

dent leadership, this interior division was completely outside of my control. Thus, any potential innovation was traded for the simple completion of each paper.

Last, I must commend the effort to end the faculty censorship of the Log. As both Editor in Chief and Student Council representative, I remember advocating many of the same points that the recent editorial ("It's time to end Log censorship") raised. Students possess a unique perspective that their older counterparts in the school administration do not. It is important that well-expressed viewpoints be heard, even if some controversy occurs.

I applaud the changes that have been implemented thus far, and I will continue to follow this year's Editorial Board's fight for journalistic freedom and excellence. Solidarity!

FREDERICK MCNULTY '11
2010-11 Editor in Chief

To the editors,

Here is a short page of ancient history on the matter of censorship. In 1953-54 I was managing editor of the Log, and Steve Middlebrook was editor in chief. So far as I can recall, we never published anything that was obscene or libelous. We did, however, publish some editorials that were critical of one or another aspect of life at Loomis. On a couple of occasions I was called in to have a talk with Mr. Grubbs, the Headmaster. I forget what the issues were, but Mr. Grubbs was plainly unhappy with something I had written in an editorial. He was concerned that parents or others off the Island might form an unfavorable opinion of the school. In each case we had a long, friendly chat. I believe that I suggested to Mr. Grubbs that the following week we expected to publish something quite positive about

the school. I also urged that even the critical editorials gave evidence that, to the credit of the school, Loomis students were alert, analytic, articulate and insistent on maintaining high standards. I do not know whether I persuaded the Headmaster, but I do know that he never, never for a moment, suggested to me that he would censor the Log. I suspect he recognized that, if he were to censor the paper, then he, rather than the editors, would be responsible for whatever was in the Log, and that, however much trouble we might make, it was best to be able to attribute it to the follies of youth rather than the carelessness of the censor.

I continue to read the Log with interest, and it seems to me you are producing a fine student newspaper. Congratulations and best wishes.

ROBERT RIFKIN '54

TOP OF THE TICKET

Last week, president Barack Obama had a brief, angry encounter with Republican Arizona governor Jan Brewer, known for her aggressive illegal immigration policies, on the tarmac at Phoenix International Airport. The animated exchange, which occurred out of earshot of reporters, ended with a seemingly irritated president walking away suddenly.



CARTOON BY DAVID HORSEY FOR THE LOS ANGELES TIMES. MORE ONLINE AT LATIMES.COM/TOPOFTHETICKET

Reality demands Log censorship

To the editors,

What does a man do when he encounters adversity? Does he yield? Or does he instead nobly continue his quest for fulfillment, bettering himself and his tactics so that he may be worthy of what he desires? All too often, I have found that when people are disappointed, they choose to seek out and attack the flaws of their opponents.

Are these flaws real or imaginary? Does it matter? On our small island, perhaps, but in the larger scope of things we are, at this time, no more than inhabitants of said small island. We gain notoriety within our community and fancy ourselves powerful because people on campus recognize us. We consider ourselves important and champion our own agendas, spurred on by the knowledge that even people off-campus—alumni, parents, visitors—will read of our works in the Log and on the school website.

But in truth, our so-called power is an illusion that we have created for ourselves. We cannot become blinded by the numerous molehills that have, through our eyes, become mountains. Some may hold a form of dominion over their peers, but no one is above the authority of the deans or head of school. The administrators hold sway over us all and, while it may be acceptable to challenge their authority, we must

ultimately accept the decisions they make, especially in sensitive matters. If a student charges forward to challenge the governing body of our school, then said student must accept that he, like a modern-day Icarus, will come crashing down to earth on the broken wings of over-reaching ambition.

Instead of attacking the deans' prerogative to check the school newspaper, a newspaper funded by Loomis Chaffee, the Log staff should look below the surface of the issue. Certainly, the deans have made changes in articles and portrayals of life at Loomis, but only in those that could be detrimental to the growth and development of the school. The administration is not fascist or totalitarian; it does not seek to impede our personal expression.

Here, our powers have very real limits, just as they will in the real world. As our most recent convocation speaker mentioned, there has been an incredible spike in teens' overconfidence. The sooner that we accept that the boundaries of our campus are also the boundaries of our current real world power, the sooner we will realize that influence and ambition cannot change reality. And our reality is one of limits, not one of invincibility.

ZACH BREEN '12

OP-ED

CLAIRE KIM '14

Chill out, dude.

“Everyone, take a deep breath,” Ms. Engelke urged the nine of us in my AP European History class to loosen up before she started talking about the fall final exam. We all panicked; Ms. Engelke’s attempt to infuse us with inner peace had fallen apart. Amidst the nervous laughs of my classmates, I started wondering: why can’t we just relax?

I chose to relax maybe a bit too much on the week of the finals. Roaming around the Island with an old-fashioned camera in my hands, I photographed the remnants of yellow caution tape from the snow days, the broken trees, the fallen autumn leaves on the pathways, and other inspiring views. And surprisingly, it was worth it. In a blink, I had finished my testing and was heading home, then stopping in New York City to have a refreshing bowl of yaki udon with my friend Jae Lee '14. Life was normal and enjoyable.

Now, on a decidedly divergent note, I would like to bring up the song “Video Killed the Radio Star” by the Buggles. Released as their debut single on their 1979 album *The Age of Plastic*, it reached #1 on the UK Charts and made its way up the Billboard Hot 100 in the U.S. On the surface, it’s about a heartbroken singer whose fame and career are overtaken by television. Delving a little deeper, nostalgia arises, as well as lyrics that refer to the rapid technological changes that left both a tremendous desire for the bygone and concern for the recent generations’ ignorance of the importance of the past. I like the song not only for its addictive tune but also for its poignant message: don’t just progress; look behind once in a while and cherish what you have accomplished.

Admittedly, the concept may sound intangible. Who are these people who don’t allow themselves time to reflect on a regular basis? Let’s face it. We are the ones who panic and worry all the time, overlooking our desperate need to relax. Other students and I are often

pressed to trudge through days of unhealthy stress. The negative energy builds up until we reach a point where we overload ourselves. Especially palpable during exam weeks, our constant unrest is far too excessive to simply be regarded as an inconsequential, irrevocable habit. We need to find relief, particularly beneath the unending pressure to succeed.

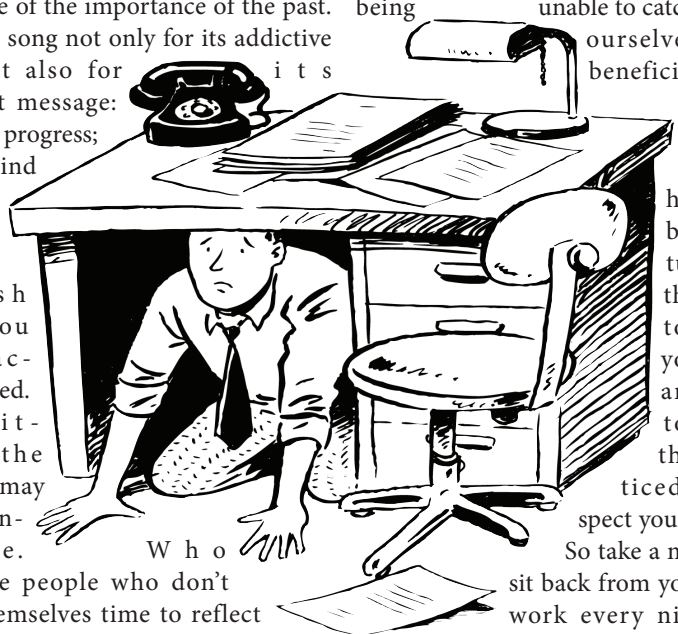
So please find your own ways of relaxing. I know this may come off as a little too dramatic, but think about it: you want it. Everyone craves tranquility from time to time. You need it.

Now, back to the song. It emphasizes the importance of the past and the consequences of forgetting it. How does this relate to relaxation? I can assure you that deep breaths and relaxation lead to rediscoveries and possible enlightenments which we might have missed otherwise. We must learn to relax without depending on iPhones, computers, or TV, which only distract us from reality (I’m not a big fan of technology). Obtain genuine means of finding your own peaceful zones, such as Mr. Forrester’s meditation sessions, jogging through the woods, chatting with your best friend, having a toasty chai latte from Starbucks—whatever suffices to transport you to serenity in the midst of competition, grades, and stress.

My point? Take a chill pill. Let’s trust more in ourselves and realize that we are all great students. We can’t help but panic every once in a while living in such an educationally rigorous environment, but being unable to catch up with ourselves is not beneficial for us.

Relaxation doesn’t have to be lassitude; it is the chance to enrich your mind and body, to notice the unnoticed, to respect yourself.

So take a moment to sit back from your homework every night. The winter testing period will be over before we know it, and then we will advance into the balmy spring, proud of our accomplishments.



CARTOON COURTESY TEACHERS GAZETTE

Have opinions? Interested in seeing them in print? Write an op-ed to the Log! Email Siobhan_Reid@loomis.org or Jacob_Verter@loomis.org.

EDITORIAL NOTEBOOK

LINDSAY GABOW '12

Extracurricular activities shouldn’t be just for college

“Did you hear about that kid with the 4.0 and 2350 SAT who got rejected from Brown?”

“Son, your mother and I think you’re not participating in enough clubs...”

“This school might not be such a far reach for you if you had more extracurriculars...”

“Omigod, I can’t even fit all of these ECs on the Common App!”

“Is President of the Ping Pong Club legit enough to put on Family Connection?”

* * *

As students attending an esteemed preparatory school, we are deluged by high expectations from day one. Make Honor Roll. Did that? Shoot for High Honors. Get an A in Chemistry. Did that? You should be in Chemistry Advanced, you slacker.

As we soon find out, however, Loomis is more than just an academic institution. We are expected—no, required—to be more than just students. It makes you wholesome, you see, to be a student-athlete, to be a student-artist, a student-actor, a student-Ping Pong Club President. We are a multifaceted community with multifaceted people.

Did you hear about so-and-so, who was captain of the lacrosse team in '09? Well, he had a lead in the musical. If only more students were as well-rounded as he was!

And that’s all well and good. I would sound hypocritical if I were to suggest that I think otherwise. Like many of my peers, I participate in several varsity

sports; I am in...several...extracurricular activities; on top of all that, I am a diligent student. Students should be more than just students. You’ll only learn so much by sitting in your room and studying all day.

The issue I lament stems not from extracurricular involvement itself, but rather, from the motives students have for participating in these activities in the first place.

Extracurriculars are offered to give students opportunities to explore a multitude of topics and activities, from leadership (class officership, Student Council), to support (peer counselors, dorm leaders), to interscholastic and club athletics, to languages, publications, science, etc. Students, supposedly, pursue extracurricular activities in which they are interested, and they can participate in these said activities alongside students who share the same interests, thus making said activity all the more interesting.

Unfortunately, more and more students are taking on an impressive list of extracurricular activities for the sake of making themselves more appealing applicants in the college admission process. Why? Because, frankly, extracurriculars do make students more appealing applicants. Like I said before, it makes you wholesome. It shows that you’re ‘well-rounded,’ that you can make positive contributions to your community (so you should be able to make such contributions to the college you attend as well).

Is this shallow? Yes. Is it realistic? Yes.

MIKE HOROWICZ '13

‘Green’ eggs and land

In the past few months, rumors have been circulating the Island as to what, exactly, is going on behind the Clark Center for Science and Mathematics. I’ve heard tales of chicken coops, new eggs for the dining hall, an expanded greenhouse. It’s time to clear the air. I sat down with two of Loomis’ seven “Environmental-Proctors,” John Macdonald '13, and Lizzy Schimenti '12, to find out what had been going on behind the scenes with Mr. Dyreson and his supporting crew. I’ll start with the big stuff. There will be a 13’ x 5’ x 6’ chicken coop on the area of land adjacent to the composting gardens behind Clark. It will house between ten and fifteen chickens, and will be complete with a photovoltaic system (a.k.a. solar panels) so as to increase the number of eggs laid. On the topic of eggs, I’m sorry to report that the eggs will not be used in the dining hall because of health regulations. The eggs will, however, be sold, and all the proceeds will be plugged back into the school’s sustainability fund.

Here’s the kicker: the coop is going to be made as a to-scale replica of our very own Founders Hall, cupola and all. If you’ve been paying close attention, you might have realized that, as of right now, all we get out of the coop is money. Fortunately, there’s more! The chicken manure is going to be used in the school’s gardens in order to grow herbs, spices, and vegetables for the dining hall. The chicken coop is going to be a fully self-sustainable project, without wires running to or from it. The e-proctors are hoping to have the coop completed by the commencement of spring term.

In addition, Dr. Culbert has approved the e-proctors’ proposal for a “hoop house,” and to have it placed behind Clark. If you’re like me, clueless when it comes to gardening jargon, I’ve got you covered. A hoop house is essentially a moveable greenhouse. The purpose of the hoop house is to extend the growing season by three to four months. The hoops house’s ability to extend the growing season is derived from its retention of heat within the structure. Essentially, sunlight comes in and stays in. Within the hoop house, the herbs, spices, and veggies that I referenced before will be

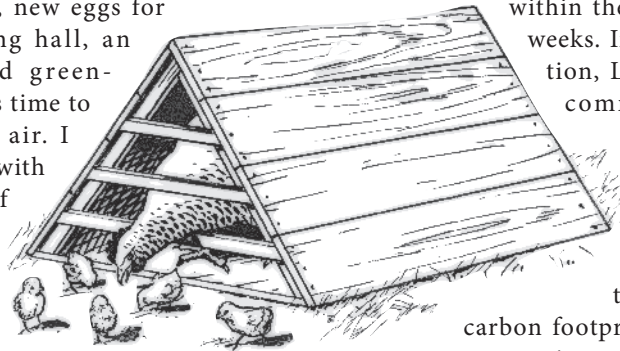
grown. Schimenti beautifully summed up the hoop house as “an archetype of sustainable living.” I couldn’t agree more.

As many of you may know, Loomis has begun the Green Cup Challenge within the last couple of weeks. In this competition, Loomis Chaffee community members compete against other schools throughout the country to reduce our carbon footprint and energy consumption. The e-proctors have done much to contribute to a seven-percent deduction in the first week, the best week we’ve started with in many years. The e-proctors did much to raise awareness with their signs around campus, and constant reminders to the community.

Now that you’ve got the inside scoop, let’s dive into what these initiatives mean for Loomis as a community, and for the ordinary student. Unfortunately, very little—granted, there might be more meals with delicious fresh tomatoes, but other than that, the chickens and hoop house will have no bearing on any day-to-day matters of the ordinary student. The e-proctors aren’t in it for personal gain; rather, they work for the betterment of the community. Oh and by the way, they do a lot. These e-proctors are looking out for the longevity and reputation of the school, and in a larger picture the world.

When I sat down with the two e-proctors on separate occasions, I noticed a similarity. When Macdonald and Schimenti spoke about these initiatives, a certain sparkle came to their eyes. They truly love doing what they do, and they could speak for hours on end, talking about the various initiatives of the sustainability committee, its objectives, and their own aspirations for the future of the school’s “green” initiatives. This commitment and love for the environment brings to me a certain comfort and assurance. I am convinced that each and every one of the e-proctors’ initiatives will be met with unprecedented successes. Macdonald and Schimenti have put much time into their work and will continue to do so; they are proud to be e-proctors, and have the green fleece vests to prove it. All seven of the e-proctors will continue to work behind the scenes, but I do encourage each and every one of you to support them fully as they aim to better our community and serve the common good.

CARTOON COURTESY LUCYGARDENS.COM



Evolution of a teenager

A couple of days ago, my friend gave me a lift in her car. It was an exceedingly small gesture, as she was merely transporting me from the senior parking lot to Founder’s Circle. She and I were both exhausted from a long day of school and rehearsal, and were more eager to go home to sleep than to do work. It had been a rough day. Yet as soon as I slipped into the front seat, my back adjusting to the

THE LITTLE THINGS
Jeesue Lee '12

cold leather, I felt an inexplicable awe and sadness wash over me. “So this,” I thought quietly to myself, as my friend turned on the car, “is adulthood.”

She and I could have easily chosen to drive elsewhere, to hit the road and live the life of wild, granola-loving hippies. We had a million possible futures, a million different paths laying before us. All we had to do was hit the gas. Like all teenagers, but especially as a senior, I have run into the inexplicable problem of trying to figure out who I am. Earlier this year, I had mused on a similar vein, thinking of college applications as more of an existential exercise and less as a necessary piece of my future. Now that my college process has ended, and I have a new future to look forward to, I was struck with the possibilities inherent in my near-adulthood and status as an incoming college freshman.

I will be the first to admit that I am not the most mature kid in the world. Prone to extreme emotions and an inability to manage my time, I’ve heard too often from my parents that I have a lot of growing up to do. “Just wait and see,” they would warn, “life is going to sneak up behind you and get you.” Before, the statement would send me into a frenzy, as I would sit in my bathtub and ponder about the things I could do to force myself to mature. If I did my laundry more often, kept my clothes in a certain order, or even just learned to cook, I would be set for life. Of course, such an assertion is false and misleading. While taking the initiative is beneficial, sometimes we must sit back and allow ourselves to observe and learn.

That five-minute trip managed to age me by at least fifteen years. Suddenly, the drama of school and homework no longer bothered me. I had, laying before me, this sudden fear and astonishment of how much I have changed and how much potential I have. Yes, I am still the same height as I was in middle school, and my appearance hasn’t changed. But I have clearly evolved from the little freshman into a (somewhat) more reliable senior. During this car ride, I had no mother to caution me and I had no father to advise me. I just had myself, my friend, and a whole lot of expensive high school textbooks. There was a sense of power and control I had never felt before, an intangible force that drove me to think that maybe my future wasn’t so set after all.

My mother and I always talk in the mornings. I haven’t gotten my driver’s license yet and I like taking the time to be with her. These days, she’s been trying to give last-minute pearls of wisdom, advices I can take before I leave the nest for good next fall.

“Not everything is going to turn out the way you think it will,” she said when I grumbled about the stupidity of marriage and the beauty of career. She’s right and, more and more, I can’t help but associate her words with that “Eureka!” moment in my friend’s car. I was independent for that wild moment, sprung forth from a figurative cage, but I was also bound to the idea of a need for accomplishment. No matter what, whether I was prepared or not, I was in the world and I was an individual, a being, a human, and I had human responsibilities.

After realizations such as this, I truly thank Loomis Chaffee. At any other school, I may not have had the presence of mind to have such a revelation. No, but in all honesty, these little moments remind me more and more that, here at LC, we aren’t just another ragtag cluster of teens. We are a future of parents and grandparents. We are a generation of doctors, lawyers and writers. We are the beginning of an end and the end of a beginning. Most of all, we are becoming adults.



'The other guys': Skiing just got interesting

BY ALEX BUIS '13 AND JOHN MACDONALD '13
Staff Writers

When weather forecasters predicted another incredible winter, the skiing and snowboarding community on the east coast buzzed with excitement. Forecasters predicted above-average quantities of snow during January and February for mountains in the Northeast. Throughout December, the skiers and riders anxiously awaited the predicted, frigid temperatures and heavy clouds, but they were greeted instead with unusually warm weather and unpleasantly cold rain. The snow-sports community shrugged off the bad conditions and remembered that it was the month of January that brought record-breaking snow accumulation during the notorious 2010-2011 winter. But although temperatures dropped in January, the anticipated snow did not make its way to the Northeast until January 19, 20 and 21, when the clouds dumped a 'whopping' four inches on poor Connecticut.

Our winter has been disappointing to say the least.

Teachers and students toil for hours on end waiting for frozen crystals to cheer them up and pave the way (or cover the paving) for a snow day, to no avail. And ski resort employees across the east coast hang their heads at the limited number of trails that they are able to open. With 50-degree days in January, the return of insects and even the growth of grass, the hopes of east coast skiers and

snowboarders seem doomed to be dashed for the rest of the season.

Fortunately, there is a little-known fact about the skiers and riders of Loomis Chaffee: we are a resilient breed of hardworking individuals. If you thought

cocted a plan to ski during the summer by using ice shavings from our local ice rink. After constructing a drop-in ramp out of old lumber and filling recycling bins with rink snow, we successfully slid rails for an entire summer day. Although

participants have dubbed the "secret spot," in order to partake in our favorite activity. After gathering an eager crew of skiers and riders, we jibbed until the sun went down and then we plugged in our spotlights and 'seshioned' our homemade rails

The laughter after a fall and the thrill of a new trick drive our obsession with the sport.

Because no one forces us to ski, there are no feelings of obligation tied into what we do, and each crazy scheme is our own invention. We take pride



'The other guys' ski and snowboard despite this season's lack of significant snowfall



PHOTOS COURTESY ALEX BUIS '13

Emily Yue '15 named to Chinese Olympic hockey team

BY CHRISTIAN BERMELE '12
Managing Editor

Emily Yue '15 is a fourteen year-old student at LC. Yue is also the goalie for the Chinese Olympic Hockey Team.

After the 2010 Olympics, the Chinese hockey team found itself in need of a goalie. Because of a lack of players, the Chinese team was allowed to petition the Olympic Committee for a non-resident player. Emily was invited to try out.

"I had no idea I was going to try out for the Chinese National Team," Emily said laughing, "but my dad told me one day that we were going to fly to Toronto and I would be playing with the Chinese team."

Yue is not a Chinese citizen (the Yues live in Connecticut), but she's 75 percent Chinese (and 25 percent Italian). "I'm going to get my passport soon," she promised.

"Our coach is Russian, and he only speaks his native language," said Yue. "Luckily, we have a translator, so all the players can understand what he's saying." Unfortunately, the translator speaks Chinese, a language Yue doesn't speak. When asked how she knows what the coach is saying, Yue shrugged and laughed and said, "I just guess."

Team China's Olympic prospects aren't definite, however. "So, we're in the B division. To make it to the Olympics, we have to win the B division championships," she said. Emily is ready for the April championships, though. "This is my shot," she said.

Yue's Olympic achievement came as a surprise to many because, being a freshman, Emily

is diminutive. On an island filled with muscular PGs, Yue, beyond all odds, is the Olympian.

Even outside the Island, Yue confounds expectations. When trying out as a thirteen-year-old, Yue said,

"They almost didn't let me get on the ice because they thought I was too young."

Yue credits her family for supporting her. "In my

second game for Team China, the hour before, my Grandfather had a stroke. So I called him, and when I hung up, I wanted to win the game for him," she said. Yue, for her part, didn't let in a single goal when she played. The team won 2-1 in a shootout.

Yue said, "Most of all, I really want to thank my parents and my sister Lauren for everything they've done."

Email Rachel Rosenblatt '12 & Liz Titterton '12 if you want to write for Log Sports!

weather was going to stop the stampede of ski enthusiasts, then you might want to throw out all of your preconceived notions about LC's skiers and riders. The sports -- and arts -- of skiing and snowboarding actually don't require much equipment, and although a high-speed lift, groomed trails, maintained jumps, open woods, fresh gear and deep powder are preferred for skiing and boarding, we need only skis, snowboards and a little creativity.

It was a stroke of genius that hit us, John Macdonald and Alex Buis, last summer when we had exhausted the majority of summer activities and begun to yearn for winter. With some inspiration from the on-line ski community, we con-

fulfilled our desire to ski in the summer, we still ached for the big mountains, the pristine trails and the flawless terrain parks.

However, when winter finally returned, Mother Nature forced us to return to our snowless ways. When it appeared that our local mountain, Ski Sundown, couldn't open in early December, we decided to defy nature and create our own winter wonderland. Craving to grind a rail, spin a jump or tap a barrel, we put ourselves to work fulfilling our burning desire to ski. With permission from our club and athletic advisers, Bob Howe and Jean Sapula, we hauled several carloads of snow from the Savage/Johnson Rink to a nearby hill, which par-

late into the night. Leaving the sacred grounds, the crew was wet, bruised, dirty, exhausted and yet fully stoked after riding as hard as we could.

The main question we get asked is, "Why on earth would you want to spend all of that time just to slide down a tiny hill with a piece of PVC rail at the bottom?" The answer, which may seem crazy to some, is clear to us. We ski for the simple fact that it's fun. Our love for skiing and snowboarding is created by the freedom we find in grinding a rail or riding down a hill. It's the understood risk that makes each trick more rewarding, and the hunger for progression that motivates us to hike up a grassy hill with a strip of snow artfully laid down it time after time.

in our sport because we love it, and we surround ourselves with encouraging individuals who match our caliber of enthusiasm. Our dedication is promoted by our own interest in skiing and snowboarding, and our independence evolves from our free will in choosing to ride. As club members of The LC Ski and Snowboard Club, we live by the club's motto: "Fun, excitement, danger." Indeed, we do our best to live our lives according to the principles with which we ski and snowboard: spontaneity, enjoyment and creativity. And we will always find a way to do what we love, no matter the unfortunate weather Mother Nature provides.

A new start for LC wrestling

COACH PROFILE: BENJAMIN HALDEMAN



Coach Haldeman with his wrestlers

BY YOUNG SANG CHOI '13
Staff Writer

Standing at 5'8" with a placid facial expression, the new wrestling coach enters Shimkus Gymnasium. He looks around the room, filled with boys of all sizes, lacing and taping their shoes, finishing their pull-ups, and preparing to wrestle. Time for another practice.

Meet Benjamin Haldeman, the new head wrestling coach

who now directs LC's wrestling program.

Before coming to the island, Mr. Haldeman served as an assistant coach for four years at the Punahou School in Hawaii. During his

time in Hawaii, he coached 19 individual state champions and led his team to six state championships. In addition, in 2009, his team set the record for most points scored at the Hawaii State Championships. Mr. Haldeman also has an impressive personal career as a NESCAC Scholar-Athlete at Williams College.

This year, Coach Haldeman will be leading an already strong and accomplished team with New England Champion-

ship Titles from '02, '03, '04 and '06. More recently, the Loomis Chaffee Pelicans placed fourth at Class A Championships during the 2011 season. This year, the team placed third out of 18 teams in the Canterbury Invitational and second out of eight teams in the LC Holiday Duels.

In his first year at Loomis, Mr. Haldeman has proven himself as an assertive and inclusive coach. Captain Nate Cleveland '12 said, "I think he's doing a great job at keeping the whole team focused. He expects us all to work hard." Three-year varsity wrestler Nathan Harris '13 agreed, adding that Mr. Haldeman "has a great attitude about the sport and focuses on the JV kids as much as the varsity wrestlers."

Mr. Haldeman recognizes that there is "a significant amount of returning talent" in this year's team, but also sees great room for improvement. Mr. Haldeman said that his goal for this season is "to come out with solid technique foundation and [to

encourage] a desire to work hard during [the season as well as] off-season, rather than working for a ranking or a title."

When asked about future prospects, varsity wrestler Javier Baretto '13 confidently said, "We're definitely going to make some noise at New England's this year, and I expect to see some Loomis guys at Prep Nationals." Harris also envisions a bright future for Loomis's wrestling program, saying, "Every year I wrestled at Loomis, the coach would leave for a different program. I want a coach to settle down and coach the team. You can't have a different coach come in every year and expect to have a good program. We need a good and stable coach, and I think Coach Haldeman will be the one to help the program."

With great prospects for this season and many more to come, we welcome Coach Haldeman to the Island and to the varsity and junior varsity wrestling programs.

The concussion: More than just a headache

SPORTS OPINION BY JENNY LI '14
Staff Writer

Seeing a 6'1" man, weighing over 200 pounds, sprinting full speed, attempting to catch a short check-down pass, Deon Grant rushed to stop him, but ended up colliding, head on, into his opponent's midsection.

"I've seen stars. I have come to think it's normal," said the New York Giants safety as he sat dazed in the locker room. According to NFL procedure, he was immediately given a concussion test consisting of a balance test, orientation test, word test, and a physical check of any symptoms of double vision or nausea. Throughout the process, Grant continued to insist that he was fine and repeatedly said, "Let's go. Come on, we've got to get the defense back." Thankfully, the only response received was a simple and straightforward "no."

A few years ago, such arguments would have been heeded, and the player could start back on the field immediately. However, today, finally, the NFL is taking additional precautions against head injuries because of the devastating effects of concussions.

Concussion precautions aren't just taken in pro-

fessional sports. Posters hang on the walls in Olcott, athletic trainers teach about warnings signs during Fitness and Wellness classes, and many athletes witness or experience concussions firsthand.

But what exactly is a concussion?

A concussion is caused by a bump or blow, on either the head or the body, that results in the brain moving rapidly inside the skull, altering its normal functions. Signs and symptoms include: headaches, nausea, fatigue, confusion, memory problems, sleep disturbances, and mood changes. These signs usually occur immediately after the injury, but some might not appear for many weeks.

Concussions are more dangerous for children and teenagers than for adults because their nascent brains are still developing. Compared to college athletes', recovery time, high school athletes' recovery time from a sports concussion is usually much longer. Also, the risk of getting a second concussion is three times greater when the athlete sustained a concussion during his or her high school years. Furthermore, a second concussion's occurring before the full recovery of the first concussion can have serious and far-reaching consequences. Correct identification and treatment of a head injury is vital.

Recently, a 16-year-old high school football player, Ridge Barden, passed away due to a severe head injury. The event engendered much debate concerning helmets and the belief that teenagers tend to use helmets as weapons instead of as protective gear. Although helmets do reduce the impact, severe collisions can still harm the brain via the helmet.

While most concussions stem from sports collisions, non-contact sports and daily activities can also cause brain injuries.

Deon Grant is not the only NFL player who refused to give in to a concussion. Another famous incident involved Tom McHale, an NFL player from 1987 to 1995. Suffering from chronic traumatic encephalopathy (CTE), a brain disease caused by repeated head trauma, McHale was covert about his multiple concussions. His recent death from drug and alcohol overdose due to unclear thoughts stimulated many new reports and studies.

Another famous football player diagnosed with CTE who died under unusual circumstances is Justin Strzelczyk, who passed away in a car accident due to hallucinations.

Similarly, Derek Boogaard, a famous NHL player, suffered and died from CTE at the age of 28. His haunting story grabbed the attention of numerous

medical organizations, causing them to investigate and test other hockey players for the disease.

The symptoms of CTE are similar to those of Alzheimer's disease: confusion, dizziness, headaches and a loss of focus. Since CTE is caused by multiple concussions, the most effective way to prevent CTE is to treat the previous concussions and prevent further ones from occurring.

Many students refuse to report their concussions out of fear of missing important sporting events or being terrified of facing their coaches' wrath. However, it is essential to report concussions. After one is diagnosed with a concussion, the brain needs rest to recover. This 'rest' should not involve playing video games or tweeting, but rather consist of complete non-stimulation of the brain.

Due to the hard-hitting nature of many sports, completely preventing concussions may not be possible for most athletes. However, not reporting a head collision is unacceptable. The NFL's neglect of the severity of concussions has proved to be fatal. However, a concussion diagnosis is not the end of the world. Take the time off and catch up on some rest; it is better to miss a few games than sit on the sidelines for the rest of your life.