

# Loomis Chaffee Log

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## MIND OVER MATTER



Graphic by Anh Nguyen '17

How should we navigate this year's vague all-school theme, "MIND OVER MATTER?"

Every year, the all-school theme encourages students to stretch the "Loomis bubble" and think critically about day to day occurrences — from the environmental implications of flipping a light switch to the media we consume on Twitter. This year, the school theme was first alluded to in our puzzling all-school read, *The Little Prince*. During the first weeks of school, the administration has presented the theme in a narrow sense, raising eyebrows. *Is it really that effective to have the junior class do yoga in the quad? Are the talks on de-stressing stressful? Is mindfulness limited to stress relief?* Given the emphasis on alleviating the stress we cannot eliminate, it is too easy to dismiss the mantra rather than seriously investing in it.

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### SEPTEMBER EDITORS' PICKS

NEWS: PELICAN VACATION

OP-ED: SENIORITY SPIRIT

SPORTS: THE NFL PREVIEW

MELANGE: SUMMER WITHDRAWAL?

### WRITING CENTER TO OPEN IN EARLY OCTOBER

Akash Chadalavada '18 | News Editor

Writing, the bane of many a Loomis student, is a fiery crucible that can either make or break a grade. For that exact reason, a new studio designed to help students with all forms of writing is in the works. The new Writing Studio, which will share a space with what is currently the Kravis Center for Excellence in Teaching, has been specifically designed to help students with writing assignments for any department. The Studio is a brainchild of the Writing Initiative Think Tank and Advisory Committee, which in turn is headed by teachers from both humanities and STEM subjects: Sally Knight, Karen Parsons, Jessica Hsieh, Phyllis Grinspan, Liz Bucceri, Jackson Fleming, Geoff Silver, Tim Helfrich, and Scott MacClintic.

The Studio will open in early October and will be staffed by faculty members from all departments in order to provide writing aid for students of all subjects. When it opens in early October, the Studio will be open during evening study hall (7:30pm to 9:45pm) on Mondays, Tuesdays, and Thursdays, as well as during the last period of every day. However, the schedule is malleable: as staffing in the Studio increases, the duration of school-time operation is also set to increase.

Aside from answering specific questions concerning grammar, clarity, or any of the other numerous nuances that accompany writing, the Studio is also expected to serve as a sounding board to help clarify and refine ideas. According to Sally Knight, the director, "[The Studio] will be a place for people to sit and talk ... [to] help clarify their thoughts." So, it is not simply a one-stop editing station, but rather a place where one can receive help on all forms of assignments. Students will even be able to go to the Writing Studio for help on the simplest homework assignments, not just on major essays and assessments. Eventually, the Studio aims to stay open all day.

In addition, the Studio aims to make available short lessons to help teach fundamental grammar techniques and basic mechanics for those that need review. After some time, the studio may eventually be staffed, like the QRC, by honors students.

### SETTLING ON THE ISLAND

After a week of jet-lagged nerves in New York, I arrived at Loomis for the first time as a new member of the community, trying in vain to find a parking spot in the humid crest of a late August heat wave.

My move-in was relatively brief, thanks to the kind assistance of my new roommate and his family, and I was soon hustled off to orientation. After all the ball passing name-games, handshakes, and endless trudging, I was exhausted but excited. Though my teary farewell to my parents and to the life I'd left behind still haunts me to this day, the same excitement is what helped me most while managing the price of change.

(continued on page 9)

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# WHERE DO OUR PELICANS FLOCK OVER THE SUMMER?



Graphic by Claudia Liu '17

**"In Mozambique, her interactions with the local villages and people taught her priceless lessons."**

## SARAH GYURINA '18

This summer, Sarah travelled to South Africa, Mozambique, and Swaziland, through a company called Bold Earth. Visiting South Africa's Kruger National Park and Hluhluwe-Imfolozi Park, she was thrilled to see a burgeoning diversity of animal populations that ranged from "hippos, crocodiles, and cape buffaloes" to big cats like "leopards and tigers." In Mozambique, her interactions with the local villages and people taught her priceless lessons. While painting houses, fences, and schoolhouses of different villages, Sarah was able to pick up some of Mozambique's native language and play soccer with the children. She realized that "it doesn't take much to be honestly happy." Sarah's trip to "Africa was completely out of [her] comfort zone." She remarks, that is probably why it turned into a "once-in-a-lifetime opportunity." Beginning with a desire "to gain perspective of the world that we all share," her experience culminated to teach her something that she can relate to life at Loomis: "I realized that I shouldn't complain nearly as much as I had before; we live with so many unnecessary things in our life, always complaining about wanting more."

## HUY PHAM '17

Huy and his project over the summer with Lighthouse Vietnam serve to remind us of the school's emphasis on work for the common good. Lighthouse Vietnam, founded by Huy and his two other friends, is an organization that "goes to blind schools and centers in the suburbs of Ho Chi Minh City and teaches music, English, and math to the students there." In December of 2015, he met a blind musician named Dong (Đông in Vietnamese) during Lighthouse's Christmas charity concert. Huy continued to keep in touch with Dong, and finally, this summer, they met to "talk about [Dong's] life and his struggles as a blind person living independently." Dong's stories of the "struggles [he faced] as a blind musician" and his admirable "courage to lead an independent life as an ordinary person" served as the inspiration for the creation of Huy's photo book dedicated to Dong. His book captures the "hidden struggles and lack of opportunities" for the blind and his hopes to "find a way to make the community around him more accessible for blind people and others in general." After publishing both Braille and normal versions, the photo book was distributed locally to the schools and centers that Lighthouse Vietnam visits, thereby spreading hope, joy, and optimism to those who share similar struggles.



Photo courtesy of Huy Pham '17

## ANNA ESSICK '18

For Anna, summer flew by, packed with trips abroad and projects at home. With her family, she first traveled to Paris where she learned to "live like a local." Taking the "public water taxi" and "cooking classes" that taught how to make local food were just a few of the ways she immersed herself within the French culture. Stopping to help a homeless woman was her most memorable experience. Anna recounts: "[The woman] was hunched over and looked very elderly. When I touched her on the shoulder to see if she wanted some food, she flinched and looked up with eyes full of fear. I realized that she actually wasn't as old as I first thought. I was shocked to see she was probably only a few years older than I." She saw first-hand the unimaginable extent of impact that simple acts "of kindness with a smile and some food" can have on those who need. Back home, her successful babysitting operation amounted to "\$3,000" by the end of the summer. Instead of keeping the money for herself, however, Anna decided to fund the trips of two friends: "one who is going to India [for] humanitarian work, and ... another girl who is going to Sicily ... to work with refugees." Throughout the summer, she found ways to "do humanitarian work" by small acts of kindness and "help[ing] others [travel abroad] and reach their goals." "Experience[ing] a [foreign] culture" and "broadening [her] understanding of the world" taught and inspired within her the power of taking action with compassion.

## JEEWON SHIN '17

Jeewon went to Cambodia to learn more about fair trade, one of her interests, firsthand. Traveling with the Cambodian YMCA and Cafe Timor, a fair trade coffee shop in Korea, she traversed through Mondulkiri Province, engaged with small scale fair trade coffee farmers and visited large non-fair trade coffee producers. "Fair trade means a lot of different ideals such as the promotion of gender equality in workplaces/farms, no child labor and constant fixed income for the farmers, so that their incomes and consequently their standard of living is not solely dependent on the ever fluctuating market shares," says Jeewon. She recounts that when she conversed with a 15-year-old child worker, she was disheartened to see younger children deprived of education and saw fair trade as a potential solution to prevent child labor in some developing countries. "I learned the importance of gratitude, that many of the children I saw at the non-fair trade coffee plantations were indeed teenagers, just like me and you, yet had no opportunity to attend school," said Jeewon. Hoping to bring fair trade goods on campus, especially tea, chocolate, and coffee products in dining services and bookstores, Jeewon looks forward to promoting a sense of social responsibility and carrying forward the benefits of fair trade.



Photo courtesy of Jeewon Shin '17

## ROSIE PARK '18

This summer, Rosie attended the Biological and Biomedical Science session at the Yale Young Global Scholars program in New Haven, CT. She had the opportunity to engage with Yale professors, graduate and undergraduate students, and most of all "talented, brilliant young students from 90 different countries." According to Rosie, her fellow YYGS-ers all shared the same enthusiasm for biology and had the motivation and the positive outlook to turn their ideas into reality. One of the most memorable moments of Rosie's experience was listening to her peers' Ted talks about key moments in their lives. Rosie was especially inspired by stories about how a simple rope made an impact in improving the safety of working conditions at a rural village in China and how an Indian female student helped to reduce discrimination against women's impurity and dirtiness during menstrual cycles. Hoping to carry forth the motivation she gained at YYGS, Rosie plans to use this motivation to push herself to become more involved in clubs and other activities. She also looks forward to holding information sessions for prospective candidates.



# PELICAN DAY REPLACES SATURDAY CLASSES

Allen Park '18 | Features Editor



Photos by Timothy Eng '17

The long and tedious weeks with Saturday classes are over. The infamous Saturday class has been replaced with Pelican Day. While the concept may still seem confusing to both returning and new students, Mr. Donegan, dean of sophomores and Pelican Day administrator assures that, “[the administration is] trying to be very creative and try to do a combination or balance between fun activities but also some educational activities.” This past Saturday, Loomis held its first Pelican Day in which students from each class were involved in a variety of activities.

“[THE ADMINISTRATION IS] TRYING TO BE VERY CREATIVE AND TO DO A COMBINATION OR BALANCE BETWEEN FUN ACTIVITIES BUT ALSO SOME EDUCATIONAL ACTIVITIES.”

The freshmen travelled to Simsbury, Connecticut and hiked to the Heublein Tower in hopes of bonding and becoming closer as a class. Buses departed at 8 AM and arrived back on campus by lunchtime. Students from the local area of Simsbury were able to demonstrate their knowledge of their town while first-time visitors of Simsbury were awed by the view from the tower. Alexa Valadez '20 said, “It was actually fun...it was...maybe a little bit later in the day, that'd be better, because then I'm not waking up that early.”

The sophomores further developed their understanding of the school theme, mind over matter, through various activities such as but not limited to canoeing, hiking, biking, fishing, and photography. Students of the sophomore class were taught by group leaders how to maintain a healthy mental and physical lifestyle through appreciating nature. Lucy Shao '19 attests to the success of the program: “I had a stress-relieving walk along the river with my photography group and interacted with nature using my camera...[the experience was] fresh and energetic.”

The juniors participated in a variety of exercises to help them understand the concepts of meditation and de-stressing, starting with a lecture from Sharon Gutterman, founder of Mindful Wow! in Hubbard. Students were first asked to think carefully about what makes them stressed and then to participate in an exercise regarding edamame beans where they had to think, smell, and feel the bean

before consuming it. From there, students were asked to walk in silence to Olcott gym in a single file line. While in Olcott, the students were asked to lie down flat on the gym floor, close their eyes, and think about what feelings they had when they were thinking about certain aspects of their body. The juniors' final exercise happened in the Quad where Gutterman led a few “yoga” exercises in which she required them to stretch and breathe in a mindful way. The seniors had the opportunity to participate in optional sessions to help them in their college applica-

THE JUNIORS PARTICIPATED IN A VARIETY OF EXERCISES TO HELP THEM UNDERSTAND THE CONCEPTS OF MEDITATION AND DE-STRESSING, STARTING WITH A LECTURE FROM

SHARON GUTTERMAN, FOUNDER OF MINDFUL WOW! IN HUBBARD.

tion processes and in arranging visits to the colleges of their choice. Application and essay workshops were held in Gilchrist and seminars in writing supplemental essays and college interviews/visits were held in Clark. While many seniors took advantage of the morning sessions, some seniors enjoyed their optional day of seminars by catching up on sleep.

Members of the scheduling committee had stated that thoughts on decreasing the frequency of Saturday classes or getting rid of them entirely had been circulating for a while now. They have stated that surveys and models of other schools

“[Pelican Day] seems like a good idea but [Loomis] is sort of forcing us to wake up early again.”

have proven that Saturday classes were not necessarily beneficial to the students. While many students were content with the activities they were required to do, some students have questioned the effectiveness of Pelican Day. Sophomore Benjamin Shani said Pelican Day “seems like a good idea but [Loomis] is sort of forcing us to wake up early again.” He also suggested that Pelican Day would be better if it started at 11 am. With mixed emotions, we have yet to see what our future Pelican Days have in store for us.

## STUDENTS COMMEMORATE 9/11 IN WINDSOR TOWN GREEN



Photo by Anh Nguyen '17

Akash Chadalavada '18 | News Editor

Fifteen years after three hijacked airplanes crashed into the World Trade Center and the Pentagon, three thousand paper bags surrounded the Windsor Town Green, mourning, glowing. As darkness falls upon the mourning crowd with the dusk, the glowing sticks inside the paperbags joined to form a yellow river of starlight, illuminated three thousand names that remind us of the loss of innocent lives on September 11, 2001.

This past weekend, resilience and strength of the human spirit prevailed when residents of Windsor and Loomis students gathered to commemorate the tragedy that transpired 15 years ago. Numerous Pelicans walked to town and attended the ceremony to pay respect to those who were killed on the day of 9/11 and show support to friends who had lost someone close. Mr. Fred Kuo, Loomis's Director of Experiential Learning, was invited to share his father's story with the community during the ceremony. This valuable ceremony brought its benefits by expressing events that most of the students only heard about and never truly experienced. “The ceremony truly opened my eyes because it's different just hearing the number of people who passed away, as opposed to actually seeing physical representation of the people who lost their lives,” said Amaiya Parker '18. Despite the fact that close to none of the current Loomis students can remember what actually transpired that day, there are Pelicans who still grieve over a personal loss they suffered in those attacks. It is crucial that we all lend our support to help those who still grieve.

Regardless of age and experience, residents of Windsor poured out their support to commemorate all who were lost that day -- the brave men and women who sacrificed their lives to help others, the ordinary people caught in the attack -- to those who still mourn their loved ones today. As junior Ayana Kelly said, “Students from elementary to high schools decorated a bag in homage to the people who died, and I thought that was very kind considering how long ago it happened. Kids who are young enough to not have even been born during the time happened still learn about [9/11] and respect the fallen.” However, to many, this shared unity should not just last for one day. Reflecting on the heartfelt speech that he delivered during the ceremony and elucidating the message that he tried to impart, Mr. Kuo said, “When you look at men and women for others, when you look at ‘common good’ and when you look at [one's] ‘best self,’ they are really the same thing. So I'm hoping that our students took away that connection. [Coming together] is something we need to be doing every day, not just when Orlando happens, when the Brussels happens, or when 9/11 happens, or Sandy Hook.”

Bigotry, hatred, and vengeance were pushed away in this ceremony and countered with love and forgiveness. “[The ceremony] is not about getting angry at what the guilty have done; it's about remembering people who have lost their lives because of these horrible events, said junior Timothy Ryan-Liss. In remembrance of 9/11, our collective memory is passed on, but our vision of community and resilience lives on.



# SENIORITY: A CONTROVERSIAL TOPIC

Justine Baird '17 | Staff Writer

Finally earning my spot as a rightful senior on the Island, I have seen a fair share of senior classes pass before me. And, with those senior classes progressively going on to bigger and better things, from the legendary Class of 2014 to the diverse Class of 2016, Loomis is consistently left with decisions to make and changes to be discussed. One of these changes, taking a personal toll on the Class of 2017, is the new stigma around seniority and its traditions on campus. Before I jump into a gushing piece about seniority, it may be helpful to describe what it entails. Seniority, defined by Merriam Webster as a privileged status attained by length of continuous service, comes with, obviously, your senior year as a Pelican — it's the nature of the word. Every class looks forward to when this word is rightfully theirs, from the beginning of freshman year until the very last day of junior year.

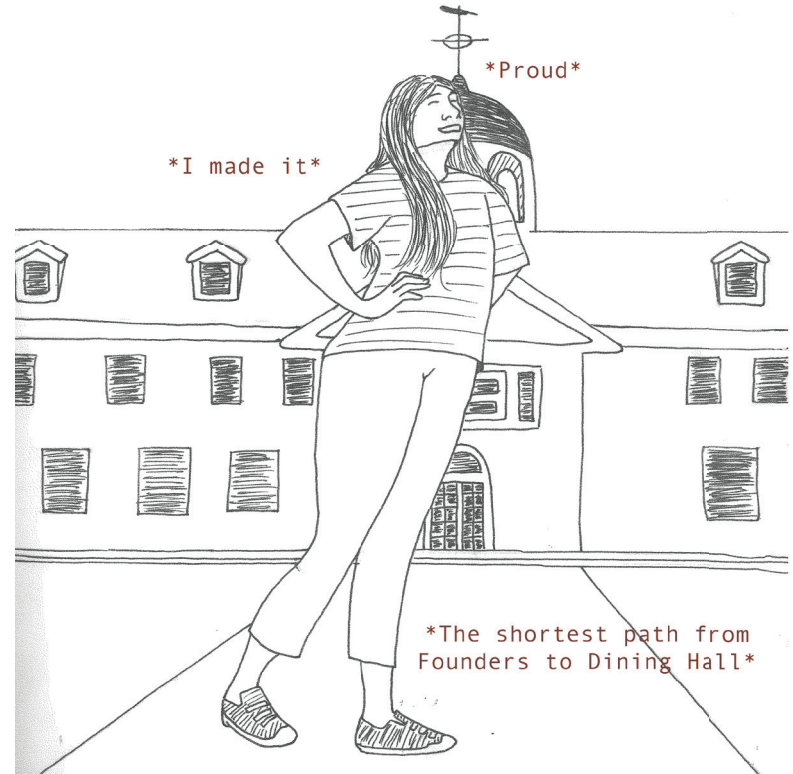
According to the deans and faculty on campus, however, seniority “does not exist” on campus. There is no such thing as a senior lot or the senior seats during Convocation. Yet, clearly, the seniors disagree, passionately urging people to remember the tradition of waiting your turn. Subjectively, I can understand why the deans have decided to tackle this issue. With the hopes of creating a welcoming and equal community, the mere idea of seniors exercising slight power does not sit well. One thing could lead to another and the seniors may really cause some trouble with a junior in the senior lot or a freshman in the senior seats during Convocation. But, I want to take a minute to emphasize the inclusivity that the Class of 2017 has already put into place, whether we like it or not. The upperclassmen dining hall is now booming with sophomores, for example, whereas my sophomore year, the closest I got to the upperclassmen dining hall was the toaster

“You’ll understand when it’s finally your turn to walk down and sit on the path”

by the doorway. Honestly, seniors wouldn't even care if the juniors took a couple seats on the senior side during Convocation, as long as we all can fit. Something just isn't right when the seniors have to move to the

freshman side because juniors took their seats. While the deans may say seniority should not exist, we all still get that bad taste in our mouths upon the disrespect of seniority.

This new trending topic among the faculty and deans has really stimulated new stir within the student body, especially the seniors. Now, I will be the first to admit that the senior class may have overreacted slightly to these announcements. World War III is not upon us, so we could calm down a little. But, there is reason to be upset. We have been with this school through the thick and thin of our academic, athletic, and social careers in high school. We have sat through the most Convocations, class meetings, and boring weekends. So, haven't we earned a little priority? Moreover, what I believe to be the driving factor behind the Class of 2017's frustration is differences already present since we were freshman with the Class of 2014. This class, a dynamic group of great and inspiring people, withheld the seniority with strict balance — no freshmen in the upperclassmen dining hall, only seniors in the gravel lot, and only seniors sitting with seniors at Convocation. And, we respected it! We respected them and their traditions, and we still talk about how incredible of a class they were. Just because seniority may not be the



SAGE SUTTON-HALL '18 FOR THE LOOMIS CHAFFEE LOG

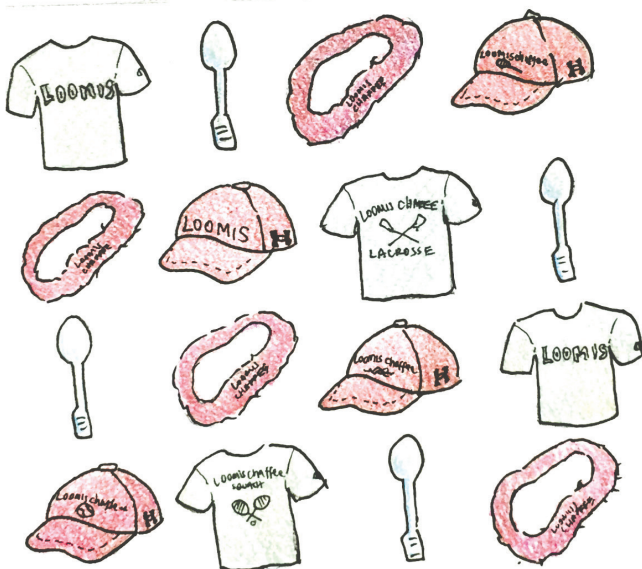
most inclusive, doesn't mean the school fears the seniors.

Furthermore, as a four-year senior, I would like to urge the student body to respect the senior class for their dedication and time with the school. We have been here since 2013! We deserve respect because we have worked for it. Running dorms, clubs, athletic teams, the seniors care about you all and the school we all attend. We do not want any of you to genuinely fear talking to us because that's not what we stand for. Instead, we stand as an example of Loomis's role in our lives and what Loomis can do for you over the course of four years. So, out of respect for the time we have spent here, please respect our polite requests to wait your turn to park in the gravel lot or sit on the left during Convocation.

Finally, I'd like to end on the topic of the Senior Path. Deans and seniors both agree that this tradition, long-standing at Loomis and still legitimate, still stands. So, if your schedule says anything but Grade 12 along the top, stay off the path. It's not that hard. You'll understand when it's finally your turn to walk down and sit on the path. It's an indescribable feeling, unique to a senior walking down the Senior Path for the first time. Loomis has nothing else like it, so wait, and the first time will be that much more special.

# SCHOOL SPIRIT: DO WE NEED MORE?

Aidan Murphy '18 | Staff Writer



TRACY KUO '18 FOR THE LOOMIS CHAFFEE LOG

Posters adorned along the hallways, banners wreathed over dorm balconies, an overwhelming sense of passion and loyalty perpetuated our eager campus. Alumni, faculty and students alike await a day full of competition, sportsmanship and inevitable Loomis Chaffee victories. Nothing short of a tornado could quell the unprecedented anticipation and enthusiasm for the day's activities. For on that fateful Saturday in November, as the sun traverses

over the meadows and a cool, light breeze refreshes those on the turf, the entire Loomis community unites under a common, unyielding sentiment. Beat Kent. The annual rivalry games against Kent, sensibly titled “Kent Day” brought about a day full of showmanship, and more importantly, an incomparable sense of school spirit. Yet following the eventual dissolution of Kent Day and an organized rival, I am afraid the revered and storied Pelican Pride may fade into obscurity alongside it if nothing is done.

Arguably, the identity of Loomis depends on the habitual fulfillment of those fortunate enough to attend. While often times considered negligible, an individual student's pride in Loomis creates a more cordial, welcoming and inclusive environment for all community members. When Kent Day was contested it was circled on the calendar months prior. Hours and hours of planning, year after year of the passing of the spoon and the bowl, and suddenly, everything stops. No football game. No Kent Day. And unfortunately, a waning sense of School Spirit. For the seniors who experienced Kent Day first hand during their freshman year, they detail a shared appreciation for what occurred. Senior and

lifelong faculty kid Graham Struthers laments, “School Spirit used to go beyond just wearing a Loomis Chaffee t-shirt. It was an emotional pride and deep connection we had with our school”. Graham's aforementioned thoughts convey an imperative argument towards creating an instinctual joy in calling Loomis your home. Regardless, this idealistic rhetoric benefits no one without action, which begs the question: How can Loomis improve its school spirit?

Understandably, it is unreasonable to assume this significant transformation in approachability can materialize overnight. Consequently, the route to destigmatizing the school's preconceptions must be a series of baby steps. Firstly, in order to foster a welcoming, inclusive environment for all students, each community member must abide by his or her presumptive role along the Loomis Chaffee journey. From a four year senior to a new freshman, everyone plays a unique, yet invaluable role in our school's persona. I urge all freshmen and others who are unfamiliar with the student section and more broadly campus life to seek out an upperclassmen, be it a prefect, a teammate or a classmate to give you some more insights to the great opportunities that are offered here. In turn, seniors, it is your duty to make everybody comfortable and ready to cheer on the respective teams. Lastly, LCAA. The recently formed organization's main goal and purpose is to improve school spirit in all facets of student life. In past years, the noticeable lack of a true student section leader hindered the potential of some of the games and created a boisterous brouhaha amongst the bleachers. Often times these fracas and chirps, however trivial and frivolous they may appear, require justifiable disciplinary action by the deans. To prevent such an occurrence this upcoming year, those incidents must be addressed. You can be just as loud and rowdy without any negative comments, remarks or cheers.

Your years here at Loomis are limited. For freshman, you have four years to create something momentous, an unforeseen pride in Loomis and the altruistic values that we, as a community, value; Remember to promote your best self and serve the common good. On the contrary, seniors have one final year to ride out their high school life, a year to take the reigns, to be leaders, and to have fun. Ultimately, regardless if you have one or four or two or even five years left, 2017 will soon be upon us, and collectively as a school, we have the ability to produce a new generation at Loomis, a new era even. We all have four years to be here, four years to make an impact, four years to leave a legacy. You just have to buy in. Everyone must buy in. Without question, most of my fondest memories from my years here will be with my classmates, along some dilapidated bleachers, cheering and screaming until my vocal chords can no longer. And that is what consistently draws people back; the unforeseen friendship, the loyalty, the passion, the camaraderie. School Spirit is what distinguishes an amazing school from a good school. I just hope Loomis is ready to make that jump.



# IS LOOMIS DIVERSE ENOUGH?

Ivy Nguyen '18 | Contributor



Graphic by Anh Nguyen '17

To my amazement, Loomis Chaffee's diversity was quite different from what I had expected. I will start with the facts. Loomis Chaffee, with 675 students representing 30 states and 40 countries, creates a community that values diversity by establishing a student body composed of students from all around the United States and over the world. However, when I first set foot in the Loomis dining hall as a new junior, the busy scene was far from what I was looking forward to. Although it has yet been a month, I could feel the undeniable effort that the school has made to include its international students, from orientations to cultural outburst. Although these programs provide international students with opportunities to get to know other fellow international students, the degree of exposure these international students receive is minimal — after all, international students make up only 17% of the entire student body. The limited chances to meet with diverse groups of people are mainly through classes and clubs, and despite these given opportunities, I wondered whose responsibility it may be to establish relationships among different groups of people.

Now that it has been several weeks, it is not surprising for me to walk into the Loomis Chaffee dining hall to see a table of solely international students or American athletes. Although Loomis Chaffee is known for its inclusive community, isn't it ironic to see the lack of diversity even at dinner tables? But before making any hasty conclusion, it is essential to think about the underlying reasons. Some may claim that certain international students tend to be more introverted and shy compared to domestic students. However, I believe the difference in culture between international students and domestic students act as barrier for connecting on a intimate level. Afterall, we didn't grow up watching the same cartoons, listening to the same songs, or learning the same stories. Being aware of these differences can easily trigger hesitation. I believe that the only way for our school to be truly diverse is for us students to make a difference. Forget about the intimidation; forget about the differences. Walk with a new classmate to class and ask her about Canadian hockey, or ask a friend to teach you how to bake all-American apple pie on a Saturday. Building an inclusive community is not in the hands of the institution; it is within the student body's free will to help establish it.

## EATING HEALTHY IN LOOMIS DINING HALL: IS IT POSSIBLE?



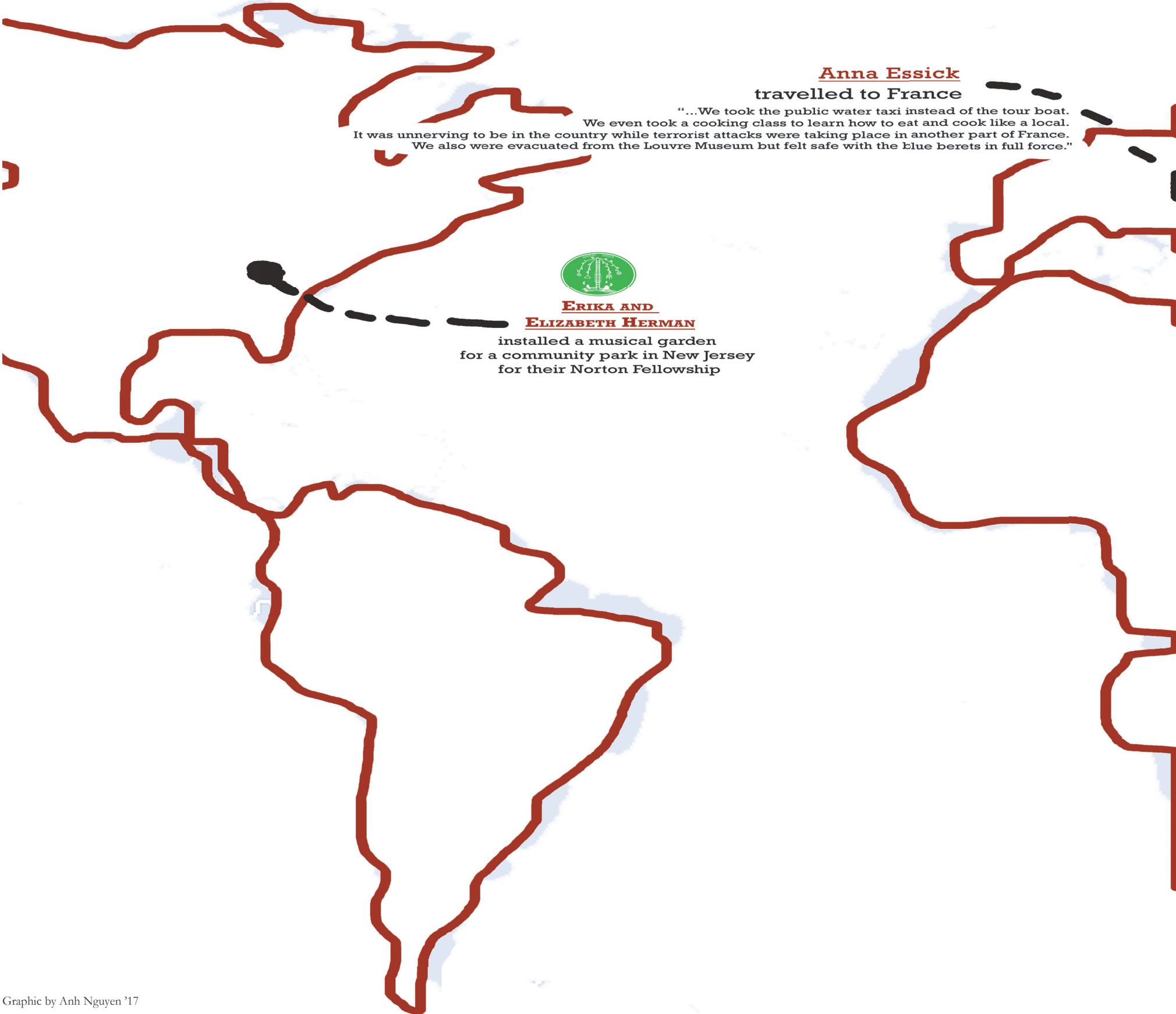
Photos by Anh Nguyen '17

Siyeon Kim '17 | Staff Writer

After my junior year, I was ecstatic about summer vacation and freedom. Despite such high expectations, my first few weeks of summer vacation turned out to be lethargic, unsatisfactory, and unproductive. First, I conjectured that I had narcolepsy because I was constantly tired: I had to sleep more than 10 hours a day, and even after that, I still had to take a nap at some point during the day. I was almost certain that there was something wrong with me. When I begged my mother to bring me to the nearest hospital to get a check up, she looked at me quite perplexed, merely consoling me, "You look perfectly fine, honey." While I did look deceptively healthy, I was shocked when my doctor diagnosed me with... Malnutrition. Could it be possible for a middle-class girl currently attending a prestigious boarding school in the U.S. to be malnourished? I thought that in the United States, in the holy land of burger and BBQ, I'd certainly get all the nutrition that I needed. Looking back, my diet at Loomis was a mess. Due to excessive stress during the AP week at the end of my junior year, I had refused to leave my room because I thought going to the dining hall seemed like a waste of my precious time and effort. Instead, I lived off of granola bars, chocolate, and other convenient but unhealthy foods. The few times I went to the dining hall were when my favor-

ite foods – mac and cheese, tater tots, and quesadillas – were on the menu, and during lunch periods, I always gravitated towards the pizza station to avoid the enormous line of the hot meal section that went out the doors. Little did I realize I was degrading my own health with choices that I was making. Truth is, we, as "owners" of our own bodies, are responsible for our own health. Although Aramark is mainly responsible for serving the students with a wide array of food from high protein to fiber to carbs, it is also our job to make the right decisions for the benefit of our own health. Rather than grabbing whatever dish seems satisfying for our unhealthy inner desire, we should make a conscious extra effort to completely satisfy our nutritional needs. If you are grabbing pizza during lunch, place some vegetables on the side to maintain balance. Add some bananas to your yogurt for breakfast. Take extra steps to the salad station to replace saturated fat items with poly-saturated food, like chickpeas. Making healthy choices is a part of growing up. Without our parents (or should I say the direct supervisors) to give us a balanced meal, we need to make better decisions in the dining hall to be energized throughout the year and quite literally to survive.





**Anna Essick**  
travelled to France

"...We took the public water taxi instead of the tour boat.  
We even took a cooking class to learn how to eat and cook like a local.  
It was unnerving to be in the country while terrorist attacks were taking place in another part of France.  
We also were evacuated from the Louvre Museum but felt safe with the blue berets in full force."



**ERIKA AND**  
**ELIZABETH HERMAN**

installed a musical garden  
for a community park in New Jersey  
for their Norton Fellowship

Graphic by Anh Nguyen '17

Photo by Jeewon Shin '17

# WHERE Do Pelica







**Jeewon Shin**

travelled to Cambodia

"Aside from the educational aspect of learning about fair trade, I learned the importance of gratitude, that many of the children I saw at the non-fair trade coffee plantations were indeed teenagers, just like me and you, yet had no opportunity to attend school."

**Dmitry Ananiev**

went to Syria to assist the UN shelter for refugees

**Huy Pham**

published a Braille photobook for the blind lead the Lighthouse organization

"Through both Lighthouse and the photobook project, I learned more about the struggles and the lives of blind people. I learned more about their hidden struggles and about the lack of opportunities to fit in with the rest of society they have to suffer."



**Sarah Gyurina**

travelled to South Africa, Mozambique, and Swaziland.

"We saw an abundance of animals on our safaris at Kruger National Park and Hluhluwe iMifozu- hippos, crocodiles, giraffes, elephants, cape buffalo, leopard, and tigers! We also snorkeled with whale sharks and manta rays in Mozambique."



Graphic by Claudia Liu '17

# ans Flock Over SUMMER?

We asked some of our fellow Pelicans where they have been, and what they have done to stay busy over the summer...





# Loomis Chaffee Log

FOUNDED 1915

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The Loomis Chaffee Log is Loomis Chaffee's official student newspaper. We can be found online at [www.thelclog.org](http://www.thelclog.org), and we can be contacted via email at [log@loomis.org](mailto: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

# MIND OVER MATTER

## HERE AND BEYOND

### LOOMIS STUDENTS LIVE IN A BUBBLE.

For many of us, living on a beautiful campus surrounded by rivers, woods and meadows also means that our only connections to society become news articles, text messages, pictures, and videos online. While we initially came to this Island to carry forth the Founders' dream — to achieve our best selves and the common good — many of us fall into the abyss of endless tasks and responsibilities that overwhelm us with stress and competition in the Loomis world. Exhausted, we might feel less willing to reach out, less conscious of the world around us. Perhaps we have forgotten why we came here.

Have we lost track of the pursuit of our best selves and the greater common good of society in this beautiful, stressful, and isolated bubble? Possibly. But we can reach beyond the limits of this bubble by not only prioritizing wellness and personal growth, but also engaging ourselves with critical issues and events occurring in the outer world. In other words, we should be more mindful of our presence on both a personal and social level.

#### Mindful Inside: Why and How

According to the American Psychological Association, mindfulness represents the "moment to moment" awareness of the present and of our behaviors. As a practice of understanding our connections to the world, mindfulness allows individuals to focus on the "mind," one's will power and purpose, over "matter," the results. Such mentality is vital for busy Loomis students who are pressed by an invisible hand to get good grades, to get into a prestigious college, to compete with their peers and succeed in extracurricular activities, rather than acknowledging their personal and intellectual growth from the educational experience. By employing the practice of mindfulness, such as recognizing merits and foibles of ourselves, we can focus on what is important in the long run and appreciate what we obtain from our successes and failures.

Additionally, understanding the application of our knowledge in real life situations would help develop a genuine motivation for learning rather than just "getting good grades" and focusing on the "matter." It is crucial that we understand why we are learning these subjects. After all, we use the knowledge gained in the classroom to solve real challenges in the world and achieve our best selves. For example, when learning about bacteria identification in microbiology class, we need to focus not only on getting an A on a test but also on understanding the significance of such tests in the real world — for instance, diagnosing and preventing foodborne illness. With a purpose that serves something bigger than ourselves, burnout can be replaced with renewed motivation to serve others and contribute to the common good.

#### Mindful Outside: Be an Aware Citizen

While it is certainly important to look introspectively, mindfulness stretches beyond focusing on one's own growth. Its applications extend to the world around us, and it is critical for us to understand these broader implementations. In order to become good citizens and serve the common good, we have the responsibility to learn from our classmates and teachers and to engage in thoughtful discussions of social and political issues that affect crucial decisions in our society. In order to engage in these conversations, we must first develop sufficient knowledge of our community and of the world. For example, if we have no knowledge of the economic and technical contribution of immigrant workers in the United States, we will not be able to form an educated stance on immigration policies in the face of overwhelming xenophobia and nativism.

More importantly, our diverse community reflects, to a certain degree, different parts of the real world. Although key issues such as air pollution in China and police brutality against African Americans may not directly impact our lives at Loomis, these issues directly affect the wide varieties of communities where our students come from. Being mindful of different cultural and socioeconomic backgrounds of community members allows us to be inclusive of different people at Loomis and help us recognize and fix potential issues at our own school. For instance, learning about the rape case of the former Stanford swimmer and the frighteningly high rate of sexual assaults in American colleges allows us to have productive conversations on preventing sexual misconduct on campus and providing students with more accessible support.

However, since we live and learn in a relatively isolated and sheltered "Island," it is more difficult for us to interact with communities beyond the Loomis bubble. Therefore, as students and global citizens, we must put even more effort into becoming mindful of events occurring in the greater world. We can gain a better understanding of policy debates in the U.S. and other countries by frequently reading a variety of news sources such as the New York Times and The Washington Journal, publications that the school provides free subscriptions to.

#### What Should the Administration Do?

To help foster mindfulness of events outside the Loomis bubble, the administration should more explicitly extend the definition of mindfulness so that it is not limited to de-stressing and self-meditation. Currently, activities related to the all school theme "mindfulness" seem to focus narrowly on introspection and relaxation, with little mention of awareness of one's connection with the world. Instead, mandatory activities surrounding the school theme should also prioritize raising social mindfulness by incorporating activities such as the Alvord Center of Global Studies' salon on foreign policy in election season and the Norton Fellowship that fosters student engagement in political discussions and local community.

Remaining mindful throughout life allows us to see the world as it really is and participate in ameliorating contemporary social issues as educated and aware citizens. Although locally we find ourselves isolated and overwhelmed by stress, seeking out a holistic perspective allows us to strive to promote the common good and bring out our best selves, truly achieving what our Founders had always dreamed of.



# TEACHING AFTER UNIVERSITY

Eugene Kim '18 | Staff Writer

PHOTOS BY ANH NGUYEN '17 AND JAMIE LEE '17 FOR THE LOOMIS CHAFFEE LOG

When someone types "Loomis Chaffee" into Google, the following words show up:

**"LOOMIS CHAFFEE IS AN INDEPENDENT, CO-EDUCATIONAL, COLLEGE PREPARATORY BOARDING AND DAY SCHOOL FOR GRADES 9-12 LOCATED IN WINDSOR, CONNECTICUT"**

Many consider boarding school to be an additional four years of college right before the real thing. And it is undeniable truth that Loomis is a school very similar to a small-sized college, and to some, may resemble a college more than it does a high school. Nevertheless, we are still a "college preparatory school" - just like any other high school. Joining us this year at Loomis are more than 20 new faculty members, working in various parts of our school. Some are alumni coming back to the Island to teach, some are coming from other prep schools, and some are coming to Loomis after teaching at some of the most prestigious colleges in the nation. Those faculty members include Dr. Erica Gerace and Mrs. Clare Parker Fischer in the science department, and Dr. Ben Fischer and Mr. Hudson Harper in the math department. Below are a set of five questions that they answered themselves, and hopefully, this will serve as a way for the Loomis community to get to know them better.

- 1: How did you first hear about Loomis Chaffee? What was your first impression of the school when you first set foot on campus?
- 2: A week of classes has passed. What do you think the biggest similarities between teaching at colleges and teaching here are? Biggest differences?
- 3: Looking ahead at the year as a whole, do you have any expectations?



## DR. ERICA GERACE

DR. ERICA GERACE was born in Vermont before moving to Dayton, Ohio. She attended Purdue University, where she majored in Biology, and Harvard Medical School, where she studied genetics and epigenetics. She lived in Melbourne, Australia for three years before returning to the States to teach at the Department of Biology at Georgetown University.

1 As a Midwesterner, boarding schools were not something I had any knowledge about or experience with in any context. When I realized that I wanted to make a career shift to working with younger students, I began to explore the possibilities in the boarding school world. I didn't find Loomis Chaffee, but Loomis Chaffee found me, and when it did, I was struck by two things - the sense of community and the rich opportunities provided to students. First, I was pleasantly surprised by the LC community - students, faculty and staff alike. Everyone seemed to be very supportive and focused on the wellbeing of the group as a whole. I was also very impressed with the opportunities for students. I can speak specifically for my field, science, and know that the classes and research opportunities at Loomis Chaffee are very advanced and unique compared to other schools of this caliber.

2 I'll start with the differences, which are mainly logistical such as class size, pacing and schedule. I used to teach large classes with up to 170 students. I would lecture a few days a week on two giant screens in a setting where students do not often actively participate in class. Even though the class setup is very different at LC, the students are similar, highly motivated and interested, and I feel that I can still teach my subjects at a near college level and I can bring new science to the classroom. I also have a handful of students working with me on Guided Research Projects, and we are conducting novel experiments for an authentic research project connecting immunology and neurodegenerative disease, which allows me to actively engage in research and mentor students in the lab like I used to at the college level.

3 That's a tough question! I think my expectation for the year is to find my groove in the community and be able to give in all of the ways I can, including in my expected roles as a colleague, teacher, coach, and advisor, but also in small ways through supportive conversation and listening. My expectations for the students is that I hope they can slow down and appreciate their time here, and that they stop by and say hi - I am happy to chat about college life, navigating future endeavors, or just about anything else.



## HUDSON HARPER

MR. HUDSON HARPER has a master's degree in mathematics from Boston University, where he also taught different undergraduate classes, including Calculus for the Life and Social Sciences to Number Theory. More personally, he hails from the South and loves any sport that involves a flying disc.

1 I heard about Loomis Chaffee through Carney, Sandoe, & Assoc., a firm that works with independent schools to place teachers. I loved how beautiful the campus was when I came for my interview, and I felt at home because of the friendliness of everyone on campus. I could tell that the community was very open and welcoming.

2 One thing that Loomis has in common with colleges is the level of achievement and independence that's expected of the students. Teaching at both levels is similar in that I have to help foster those two things. It's different coming from a larger university in that classes are more intimate and there's the time and space to have more one on one engagement. This allows me to be there to support the students in their journey to discover the math for themselves.

3 This year I expect a lot of discovery and surprising revelations. This goes for both the students and me. I teach for the aha moments and the excitement it brings. Obviously I want to see my students have these epiphanies, but there's a lot that I hope to learn about teaching in a high school.

Last year, Dr. John Morrell joined us from Vanderbilt University as the new head of the English department, and now that he has been here for a year after teaching for many years in the college scene, I asked him for a word of advice for the new faculty. His words are as follows:

"One of the great advantages of teaching in a high school environment is the opportunity for consistent and sustained classroom contact over the course of the year. The students I have met at Loomis Chaffee have been remarkable in their enthusiasm for ideas, and I would encourage new teachers to make the most of this setting by working to build a collaborative classroom community. When students have the support and structure to engage critically with one another, the classroom can become an inspiring space for inquiry and growth."

## SETTLING ON THE ISLAND

(continued from the front page)

Every year, sweating in summer's last hurrah, students and faculty polish off their new abodes. The suitcases are stowed away in dusty, forgettable places for the year and all of the hundreds of creased cardboard boxes eventually find their way to the recycling corral. With that, they finish the easiest part of moving in. To arrange personal belongings in a room will take hours or even the whole day, but for most, turning a dorm into a home and making batch of strangers into neighbors comes with time. In the words of Garret Keough, a Taylor PG, "not one thing in particular [has eased my transition]. Walking around seeing different people and learn[ing] about the campus ... the little things like where to go for food and favorite places to be."



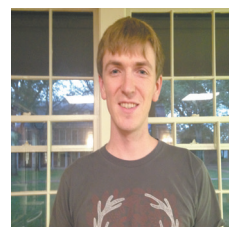
## MRS. CLARE PARKER FISCHER

Originally from Albuquerque, New Mexico, CLAIRE PARKER FISCHER attended Reed College to study biology. She was a part of the Tufts University Biology Program, where she discovered her love of teaching. She is currently working on her doctorate and hopes to finish her dissertation soon.

1 Ben (Fischer, my husband) was just finishing up his doctorate and looking for teaching positions in academia when his colleague, Hudson Harper, told him about this great position he was just offered, and would Ben like to apply, as there was another math position open. I came down from Boston with him to see the school and talk to the science department about teaching part time while I finished my dissertation if Ben got the job. My first impression was that Loomis is a lot like Reed College! It has the same brick architecture and the same open spaces, with room for ponds and water birds. From the first time we spoke to anyone, Loomis has been an incredibly warm and welcoming place.

2 I would say that the content of what I want to teach is very similar to what I have taught and enjoyed teaching at a college level, although we have a year to go through it instead of just a semester. In fact, later this term, we are going to do the exact same lab I used to teach to college freshmen! The biggest difference is that everyone's time is much more accounted for - including mine. I've been thinking about homework differently as well; I want homework time to be structured and productive, but not boring. I also see much more of my students, which is great! In a college class, you rarely know what any of your students do outside your class. I'm looking forward to seeing all the different things my students are interested in and excel at.

3 I expect there will be a learning curve ahead, and I'm probably going to hit some unexpected stumbling blocks. This is a busy term for me... it's surprising how much planning you can put into only one class! And even though I'd love to spend all my time on Loomis stuff, I really do need to get this thing written. I would love to get involved on campus. I hope to make some connections to students who are interested in the environment and conservation. I've got a bunch of thoughts for how we could use our beautiful campus!



## DR. BEN FISCHER

DR. BEN FISCHER grew up in a small town in Eastern Oregon and attended Reed College, where he met fellow new faculty member Clare Parker Fischer. He studied math at Reed and then attended graduate school at Boston University.

1 It was Mr. Harper, who I knew from Boston University, who notified me about the opening at Loomis Chaffee. I had not considered a boarding school before then, but I was intrigued by his impression of the students and the school's dedication to great teaching. I was pretty impressed when I first visited Loomis. In many ways, it felt a lot like my undergraduate college. Certainly when I was in high school I had no clue that a place like this existed. And it was refreshing to see so many people walking around with smiles on their faces - a big change from graduate school!

2 This is not true at every college, but most math classes at Boston University are quite large, often with more than 100 students. There's very little opportunity for face-to-face contact in that kind of environment. Also, it's hard to drum up much enthusiasm out of the students. Here, the students have so far been extremely engaged - I feel like I can push them a little further out of their comfort zone. They like to ask questions and test out their ideas. I've been very impressed!

3 I expect that this year will be as much a learning experience for me as for my students. There are so many great teachers here, and I'm eager to pick up lots of new tips.

Milton Lee '18 | News Editor

Fortunately, finding a place in the community is not as hard. "I think [the school] is very welcoming- everyone looks out for each other," says Mr. Dan Reed, a new faculty member. "People from [my] dorm, department, athletics," he continued, "all have offered very genuine advice." For everyone at the beginning of the year, the time tested Loomis saying, "get involved," has a notably greater value. "[It's] helped to interact with as many people as I could" explains Jeri Kim, a new sophomore. When trying to discover the intricacies of a new community, interaction with unfamiliar faces seems unavoidable at Loomis.

With an abundance of support available, from roommates to counselors, learning the ins and outs of the campus is often less than challenging, especially to those that make a genuine effort to find out about the different dynamics at play. Although a seamless transition is not always possible, like everything else in Loomis, effort will get you far.



# THE LOG'S

## NFL PREDICTIONS

Sam Goldfarb '18 | Sports Editor

NOTE: All statistics were found on espn.go.com.

After a long offseason, NFL games have finally returned to the national spotlight. With the kickoff of the regular season, now is the ideal time to predict which teams will be the most successful, surprising, and disappointing. Who will win each division? Which teams will compete for a Super Bowl trip? Which players will take the league by storm? Without further adieu, let's jump right into my NFL predictions, starting with the AFC divisions.

**I**n the AFC East, the New England Patriots will reign supreme for the eighth consecutive season. Although franchise quarterback Tom Brady is suspended for the first few games due to his reinstated "Deflategate" punishment, backup Jimmy Garoppolo has plenty of offensive weapons including elite tight end Rob Gronkowski and speedy receiver Julian Edelman. The Patriots also possess a top ten defense, featuring athletic linebacker Jamie Collins and solid safety Devin McCourty. Garoppolo understands the Patriots system, having backed up a future Hall-of-Famer for multiple seasons. Plus, the Patriots possess powerful weapons on both sides of the football. The Pats should win at least two games before Brady returns, and when the face of their franchise steps back out on the field, he will be angry, motivated, and very dominant.

The Pittsburgh Steelers will win their 22nd AFC North title. Antonio Brown is the best wide receiver in the league and an unstoppable weapon. DeAngelo Williams is quite capable of filling in for sidelined running back Le'Veon Bell, who is suspended for the first three games of this season due to a drug policy violation. Quarterback Ben Roethlisberger is still playing awfully well at age 34, and the Steelers offense is one of the league's best when he is healthy. On the defensive side of the ball, the Steelers have some serious firepower in linebackers James Harrison, Ryan Shazier, and Lawrence Timmons. My one concern with Pittsburgh is its mediocre secondary. None of the four starting members have recorded more than 4 interceptions in a season, and the Steelers were third worst in the league last year against the pass. The Steelers might get into a few shootouts this year, but I think that every other team in the AFC North is too flawed to win the division. The Steelers just need to find a way to stay healthy long enough to punch their ticket to the playoffs.

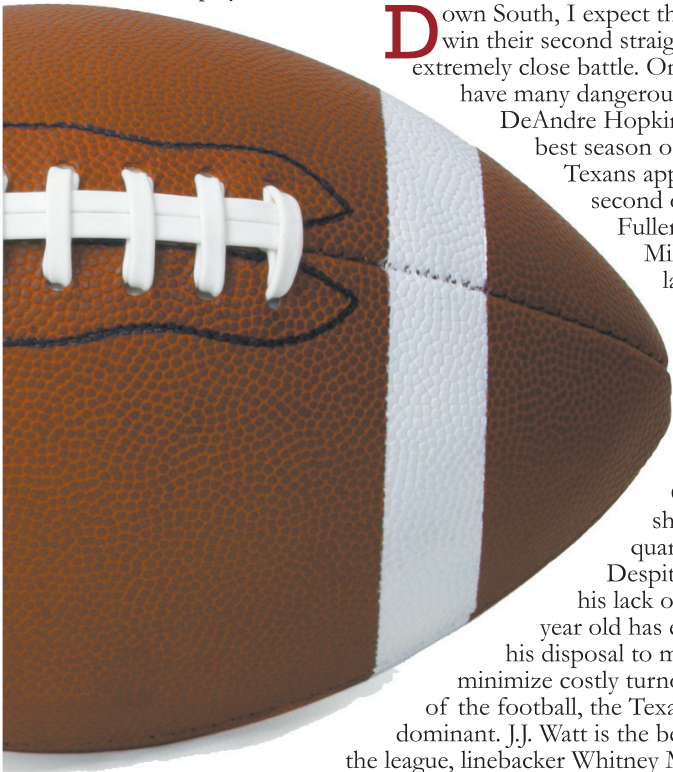


Photo by Anh Ngyuen '17

**D**own South, I expect the Houston Texans will win their second straight division title in an extremely close battle. On offense, the Texans have many dangerous pieces. Wide receiver DeAndre Hopkins is coming off the best season of his career, and the Texans appear to have a solid second option in rookie Will Fuller. Running back Lamar Miller will also play a large role; last year, as a member of the Miami Dolphins, he scored eight touchdowns. Quarterback Brock Osweiler, having defected from the reigning Super Bowl Champion Broncos, should be a competent quarterback this year.

Despite some concern about his lack of experience, the 25-year old has enough weapons at his disposal to manage the game and minimize costly turnovers. On the other side of the football, the Texans will be extremely dominant. J.J. Watt is the best defensive player in the league, linebacker Whitney Mercilus had 12.0 sacks last season, and cornerback Johnathan Joseph highlights a secondary that ranked third against the pass in 2015. If Brock Osweiler can utilize all of his offensive weapons properly, expect the Texans to win the AFC South and make some noise in January.

For the first time since 2010, the Kansas City Chiefs will finish the season atop the AFC West. Quarterback Alex Smith rarely makes ill-advised passes; since joining the Chiefs, he has not thrown more than seven interceptions in a season. However, over the course of his whole career, Smith has not thrown more than 23 passing touchdowns in one year. Smith will probably obliterate that number in 2016. Jeremy Maclin is an extremely talented wide receiver despite being injury prone, and Travis Kelce is one of the league's best pass-catching tight ends. Assuming that both stay healthy, Smith will have two quality aerial targets. With running back Jamaal Charles set to return within the next few weeks, the Chiefs offense should be firing on all cylinders. Kansas City's defense will be ranked in the top five yet again this season, despite the potential yearlong absence of linebacker Justin Houston (ACL issue). Last season, cancer survivor Eric Berry made the Pro Bowl as Safety, cornerback Marcus Peters intercepted 8 passes as a rookie, and linebacker Derrick Johnson did a little bit of everything, recording 116 combined tackles, 4.0 sacks, and 2 interceptions. If the Chiefs offense can stay healthy, most notably Jamaal Charles and Jeremy Maclin, expect to see Kansas City at home on Wild Card Weekend.

**N**ow, let's transition to the NFC divisions. The New York Giants will claim their first NFC East title in five years. Quarterback Eli Manning has improved his touchdown and interception numbers each season since 2013, and his former top receiving option is healthy for the first time since 2014. Victor Cruz returned from a broken leg in the season opener and scored a touchdown in his first game in nearly two years. Odell Beckham Jr. managed to follow up his spectacular 2014 season with an even better year in 2015; he improved in every major statistical category and proved that he is one of the best receivers in the league. The defense is also significantly better than it was last season. The front office signed defensive tackle Damon "Snacks" Harrison and cornerback Janoris Jenkins in the offseason. "Snacks" gives opposing offensive lines a difficult time, and Jenkins will add quality to a secondary that ranked last in the league last year. These two new additions, combined with defensive ends Oliver Vernon and Jason Pierre-Paul, transform the Giants defense from one of the worst in the league to a top-15 unit.

The Green Bay Packers will receive some competition from the Minnesota Vikings but will ultimately win yet another NFC North title. Aaron Rodgers ranks in the top three among current NFL quarterbacks, and without Jordy Nelson last year, he showed us all that he can still win games without his biggest weapon. However, the team has returned to full strength and looks better than ever. Jordy Nelson scored a touchdown in his first game in a year, and Randall Cobb is one of the best WR2s in the league. The addition of tight end Jared Cook will provide Rodgers with another reliable passing target. Eddie Lacy is also in shape to start the season; the running back reportedly has dealt with weight issues

in the past, but now he should be playing well on a more consistent basis. Green Bay's defense should be good enough to contend for the Super Bowl. The linebacker duo of Clay Matthews and Julius Peppers is plain scary, while the safety duo of Morgan Burnett and Ha Ha Clinton-Dix lead a secondary that ranked sixth against the pass last season. The Packers' roster looks extremely powerful this season; a Super Bowl trophy is certainly not out of reach.

The Carolina Panthers will win a weak NFC South division comfortably. Defending MVP Cam Newton cemented his position as best dual-threat quarterback in the league last season, passing for 35 touchdowns and rushing for 10. Newton will have difficulty replicating these numbers, but the offense looks even more powerful than it was last season. Wide receiver Kelvin Benjamin missed all of 2015 with an ACL tear after scoring nine touchdowns in 2014 but returned in week 1 and caught a touchdown pass. Benjamin was Newton's favorite target before the injury, and if week 1 is any indicator, these two teammates are still on the same page. Tight end Greg Olsen had the best season of his career last year, setting career highs in receiving yards and touchdowns. Running back Jonathan Stewart also played well last season, scoring seven total touchdowns and rushing for just under 1,000 yards. Cornerback Josh Norman may have left in the offseason and weakened the secondary, but the defense should still be talented enough for the Panthers to make plenty of noise in the NFC. Linebackers Luke Kuechly and Thomas Davis will be a nightmare for opposing offenses; both players can pick off passes, make crucial tackles, force fumbles, and sack the quarterback. Defensive tackle Kawann Short also led the team in sacks with 11.0. The defending NFC Champions still have a loaded roster but may be vulnerable against teams with elite wide receivers.

**O**ut west, the Arizona Cardinals will triumph for the second consecutive year. Larry Fitzgerald still has some serious game. The wide receiver caught two touchdowns in the week 1 loss against the Patriots, and was the only aerial target that gave New England's secondary major issues. However, the Cardinals do happen to have one of the deepest receiving units in the league, despite its quieter performance against the Pats. Michael Floyd and John Brown both had big 2015 seasons, with both of them hauling in 6 and 7 touchdowns, respectively. David Johnson, who tore up opposing defenses in the second half of last season, anchors the Arizona run game. Johnson rushed for 8 touchdowns and caught 4 last season, and he picked up right where he left off in week 1, rushing for 89 yards and a touchdown. Quarterback Carson Palmer also had the best year of his career last season. Palmer recorded new career-highs in yards (4,671) and touchdowns (35), while only throwing 11 interceptions. However, despite all of this offensive firepower, the scariest thing about the Cardinals is their defense. Safety Tyrann Mathieu and cornerback Patrick Peterson headline a secondary that can potentially challenge Seattle and Denver for best in the league, and Calais Campbell is a strong pass rusher. The Cardinals also traded for linebacker Chandler Jones in the offseason, who recorded 12.5 sacks last year in New England. The Cardinals have an effective offense and a lockdown defense. This team can beat anybody in the league.

**T**he four wild card teams will be the Denver Broncos (AFC), Cincinnati Bengals (AFC), Minnesota Vikings (NFC), and the Seattle Seahawks (NFC). Broncos quarterback Trevor Siemian may not be experienced, but he seemed confident against the Panthers in week 1 and can rely on C.J. Anderson and Demaryius Thomas to make plays. The Denver defense was also the best in the league last year, and Denver will be able to put its confidence in the likes of Von Miller and Chris Harris Jr. when the game is on the line. The Bengals have plenty of talent on the defensive side of the football, and when Vontaze Burfict returns from his three-game suspension, expect this unit to be devastating. On the offensive end, quarterback Andy Dalton can target elite receiver A.J. Green or give the ball to running back Jeremy Hill. The Vikings have a strong defense led by safety Harrison Smith, and while quarterback Sam Bradford may struggle in the Vikings offense, he can always hand the ball off to Adrian Peterson, arguably the NFL's top running back. Finally, the Seahawks will once again be extremely stingy on defense; Richard Sherman, Earl Thomas III, Kam Chancellor, Michael Bennett, and company will look to reclaim their title of best defense in the league. On offense, quarterback Russell Wilson will once again utilize his dual-threat ability to keep opposing defenses on their heels, and wide receiver Doug Baldwin will catch quite a few touchdown passes this year.

In the AFC Championship Game, the New England Patriots will face the Pittsburgh Steelers at Gillette Stadium. Antonio Brown will be a huge challenge for the Patriots secondary, and Big Ben will find "AB" for a touchdown or two. Le'Veon Bell will struggle to get a rhythm going, as Pats linebackers Jamie Collins and Dont'a Hightower will keep the

“...when the face of the [Patriots] franchise steps back out on the field, he will be **angry, motivated,** and very dominant.”

Steelers running back at bay. Meanwhile, on the other side of the football, Tom Brady will hit wide receivers Julian Edelman and Danny Amendola for medium-sized gains, and Rob Gronkowski will create all kinds of issues and mismatches for the Steelers defense. Both teams have high octane offenses, but the Steelers simply will not be able to match New England on the defensive side of the football.

In the NFC Championship Game, the Arizona Cardinals will take on the Carolina Panthers at University of Phoenix Stadium. David Johnson will struggle to run on Luke Kuechly and Thomas Davis, but Carson Palmer will instead focus on picking apart the young Carolina secondary with deep passes to Larry Fitzgerald and John Brown. On the other side of the football, Kelvin Benjamin and Ted Ginn Jr. will struggle to find space against the Arizona secondary, and Newton will be forced to call either hand the ball of to Jonathan Stewart, or try and run on the stingy Cardinals front seven. Carolina will simply run out of options, sending the Cardinals to Super Bowl LI.

**T**he stage is set: February 5, 2017. Reliant Stadium. Super Bowl LI. The NFC Champion Arizona Cardinals will take on the AFC Champion New England Patriots in a week 1 rematch. Tom Brady will try and find Rob Gronkowski early, but will quickly realize that the Cardinals will do everything in their power to shut him down. As a result, the 4-time Super Bowl Champion will start throwing to Julian Edelman and Danny Amendola, for smaller gains, burning large sums of clock in the process. Meanwhile, when the Patriots are on defense, they will not be able to contain Larry Fitzgerald, John Brown. Michael Floyd, and David Johnson at the same time. The Cardinals will prevail, because their defense will be able to come up with more defensive stops than the Patriots, allowing Arizona to win a high-scoring football game and capture the coveted Vince Lombardi Trophy.





# THE OLYMPIC LIFESTYLE:

## A TYPICAL ATHLETE'S TRAINING REGIMEN

Lauren Hinton '18 | *Sports Editor*

PHOTO COURTESY OF MADISON PERRY '17

*As 1930s track and field legend Jesse Owens portrayed, the essence of being an Olympian is a "lifetime of training for ten seconds." For many Olympians, the commitment to athletics began at a very young age. Keeping up with a workout schedule and adhering to a strict diet are just the beginnings of the demands of competing as an Olympic athlete.*

The average Olympian trains two to three times per day, using different methods and engaging in different types of activity. In the example of decathlete Ashton Eaton, he works to compete in and master ten different track and field disciplines. On a typical day of training, Eaton begins with sprinting and agility drills, coupled with a focus on one or two decathlon events. He also completes an additional running workout, balancing sprinting and distance to improve his performance in both the 100 and 1500 meter races. In the weight room, Eaton takes a circuit training approach with a heavy emphasis on plyometric work and explosive movements.

Volleyball player April Ross applies a similar plyometric focus to prepare herself for the diving and jumping of the volleyball sand. She trains twice daily, with a two-hour session on the sand and a two-hour session in the weight room. Her coach dictates a grueling workout that improves both her cardiovascular fitness and strength.

The vast majority of Olympic athletes get into the weight room on multiple occasions during the week. To energize their bodies throughout days with two or three training sessions to complete, athletes take extreme precaution to allow their bodies the proper fuel and nutrition.

Olympians most usually eat anywhere from 1,200 to 10,000 calories per day. A wrestler trying to maintain weight may fall on the lower side of the spectrum while a swimmer with long interval workouts may fall on the higher side. Most athletes do not constantly count calories but rather focus on the nutrients and energy provided by their diets.

Olympic athletes also snack throughout the day to prevent feelings of fatigue or hunger. Simone Biles commonly enjoys a banana with peanut butter for a dose of potassium while diver David Boudia crunches on carrots with hummus for the fiber and antioxidants. Smoothies are also a convenient and effective way to consume more fruits and vegetables. Boudia usually blends a breakfast smoothie of blueberries, strawberries, spinach, oats, and peanut butter powder. A popular smoothie recipe to prevent soreness consists of pomegranate juice, coconut milk, flax seed, frozen berries, and spinach.

Michael Phelps, the swimmer formally known as the 12,000 calorie dieter in 2008, has since reduced his daily intake to an amount he feels he really needs. He has increased his protein intake while lowering his consumption of carbohydrates. He used to devour an entire pizza every night.

Generally, most Olympians eat to feel full and energized. They choose lean proteins like chicken, fish, and beans and pass on simple carbohydrates and sugary beverages. Katie Ledecky usually has a lunch of salad with a double serving of chicken. Olympians also consume lots of whole grains like oats, quinoa, or brown rice as well as a wealth of fruits and vegetables. Triathlete and Rio gold medalist Gwen Jorgensen has a bowl of steel-cut oats with eggs every morning.

Hydration is the center of every athlete's daily routine. Proper hydration prevents injury and aids in muscle recovery. Most swimmers hydrate extensively to keep from cramping in the hardest moments of competition.

Olympians must have an unyielding mentality to reach their highest athletic potential. Many athletes have spoken about their method of finding drive and motivation. Katie Ledecky spurs herself on with simple positive reinforcement. April Ross drives ninety minutes every morning to get to the beach where she trains. She uses this time to find her proper mindset, listening to some old school rap on her trip. Runner Allyson Felix gets motivated to Beyonce during her warm-ups while swimmer Conor Dwyer likes to enjoy some country tunes as he lifts weights. Carli Lloyd, central midfielder for the US National team, finds her best mind space by visualizing the field, her teammates, and the demands of the game. The key to her mentality is starting the game completely prepared, knowing exactly what a successful individual and cohesive result will entail. She believes her success correlates directly with her positivity and faith in her own abilities.

The most common theme throughout the lives of Olympic athletes is the principle of balance. While finding balance athletically and in their workouts and diets, Olympians also balance their families and other responsibilities. Gold medalist swimmer Simone Manuel gets a pool workout early in the morning before her classes at Stanford start at 8:30. Every Saturday is night is Ryan Lochte's cheat dinner, a Domino's pizza and a box of Buffalo wings. The journey of Olympic athletes consists of many varying elements. Their simple decisions regarding diet, sleep, and recovery make enormous changes in their end product. Michael Phelps gathers that "If you want to be the best, you have to do things others aren't willing to do." He lives by this motto every single day.

# LONE STAR LOOMIS: VARSITY FOOTBALL TRAVELS TO TEXAS

Grace Dubay '17 | *Features Editor*

On September 9th, for the first time in program history, the Loomis Chaffee varsity football team made its way down to Houston, Texas to play a game against the Kinkaid School.

The Texas school's coach suggested the idea to head coach Chuck Reid while Mr. Reid was visiting a prospective postgraduate. While the coach admitted he thought playing the game would be a "long shot," Dr. Culbert praised the idea as a great experience for the students, as well as a way to bring a piece of the Island down to the Lone Star State.

The team left Loomis at the crack of dawn for Logan Airport, arriving in Houston at noon for practice. The group experienced some true Texas "Friday Night Lights" that evening when they watched a game between high schools Katy and Woodlands, an event which drew an astonishing crowd of 8,000 spectators.

The next day, the team visited the Space Center and prepared for their own 7:00 pm game against the Kinkaid School. Although the game was extremely close, the Pelicans fell to the Kinkaid Falcons 56-55.

Despite coming up short score-wise, the team still gained an invaluable experience. Playing outside of the players' usual Founders League routine brought the group closer

together and introduced them to a new level of play.

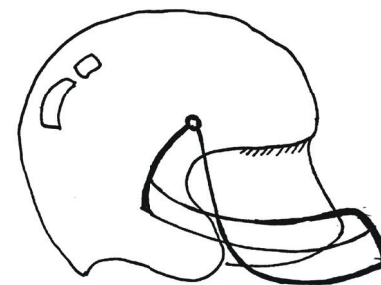
The team faced some criticism that the trip was a "waste of time and recourses," but two-year starting center Alex Rosenthal '17 begs to differ.

"During the trip to Houston we realized that we aren't just a football team, but rather that we are a family. It was more than just a game for us. It was an opportunity of a lifetime to represent our competitive New England Football league, our beloved school, and our devoted families," he said.

The experience benefited the program skill-wise, as the team became familiar with Texas football, which has arguably the best high school football in the country.

Head coach Chuck Reid said, "I do feel it is good to get out of your comfort zone and our ability to participate in this sort of event is great for the culture of the program. Stretching to play top flight competition is only going to make us stronger as a team and program."

When the Pelicans arrived back to the Island late Sunday night, they came back with a greater perspective, more skills, and a tighter bond.





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## WISHFUL KNOT



Photo by Louisa Gao '18

Louisa Gao '18 | Contributor

Mrs. Li stared at her husband with a soft gaze reflecting the 9 a.m. sunlight beaming through the window.

I pressed the shutter and recorded that heartfelt moment.

Ever since my grandfather stretched out the black and white film under the sun and pointed at the miniatures of myself when I was 6 years old, photography has become a part of my life. I carried my camera to the outskirts of Beijing to grab the trace of a shooting star; I walked around the Forbidden City after the first snow of winter to record its serenity; I captured laughter of my friends to freeze the precious moments of our friendship. The world talks to me through the tiny lens and makes me a

more mature observer.

Every Wednesday in winter since freshman year, I have visited the community service center in Windsor to play games and make crafts with elderly people. It always makes me happy to know that my time with them brings them happiness.

After I returned to Beijing during the summer of 2016, I decided to do something for elderly people in my hometown as well. So, I volunteered to take pictures of people in the Beijing Oriental Nursing Home. These residents have everything they need, but lack activities such as morning walks, socializing, Mahjong, and card games, so usually not much else is going on. I wanted to bring them somewhere fun by documenting and showing them their own lives in the nursing home with photos. I brought

my camera to life while observing a conversation among a group of elderly people, and listened to an old gentleman singing pop songs from the Mao era.

Half a month later, I printed my pictures and gave a copy to each of the people I photographed. My pictures disrupted the monotonous cycles their lives had become by bringing laughter and tears to all of them.

One day, I was taking photos in the yard, and a lady in green with half-silver hair walked towards me with her husband in a wheelchair. Under the 95-degree heat, she was struggling to push the chair. I squatted on the sidewalk and took a picture. She noticed me and shook my hands after learning that I was a community service volunteer.

(continued on [www.thelclog.org](http://www.thelclog.org))

## HOW TO COPE WITH

## HOMESICKNESS

Jeewon Shin '17 | Mélange Editor

It is no surprise that homesickness pecks at our heartstrings for many of the pelican community here at Loomis Chaffee. One might say that this instinct stems from the myth of the pelican, when in times of desperate hunger the mother pelican would feed her young from her own heart... Just kidding!

All the morbidity aside, many returners know all too well the lingeringly strange or sometimes overpowering pervasion of homesickness. Somedays you want to crawl up next to your chihuahua, who may or may not be the spawn of the devil, only to discover the comforting ball of fur no longer pees in excitement when you open the door after coming back from school. Instead, all you have is a sad stuffed bear sitting on your unmade bed. Enough of the lamenting because you deserve a list.

1. Live. Laugh. Love. The basics. (cue eyeroll)
2. Eat some Domino's (use your coupons if ordering online; get those lavacakes!!).

3. Keep busy!! Get involved on campus, socialize with people

4. Have a designated "lazy hour" at least once every two days; roll in the depths of your bed (Adele would approve), watch some Netflix (give Hulu a chance too though) or get hypnotized by the spiralling gifs of Tumblr.

5. FaceTime the rents (Do it. For real. They miss you, and let's be real you do too.)

FaceTime your long distance best friend and your dog and his/her dog

Talk to others!!!! Join a homesickness cult (kidding). But really, talk to people; it really helps if you open up and rant about it.

6. Sleep.

7. Realize you are not alone! Cry if you must. (Watch those really soppy commercials like the Extra gum love story or turn on a really sad song)

8. Take a breath here and there, but do realize that life ultimately goes on and that "this, too, shall pass" (regardless of what Gandalf has said).

## LOG

## RHYTHMS

by Sarah Gyurina '18 and Benben Singhasaneh '18

SWEET DREAMS, TN - THE LAST SHADOW PUPPETS

DANG! (FT. ANDERSON PARK) - MAC MILLER

SHE'S THE PRETTIEST GIRL AT THE PARTY... - FRANKIERO AND THE CELLABRATION

CAROLINE - ANIME

PROJECTION - PNR - BTM

SELF CONTROL - FRANK OCEAN

WITH YOU - DRAKE, PARTYNEXTDOOR

LIMBO DISTRICT - YEESH

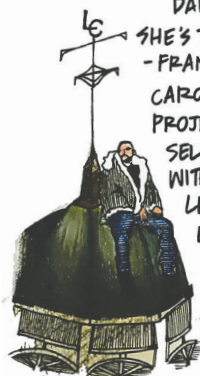
LUV - TORY LANEZ

TREEHOUSE - PIN

ROSES - WKE CHRISTOPHER

WAT'S WRONG (FT. ZACARI &amp; KENDRICK LAMAR)

SO SAD, SO SAD - VARISTY



## DAY STUDENT BACKPACK AND OTHER COMMON PROBLEMS

Liam Scott '19 | Staff Writer



Graphic by Anh Nguyen '17

“What sports do you play?”  
“Varisty weight-lifting all year”

Although it might seem like day students have it easier by living at home, that is quite untrue. We all have struggles, obviously, but after you read this article you will probably agree that day students have more struggles than it might seem.

I would like to begin with the infamous day student backpack. Nearly every day student has it, unless you have a really nice boarder friend who lets you leave your stuff in their room. For those who don't know, day student backpack is the result of carrying all of your books and things around all day because there is no time to go all the way to the locker room. It is probably one of the biggest identifiers of being a day student; however, please note: boarders from Longman are also known to potentially have day student backpack. This struggle is so real that sometimes I, and probably many others, can't fit all of our things in our bag, so we have to carry stuff as well. I have all of my classes on one day per cycle and will probably be seen carrying a massive backpack and holding my math textbook. Sometimes my clarinet is even thrown in for good measure. In short, day student backpack directly correlates to the struggle that is being a day student.

Furthermore, day students simply get less sleep than boarders. It all starts with having to wake up earlier. I personally wake up at 5:45. I technically don't have to wake up quite so early, but it's a necessity to watch Grey's Anatomy every day, so 5:45 it is. Regardless of our TV habits, a lot of day student wake up between 6-6:30. Most of my boarder friends, however, wake up around 7:30, or even 8.

There is then of the course the commute, which is a completely other struggle in and of itself. It takes me about 20-30 minutes to get to school every day, and that isn't far off from the average commute time. And if there is, for example, a major accident and you're late to school, there is not much you can do about it. I suppose we should have just foreseen the accident and left home earlier... There are of course perks of "van life," such as the rare van-wide deep chat and quickly doing

the homework that you forgot to do the night before. Van life also makes you a lot less uncomfortable with sleeping in public places. The downsides, however, such as the strange music that van drivers tend to play and the extremely difficult task that is exiting a van (the difficulty of this egression is on par with the difficulty of my math class) makes van life rather undesirable. Anyway, back to sleep deficiency. We then have to drive home after school, which means we start homework later and consequently go to bed later than boarders.

More conceptually, Loomis is less of a home for day students. It's of course a home for all of us, but I think that because we don't actually live on campus we might feel less welcome or "at home." A friend once said two things that really resonated with me regarding this specific topic. First is that boarders notice more about Loomis. They know the ins and outs of the school, much better than a day student could, resulting in Loomis feeling more like a home for them. Secondly, day students have to try harder to have friends. Boarders live with their friends all of the time, and are bound to become much closer with them than the day student friends who they see much less. We don't experience this dorm life, or many other things because we are day students. For example, (although it is popularly disliked) day students are excluded from family style, and really all other dorm activities. This can make day students feel left out, and just aggrandizes the divide between day students and boarders that produces a disjointed community.

And lastly, as day students we are always expected to bring our boarder friends things like Starbucks and Dunkin Donuts. This is a large amount of pressure on the much smaller day student population.

Yes, we all have struggles, and I am not trying to disparage the boarder struggles, like the fact that most boarders go weeks or months without seeing their families or the stricter rules that they must comply with. It's just that day student struggles (although smaller) are often overlooked.

## 7 SIGNS THAT YOU'RE EXPERIENCING VACATION WITHDRAWAL

Robert Lotreck (+Wang) '18 | Mélange Editor



Graphic by Anh Nguyen '17

1. You're constantly looking at those Instagram-worthy vacation pictures you have.

After dozens of cheesy smiles, sorority squats, and group huddles, you've filled your phone up with all the pictures you've taken (or been in) from the summer. As great as these are, all they do now is painfully remind you of the fun things you won't be able to do for another nine months.

2. Alarm clock? What is that?

For most of us, summer consists of late nights with friends, or Netflix (mostly Netflix though) followed by sleeping in as much as you want. Having to wake up for 8:30 classes is quite a drastic change, especially for those of us who became nocturnal over the last three months.

3. Staring at the endless stream of assignments in your planbook, all you want to do is press pause and take a sip of your soda.

Just a few weeks ago, the only thing you needed to do was make sure sand doesn't get in your food, and now you're forced to find the derivative of something you didn't even know existed. This isn't just a slap in the face, it's more of a punch in the throat.

4. You always seem to be running late.

10 minutes between classes? It takes me eight of those minutes just to get up from my desk, and now I have to get from Founders to Chaffee faster than the legal posted speed limit would allow.

5. What day is it again?

Monday? Wenderday? Huh? When there's nothing to do, all the days seem to mush together like backyard BBQ potato salad. I didn't even know school started on a Tuesday until four days later on the first weekend.

6. Wait, I actually have to get dressed now?

One of the nicest things about summer is being able to wear whatever you want; however, I took that liberty a little too far. When there was nowhere to go throughout the week, sometimes I wasn't even sure if I changed clothes. At the end of August, I could probably count the loads of laundry I did on one hand.

- 6.5. You have no motivation to finish anything