

Fresh Advice: What I Wish I'd Known

by Charlotte Weiner '13

As I reflect back on the beginning of my freshman year at Concord Academy, I remember a time filled with both excitement and a hint of apprehension. Now entering my sophomore year, I am aware of many aspects of CA that might have assuaged my previous anxiety.

First off, there is no need to worry about food. As you will soon discover, students do not go hungry; food is available at least five times a day. In addition to the three meals, there is break from 10:00-10:15 in the Stu-Fac during which you can find cake, pastries, fruit, and drinks. These refreshments are usually set out around 9:30, so if you have first period free, arrive early for the best selection. After school, snacks are also served around 2:50 in the Stu-Fac. For those with a sweet tooth, candy is available throughout the day in David Rost's office.

The Stu-Fac is CA's cafeteria. Without too much effort, you can enjoy delicious meals in this on-campus eatery. Pasta is an easy food to grab as it is always available for lunch, but after a few weeks of eating it you might feel ready for a change. If you spend enough time looking around and are ready to spend a couple minutes making a meal, there is an abundance of options from which you can choose. Branch out and make hot sandwiches with the panini makers, fried rice or sautéed vegetables with the grills, or help yourself to some hot soup or prepared wraps.

To fully enjoy your culinary creations, sit in the freshman pit. The pit, the sunken portion of the dining area, is where freshmen traditionally sit in the Stu-Fac. It is a great place to meet other freshman, and there will almost always be other students with whom you can eat. Be sure to clean up after yourself!

After eating countless meals in the Stu-Fac, the food might begin to feel repetitive. Do not worry because there are many places to find food off campus. During a free period or after school, chose from a wide variety of stores ranging from Cumberland Farms (affectionately know as "Cumbies") to Main Street Café, Starbucks, and Bedford Farms. Be sure to spend time discovering all of the food options around extended campus.

Although students are relatively free to roam on and off campus, remember that there are two places at CA where you should

not walk. The first is the quad, the large grass area surrounded by the main school buildings. Although it is a favorite place to hang out, play, or relax during warm weather, do not cut across it. Additionally, do not walk on the small, stone stairs across from the chapel. These are the senior steps, and walking down them might incur the wrath of otherwise friendly seniors.

The building across from the senior steps, the Chapel, is where the seniors give talks to the CA community three times a week. While in this building, make sure to remember Chapel etiquette. As great as chapels are, do not applaud or talk. However, during musical or other types of performances, you may express your support by whistling. Food and drinks are prohibited in the Chapel.

Once seniors give their chapels, students may choose to post what they read on CABBS, the Concord Academy Bulletin Board System. All announcements, from the important to the more trivial, are posted on CABBS. Become familiar with this email system, and remember to check it regularly. This online resource has many helpful assets, from providing a way to contact teachers and students through both email and instant messaging, to checking teachers' schedules to figure out when they are available to meet outside of class.

Teachers at CA want you to succeed, and they will make themselves available both in person and through email. Don't be afraid to take up their offers for help or other guidance sooner rather than later. Although most of their advice will concern academics, they are also a great resource concerning other topics.

Do not be afraid to explore new extracurriculars. Even if you have not tried a certain activity in the past, your freshman year is a great time to begin. If you have any uncertainty about your candidacy for extracurricular activities like sports teams or a theatre show, just remember that many kids are trying it for the first time as well. Not only are these activities a lot of fun and a great way to spend time with your classmates, but they might also spark a passion that you could continue to pursue over the next four years.

Finally, remember that there are many other students in your position. Be sure to be outgoing during orientation, and feel free to ask for advice, directions, or help from teachers, upper classmen or other classmates once the school year begins.

Academics 101

by Scott Berkley '12

Most students come to CA for its academics, but adjusting to the CA workload and academic commitment as a whole can be daunting. Most freshmen take five "majors," made up of biology, two semester-long history classes, Freshman English, math and a language course. Every teacher is different, but some learning strategies hold true no matter who you have.

Biology: Many entering students have some grounding in biology, which all freshmen are required to take as a year course. As with most freshman classes, biology is focused less on the technicalities of science and math and more on the scientific process and learning to think critically. Much of the work involves writing on specific processes and concepts in biology, with individual assignments alternating between textbook readings and "applied questions," which

involve combining knowledge of the current topic into coherent paragraphs. The class is hands-on and highly engaging, with subject matter ranging from the ethics of genetic modification to plant cross-pollination. The course requires flexibility more than anything else – the homework load can vary greatly, so make sure to leave enough time for longer assignments.

History: All freshmen are required to take Early Modern Europe and (per CA's recommendation) another semester-long history elective. All students write a full-length research paper during the spring semester, meaning that students should take the class they are most interested in during the spring, be that EME or one of the other electives. Though nightly reading assignments may appear trivial, they provide fundamental grounding in the material; you must read them if you wish to perform well on tests.

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The Cheese Shop is a great place to find afternoon snacks.
photo courtesy of talkingtree.com

A Guide to Concord Eateries

by Dan Weiner '11

Depending on the quality of food at your middle school, the idea of eating meals in the Stu-Fac for the next few years is either thrilling, terrifying, or somewhere in between. Regardless, there will be moments during your time at CA when you want a change from the meals that the school provides. The town of Concord holds the solution to this dilemma: many fine eateries. The following is a guide to local stores that will feed you from morning to night.

A Second Breakfast

By the time first period arrives, you will already have eaten breakfast (or at least, you should have), either at home or in the Stu-Fac. However, the prospect of conquering a full day of classes and activities might still be too daunting without the fortification of another morning meal. If you have first period free, you are a perfect candidate for a second breakfast.

Option #1: Dunkin Donuts

Estimated walk time: 6 minutes.

Location: Uptown.

Cost: \$

This is a perfect spot for your daily dose of caffeine and munchkins. Recommended pastry: Cinnamon raisin bagel twist.

Option #2: Sally Ann's

Estimated walk time: 3 minutes

Location: Downtown

Cost: \$

This quaint bakery turns out fresh pastries and bread throughout the morning. Their items sell out quickly, so be sure to get there early for the best selection. Recommended pastry: Sticky bun.

Lux Lunch

Most days, you will have a class during the lunch period. This means that you have about half an hour to eat lunch, so I would recommend eating in the Stu-Fac. However, if you have an urge to eat out, this block of time is enough for a quick lunch out. If you have no class during this block, you will have plenty of time for something more elaborate.

Option #1: Sorrento's

Estimated walk time: 5 minutes

Location: Uptown

Cost: \$\$

This brick-oven pizzeria serves the best pizza around CA. One slice of Sorrento's pizza is what one would normally consider two slice. Recommended pizza variety: Suzie's favorite

Option #2: Main Street Market and Café

Estimated walk time: 4 minutes

Location: Downtown

Cost: \$\$\$

Main Street is a pleasant, small café that serves three meals a day. For lunch, try their wraps, sandwiches, and baked goods. Recommended wrap: Pineapple curry chicken salad.

Sweet Treat

After a long day of classes and activities, sometimes you will need a boost to get you through the hours of work ahead.

Option #1: Bedford Farms

Estimated walk time: 5 minutes

Location: Uptown

Cost: \$\$

Bedford Farms, located next to the train tracks, serves up the best ice cream in Concord. Their portions are quite generous, so unless you plan on fasting for the foreseeable future, order a small cone. Be sure to branch out from your standard ice cream flavors and try their unique creations listed on the chalkboard above the door. Recommended creation: Green monster and coffee frappe.

Option #2: Priscilla's

Estimated walk time: 5 minutes

Location: Downtown

Cost: \$\$

This quaint candy store carries the highest-quality confectionaries in Concord. From multi-colored jellybeans to homemade chocolates, you will be reminded where the expression "kid in a candy store" comes from. Recommended treat: Candied peach slices.

Afternoon Snack

If you desire a snack more substantial than candy and ice cream, look no further than these two gourmet establishments.

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Academics

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In addition, pay attention to diagrams (such as timelines) that your teacher may provide, as they synthesize the required knowledge well.

English: Freshmen spend the first semester of their CA experience making their way through *The Odyssey*, using essays and discussions to dissect the classic text. Second semester is more varied, containing Shakespeare, classic Victorian literature and a unit on the sonnet. For many students, the increased quantity of work and intensity of Freshman English can be a difficult adjustment; make sure to budget plenty of time for long writing assignments, and don't get over-stressed about errors or failures early on – that's the point of the class.

Math: The placement test all new students completed last spring determines which math course they will take. As with language classes, students may move up or down in class during the initial weeks of school. This has less to do with competition or elitism as it does with making sure that the CA learning experience is challenging, but enjoyable at the same time. Your class may seem frustratingly slow- or fast-paced at first, given that entering students have learned different amounts of math to date, but the

problem generally remedies itself with time or a conversation with your teacher.

Languages: Students are placed into classes of their respective languages due to previous experience or lack thereof. Those in level-one classes are not expected to have any experience with the language; though some students do, it's not reason to worry. All classes are conducted in "full immersion," which can be daunting at first, but yields massive benefits in fluency further along. Language classes can have a steep learning curve – hard work is the best way to succeed and proficiency in the initial month of learning tons of new material. Most importantly, don't neglect specific practice such as listening exercises.

More than anything else, the best thing freshmen can learn to do is to have fun and to love learning. More so than paragraphing, knowledge of the human respiratory system, or verb conjugations, a desire to proceed in the process of gaining knowledge is an invaluable resource for a successful career at CA. If one values each class discussion, each homework assignment, and each test, not for the glory of a grade or any recognition, but for its imparted learning, freshman year and the rest of your time at CA will be enjoyable.

CA Arts: A New Window to the World

by Josh Suneby '11

With 73 performing and visual arts courses offered and a culture that values creativity, CA is a great environment for students to grow. The CA art department has courses to entertain and teach those who already consider themselves emerging artists and those who don't know how to hold a paintbrush.

Cynthia Katz, the Visual Arts Department head, captures the importance of pursuing arts at CA. Speaking for the department, she says, "We encourage risk-taking in a safe environment. Students learn that there are multiple strong solutions, and that mistakes are opportunities to find new ways of progressing. Working with your hands, and building on your gained insight and growing artistic instincts



photo by Henry Kim '11

If you are not sure where your niche in the CA arts program lies, just talk to Chris Rowe, a visual arts teacher who explains his area as "all over the place." Rowe believes that "Drawing I is an excellent introduction to the visual arts at CA, especially if you are not sure that art is your 'thing' or are convinced that you have absolutely no art talent." Rowe

also teaches architecture at CA, and explains, "Architecture is a demanding, intense, applied design course that is the closest thing to a pre-professional course I teach, but requires no math or engineering skills." If you thought Rowe's teaching range stops with hands-on courses, think again, as he also teaches art history. "Art history," he explains, "is a terrific foundation for any discipline you want to pursue because it explores the ways cultures and individuals express their values and beliefs through buildings, objects, and images."

For proof that CA students continue pursuing art as adults, look at Ben Eberle '09, the ceramics teacher. Eberle comments, "Ceramics emphasizes the element of 'craft' and the hand made object." He describes ceramics as a "social, community-driven art form," and says, "This environment allows for us to get ideas from each other, problem-solve together, and garner inspiration from each other's progress as each project unfolds."

Antoinette Winters, CA's fiber arts teacher, believes that fiber arts "provides opportunity to work with a medium that is rarely offered in a high school setting. Students are able to explore a wide range of methods used to create pattern on cloth, including dyeing, painting, appliqué, beading, and machine and hand-sewing."

If you would like to express yourself on a canvas, Jonathan Smith, the painting teacher, can guide you. Smith says, "Because there are so many possibilities with painting, it is a terrific medium to push one's imagination and to take big risks. I still get a charge when experimenting freely leads to a fascinating discovery - both in my own work and when witnessing students do the same."

Thinking Back and Looking Forward: A Junior's Take on Chapels

by Tess Mellin '12

How is he doing that? I could NEVER do that! What if I tripped or no one laughed at my jokes? All of these thoughts and others far more ridiculous rushed through my mind as I took my seat on the wooden bench on the morning of my first ever chapel. I can hardly remember what was said because my thoughts were utterly consumed by the new found fear of having to give my own chapel...in only three more years. I imagine that the same feelings of anxiety have plagued students since 1956 when the first ceremony took place in the newly constructed Chapel.

Since then, the Chapel building and the nature of the talks that take place each morning within it have undergone great change. Originally, the community used the Chapel to recite prayers and hymns in the morning. Over time, different members of the senior class began to lead these ceremonies. Gradually they began weaving in non-religious elements including songs, poems and excerpts of writing. Throughout the late-sixties and early seventies the students began to truly take advantage of this open forum, causing the chapel talks to flourish in a new way. The seniors now used their chapel time to express themselves freely and discuss what was really important to them.

Though this new structure that still defines today's chapel talks provides students with an opportunity for self-expression and free speech, it also comes with its own challenges. For me, simply the thought of speaking in front of the entire school is enough to make my palms sweat and my legs buckle, but it seems the anxiety felt by many surrounding this important CA tradi-

tion is caused by more than just fear of public speaking. There is the ever-looming question of just what you are going to say in your chapel. How much of me can I really reveal in the allotted 15 minutes? And in that short time how do I want to present myself? It seems the real pressure comes from the fact that your chapel is your one chance to express yourself to the entire school. What do you really want to put out there? What is important to me? What can I offer?



A senior gives her chapel talk. photo by Henry Kim '11

During the last two years, it never ceased to amaze me how each student who stepped up to the podium answered those questions differently. Though there are certain elements, including the thank you section, that seem to recur in most chapels, every chapel provides a new and different perspective. And that is the magic of chapels.

Heading into my junior year at CA I have a new attitude about chapels. Though, I won't lie, the idea of walking up to that podium speech in hand still has the ability to twist my stomach into knots, I have stopped thinking about what my chapel will mean to everyone else and started to focus on what it will mean to me. From the very start, the chapel talks gave students a chance to be open and honest within a community they love and trust. Though not everyone will always agree with what you have to say, I've learned that everyone really does appreciate the words, thoughts and ideas of their fellow classmates.

Chapels are a remarkable opportunity for every senior to speak their mind, to have a voice and to share something of themselves. But they are an equally remarkable chance for every other student to learn something about someone else, if you can just listen and not worry too much about tripping at your own chapel.

Hanging Out On Campus: A Place Study

by Eitan Tye '12

There are a variety of places around CA that students like to hang out during free or after school. As you make your way around the campus for the first time, here is a list to help you decide where to hang out with your new friends and what to expect there.

The Quad: This is probably the chilliest spot on campus. On nice days the quad is filled with students lounging, tossing a Frisbee, talking, or working in the sun. If your focus is not that strong, beware of attempting to work on the quad because you will probably get sucked into a game or a conversation that will hurt your productivity.

The Upper Stu-Fac: There are a variety of couches and chairs in the upper Stu-Fac on which to talk with your friends or to get some work done. This space is typically dominated by upperclassmen but is definitely open to all students.

The Library: Contrary to what you might think, the library can serve other purposes besides just being a place to get your

work done. If you really need a tranquil place to study, you should make use of the tables and desks in the back part of the library, as the front part can become a little noisy at times. There are plenty of nooks in the back that can serve as peaceful, secluded areas to complete work. It is not unusual for students to hang out in the front part of the library and talk or read the newspaper, although Martha, our librarian, will be on the prowl for people who are not being productive and is constantly shushing boisterous students.

The TV Lounge: When I first came to CA, I thought it was extremely cool that there was a place to watch TV during school hours if I had a free. However, you will probably soon realize that this room is pretty worn down and disgusting. Television viewing is unfortunately, not the only activity that goes on in this room.

The SHAC: This is a great place to relax on the couches, play some ping-pong or shoot hoops during your free time. There are always people around after school and if you are not playing a fall sport, you can join in on one of the pick-up games that are usually taking place.

Community Weekends: Mandatory Fun

by Paul Daniel '12

Whether you are looking for new friends or are simply bored, don't fear—the mandatory community weekends that will dominate your Fridays for the first two weeks of school provide ample opportunities to involve yourself with the school.

Orientation weekend can be immensely awkward. The first week of school does not help much either. The intimidating realization that you are no longer a middle-schooler surrounded by your old friends does a number on your confidence, but worry not! The first weekends of the year provide you with social opportunities sans the high-pressure environment of classes.

During each community weekend, boarders are not allowed to leave campus overnight and day students must attend at least one event on campus. Usually, community weekends coincide with big school events: club expo, winterfest, the student-faculty basketball game, etc. One of the highlights of these weekend requirements is Jamaica Night. The school orders truckloads of sand and creates a beach volley-ball court in front of the SHAC and student DJs blast dance music so everyone can get their groove on. If you fancy a mango smoothie, beach sports, or just want an excuse to wear that Hawaiian shirt that's been hiding in your closet, this is your night. Be sure to bring a bathing suit, and don't be afraid to go for a swim either. Almost all of the school comes

to Jamaica Night (I mean, who wouldn't?) so capitalize on the new social dynamic and meet some people by the pool, or grab a smoothie and chat on the SHAC steps. The possibilities are endless.

While Jamaica Night and other similar gatherings including movies and the pool provide important entertainment, arguably the most important event of the fall is Club Expo. All of the clubs in the school set up tables in the Stu-Fac, and use their best sales pitches to try to convince you to join. This could mean auctioning off rocks, giving out food, selling products related to the club, and, of course, bombarding you with candy.

Make the most out of this night and join any club that you have some interest in. Do not be afraid to involve yourself with multiple clubs; you might as well try something new now and get something tasty out of it. Add yourself to every list that piques your interest and check out some of the early meetings. Later you can decide which clubs to devote most of your energy to.

The school dictates that you attend one event each community weekend, but these weekends are not mandatory in the same way that work jobs, kitchen duty, and homework are. Most students would probably attend one event anyways, and the requirement encourages shy students to become involved in school life. Sure, there are times when going home and watching TV or sleeping sounds like more fun than staying at school, but community weekends are there for you. Make the most out of them.

Sports Tips

by Ryan Hussey '13

1. If you aren't already signed up for a fall sport, you should! At CA, there is a week-long drop-add period, and you can add a sport by sending an email to Reid Young, the athletic trainer. Your advisor can help you with that process. Playing a sport is a great idea because it helps you make friends, get involved in the community, and escape the boatloads of homework you'll have after the first two weeks!

2. On that note, don't be afraid to try a new sport. If you read the first tip and are thinking, well, I don't play any of the fall sports offered, then trying a new one is a perfectly good idea! Some sports like cross-country welcome beginners, and for others you can always play on an intramural or JV team.

3. At tryouts, be enthusiastic, work hard, and try your best. Enthusiasm shows your commitment to and interest in the sport to the coaches, making them more likely to put you on a Varsity team. Coaches will certainly think more highly of someone who is "putting it all out there".

4. If you haven't been working out all

summer long, don't sweat it. While being in shape may enhance your tryout, especially if you are hoping to play at the varsity level, the first few weeks of practice will help ease you into the swing of workouts. There will be plenty of other students who "forgot" to stay in shape.

5. Don't be too disappointed if you don't make the varsity team. The JV (or intramural) programs have great coaches, and many younger students start their CA athletic careers on JV teams. They provide a great opportunity to meet new people, improve your skills, and get outside and exercise. And with no practice on Mondays, you'll have plenty of time to balance other activities.

6. Don't worry about practice taking up too much homework time. Yes, you will have to do several hours of homework after two hours of practice each day, but many athletes find they are more productive when they are playing a sport. You learn to manage your time and truly use practice as an escape.

7. If you do decide to join a CA Varsity or JV team, don't try to balance this with another team outside of school. Unless this team only meets on the weekends, it is

Jumping in Midstream: The Challenge of a New Sophomore

by Adam Pfander '12

At one point, all of us were new. We have all felt the anxiety and excitement of adapting to a new environment. Classes of incoming freshmen ease into their new surroundings together, united by stressful circumstances. But what happens when a student is asked to jump, head first, in midstream? This is the dilemma of the new sophomore.

One year ago, I was among this small group of students. We attended orientation, but were part of a distinct group, separate from the mass of freshmen. We were older. Our classmates were seasoned, familiar with their respective roles.

Jumping into a defined class poses a particular challenge. While new freshmen get to experience firsthand their grade coming together, new sophomores join a returning class, a class where friends have been made and lines have been drawn.

Luckily, this social dilemma has a silver lining: solidarity. New sophomores, bonded by their common experience, form a connection. Sometimes this instant group of friends can make it harder for new sophomores to connect with the rest of the community. But this problem has a simple solution; all new students, but new sophomores particularly, can benefit from getting involved, whether it be in clubs, on sports teams, or in a play. In so doing, they find a niche- a place that can help them define themselves and contribute

Concord Academy's Best Boredom Stopper

by Kate Nussenbaum '11

CABBS. What a magical acronym. If you came to Concord Academy with the hopes of joining the CA Bat Breeding Society or the Community for the Appreciation of Bread and Butter Sandwiches, I am sorry. Those clubs don't exist (yet,) and if they did they would never be able to own the letters CABBS, because those letters already define an integral, obsessed-over aspect of the school community: the Concord Academy Bulletin Board System.

CABBS is not actually a bulletin board system; it's the school's email program and for some students, akin to oxygen. In addition to providing you with a personal inbox, CABBS contains many useful tools, including conferences for each of your classes, sports teams, and clubs. Conferences are like message boards for a specific group of people, and each conference serves a specific purpose. Class conferences are great places to post questions about the homework, or on the nights before tests, concepts you do not understand. Sports teams and clubs will often use their conferences to make announcements, so you should check them frequently.

Perhaps the most important conference is "CA General," which you are required to read daily, although some students have slipped by without ever reading a single post. CA General is the school-wide conference where people will post important announcements pertaining to the entire community. It may be tempting in the first few weeks of school to post a fun message for everyone, but trust me, no one will find that YouTube link quite as hilarious as you. Remember everyone reads it—your friends, upperclassmen, your teachers, David Rost, and that means everyone will be annoyed if you post something unimportant, typed in an annoying font or color, or grammatically incorrect (granted, probably only your English teachers will judge you for this one.)

If you want to avoid the embarrassment of a poorly crafted CA General email, the best thing to do is just not to post anything during your first semester. That said, one of CABBS' best features is the "unsend" button. If you realize you sent your teacher a gossipy email that was meant for a friend, do not panic. Go to your mailbox, select the email and click "unsend." Voila, crisis averted. Unfortunately the "unsend" button only works if the person you sent the email too is also part of the school email system. Mail to outside email addresses cannot be unsent, so don't grow to rely too heavily on this feature as you will regret it later down

unwise to try and fit another team into your schedule. You'll probably find yourself running out of time for the most important aspect of athletic training: sleep.

8. Come out and watch a home sports

the road.

CABBS has some other handy features including the "Chat" function. You can click "Who's online" and instant message any of your friends. Sending your friends a million chat invitations seems like a hilarious way to annoy them, but the jokes on you when you realize the list has updated, and you are now spamming an administrator.

We all love stalking people; that's why there's a "history" button. You can click this to see who else has read or replied to an email. There's a crafty way to read an email and avoid detection, but I'll let you discover that one on your own. Remember, just because you can see who has read your emails, does not mean you have the authority to demand a response. It is not uncommon to hear people whine, "I know she read the email, but she still didn't answer my question!" Or "I know he downloaded my paper, but he still hasn't given me comments!" Yes, it is nice when people respond promptly, but members of the CA community are busy people. Just because they have had five minutes to read your email does not mean they have had the time to form a response.

Replying to emails is a bit of an art form. CABBS gives you many choices: you can "reply sender," "reply all," "reply to conference," or "reply with quote." Use common sense. If someone emails CA general asking if people would like to order T-shirts, it would be unwise to "reply to conference." The rest of the school does not care if you want a medium. In cases like that you should be sure to "reply sender." However when someone posts a question on a class conference, reply to the conference so that everyone in your class can benefit from the exchange.

Replying with quotes is also handy. If you highlight a portion of text before you reply, that portion will appear in your response. If someone sends you a long email and they ask you a few questions, you can highlight just the questions so it is then clear what you are responding to. I prefer to err on the side of highlighting too much rather than too little because remembering what people wrote can be difficult. That said, it can be annoying to sort through a mess of highlighted text when only some of it is relevant.

You will soon discover your own CABBS style and your own CABBS shortcuts. Some students spend as little time as possible with it, while others can't seem to log off. In fact Mason Glidden '10 proudly posted a final farewell on CA general before he lost access to the system boasting that he had spent 66 weeks on CABBS.

game. They're a fun place to hang out with friends, and supporting the school is always important!

9. Lastly, have fun and enjoy yourself! Otherwise, what's the point?

By the start of second term, there is little to distinguish a new sophomore from a returning one- a semester's worth of classes and exams tie the grade together. By the end of the year, new sophomores have blown away the clouds of mystery surrounding the school and they are ready to face the challenges of junior year with their peers.

The experience of each new sophomore is unique. Most will state that the year is complicated, with both good and bad aspects—it combines the trials and triumphs of both freshman and sophomore year. The result is that time moves very quickly. What's important is that new sophomores savor the experience; for most, it will be the last time they are new, second-year students.

The Centipede

Concord Academy

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The Centipede is the official student newspaper of Concord Academy. The paper welcomes comments from its readers in the form of Letters to the Editor. No anonymous letters will be printed. The Centipede reserves the right to edit all articles for length and content.

Eateries

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Option #1: The Cheese Shop
Estimated walk time: 5 minutes
Location: Downtown
Cost: \$\$

This upscale, specialty food shop carries everything from a variety of imported cheese to prepared entrées and sandwiches. The Cheese Shop is also a favorite take-out location for away sports events. Recommended sandwich: Three-cheese grilled cheese.

This cozy, bright restaurant, open for all three meals, serves a very nice dinner. It has a limited number of seats, so arrive early or be ready for a short wait. Recommended dinner item: Pulled chicken sandwich.

Late-Night Boost

If dinner just didn't prepare you for whatever your night holds, these stores carry exactly what you need to make it through until your head hits the pillow.

Option #2: Concord Provisions
Estimated walk time: 4 minutes
Location: Uptown
Cost: \$

\$\$

Quite similar to the Cheese Shop, this specialty food store carries fresh produce and prepared snacks. Recommended snack: Curry chicken salad.

Option #1: Cumberland Farms (Cumbries)
Estimated walk time: 6 minutes

Location: Uptown
Cost: \$

In spite of the fact that it is a gas station snack shop, this spot is a favorite among CA students for its cheap snacks and drinks. Recommended candy bar: Butterfinger.

Dinner Out

With classes, activities and hopefully some homework completed, it's time to reward yourself with a dinner on the town.

Option #1: Chang An
Estimated walk time: 7 minutes
Location: Uptown
Cost: \$\$

If it is predictable Chinese cuisine that suits your fancy, then Chang An is your place. It is open late and almost never full, so you are virtually guaranteed a table at any hour of the night. Recommended entrée: Moo-shi with chicken.

Option #2: Helen's Restaurant
Estimated walk time: 5 minutes.
Location: Downtown
Cost: \$\$\$

Option #2: Starbucks
Estimated walk time: 7 minutes
Location: Uptown
Cost: \$\$

Exactly what you would expect out of a generic Starbucks: plenty of caffeine. Recommended drink: Caramel frappuccino.

While this lineup of stores may sound very tempting, remember to make excursions a treat and not routine. Eating in the Stu-Fac is a wonderful opportunity to socialize with your peers while enjoying the range of food that CA provides. And though they seem harmless, frequent trips to local eateries can quickly consume your college fund.

Editorial: Not Knowing

by Kate Nussenbaum '11

The two days of orientation are designed to make new students more comfortable with and knowledgeable about their surroundings, but I remember sitting in the PAC in a state of utter exhaustion, absorbing little of the information that was being presented because I was too freaked out by the sheer quantity of it. I hated not knowing. I still hate not knowing, but during the first few weeks of school, that uneasy feeling prevailed. I didn't know what my classes would be like, if my teachers would like me, who my friends would be, who I wanted my friends to be, who I wanted to be, and who I wanted to seem like. Not knowing was tiring and the fear of never knowing only exacerbated the unpleasant feeling.

Luckily, for the umteenth time, I found solace in Harry Potter. I remembered his first few days of Hogwarts and how he would walk up a flight of stairs only to have the staircase thrust him across the castle to an unknown hallway. He didn't know his way around the castle or his way around the wizarding world. He didn't know himself, his capabilities, his flaws, or his character, and well, his early days at Hogwarts were magical (pun somewhat intended.) Not knowing is magical.

Confusion is frustrating, but there are days when I walk around school wishing I

could get lost again. Pretty soon CA will start to feel familiar and small, and while going to school will become a lot more comfortable, you will lose that anticipatory spark that comes with wondering, what is going to happen today? Where will those stairs take me?

So, just in case you haven't been bombarded with enough of it, here is some advice. Relish not knowing. Let CA seem big and overwhelming and magical. Not only will your first few months take on an epic-like quality, growing comfortable with not knowing will only serve you well in the future.

Indeed, though I've been at CA for three years and feel as though I know every corner of the school inside and out, my personal goal for the year is to enjoy not knowing: to ponder the questions that arise in my classes without immediately grasping for a solution, to think about discussions and debates and arguments without immediately picking a side, to get to know people without immediately judging and putting them into the comfortable compartments of my mind. Some might argue that going into the school year with plans to "not know" is unwise; after all, school is about learning. But it is for precisely that reason that I urge you to bask in the glory, the mystery, the magic of the unknown. Learning will be far more satisfying if you first explore and get lost in the hole your new knowledge is filling.

Horoscopes

by Nick Phillips '11

Aries (March 21 – April 19)

Be cautious today, a potential love interest will engage you in a CABBS chat. Do not be scared to spark an interesting subject in the chat room. If you restrict your conversation to the Destinos question sets your romantic future may be in jeopardy.

Taurus (April 20 – May 20)

Your future is rich, but not with money. You may have to sacrifice financial gain in order to achieve your full potential.

Gemini (May 21 – June 20)

Trust your impulses this month as you will need to move quickly. Remember that your brain can react impulsively faster than you can think through actions consciously. This month, the only wrong move will be waiting too long.

Cancer (June 21 – July 22)

There is no need to step out of your comfort zone today. Rest and prepare yourself. In the next week, you will be faced with a challenge requiring all your strength; save it for that time.

Leo (July 23 – August 22)

The stars are aligned in your favor today. Take full advantage of this opportunity by flirting it up on Chatroulette. Don't try too hard, but trust your instincts and they won't fail you. Note: This does not mean that you should display select body parts. No one wants to see that.

Virgo (August 23 – September 22)

An opportunity for personal gain will present itself to you, but you will question the morality of the proposal. If you are tempted, remember that many gains can be accomplished through ethical means, but you cannot undo an immoral act.

Libra (September 23 – October 22)

Today, you will be forced to choose sides. Do not allow your judgment to be rushed, or you are sure to judge wrong. Rational deliberation is your only friend in this situation, but if you take too long, neither side will be satisfied.

Scorpio (October 23 – November 21)

Do not be afraid to speak your mind today. You may gain invaluable knowledge from an unexpected failure or misstep.

Sagittarius (November 22 – Dec. 21)

A romantic experience is in store for you next Tuesday. There is no need to be pro-active, it will seek you out. You may be confused about the Libra who keeps texting you, but do not let yourself be so distracted that you don't notice the better opportunity.

Capricorn (Dec. 22 – January 19)

You may have nefarious intentions, but you must be open about them with someone. Choose this person wisely- revealing a hidden part of your personality may spur a lengthy study-hall conversation. Better to share your secret with a love interest than the house parent on duty.

Aquarius (January 20 – February 18)

A younger student is showing interest in you. Be wary; their attention may be of the romantic variety, but they might only be interested in taking lots of photos with you to upload on Facebook.

Pisces (February 19 – March 20)

You will run into your love interest at an inopportune moment – perhaps in a computer lab. Don't pretend that you're doing actual work, but make sure to close any multi-player role-playing games quickly. Although it may seem playful and flirty, Photo Booth sessions are not okay. A two-player game of slime volleyball will set a more appropriate mood.

Want to get involved in The Centipede?

Email Kate Nussenbaum!

No experience necessary.