



# The Centipede

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## Esther Kim: Changing CA's Wrestling

by Eugene Lee '18

Concord Academy has always had a long history in a wide array of sports; however, recently, there have been a few major changes in the Athletic Department ranging from the introduction of the new Department Head, Sue Johnson, to the installment of the Moriarty Athletic Campus. Perhaps the most noteworthy this year CA was a new sporting regulation in wrestling.

Going into the Winter Athletic Season, Esther Kim was the first girl to join co-ed wrestling. "I was thinking about it (wrestling) over the summer before the school year started, but I wasn't considering it too seriously. I mean, because I didn't even know if girls could join the team," commented Esther Kim '16. For a long time, Concord Academy had a successful men's wrestling team. However, Under EIL (Eastern Independent League) regulations, female athletes were not allowed to be a part of the physical sport. When being asked what the original regulations were for EIL wrestling matches, Sue Johnson responded by saying: "Up until this season, female athletes were not allowed to participate in wrestling." She further added, "No school in the EIL had challenged it (the rule) before."

So now comes the question: why, for most schools, is wrestling a boy's only sport?

And why did nobody challenge it?

According to Johnson, CA has never considered this new idea before. "It wasn't until a girl came up to me in the fall and asked me if she could wrestle." Though Kim knew that CA had never accepted female wrestlers, she decided to ask and Johnson found out that the NEPSAC league has recognized co-ed wrestling for over a decade. However, when she attended an EIL league meeting, which is a subset of NEPSAC she was surprised to find out that "while NEPSAC designated the sport (wrestling) as co-ed, the EIL chose to designate it as boys only." Furthermore, Johnson reported that in 2001 when NEPSAC decided to switch the wrestling regulations from boys to co-ed, the EIL committee made a conscious decision to remain boys only, even going to the extremes of hiring a lawyer as a consultant to keep this decision.

When asked what the reason was behind the refusal to change the designation to co-ed, Johnson replied, "I don't know the reason why. It was in 2001 and I was certainly not involved back then. It was a long time ago, but I was very surprised to hear the league hired a legal consultant to support the idea of staying boys-only when the culture was going co-ed." At this point, it becomes more questionable as to why switching to co-ed was such a big deal.

According to The New York Times and Debate.org, about 5,000 high school



Esther Kim '16 wrestles for CA's Varsity Wrestling Team. Photo by Heesuk Kim.

girls wrestle each year in the United States, but the numbers are increasing. For some, it was the idea that female students had to physically train and compete with other male athletes. It has been a debate for many years and some common concerns state that, "it is very awkward to wrestle a girl or it's unfair for girls". When I asked Kim on her opinions regarding these statements she responded, "I would be very angry at them. I would say:

don't underestimate girls and don't fall into the trap of the media, which perpetuates the idea that women are weak."

However, Johnson brought up the idea again in an Athletic Director meeting this year and stated: "It is 2015. I mean we are behind the times here." Then, after this topic was brought up, Johnson said that the idea

*Continued on Page 2...*

## Inclusion Council: Why It Matters

by Mary Craig '17

This year, with controversy over race and privilege brewing in private institutions all throughout the country, discrimination and microaggressions have come to light. At CA, leaders have decided to implement Inclusion Council in order to incite needed discussion. Inclusion Council takes place during a forty-minute period on Thursdays when there is no assembly. It is a way for students to hold open and honest discussions about issues of diversity in our community. There have been five meetings to date discussing race, socioeconomic class, black history month, the LGBTQIA community, and Islamophobia.

Sometimes there is nothing better than hearing there is no scheduled assembly on

Thursday. An extra forty minutes to hang out with friends or, more likely, catch up on homework. At CA we are all acutely aware of how valuable unexpected free time can be, so why would anyone choose to spend it discussing uncomfortable and difficult topics?

In this case, the positives of going to Inclusion Council greatly outweigh the cons. Questions of race are ones that people of color are forced to confront every single day and Inclusion Council is only asking for forty minutes of discomfort from people who don't confront it daily. The same holds true for the LGBTQIA community, issues of class, and countless other topics which have yet to be discussed. For people affected by these issues, seeing friends willing to be there and ally with them is hugely powerful.

Quess Green '16, one of the co-heads of diversity, described the decision to begin Inclusion Council saying, "In all my four years at CA, we never talked about race." The idea of Inclusion Council had been discussed in the past, but with issues of race coming to light in our own community in such a prominent way, it became clear that some sort of action had to be taken. Green said it was, "a way to talk about social justice with everyone involved. It doesn't coddle people, if you want to be involved in this, if you want to unpack your privilege, you need to be around different people. It can't be sheltering."

At Inclusion Council's second meeting, in which students engaged in the "Privilege Walk" exercise, such a large number of people came, eager to participate that it was

relocated to the Shac gym in order to have everyone line up. This is a huge success for the community, to see the level of interest and caring we have for our fellow students. The most integral aspect of Inclusion Council is the time to hear the experiences and feelings of our peers. This is different from assembly, in that we are hearing the actual experiences of the people we spend every day with in classes. Not only does this give the community the chance to hear, understand, and learn; it gives these individuals the ability to feel heard for the first time. This brings the chance to understand and heal.

Going to Inclusion Council may not be an easy decision for everyone and that's OK. However, Green also challenges people to push themselves outside of their comfort zones. He especially encourages seniors to set an example for younger students. It can be painful to see people willfully excusing themselves for the conversation and he adds, "I have to think about my blackness all the time and I felt like other people could excuse themselves from it. I can't avoid my blackness. I don't expect white people to think about it all the time. But it takes a love for your peers. If they love and care about me, they can respect and love this part of my identity. It's not about you, it's not about white guilt, it's about your classmate who has to deal with these issues. Later you can use your privilege to help people."

Moving into the future, Green hopes that Inclusion Council will remain as a lasting legacy, and that even more new people will chose to attend. As a community, he believes our goal should be to continue the discussion beyond the short forty-minute meetings. This discussion can lead to finding ways to take concrete action.

*A meeting of Inclusion Council, co-hosted by Umoja.*

*Photo Courtesy of Marie Myers.*



## Esther Kim Breaks Boundaries



...continued from Page 1

*Kim '16 encountered stereotypes as she broke barriers on CA's Varsity Wrestling team. Photos Courtesy of Heesuk Kim.*

was “well received, although with caution.” When being asked what the caution was, she replied, “we needed to be thorough and understanding of the process [of changing of the rules], but for the most part, I think the group was open to the idea.” She continued by asking “has anyone ever brought up this topic before since 2001 and the answer was no school has brought it to the table before.”

Thus, 2015 was a new beginning: the first year in the EIL that girls were finally

allowed to join a wrestling team. On the December 5, Esther Kim was the first female CA wrestler to step on the mat and compete in the physical sport. However, during the interview with Kim, she revealed that some schools were not supportive of this new change. “During this season, LCA didn’t wrestle just because I was a girl and they were using religion as an excuse for it. I’m Christian and there’s nothing to back up this excuse.” She continues, “I think there is a

stereotype that girls are always weaker than boys and it’s bad.”

Throughout the season Kim wrestled in a low weight class, but managed to win many of these games. She did also get her chance to wrestle the LCA team and she beat their wrestler. 2015 was a year in which, students had the chance to stand up for themselves. This was no small achievement for Kim. She furthermore stated, “I don’t want to use myself as a representation because I know

there are stronger girls out there than me.”

CA has made history once again. This time, by bending the rules and standing up for what is right. At the close of the interview, Kim said, “Definitely go for it, definitely try it. Don’t back down too easily. You have to be tough about it and you can’t go in thinking that it’s easy. I know it’s cheesy, but you need to stay strong.”

## Profile: Sonia Lo

by Shannon Sun '17

Sonia Lo '84 is a 21st-century farmer. And not just in the way you might think if you’ve seen her steering a mini harvester through the madness of meadow grass, a straw hat covering her bronzed face, her hair wild and windswept. Sure, Lo shares an indelible part of the farmer psyche, invigorated by the growth of her greenery and the raw smell of freshly harvested vegetables. Her vision, however, stretches beyond the circumference of her farmland. After graduating from Concord Academy in 1981, Lo lived in sixteen countries, learned seven languages, and conducted business in thirty-five countries. Despite the wide array of experiences Lo gained in her professional life, she said that her identity, since as early as her time at CA, has been rooted in her love for vegetables: “I spend my every waking moment thinking about lettuce.”

“Well, that’s not entirely true.” Lo added quickly, perhaps guilty of the extent of her understatement. “On alternate days, for variety’s sake, I think about kale, or spinach, or basil.”

As the CEO of Fresh Box Farms, Lo dedicates her time to cultivating organic vegetables in vertical hydroponic grow systems. Lo’s method of vertical farming—which differs drastically from traditional agricultural practices that require vast acres of farmland, cooperative weather, and an endless supply of water—entails producing food in vertically stacked enclosures, where all environmental factors can be controlled. These high-density, integrated structures significantly reduce the need for farmland, thereby eliminating conventional plowing, planting, and harvesting by farm machinery, saving water and energy, shortening growth cycles, and yielding more

sustainable produce.

Lo’s passion for box farming lies in two folds. First, traditional methods of farming guarantee the eventual catastrophe of food shortage in the face of exponential population growth and a scarcity of arable farmland, water, and natural resources. In such a context, conversations centered on sustainability has become increasingly pressing. The produce from Lo’s box farm—which are both sustainable in energy from the producers’ end and sustainable in price from the consumers’—represent one possible solution to

this ongoing discourse. Furthermore, the success of Lo’s vertical farm, most visible in the company’s ability to keep its costs far below that of its competitors’, sheds a critical light on the potential ways in which our current, industrialized food supply system may revolutionize.

“In fact,” Lo explains, “I predict that over the next five to ten years, half of the leafy greens grown in America will be grown indoors.”

The second reason for Lo’s commitment to box farming is rooted in her love for food.

This simple passion, sparked by her frequent traveling and dining in different countries with her South Korean diplomat parents, took a more entrepreneurial turn after she graduated from the Harvard Business School. She founded a café in Spain, and then penned two books on food and its revealing association with intercultural relationships. She also earned a Professional Chef and Pastry Qualifications from the London and City College and worked as a top-tier private chef in London for two years, donating her salary to charity. It was not until then that Lo realized how industrialized our food system has become and how little, in turn, consumers have control over the sustainability of their food options.

“This matters because I think we all like to believe that our supply chain in the U.S. is full of fresh, clean, reliable food.” Lo explains, “But because we live in an industrialized food system, it’s becoming less and less true.”

Compelled to work toward creating a more just and sustainable food system, Lo plunged ahead to start her own vertical farm. Her company was founded in 2013; now, she already owns a mini food empire.

Always an efficient multi-tasker, Lo accredits her habit of embracing the stress of wearing multiple hats—from farmer to chef to CEO—to her education at CA. The ability to juggle multiple projects and a variety of demands is already in place when she delved into the business world, Lo explains, having been to such a high school that encourages its students to pursue a multitude of interests with endless passion.

“CA treated us not like the young adults that we were, but like the adults that we were going to grow up to be. In this sense, CA helps you be an overachiever.”



*Sonia Lo '84 shows off fresh produce while giving CA students a tour of her business, Fresh Box Farms.*

*Photo Courtesy Ben Carmichael, Concord Academy Communications.*

# Administration Discusses Election Resource Rules

by Sofie Jones '18

Concord Academy students have long been interested in politics. A guest speaker earlier this year, Michael Firestone '01, even recalled attending a political rally during a class while he was at CA. However, CA is both a non-profit and a school, limiting its ability to support political campaigns as it must remain unbiased and without political affiliation.

In an e-mail to students at the beginning of February, a few days before the New Hampshire Presidential primary, the senior administrative team provided students with certain guidelines and restrictions around campaigning, to ensure that none of CA's resources are used to help candidates. The email asked that students not use campus phones to participate in phone banks, banned

the use of CA's minibuses to travel to and from political rallies, and designated one specific spot on campus for students to hang any signs, which must be directly from the campaigns. These policies will be in place through the end of this election cycle at least, according to CA administration.

Dean of Faculty and member of the senior administrative team Jenny Chandler explained that these rules are meant to ensure that CA supports all campaigns equally, even if that means supporting none at all. Chandler stressed that these new regulations were meant to ensure that the political views of all students are treated with respect. Chandler reaffirmed, "There has to be a certain expectation of civility." However, she also recognizes that, especially during this election cycle, many students want to support certain candidates over others and have

strong opinions on the presidential race.

Louise Sandback '17, who helped to run the CA students for Bernie Sanders group in the lead-up to the Massachusetts primary, is one student who wanted to support a candidate in whom she believed in strongly, but she found it difficult to get involved as a boarding student. Sandback and Gwen Sadie '17 led a group of students up to New Hampshire to canvass for Sanders, but, due to the new rule, could not use the minibuses. Sandback explained that the students had to drive in faculty cars and then meet up with buses provided by the campaign. Sandback believes that it was a "really, really important educational experience" and said that "If it wasn't so hard to organize, I'd definitely do it again".

Betsy Hiller '18 agreed that supporting campaigns was a valuable experience for

students. Hillier, who has participated in multiple campaigns while boarding at CA, explained that being able to canvass and participate in phone banks is "in the interest of learning and being an active citizen."

Chandler maintained that if students want to get involved, "We'd have to support that, just not with our resources." She also explained that, as part of CA's administration, "We have a responsibility to ensure that students appreciate their agency and capacity to influence. Even if you can't vote, it doesn't mean that you can't influence a campaign." Chandler explained that the CA administration is dedicated to helping students learn to develop persuasive arguments and stand up for their beliefs, which can often be applied in the setting of campaigns. She added, "I hope that's at the core of who we are."

## A New Direction for Advanced Modern Language Classes

by Sofie di Tommaso '17

As the 2015-2016 academic school year winds down, students are faced with an abundance of decisions regarding their schedules for the following year. While yearly alterations to course offerings are commonplace, students planning to pursue an advanced level modern language course may be in for a surprise.

The historically year-long French, Spanish, Mandarin, and German 4 classes have been replaced with anywhere from two to six semester options for each language which will allow students more flexibility in their schedules and increase the realm of topics teachers can base their classes around.

Up until now, advanced German and Mandarin have alternated between two course offerings, one of which is offered per year. Next year students will be able to take one or both of two semester based classes. Advanced French now offers four electives as opposed to two year-long courses and Spanish has replaced its three course offerings with six electives.

The Spanish electives offer students to the ability to study within three major categories: history/culture, literature, and pop culture. A course in each of these topics is offered each semester.

Perhaps an important question to ask is: why are these changes being made now?

The old program allowed students who had already completed the school's foreign language requirement and dive deeper

into the language and culture as will the new program. The old program, while offering no formal AP preparation, provided students with a level of proficiency that enabled them to take the Language and Culture AP exam as will the new program. Therefore the switch to semester-based classes is not in response to any deficiency in the previous way of addressing advanced language classes. Instead, the changes will allow the program to grow in a different direction.

Department Head, Adam Bailey, explained that now, "the advanced courses are where you get to focus and specialize."

The emphasis on specialization may change attitudes towards undertaking an advanced course. The ability to pursue one's interests within their respective language presents an advanced class an exciting opportunity rather than a daunting commitment. Spanish teacher Carmen Welton added to this point by saying, "I think [the new format] is fun because when a teacher really cares, the students care more too."

While taking an advanced course is encouraged, students who have already taken one level four class are advised to pay close attention to course descriptions before signing up. Since next year will be a transition year, some courses may overlap with materials already covered in this year's language classes.

There are still a few kinks to work out before the start of classes next year, but the new direction of the advanced classes poses something to aspire to for all modern language students.

## Lessons Learned from Spring Session

by Helen Wu '19

The first Spring Session held by Concord Academy was a phenomenal experience for everyone, students and teachers alike. Thanks to all the teachers and faculty members who spent many hours arranging the program and making sure there was a diverse array of courses inclusive to everyone. However, there does seem to be a general consensus on how the registration process could have gone smoother.

When the Spring Session registration opened on February 12th, many community members were shocked at how the survey was designed. It required people to fill out twelve courses that they had interest in, and five that they did not want to be put in. In my opinion, I had a few courses that I was very enthusiastic to attend, but I had a difficult time filling out twelve courses that I would want to be in.

To compensate for the twelve spaces, most people only filled out courses that they would not dislike to be in. The problem was that without a ranking, those courses were held with to the same weight as the courses people wanted to be in, but there was no way the administration could determine people's preferences based on the contents of the survey. While most people ended up enjoying their spring sessions regardless of their original preference, the survey could have been more effective if there had been a ranking system. Some students also noted that the courses they

were placed in was better suited to their friend, while their friend received a course that was better suited to them.

Moreover, the administration also met some challenges considering the registration: how prerequisites would affect enrollment of students in a certain course. English teacher Kirsten Hoyte, one of the faculty members who managed the Spring Session registration said: "Given it was the first year, I think the signups went well. One of the most challenging issues was the classes that had prerequisites like skiing at a certain level or speaking French as well students who had injuries or appointments that prevented them from participating in the course, which they had originally selected. I didn't anticipate the amount of shuffling that had to happen at the last minute due to unexpected issues cropping up."

Next year, the registration for Spring Session will definitely be changed, and all elements ranging from ranking your choices, prerequisites, to amount of interest in a course will all be considered. Hoyte said, "For next year, we are exploring ways to involve students more in the planning process and/or to allow a more selective approach to registration. It is a balancing act given some courses have limited enrollment and some were in higher demand than others."

# A Reflection on Printmaking

by Leo Feininger '16

It becomes more and more evident to me that many people aren't that familiar with the vast and incredible art form that is printmaking. Everyone has heard of "the greats" in painting, but printmaking? Not as much.

What exactly is printmaking, you may ask? Perhaps you understand the basic premise, but crave more knowledge. Why, it's the manipulation of a surface through carving or the creation of texture, which is used to create an image using some sort of ink! Essentially, all that one must do is

make some cool markings or textures on a surface, cover it with ink, and then press it onto paper. And one cool thing about it is that, unlike other art forms, most types of printmaking are repeatable, meaning that one can print the same image over and over until the desired result is reached.

Printmaking is also one of the oldest and most widely practiced art forms in the world, from artists like Hiroshige and Hokusai of Japan, all the way to M.C. Escher of the Netherlands.

On top of this, there are all sorts of printmaking: monotype, linoleum, woodblock, reduction, copper etching, lithography, digital, carborundum, and solar

printmaking, just to name a few.

So I imagine that it might come as a surprise to some of you that CA not only offers a couple printmaking classes, but also has, as a matter of fact, a real printmaking studio! That's right, tucked away behind the fiber arts classroom you'll find a glass-covered table and countertops, a printing press, an acid bath for copper plate printing, you know, the tools of the trade. CA offers two classes in this field, both of which take place in the spring and switch off year by year. One class focuses on relief printmaking techniques, and the other on etching techniques. The difference is that in relief, what you cut out will print white,

and in etch, the lines you scratch into a plate will fill with ink and print.

Who is the mastermind behind this whole operation, you might ask? Why, it is none other than Jonathan Smith, painting and printmaking extraordinaire! Although he might not admit it, Jonathan is quite a master in his field, and brings an unprecedented level of enthusiasm to each and every class he teaches.

So what are you waiting for, you should totally sign up for a printmaking class before you leave CA. You will not regret it!

## Opinion: The Deflategate Travesty

by Lorenzo Lampietti '16

Earlier in April, the NFL reinstated Tom Brady's four game suspension for the Deflategate scandal in the 2015 AFC Championship game against the Indianapolis Colts. Deflategate is the nickname for the 2015 controversy in which the Patriots were accused of reducing the air pressure in the footballs in a 45-7 win over the Indianapolis Colts. Despite a serious lack of evidence that led to a judge dismissing the case the first time, and no new evidence surfacing, the suspension is back and Tom Brady is set to miss the first four games of the 2016-2017 regular season.

Recently, up to ten sources around the league have stated that there is a new consensus that the Patriots didn't cheat. They believe the NFL got the investigation wrong, simply trying to catch the Patriots and punish them for their years of consistent excellence and ruthlessness towards other teams around the league. Yes, Spygate happened, and the Patriots were punished by the league -- fined \$250,000 and lost their first round draft pick for the 2008 season. That's not even counting the \$500,000 fine on Bill Belichick, which was the largest fine ever given to a head coach. The Patriots bit the bullet, paid their fines, and moved on.

Yet Roger Goodell still is not content. Early on, he developed an obsession against the Patriots, which has become the most successful franchise in football in the last decade. He was upset with Tom Brady's development from a meager sixth round pick to the best quarterback in all of football, and Bill Belichick's nonchalant attitude towards the league. Today's salary cap is enforced so that teams cannot beat the system, putting together a mega team of superstars. This would ensure stability and equality within the different teams in the league. And even still, the Patriots still managed to have one of the most dominant teams in football year after year. Goodell was criticized from all angles about his mediocre work as NFL commissioner, and he wanted to make a statement to show his power. So when Deflategate came around, Goodell was determined to gain back his lost



Photo by Jeffrey Beall/ Licensed under CC. Attribution-ShareAlike 3.0 Unported.

respect, and schadenfreude (pleasure over someone else's misery) took over for other teams around the league. They were looking forward to the Patriots having to play without Tom Brady, thus improving their odds for the season. Deflategate seemed real; no team could be this good year after year without cheating. And yet the Patriots were, and as indicated by last years 12-4 finish in the regular season, still are. Roger Goodell was willing to go to court over the grudge he had been holding for years. However, all he

succeeded in doing was making a fool out of himself, getting more comparisons to a stubborn six-year-old who will not let go than to the powerful commissioner he wishes to portray himself as. At first, sources seemed to have evidence proving the Patriots were guilty. Tom Brady was hit with a four-game suspension, the Patriots were fined \$1 million, and they lost multiple future draft picks (including their 2016 first-round pick). But a guilty man does not accept indictment, and Tom Brady appealed, taking the case to

court. It did not take judge Richard Berman long to dismiss the case, stating there was a lack of evidence, and thus freeing Tom Brady from the four-game suspension. Tom Brady has become one of the biggest stars of the NFL, and his success on the field fuels revenge for the league. So if Roger Goodell is constantly trying to suspend Brady, he must be harboring a real hatred toward the Patriots.

Obviously, teams around the league were stunned and upset. Tom Brady would not be suspended for one quarter of the regular season. The 2015-2016 season rolled around, with the Patriots making it to the AFC championship game yet again, before losing to the Denver Broncos, the eventual Super Bowl champions.

And yet Roger Goodell was not done. He has recently decided to appeal Tom Brady's appeal, reinstating his 4-game suspension. This bitter little man just will not go away. Drew Brees, the franchise quarterback of the New Orleans Saints, said "we would all agree [Roger Goodell] definitely has too much power. He's basically judge, jury, and executioner when it comes to all league discipline." He also stated that "there's a bigger issue at play, I don't think it's necessarily about Brady. I think it's more about the commissioner's authority to levy that type of a punishment, and him be the unilateral decision maker when it comes to player discipline on a lot of those decisions. If there's any disagreements, there's no level of neutrality. 'This is my decision, this is how it's going to be.'" There is no question that this is the case, and it is time for Roger Goodell to step down. Ray Rice, the Baltimore Ravens running back who became infamous around the league for punching his wife in an elevator, was only suspended two games by the league. Later, an NFL spokesperson announced that Ray Rice was indefinitely suspended from the NFL. Roger Goodell admitted that he "didn't get it right" with Ray Rice's suspension. Congratulations NFL, you kept the guy who "didn't get it right" as the commissioner. Greg Hardy, another player found guilty of

*Continued on Page 5...*

## Senior Class Matriculation List

The Centipede gave members of the Class of 2016 the opportunity to share their future plans. Below is the information from those who chose to share.

Phil Ahn - Carnegie Mellon University Class of 2020  
 Sarah Anderson - College of the Holy Cross Class of 2020  
 Ingrid Apgar - NYU Gallatin School Class of 2020  
 Tessa Awalt-Conley - Barnard College Class of 2021  
 Kaitlin Barkley - Davidson College Class of 2020  
 Amadea Bartle - Smith College Class of 2020  
 Charlotte Baughan - Northeastern University Class of 2020  
 Jackson Boyle - Middlebury College Class of 2020  
 Harry Breault - Haverford College Class of 2020  
 Izzy Bush - Gap Year  
 Nina Callahan - Middlebury College Class of 2020  
 Grace Campbell - Washington University in St. Louis Class of 2020  
 Joey Caradimitropoulo - Carleton College Class of 2020  
 Kevin Cyr - College of the Holy Cross Class of 2020  
 Mallory Cerkleski - Guilford College Class of 2020  
 Bronte Dalton - Tufts University Class of 2020  
 Molly D'Arcy - Bates College Class of 2020  
 Matt Donahue - Rhode Island School of Design Class of 2020  
 Sarah Evantash - Smith College Class of 2020  
 Sam Feibel - Cornell University Class of 2020  
 Leo Feininger - Boston University Class of 2020  
 Winslow Ferris - Middlebury College Class of 2020  
 Arden Fitzpatrick - Smith College Class of 2020  
 Somerset Gall - University of Chicago Class of 2021  
 Sophia Ginsburg - Wellesley College Class of 2020  
 Tommy Girdwood - Tufts University Class of 2020  
 Ben Glass - Wesleyan University Class of 2020  
 Izzy Glass - Middlebury College Class of 2020  
 Quess Green - Williams College Class of 2020

Will Harrington - Florida Institute of Technology Class of 2020  
 Maddie Hurley - Bates College Class of 2020  
 Isaac Ignatius - Tulane University Class of 2020  
 Nadia Itani - The George Washington University Class of 2020 (freshman year at the American University of Paris)  
 Jolie Jaycobs - Haverford College Class of 2020  
 Andy Jin - Northeastern University Class of 2020  
 Mia Kania - Scripps College Class of 2020  
 Melissa Kennelly - Rhode Island School of Design Class of 2020  
 Esther Kim - Barnard College Class of 2020  
 Elijah Koblan-Huberson - Bowdoin College Class of 2020  
 Julia Konuk - Colorado College Class of 2020  
 Eva Koplow - Georgetown University Class of 2020  
 Julia Kostro - Colby College Class of 2020  
 John Koury - Northeastern University College of Engineering Class of 2020  
 Carter Kratkiewicz - New York University Class of 2020  
 Lorenzo Lampietti - Washington University in St. Louis Class of 2020  
 Jin Lee - Washington University in St. Louis Class of 2020  
 Zack Levy - Northwestern University Class of 2020  
 Jeremy Liang - Duke University Class of 2020  
 Maya Lubeck-Schricker - Tufts University Class of 2020  
 Alek Lyman - Tufts University Class of 2020  
 Abraham Lyon - Tufts University Class of 2021  
 Rhea Manwani - New York University Stern School of Business Class of 2020  
 Connor Mcavoy - Tulane University Class of 2020  
 Dennis Miao - United States Military Academy at West Point Class of 2020

Monty Montero-Elliott - University of California, Santa Cruz Class of 2020  
 Kiely Mugford - Amherst College Class of 2021  
 Anita Onyimah - Columbia University Class of 2020  
 Abigail Ory - Smith College Class of 2021  
 Forrest Pailes - Pratt Institute Class of 2020  
 April Peng - Northwestern University Class of 2020  
 Alonso Perez-Putnam - Princeton University Class of 2020  
 Marc Ponghunsu - University of Texas at Austin Class of 2020  
 Maddie Reed - Smith College Class of 2020  
 Jennifer Rojas - Connecticut College Class of 2020  
 June Sass - Colorado College Class of 2021  
 Julia Shea - Harvard University Class of 2020  
 Caden Shelman - Northeastern University Class of 2021  
 Kai Smith - Davidson College Class of 2020  
 Pasha Sonkin - Davidson College Class of 2021  
 Beth Stoddard - Smith College Class of 2020  
 Sayem Talukdar - Wesleyan University Class of 2020  
 Phil Thompson - Bucknell University Class of 2020  
 Scott Thompson - Colgate University Class of 2020  
 Jack Treanor - Columbia University Class of 2020  
 Elly Voloria - Bowdoin College Class of 2020  
 Nick Walters - Hamilton College Class of 2020  
 Cindy Wang - Smith College Class of 2020  
 Nate Winneg - The College of William and Mary Class of 2020  
 Jessie Zong - Bryn Mawr College Class of 2020

# The Jared Goff Experiment

by Jeremy Liang '16

Originally published on:  
www.33SportsBlog.com

With the first pick in the 2016 NFL Draft, The newly moved and branded Los Angeles Rams selected their future franchise quarterback and focal point of their offense: University of California's Jared Goff. Many scouts and experts had a lot of great things to say about Goff: he has great size at 6'4, has an accurate arm, and reads well to the rush. Of course, there are things that he will have to work on at the next level, namely putting on weight, deal with NFL level of pass rush, and adjusting to the NFL's pro-style offense, but that is to be expected from a prospect. Goff is perhaps not considered the best prospect in the draft, but he's undeniably one of the best quarterbacks. The Rams needed a quarterback, and thus selected Goff.

While this story seems like a fairytale one in a vacuum, it may not be so when accounting for what actually happened. Instead of initially having the number one overall pick in the draft, the Rams started with pick number fifteen, and traded with the Tennessee Titans for the first overall selection. And the Rams did not just trade with the Titans, but sent them a mortgage. The Titans sent the Rams the first overall pick as well as a fourth and sixth round pick, the Titans received from the Rams the number fifteen overall selection, two second round picks, and a third in the 2016 draft, along with a first and third round selection in next year's draft, 2017. This seems like an awfully high price for a first overall pick, especially given that Goff, to be sure, is not even that great of a prospect.

While there are no sure things in the NFL, there some that come very, very close. Stanford's Andrew Luck, entering the NFL in 2012, is considered the best NFL prospect of the century, and there was no doubt that Luck would find great success in the league. Thus, if the Rams had made that trade to select Andrew Luck, a "sure thing", then it would have made sense; however, Goff, on the other hand, is not a sure thing.

Walter Football, an NFL scouting and mock draft website, wrote the following report about Andrew Luck: "Luck is one of the safest quarterbacks ever, and is the best prospect at his position to enter the NFL in at least a

dozen years. Luck looks ready to play immediately in the NFL, assuming he attacks the playbook after getting drafted. He is the complete package. He has the intelligence, size, arm strength, mobility and mechanics to be a lethal passer who can also make plays with his feet."

In comparison, Walter Football wrote the following about Goff: "Team sources have mixed opinions; some liked Goff and while other weren't very impressed with him. In speaking to a general manager from a team that is among the best at evaluating and developing quarterbacks, he felt that Goff was the best of the draft-eligible signal-callers. Others feel that [North Dakota State's] Carson Wentz is better. If it weren't for so many teams being desperate for a quarterback, Goff would probably be a mid- to late first-rounder. However with the huge demand at the position, Goff looks likely to be a top-10 pick."

My main gripe with the Ram's trade, shared by a number of NFL analysts, is that Goff is not the prospect that's worth trading up for. He is not the next big thing, is probably not the best prospect of this draft, and may not even be the best quarterback in this draft. Fellow quarterback Carson Wentz, who was selected second by the Philadelphia Eagles (whom also traded up to draft him), also received a lot of buzz leading up to draft day, and there were certainly some believers that Wentz would have a more successful NFL career than Goff.

Similarly, this also seems to be a strange move for the Rams since, four years ago, the Rams were on the receiving end of a similar trade. In the 2012 draft, the then St. Louis Rams the second pick in the draft, eventually trading it to the Washington Redskins for three first overall picks (2012-14) and the second round pick in 2012. After more eventual trading by the Rams, St. Louis acquired seven players from that one pick. While some of them did not pan out, which happens with prospects, four of their players are starters for the team: offensive tackle Greg Robinson, linebacker Alec Ogletree, receiver Janoris Jenkins, and defensive tackle Michael Brockers. All of these players have the potential to be All-Pro/Pro Bowl caliber players.

On the other end of the deal, the Redskins picked up a single player: Robert Griffin III. While RGIII was absolutely electric in his rookie season, earning a Pro Bowl honors and winning the 2012 Offensive Rookie of the Year. However,

due to a series of injuries and chemistry issues, Griffin struggled mightily in his other three years in the NFL, and was eventually cut by the Redskins. Even though RGIII's fate was not necessarily his fault, injuries do and can happen to anybody, thus the risk for a team to mortgage their future for one prospect.

It should be noted, additionally, that Goff is not as good of a quarterback as Griffin. Walter Football wrote this report on RGIII: "Griffin is also a high-character individual who is very intelligent. He has the makings of a franchise quarterback on and off the field. Griffin has the toughness to be successful, but will have to be developed some at the NFL level, and learn how to operate a pro style offense. There isn't a competitor with Griffin to be the second quarterback behind Andrew Luck." While Griffin was considered a number two to Luck, really no prospect could compare with Luck. Walter Football still associates the term "franchise quarterback" with Griffin, a denominator indicating a quarterback capable enough to be a team's starter for a long time. This, denominator is missing from Goff's scouting report.

Thus, why would the Rams make such an extreme decision? Quarterback was certainly a need for the Rams, given the subpar play of Nick Foles, but was it worth sending the Titans six picks, all in the first three rounds? Most would say no, but Los Angeles Rams owner Sam Kroenke said yes, as the selection of Jared Goff was not only a team decision, but also a business one.

With the move from St. Louis to Los Angeles, Kroenke needed to rebrand the Rams in a big way. For the past decade, the franchise has found only a moderate amount of success, not making the playoffs once since 2004. Thus, to provide a spark for the Rams, Kroenke moved his franchise to Los Angeles, turning a small market team into a big one, a normal afterthought of the NFL to one at the top of the news. Thus, in the sake of rebranding, Kroenke also needed a change in player personnel, the reason the franchise has been so mundane in the past decade. And what better way to bring in new life to the personnel than at quarterback, the heart and soul of a football team?

Jared Goff, to add on to that, is the perfect quarterback to fit Kronke's bill. Not only is Goff tall, handsome, and a skilled quarterback, he is also a born and bred Californian, the perfect player to lead this newly minted west coast team.

Goff, a native of Novato, California, played his high school football for Marin Catholic High School before eventually attending the University of California. Goff has the potential to play all of his football in California, which would be quite the story and perfect person to build a newly branded California team around. For the fans, Jared Goff is already a name that Californians know about, and thus his transition into the NFL is an easier one. Should Goff find success in the NFL, which more likely than not, he will, he is the perfect face for advertisements and sponsorships. Inevitably, Los Angeles residents will be excited and eager to buy a Goff jersey and wear a Los Angeles Ram hat, with the California narrative only adding on to it.

On the other hand, Carson Wentz, the other highly touted quarterback of this year's draft, is not the player the Rams would have even considered. Leading up to the draft, there was a debate on whether the Rams should have drafted Wentz or Goff given their similar talent levels, but given the California element and the move of franchise, I could not see a reason that Wentz would be drafted. His narrative is almost the opposite of what Goff's was: a hardworking, unknown quarterback from Bismarck, North Dakota. Regardless of talent, the Rams had a choice between a seemingly perfect, surfer-boy looking Californian, or a gritty North Dakotan. Many still did see Goff as more NFL ready to Wentz, but I still think the marketability of Goff played a huge decision in his selection, and ultimately, the trade up.

This article is not a knock against Jared Goff, Carson Wentz, or the Los Angeles Rams, but simply an analysis of the underworkings of this seemingly head scratching trade. Undeniably though, this trade has high boom and bust potential. Should Goff turn out well, Los Angeles has the perfect face of their franchise. However, should Goff turn out to be a bust, then like the Rams-Redskins trade, Los Angeles' trade with the Titans could offset the future of their franchise. Only time will tell how this trade ends up, whether drafting the California boy was smarter than drafting the North Dakota one, and whether trading up was worth it all. As always happens with Los Angeles, its bright lights and all eyes will be on the Rams: both the new franchise and its new face. And that's exactly how they want it.

## Deflategate

...continued from Page 4

domestic violence, was suspended for ten games, before the charges were dropped by his girlfriend and (although there was massive evidence of his actions), his suspension was lowered to four games. Where is the justice in this? A man beats his girlfriend while another is wrongly convicted of having reduced the air pressure in some footballs. They are both suspended for the same amount of time. Furthermore, Deangelo Williams, running back for the Pittsburgh Steelers, has asked the NFL if he can wear pink all throughout the season rather than just during October, in which players wear pink in support of Breast Cancer awareness month, to honor his late mother. Goodell, unsurprisingly, denied Williams' request, and threatened to fine him if he wore pink outside of October. It has become increasingly clear over Goodell's tenure that he punishes the innocent harshly and the truly guilty

not enough. The league and fans need a commissioner who will make the game of football both safe and exciting, rather than one who constantly attempts to gain fame and power. Goodell needs to go before he poisons the NFL any further.

Despite there being a complete lack of evidence in this case and a strong opinion around the league that the Patriots are innocent, Tom Brady is currently suspended for the first four games of next season. But quite frankly, I'm not too worried how the Patriots will fare having to start their backup quarterback. The last time that happened? Matt Cassell led the Patriots to an 11-5 record after Tom Brady tore his ACL in the 2008 season opener. The time before that? When Drew Bledsoe went down with an injury in 2001, a seemingly unknown 6th round quarterback from Michigan took his place, and led the Patriots to a win in Super Bowl XXXVI. His name? Tom Brady.

## The Real Food Challenge

by Alex Berry '17

"At Concord Academy we're all eating food all the time. It's a boarding school. It's a food culture," said Miranda Brown '17. The popularity of frequent pizza and bake sales to benefit on-campus clubs are proof enough of that. So, when Brown asked the students who attended the first meeting of the Real Food Challenge campaign why they showed up, it was no surprise to her when many people answered that they love food and wanted to know more about where it comes from.

The Real Food Challenge was first unveiled during morning announcements shortly after spring break, when Brown, along with Abby Bresler '17 and Isabelle Stromberg '17, invited students to the inaugural meeting in the Upper Stu-fac Classroom on April 5th. Brown's first order of business was to explain the concept of "Real Food."

Real food has several meanings. "Very simply, it would be food that you

feel good about eating, in all senses of the term," Brown explained. "Feel good because you know that the place that you're coming from isn't poisoning its workers with pesticides, or that the drivers that are transporting the food aren't driving ten million miles across the country. Real in the sense that it encompasses not only nutritional value and economic value but social justice value." Bresler, the Co-Head of Environmental Affairs at CA, agrees that she wants to feel good about the food she is eating, but given her position, says that she is "really coming from the environmental side."

The Real Food Challenge was formed in 2008 from The Food Project Inc., a Boston-based non-profit organization committed to developing sustainable food systems. The Real Food Challenge defines Real Food as an intersection of many ideas. They want Real Food to be a product of everything from fair treatment of farmers and workers, to usage of environmentally conscious practices,

Continued on Page 6...

# The Centipede

Concord Academy  
166 Main Street, Concord, MA 01742

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Please send Letters to the Editor to:

Julia Shea

Concord Academy

166 Main Street

Concord, MA 01742

Alternatively, you may send letters electronically to:

[julia.shea@concordacademy.org](mailto:julia.shea@concordacademy.org)

The mission of the *Centipede* is to inform, spark curiosity, and generate discussion within the community and beyond. The majority of the content relates to school issues, events, and news, but occasionally writers voice their opinions on politics, sports, and other contentious topics.

# Real Food Challenge

...continued from Page 5.

to the celebration of food and development of strong traditions surrounding it. Real Food does not necessarily mean no processed foods. It simply means an end to blindly eating food without knowing its story. Among its core tenets, the Real Food Challenge also emphasizes the importance of youth, collaboration, multiculturalism, and participation within their movement.

The Real Food Challenge to CA was Brown's brainchild. She recently returned from the Mountain School - a semester school for high school students - in January 2016. Situated in Vermont, the Mountain School has an emphasis on outdoor education. There is a working farm on the campus. "We were interrupted two hours a day to do work," Brown said. While taking routine academic classes, she also took a course on sustainable agriculture practices called Farm Seminar where you "learn about soil sciences and different techniques of farming, and dairy farming, and the meat industry, and farm worker's rights."

Brown was inspired by her experience at the Mountain School and felt she needed to do something to change the food system at CA. Her sister told her about an organization called the Real Food Challenge. "So I looked it up, and thought 'Wow. This is really cool,'" says Brown. It turned out to be just what she was looking for. "It [the website] said Start a Campaign so I emailed the representative from the New England part and we set up a Facetime and it just happened."

Bresler and Stromberg joined the project after Brown reached out to them to see if they were interested. Bresler, who has been steadily involved in environmental affairs since coming to CA, is currently serving as the Co-Head of Environmental Affairs for the 2015-2016 school year, and was the first person to whom Brown contacted. "She wanted someone that would counter... on the other side so it would be a more balanced team," says Bresler. Both students talked to CA Science Teacher Gretchen Roorbach and Facetimed with a representative from the Real Food Challenge.

Stromberg, who is doing a project on food in an environmental science class at CA, talked to Brown and signed on shortly after Bresler.

"She's been such a driving force behind it," says Bresler of Brown.

"Like, AMAZING. I don't know how she's handling it. We'd been talking for a little while, but I'm impressed with how quickly Miranda turned that talking into doing."

Later on in the first meeting, the co-leaders laid out some of their goals. Firstly, they would like to have 20% 'real

food' in the Stu-Fac by 2020.

Undoubtedly one of the largest, and earliest challenges of the Real Food Challenge will be convincing the CA administration. CA may become only the third high school to implement the Real Food Challenge. The logistics and financial burden of trying to bring healthier and more local food into student dining halls is probably what has made the Real Food Challenge a college campus-dominated initiative. However, Brown argues that she has confidence that she, Don Kingman, Shawna Penders, and eventually Rick Hardy will find some way to make a difference. "Until we implement the Real Food Calculator, [...] we won't know how much to spend. And then it's just a matter of creativity."

Next fall, Brown will do a departmental study devoted to the Real Food Challenge. Her time will likely be spent pouring over the Real Food Calculator, a software that will allow her to sort through all of Sodexo's ingredients that are used in Stu-Fac meals and enter in critical product information. Once she completes that task, the Real Food Calculator will give her a total percentage of how much of CA's food, is, in fact, real. Thus, while they are aiming for 20% Real Food by 2020, that number might change once Brown finds out how much of CA's food is already 'real'.

"Then the next part is to implement something called the food systems working group, which would be 50% students, and then teachers and food workers and the food services and Don Kingman and the administration and alumni and community members, and parents," explains Brown. "The one requirement is that it has to be at least 50% students to meet together and discuss the real food calculator and discuss the school's progress and see what we can do in terms of student involvement and transparency."

Student involvement is the only way that the Real Food Challenge will be able to thrive at CA. With Brown, Stromberg, and Bresler graduating in a year, the organization will need underclassmen to continue the incredible momentum that the has already been gained in the past month. The point, says Bresler, is that "once we hit 20%, keep going. Then 30% and 40%."

The first meeting wrapped up as small teams of students brainstormed ideas for campaigns and ways to get the CA community engaged. The idea to stage a Real Food pizza sale, with homemade pizza and fresh ingredients, sprung out of one conversation. Another student proposed the idea to build a community garden. "We all eat food," says Brown. "We're humans. I feel like using that as a focal point, a basis of community, would be really great."

The *Centipede* wishes you the best of luck for finals!

