

A "WEIGHTY" ISSUE

Joonwoo Baik '18



The new weight room rules were definitely one of the most surprising and controversial changes that happened over the summer. Many students, uninformed about the reason and process behind the change, were not very happy with it. Therefore, the editorial board decided to interview Mrs. Barcomb to find out what actually happened and why.

The new rules state:

1) The weight room hours have changed from 8 AM - 11:30 AM to 12:30 PM - 7 PM for students.

2) Be aware that students are not permitted to enter the free weight room between 6 - 8 am every day.

3) Every student needs to get a card from Mrs. Johnson or Mr. Wotton in the athletic office to gain access to the training room when it is open.

4) The free weight room is closed between 11:30 am-12:30 pm every day. The security team will not allow any students into the room at that time.

The main misunderstanding behind the weight room rules is that they were established this year under the new athletic director, Mrs. Barcomb. In fact, most of these rules existed before but weren't enforced strictly.

According to Mrs. Barcomb, the rules were made due to legal liabilities and student safety and were first proposed to her by Dr. Quimby and Mr. Wejchert. "The free weight room has dumbbells and free barbells. You can squat; you can do lots of different things-cleans. That's much more inherently dangerous without a

spotter. So, you can't be alone which I think is pretty simple, but a lot of kids were alone because there's no one walking through there to make sure [they're not alone]." The new hours are solely based on availability of an adult supervisor, as Mrs. Barcomb said, "The hours are based on when there's an adult in the building, so they can support if there was an emergency."

The changes not only affected students but also faculty members in the community. Barcomb continues, "For example, the faculty and staff, now, if they would like to use

the free weight room need to sign a waiver that they will abide by the rules-by not propping the door etc. And only 16 people have come forward that they wanted to use it. So, I think the actual population of students that want to use it [weight room] is smaller than 400 but trying to figure out who uses it and when and trying to find appropriate coverage is what we really want to."

Weight room safety is not a new issue in high schools and colleges. There have

(Continued on next page.)



FOOTBALL BY THE NUMBERS

Editorial Board



Starting the season off with two great wins (23-7 over Brooks and 34-28 over Milton) the football team has a bright season ahead of them. It would be safe to assume that the team's performance had to do with its size and popularity; however, the numbers might show something a little different.

According to data from the athletics department, there has been a decrease in the football program's size. In 2016, 67 players were in the football program, but there are only 59 this year. Eight players might not seem like a huge difference, but it becomes more significant when looking at an individual team. The

2016 varsity team consisted of 42 players which is pretty large compared to this year's 27. It might just seem that there are less football players this year, but there has been evidence of a decreasing trend in the football program's size. For instance, the 2015 football program was also larger than the 2016 football program,

but its difference was much smaller. There are many explanations for this decreasing trend, but a few seem to be common in people's responses.

Concussions in high school football programs account for 47 percent of all reported sports concussions in America, and the numbers have recently caught a lot of

attention. According to National Center for Biotechnology Information (NCBI), all nine cerebral injuries with incomplete recovery in 2009

were from high school athletes; this statistic does not arise from the dangers in high school football but from the huge number of American high school students playing football: one

million high school students compared to sixteen thousand in colleges and around two thousand in the NFL. Speaking about the effect of concussions on football, Mrs. Barcomb (the new Governor's Athletic Director) says, "I do think that parents are considering that [concussions] (article continue on Pg. 7)

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by Rose Robinson

WHAT'S NEW ON THE PLATE?

Joonwoo Baik '18

Every year, coming back to school after three months of summer break gives people very mixed feelings. New members to our community, new facilities, and many other changes surprise us. Often times, the Alford Dining Hall is where people go to reunite with friends, ask about each other's summer experience, and it feels like you are really "back" at Govs. Yet, even the dining hall seems a bit different. Where did the fruit punch machine go? Why does the coffee taste different? No more pizza during dinner? This summer, the Alford Family Dining Hall went through several changes to improve students' and other community members' dining experience. We interviewed Mr. Alonzi, the Director of Dining Services to find out what changed and the reasons. The first noticeable change is the updated beverage area. There is a new seltzer section with plain and flavored seltzers such as lemon, lime, raspberry, and grape. This is a great addition for students



who enjoy drinking carbonated drinks but could not enjoy it at Govs since federal law actually prohibits students from drinking soda in school. There are also new juice flavors such as orange guava and cucumber mint water.

Also, the pizza section, during dinner, turned into a "global fusion test kitchen". In the past years, the dining hall used to serve pizza during dinner and they were the same as the ones served at lunch. Now, they offer different international and exotic foods based on a theme related to a specific culture or country. For instance, they served sausages, sauerkraut, and german potato salad during a "German" night. The other day, they served mango chutney, red lamb curry, and butter naan. The students are truly enjoying the new change. "I love it. They try new things everyday, and I have high hopes for this new section in the dining hall," said Arif Abd Aziz '19, a student from Malaysia. More than 10% of Govs students are international students from 20 different nations, and there are a significant number of students who associate them-



selves with different cultures. Food is often one of the things international students miss the most from home and the new update may act as a small comfort for some. The efforts of dining hall staff, along with other affinity groups in school, are helping students feel more welcome. It is consistent with the school's effort for multicultural education, too. Most domestic students are also enjoying the change, trying out different kinds of food and learning about many cultures. Otto Sendelbach '18 said, "At first, I didn't like the new change because I like pizza a lot. Yet, I'm trying out foods that I never had before and I love some of them. Also the new food seems to be more healthy and nutritious." The dining hall also changed the coffee brand to Seattle's Best Coffee, which is a fair trade and certified organic coffee. Although this change does not visually stand out like other updates, it shows the dining service's continuous effort regarding environmental sustainability. Buying fair trade

products not only helps environmental sustainability but also supports local communities and workers involved in production. Last year, the Alford Dining Hall was certified as a three star green restaurant by the Green Restaurant Association (GRA), a national nonprofit organization helping restaurants to become more environmentally sustainable. This means they do not use any styrofoam cups, have comprehensive recycling and composting programs, have a menu where 55% of the dishes are vegetarian, and possess Energy Star kitchen equipment.

This update happened over the summer but it was designed a long time before. The dining hall staff members carefully planned and observed students' diets to make this possible. Mr. Alonzi said "We have been working to update the beverage offerings for a couple of years and were finally able to partner with two new companies to make it happen in an operationally meaningful and financially sustainable way. The pizza

station change came about because we noticed a decline in the number of students eating pizza at night, and we were searching for alternatives. We spent the summer discussing a few options and decided to change our menu and theme."

These changes require more work for the dining hall staff. For dinner, they have to cook four more dishes than last year. Also, they started offering noodles during dinner which is one of the dishes that requires the most time and effort. Mr. Alonzi said they are looking for ways to keep the good quality, but reduce the workload: "The change we've made at dinner to the pizza station has resulted in significantly more work for the dinner staff. We are working on processes to increase efficiency and bring the workload back to a more manageable level." It is not easy to provide food to 500 people every day, and it requires tremendous amount of effort and careful planning to make it possible. Many members of the community have responded very favorably to new changes and have expressed their appreciation to the staff. When asked if there is any way the Govs community can help the dining hall staff, he said "as mentioned, most of these recipes are new to us and largely untested. Patience while we work through them will always be appreciated, and the staff would love to hear feedback or just a 'thank you.'"

(Continued from Pg.1, The "Weighty" Issue.)been many accidents in college weight rooms because of the lack of workout partners. Former USC running back Stafon Johnson was injured while bench pressing 275 pounds in the USC weight room when the bar fell onto his neck. His throat and larynx were crushed and he had to go through reconstructive surgery and ended up suing the school.

The weight room is most crowded between 4:30pm to 6pm-after afternoon programs. During this time, the weight room is actively used so students do not have to worry about finding a partner. Therefore, the most heavily debated times were every morning and Sunday. Many boarders workout on Sundays and some insist that since there are less people in the gym, it is more comfortable.

Yet, students contend that it would've been much better if students were fully notified about the motivation and process behind the change. The student council had a discussion on this topic, and a lot of information was shared that may have been unknown to other students. During the meeting, the council suggested a few alternatives. One option was to hire personnel who could monitor the weight

room on Sundays. However, this is very costly option considering the number of people who use the weight room on Sundays. Another option was to operate a club with a faculty advisor for people who work out in the morning or Sundays. Mrs. Barcomb commented, "Kyle and Maeve came to me and said, 'well do you think it would be possible if there was a faculty member that was already working out'-to

have them in there. I have no problem with it, but Dr. Quimby and Mr. Wejchert have to say 'yes' to that." Hopefully, the students and the school will be able to come up with a solution that both ensures students safety and workout times for students. To ensure this, the community needs to be open and willing to communicate actively.

THE GOOD, THE BAD, AND THE UGLY

-INTERVIEW WITH CHRIS ROBINSON

Interviewer: Haodi Shi '20



Why did you name your project The Good, The Bad And The Ugly? Is it related to Sergio Leone's movie?

Well, it's just a pun, but mostly it's because the viewers are supposed to view all the dogs and choose which one is a good, bad, and ugly. It's the viewer's job to decide.

Why did you take the challenge to paint a dog every day for a year?

Drawing every day is no different than a musician practicing scales or a writer writing 500 words a day; you need to just sit down and practice. I personally needed discipline in order to draw one each day. There are always things in life that will take your time, so you have to consciously give it importance. Drawing every day is like doing a workout--you have to use it or lose it.

Are there any prototypes of the dogs? Why did you paint so many dogs in various styles?

There is no prototype actually. You always try to sketch from life right? {laughter} I tried different styles because it's part of the creative process. If you don't want to get stuck, one of the quickest ways to change your viewpoint is to try a different medium or use your less dominant hand.

What was your artistic experience prior to the project?

What role does artistic creation play in your life? (Does art play a role in your life?)

Drawing is a huge part of my life. It's like asking a musician what role does music play in her/his life. I drew regularly; sometimes I just drew whatever is there. I drew small portraits reg-



ularly. Every day I've sent a card to my son who is in college. If I didn't mail a drawing to him that means I was probably mad at him.

So what do you usually draw for your son?

He told me otters, so this week I've been drawing otters. That's what he wanted. I don't know why he asked me to do that. You have to ask him.

Did you write anything along with the drawings?

No, sometimes just drawing, he knows where it is from. You can say we communicate with painting. So you know what the funniest thing is? My daughter who just graduated, she was away at school and she brought all her stuff home. And I was carrying one of her boxes and I asked, "what is in this box?" And it was four years worth of postcards.

Is there a particular painting that you like the most?

I don't know. I just make them and put them away. I don't even look at them when I finish. I left them in a shoebox that Paul Holloway gave me.

Why did you put them away? (I mean if I create great paintings I would spend some time appreciating them)

I don't know. Probably because the critic in my head is so harsh that I don't like any painting. I just put them away, so I don't have to make decisions on them. The next day, I can start over again instead of hearing my inner voice criticizing me.

Are you going to take on more challenges in the future? If so, what sort of challenges?

Yes, I think I will take on another challenge on October 1st. I have to figure out what to do. I haven't thought of one yet. We will see.



PEER WHAT? PEER WHO?

Kevin Zou '18

If you have read your emails, you may have noticed that there is a little group of Govs students known as peer advisors. Not many students are familiar with this group, but it is a great group to meet during your time at Governor's Academy. If you have not figured out what a peer advisor is or more importantly what he or she does, I am here to explain it all. A peer advisor is simply a student guidance counselor that can offer first hand experiences on school situations. It is very likely a peer advisor has been in your position before, whether it is about stress in school, drama in friendships, or even being homesick. Peer advisors are very approachable yet capable students. Each peer advisor goes through an application process

consisting of an essay, an interview, and an evaluation by former peer advisors. Once chosen they go through a training process to ensure that they are qualified to help and understand when to reach out to Ms. Ruhl and Mrs. Brandt for more support.

There are many people you can talk to regarding personal issues--dorm proctors, Ms. Ruhl, dorm parents; however, people often overlook peer advisors. Many dorm proctors are actually peer advisors, and I believe that they can be as effective as dorm parents and Ms. Ruhl when dealing with issues of daily stress, homesickness, or if you just need a friendly ear. Now that you understand what a peer advisor does, you will see--

in your emails-- that certain peer advisors are on duty every weekend. We help those who struggle in school and are just an email away.



The Peer Advisors:

- Matt Farrell
- Collethea Lambert
- Eric Miller
- Sarah Moore
- Eni Owoye
- Kyle Rochford
- Emily Simas
- Claudia Solano
- Hannah Walsh
- Benjamin Xu
- Kevin Zou
- Makayla Boucher
- Josh Cerniglia
- Charlotte Collins
- Alek Davis
- Gaele Henry
- Karlaes Morales
- Julia Russolillo
- Isabella Wood
- Taylor Xie

ETHNICITY & EMPATHY

Nicole An '18

--Do we have the ability to empathize?
 --Do we actually know what empathy is?
 --I don't.

PART I.

When Agamemnon decides to sacrifice his daughter Iphigenia to save his people, he was not a murderer.

We all follow ethics. At least we think we do. Society recognizes ethics as a collection of universally acknowledged rules that guide people's actions and intentions. Just to be clear: it is not the law. When laws forbid us from doing things, ethics lead us to become a "better" person. But how can something be truly universal?

We are, after all, different people. We grow up in different households, even different cultural backgrounds. With different attitudes, we absorb knowledge differently, focusing on different aspects or values of this world, which we are encouraged to do in this society. The so-called "ethics" we consider individually shall not be universal. Also, when we are "empathizing" with others, do we really understand them? Or are we just depicting their experience in our mind and making short-sighted generalizations? If that is the case, then the outcome of our generalizations shall be unique, which makes it impossible for us to emphasize. Because of that, it is theoretically impossible for us to emphasize, or really understand one another.

That just seems cruel and unpersuasive because it is too metaphysically --abstractedly-- argued. So let's look at some people's stories. Agamemnon is a king in Greek mythology who decides to sacrifice his daughter to God in order to change the direction of the wind to win the war for his people. If he only shows his intention of taking his daughter's life, he would simply be a murderer and cursed by the society; no

one would understand his pain. But because his motivation— winning the war for the greater good of his people—seems to be so noble that it can outweigh the sin of killing his daughter. Thus, according to Danish philosopher Søren Kierkegaard, Agamemnon is a tragic hero. With proper use of imagination, we can understand his sorrow, desperation, and vulnerability.

But do we really know what was going on in Agamemnon's mind? Without actually being in that situation, experiencing what he is going through, is there a chance for us to understand him?

PART 2.

The very ink of history is written with fluid prejudice. -Mark Twain

Anne Boleyn, the second wife of Henry VIII, was a woman who changed the future of the British Empire by leading the King to annul his first marriage with Catherine of Aragon and leave the Catholic Church. Clearly, this is a violation of traditional social values. But rarely do people know that Anne and her sister Mary were successively assigned to be the King's mistresses to save the Boleyn Family's falling social status and poor financial situation. It is family vs. traditional value. It is hard to tell which one is obviously more important.

So Anne should not be blamed for trying to save her family from their predicament. Neither should her unorthodox behavior be praised. What historians analyze today is probably not precisely what people of her time were experiencing. What modern society considers to be unbearable could have been the norm of society in Medieval Europe. We cannot really understand her, because if we do, we should have made the same decision: be a mistress and save the family (temporarily). Since the majority of us living in the 21st century have a hard time to arriving at the same conclusion, we

can barely say that empathy is something universal.

So what can we do? Although empathizing with others is not as easy as we would like it to be, we still have other talents as human beings. Tolerance, respect, and language.

The easiest way to empathize may be to give up on the idea of empathy, and truly try to evoke something from our personal experience. No one has identical background to another person, but we all have life experiences that have made us feel sad, hurt or otherwise troubled. The power of language allows us to evoke similar feelings when we talk about these feelings. Although we might not be able to understand one's true emotion at one point, we can still approach the person's mind and provide respect and support.



The Governor

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CONFORMITY VS. INDIVIDUALITY

Alex DiBlasi '19

Dress codes are once again an issue of contentious debates on high school campuses nationwide. Whether the institution is private or public does not seem to matter. Students in all types of schools are being told to conform to a certain clothing attire. Not since the U.S. Supreme Court established the first dress code law in 1969, have young adults been this vocal about their constitutional rights being violated. With the assistance of social media, a firestorm of controversy has been reignited. There seems to be three main arguments by students regarding dress

codes. The first, dress codes target girls and promote body shaming; secondly, the dress codes are non-inclusive to transgender students; and lastly, a school system's mandated dress code infringes on students' rights of self-expression.

As our dress code may not be as stringent as other schools, it has always been a topic of conversation at the Governor's Academy--from the color of the graduation gown to recently allowing girls to wear skirts made out of denim fabric. I recently asked Mrs. White why she thinks it is important that Govs has a dress code.

"I think it matters

to present in an academic setting in a respectful way that mirrors the way in which one needs to dress potentially in a work setting. We have to help students think about what's appropriate for certain settings and to meet certain expectations in their lives beyond Byfield. I also think it adds to the learning environment. My favorite days are formal dress days. If I had my druthers, I would vote to have students dress up every day!"

Curious to where students stand, I recently conducted a survey on campus. Below are the three questions I asked and the responses:

1). Do you like having a required dress code at Govs?

No: 18
Yes: 12

2). What do you like least about the dress code?

It is stricter for men: 13
I think it is fine: 5
It is unfair to girls because we have more conditions on what is appropriate: 12

3). What would you change about the dress code?

Loosen the dress code rules for men. Females have it easier: 13
Nothing: 7
Being allowed to dress down more often: 7
Being allowed to wear flip flops: 3

Unsurprisingly, the majority of the responses were anti-dress code. Only 16.5% of the students questioned felt that Governor's present dress code is fine. Plus, 86% of the boys believe that they do not have as many options as the girls do for clothing choices. An interesting suggestion and fair compromise seems to be having more dress down days. As students struggle with embracing their individuality and school administrations grapple with what is proper clothing for a learning environment, there obviously needs to be a better balance of promoting professionalism with freedom of expression.



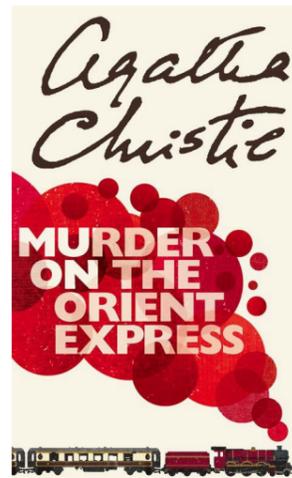
BOOK REVIEW

Annette Shin '18

Murder on the Orient Express is a short mystery novel by Agatha Christie featuring her famous detective, Hercule Poirot. The novel begins on a snowed in train, and a murder mystery ensues. For fans of Christie's previous works, this book will be a pleasure. It has suspense, it has humor, and the things Poirot does blow me away every single time. To those who are new

to her novels, be sure to make some time to finish it all in one sitting. If you're anything like me, it'll be really suspenseful to get through it. The pacing is just right for this kind of mystery, and her quirky characters make it all the more enjoyable. Buy into her magic, and her words will take you on an adventure that won't leave you anytime soon. The novel is also being made into a movie adaption

with a really promising cast, so be sure to read it before you see the movie. The movie is set to come out next month, with Kenneth Branagh as Hercule Poirot, and Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Josh Gad, Derek Jacobi, Leslie Odom Jr., Michelle Pfeiffer and Daisy Ridley in supporting roles.



MOVIE RECOMMENDATION

Nicole An '18



It's Only the End of the World

Directed by Xavier Dolan

"Louis (Gaspard Ulliel), a terminally ill writer, returns home after a long absence to tell his family that he is dying."

--IMDb

First They Killed My Father

Directed by Angelina Jolie

"Cambodian author and human rights activist Loung Ung recounts the horrors she suffered as a child under the rule of the deadly Khmer Rouge."

--IMDb



Nightcrawler

Directed by Dan Gilroy

"When Louis Bloom, a con man desperate for work, muscles into the world of L.A. crime journalism, he blurs the line between observer and participant to become the star of his own story."

--IMDb



High-Rise

Directed by Ben Wheatley

"Class struggle becomes all too real as a young doctor moves into a modern apartment block in suburban 1975 London. Drugs, drink & debauchery dissolve into murder, mayhem and misogyny in this pseudo-post-apocalyptic breakdown of societal norms."

--David R. Turner



The Fate of Fortune

Nastasya Woodcock '18

"My dear," he says, with a twinkle in his eye,

"My dear, your time has come."

"What time is this?" I ask as I stand

With the sun beating down on my face.

"My dear, your time has come to change it all,"

He says as he walks away.

I call after him, "Wait, please don't go!"

"But, my dear, my time has come."

"Your time?" I ask, as I step into the shade.

"My dear, please stop right there."

I stop my foot, but my hand reaches out,

My hand reaches out in the space.

He takes a step back,

A step that sends him tumbling down the hill.

I quickly descend and run to his aid,

Only to find him unhurt.

"But, how?" I ask with a questioning look,

"But, how are you not even scratched?"

"My dear," he says, with a twinkle in his eye,

"My dear, take a look at yourself"

I look down unexpectedly,

Only to find myself covered in brambles and vine.

Again I ask, "But, how? But, how?"

"My dear this is a lesson to learn."

"What lesson?" I ask, as I think to myself

How absurd this man seems to be.

This man with his top hat perched on his head,

This man in full suit and tie,

This man with his tails and his cane and his

gloves,

This man with a look so dapper and fine.

"The lesson, my dear, is a simple one,"

He responds with a crooked smile.

"The lesson, my dear, is that of fate,

For you will never be as fortuniate as I."





(Continued from Pg. 1) when they allow or don't allow their sons to play football”.

Over the past few years, the NFL has received a lot of negative press which eventually trickled down to many high school football programs. Lately the press has been attacking the NFL through Aaron Hernandez's case; Aaron Hernandez was a New England Patriots tight end and charged for the murder of Odin Lloyd, a linebacker for the Boston Bandits who dated Hernandez's fiancée's sister. The press focused on his motives when he was convicted in April, 2017, but more evidence was discovered by Boston University when they examined Hernandez's brain.

Apparently, he had a severe case of chronic traumatic encephalopathy (CTE) caused by multiple concussions and head trauma. Dr. Anne McKee, professor of Neurology at Boston University, said that Hernandez's brain was as damaged as a 67-year old's. The press has also covered the Hernandez family's recent 20 million dollar lawsuit against the NFL and the New England Patriots, and it's apparent that it may reflect negatively on the NFL and eventually also high school football.

The causes of this downtrend may deter high school students from playing football, but a few solutions have arisen to maintain a healthy football program. As Mrs. Barcomb suggested, "there

may be just better technology, and better coaching to make sure that kids aren't injured, but I don't know if you can prevent it [concussions]". The NFL has adopted many safety measures since it was established. On their website, the NFL claimed that "in recent years, the NFL has modified its playing rules to sharply reduce contact to the head and neck of players. These modifications were made separate from, and in addition to, the league's longstanding prohibitions against helmet to helmet contact." Many of the new regulations have met harsh criticism. For instance, Donald Trump tweeted, "referees are destroying the enjoyment of NFL games. Slowing down the fun. Big shots. Jets game

is ridiculous!" This is where the "better coaching" solution becomes impractical because both the players and audience may resist such solutions.

Another solution, though less practical, would be to improve protective gear. However, this would mean that additional costs have to be covered by many institutions or the players themselves. For example, the VICIS ZERO1, said to minimize head injuries during collisions, costs \$1500. The many solutions, though controversial and impractical, might be further revised and hopefully will minimize concussions without affecting the game.

Football is one of the most entertaining sports to watch, from the NFL on TV to

the Sager Bowl. Sadly, there are problems that hinder its progress. It doesn't have to be this way. Although the numbers can change, the love and passion people have for this sport is very powerful. If football is something one truly cherishes, then there should be nothing to stop him or her from pursuing that goal. Football may seem like a rough sport but there are so many people willing to help enrich that passion while keeping players safe. Everybody who watches the Govs football team knows that the players are willing to take a risk for the game they love, and hopefully football as a sport --in our school, in colleges, and in the nation-- will continue to thrive. Go Govs.

THE LAST RIDE

Varsity Soccer Team

The boys' varsity soccer team encountered many changes this season. First of all, Mr. Wartman, the dean of students, joined the team as a new coach and Mr. Satow and Mr. Torsi are now assistant coaches. With the increasing popularity of soccer not only in Govs, but internationally, more students are trying out for varsity soccer. We interviewed 5 seniors who has been playing on the team since 9th grade and how they feel about their "last ride" at Govs.

Oat

Q: This is your last year as a Govs soccer player--any reflections?

Soccer at Govs has been really fun, but what I valued most from my soccer experience was the friends that I made. I believe that I would not be close to my best friends if it were not for the soccer team. When I was a freshman, I was very fortunate to have a senior friend that welcomed me and gave me good advice. Although I don't talk much, I try to welcome the freshmen on the team as best I can.

Q: What do you expect from junior,sophomore,and freshmen players?

I hope they care for each other. We aren't just a team, we're a family. I expect them to give the team their best; we need to do that if we want to move forward. If you make a mistake, don't be too hard on yourself. Mistakes always happen no matter how good you are, but I believe that we should try our best to improve.

Dylan King:

Q: This is your last year as a Govs soccer player--any reflections?

In my last year with Govs soccer, I think back to the great memories I've had with the boys. Beating Concord under the lights sophomore year was an experience I'll never forget. Last year we had a junior heavy team and we lost only 2 kids going into this year and I think that that has allowed us to become very close friends, almost like family. We have made an immense amount of improvement since my freshman year, and the attitude of the team has definitely changed for the better.

Q: What do you expect from junior,sophomore,and freshmen players?

I think that for the underclassmen, I expect them to keep working hard. Losing so many players after this year, they need to step up, dig deep, and play hard but also keep it fun. At some points in my time with Govs soccer, we lost the love for the game, and I urge the underclassmen to never lose that feeling. Winning will come, but they need to keep up the intensity and play hard in every game and every practice. Next year will be a young team, and they all need to be leaders out there. Govs soccer always has a great group of guys, and although winning doesn't come easy to us, with hard work and chemistry it will come. It's all in the character.

Jack Donahue:

Q: This is your last year as a Govs soccer player--any reflections?

These past four years have been a good experience. Not only have I developed into a better player, but the coaches and the boys have taught me how to be a better person and a better

teammate. The locker room is a great environment, and being around the boys have made these four years the best of my life.

Q: What do you expect from junior,sophomore,and freshmen players?

From the younger guys, I just expect them to give their 100% all the time. And that goes for everyone. I know it is easy for everyone to get frustrated when the score doesn't go our way, but nothing irritates me more when teammates quit mid-game. If everyone gives it their all, including me, I will never be angry about a loss.

Kyle Rochford:

Q: This is your last year as a Govs soccer player--any reflections?

I think it's been really cool to watch myself and the four other



now seniors who have been on the team since freshman year. It's great to see each other grow and I feel like the five of us have a very special bond.

Q: What do you expect from junior,sophomore,and freshmen players?

I know that the younger guys on the team will turn into great leaders and soccer players. If these boys continue to work hard, I see a bright future ahead.



CHILL(IN)TERVIEWS

Rose Robinson '20

This year, for every issue of the newspaper I'll be conducting two interviews: one with a staff/faculty member and one with a member of the student body. What makes these interviews chill? These two people are randomly selected. By random, I mean I walk into the dining hall when I feel like it and interview whoever is there and doesn't look too busy. I also make up these questions about ten minutes before I have the first interview. Some of the questions are silly, some of them go deeper. They are "chill" because these are conversational topics. They're the kinds of things you somehow find yourself talking with your friends about, or thinking about in the shower. I want to share the voices of people in the community, whether they are ones we hear often or not often enough. I want to break down some barriers to learn things about people I wouldn't learn otherwise, and to invite the paper's readers to do the same. Maybe you'll find that someone in here seems pretty chill.

Recently, I had the pleasure of finding Dr. Katherine Alex, a member of the science department, in the dining hall. She was considerate enough to let me interrupt her writing of a college recommendation to answer a few questions.



What is your favorite aquatic mammal?

Oh I love dolphins. I always wanted to be a dolphin trainer. Aquatic mammal, is that what you said? That's very specific.

If you could be any other faculty member at Govs, which one would you be?

(After much thought) Who teaches algebra one?

I think a couple people do.

I would wanna be one of them. I want to be a math teacher sometimes. Sometimes I think I would like to be

a math teacher; I love math. Yeah, at least for a day... we'll start with algebra one.

What is one irrational fear you have?
Mayonnaise. It makes me gag. Well I guess that's kind of rational... But I'm scared that it's gonna be in things all the time, so that's irrational.

What is one thing you'd like to do before you die?

Uh (laughs)... It's really nerdy... So I compete in competitions for this board game called The Settlers of Catan and one of my life goals is to represent the United States in the world championships (laughs).

(Laughs) That's awesome... I really wouldn't expect that for you.

Well... Now you know.

What color do you associate with the word Monday?

Yellow.

And do you associate one with Friday?

I don't know, maybe purple? I don't know. I've never thought about that before... I just gave you an answer...

Did you write these questions?

(Laughs) yeah.

How would you feel if all forms of social media were to suddenly stop working?

I would feel great about that. I think I might miss it a little but mostly I'm scared about how much it's taking over our lives... and annoyed about that, too.

What was the last book you read for fun?

(After thinking) the last book I read for fun was... err what was it called... It was by Jodi Picoult, who I like... and... I think it was called The Tenth Circle or something like that? The ninth or the tenth circle... something like that.

(At this point in the interview, my computer inconveniently died. Luckily, I happened to remember the final three questions. As I got out a pencil and paper, Dr. Alex and I has a light hearted conversation as we discussed our choices in not being Mac users before continuing.)

Would you rather be a centaur or a mermaid?

Oh, mermaid. I love to swim... And I could swim with the dolphins... bringing it back to the first question. Doesn't everyone say dolphins?

I would say manatee. I love manatees.

What would be the title of your autobiography?

That's too hard... I wanna be funny but I can't...

It could be deep.

That's hard, too. Funny's hard but deep's hard too... (after much consideration)... I'll get back to you (she never got back to me).

What is your greatest aspiration in life?

My greatest aspiration in life is to... to raise motivated, confident, and... empathetic children.

I also had the pleasure of interviewing Gabriel Eibling, a new member of the sophomore class. After I approached his table and the two friends sitting with him exchanged a few looks of hesitancy, he gave into some mild peer pressure and stepped up for the interview.



(Gabriel wouldn't let me take a picture and didn't email me one so I was forced to use his Veracross picture)

What is your favorite aquatic mammal?

Aquatic mammal? Uh...probably dolphins.

If you could be any faculty member at Govs, which one would you be?

Probably... Mr. Wartman. Yeah, Mr. Wartman.

Why is that?

He has a lot of power in the school and he's a varsity coach... Wait are people going to hear this recording? No, it's just so that I don't have to write everything down now.

Oh, okay.

What is one irrational fear you have?

Irrational fear? Umm... I'm scared to like walk into class while everything is going on and everyone just looks at me and is like 'What? What are you doing here?'

Friend: I hate that feeling so much. Yeah it's so bad.

(Here, Gabriel and his friends spoke for a moment about walking into class

late. It was an amusing conversation with some laughs, but it's too much to write out so just trust me when I say they seem like some funny guys.)

What is one thing you'd like to do before you die?

Friends: Oooh bucket list question! (Lots of thinking)

Friend: Skydive

Nah, I'm not that ballsy...(more thinking)...Probably shoot a tank.

Tanks are pretty sick.

What color do you associate with the word Monday?

Monday...Like a murky gray.

And then... what about Friday?

Fridays? I'm not even sure... Fridays are probably like, like a solid blue.

Friend: I was thinking blue, too.

How would you feel if all forms of social media were to suddenly stop working?

Sad and left out.

But what if it was for everyone?

Friend: I think that would be better to be honest.

Nah...I would be, probably like... I don't know, confused? Cause no one would be meeting up and stuff and it would be hard to plan stuff... If that doesn't make sense just like make stuff up (I didn't make stuff up).

What was the last book you read for fun?

For fun? (Laughing).

If there's nothing that's okay.

No, no, actually I'm reading my grandpa's book... Just write... I don't know... it's my grandpa's book.

Would you rather be a centaur or a mermaid?

Centaur or a mermaid...

Friend: merMAN

Probably a... probably a mermaid.

That'd be pretty sick... You could just chill in the ocean forever.

What would be the title of your autobiography?

Wow, these questions are kinda hard.

Um, 'Me.' Just 'Me.'

What is your greatest aspiration in life?

Probably just to be successful and make it in life.

Is there a certain area of life that you would wanna 'make it' in?

Not really, probably just making it and being wealthy I guess.

