

# Verbatim

adjective | ver·ba·tim | 축 어적으로 | literalmente | 逐字 | doslovně | 逐語的 | từng tiếng một  
: being in or following the exact words : WORD-FOR-WORD  
// a *verbatim* report of life at Cardigan

Tuesday  
May 21<sup>st</sup>  
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Vol. II, Number 1

AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan, NH

## A Long-Standing Summer of Service

Diego Escalante '20  
Reporter

Over the summer many students go home and enjoy their carefree break playing games and hanging out with friends. Some of our community members spend their summer serving others on a totally different continent. Mr. Sinclair runs a program during these three months to give boys our age the chance to broaden their perspective and see a new part of the world's culture. Mr. Sinclair shares with us his experience running the trip.

### What would you say is one of the most impactful things that you do on the Trip?

I think one of the most impactful things for the students is they get to meet some kids their age, maybe a little younger that don't have the same access to resources and opportunities like what we have here at Cardigan. Being able to realize that we are all privileged because we have access to a great education and great sports. Even simple things like access to three meals a day or access to running water and shelter is also a privilege.

*"I think it's a humbling experience for many of the Cardigan boys to realize that we are very fortunate and privileged."*

### What kinds of activities and acts of service occur on the trip?

There are three service components in the whole program. The first part is at Dartmouth College. We walk the Proudie (a fundraiser event), as a part of the Cardigan team, which supports a cancer research foundation. There's also a humanitarian component. We volunteer in a village at this school in a rural area of South Africa which is one of the poorest areas in the country. That is where the boys get the chance to meet these children. They get in the classroom with the children and teach about their culture whether they are from Mexico, China, the U.S. or Canada. They get to share their experiences as young adolescents and get to teach classes on many different things. Having the boys stand up in a class of 40, 50 young kids is not an easy task. I think that learning that service can be challenging is important.



Student Volunteers in Africa

Photo | IvyLeader

The second part of the trip is when we go to a reserve where the Cardigan boys do research on a lot of the animals that are in the South African field. They learn how animals behave and locate them. When they locate them they write down GPS coordinates. They also write down and note how the animals are behaving. All this information goes into a computer data bank which helps conservationists track the animals and make sure that they are behaving the way they normally should.

*"This is because one of the major issues in South Africa is poaching."*

### What inspired you to start this program?

My senior year at Dartmouth I was fortunate enough to go to South Africa and study on a similar program to this one. I think one of the big impacts it had on me as I got to volunteer in a very similar school to the one we volunteer at and I realized after spending three weeks in this village and working at the school that I was really passionate about teaching. I was fortunate enough to be able to change my career path. When I wrapped up at Dartmouth I came right to Cardigan and got into the education field of work.

### How do you hope and how has this trip broadened the perspectives of the boys you take and have taken on the trip?

I think seeing a new perspective is the most important point of the trip. Students who have gone on the trip four or even eight years ago have made a choice in their career to work in social justice, conservation or also maybe to study something in college that they may not have thought of studying until they had gone on a program similar to this. Ultimately, we want the students to realize that we are very fortunate because of all the opportunities that we have. To me, a great leader is someone who takes those opportunities and shares them with others

*"I think to learn that through conservation can really develop leadership skills. That is the whole purpose of the trip."*

### How Do You Feel About the South Africa Trip?

"I'm excited to see the different cultures in South Africa and also there is going to be an opportunity to help others. I really want to help others."

— Steven Song

"The best part was probably seeing the kids at the orphanage and the school and seeing how they weren't as fortunate as we are but they were still happy even though they didn't have as much. I think it taught me to be more grateful for things and not take as much for granted."

— Ari Sloan

# Culture

## Behind the play: *Actor's experience*

Victor Zhu  
*Reporter*

"I think it is pretty cool, I felt pretty good about standing in front of the full house, it is definitely a valuable experience."

- Gabe Brondel (*Newsreel*)

"It is my fourth play, but it is different because it is my first time ever to receive a major role. At first, I was anxious, cause I have never got 30 lines before. As we had more rehearsals, I got my lines down and I was able to enjoy it more than being stressed out with it. It was a wonderful experience."

- Mike Lee (*Casey*)

"I thought it went great, we came together when someone who forgot something. We made sure the plot was complete, and it is great because of my grandfather, my parents, and my brother came to see what I have been working on."

- Juno Cowans (*Tune*)

"I think the play for us and the crew members are fun. Everyone was happy about the result of the play, which the audience seems to be pleased. It is one of my favorite memory at Cardigan and it will be with me through my entire life."

- Alonso Moreno (*Ace*)

"I think the play was really fun, and the best part for me is to stand in front of the audience and overcoming my fear on the stage. I definitely have many areas that I need to work on, and I will try to improve myself to be better in the next fall play."

- Figo Wang (*Huggins*)

## Bug Season!

"No one likes bug season, but it is going to get worse."

- Mr. Langetieg

"I don't feel super great about it. I want to go outside but at the same time I don't because there are bugs"

- Luke Litowitz

"It's so annoying, I don't like it. Because when I am playing tennis and they distract me."

- Bernardo Matute Hick

"Black flies are annoying and I hope they all die"

- Leopold Dorilas

"I don't like it. The bugs are so annoying and I wish they would all die."

- Charles Goodyear

## The World According to Mr. Gartner

Mr. Gartner  
*"Ph.D. in knowledge"*

- Thumbs are fingers
- Old people have big ears because gravity has been pulling them down for such a long time.
- Pluto is and will always be a planet.
- Friends and The Office are the two best shows to watch multiple times.
- Mr. White is the king of vocabulary.
- Squam is better than Winnepesaukee.
- President Lincoln was actually 4'11" not 6'4".
- Topeka, Kansas is the most exciting city in the world.
- Green tea is not green.
- 1 lb of rocks weighs more than 1 lb of feathers. (Tadeas will explain)

## Why I'm Right...

10 opinions every week, debate me on one and I'll explain next week why I'm right. From last week:

Softness is measured based on the SFQ scale. For those not familiar with the SFQ scale, it rates objects from 1 (soft) - 10 (not soft) per cubic feet. This scale allows for singular pieces of an object to be measured compared to a large body of the same object. A single blade of grass has a SFQ rating of 7.2 while a single grain of sand has a SFQ rating of 6.4. Based on the size of both grass and sand, it has been found that there are 1.8 million blades of grass per cubic feet and 8.4 million grains of sand per cubic feet. That gives us a final SFQ rating of 1.296 for grass and 5.376 for sand.

## Cooper Warrington: *Cardigan's help with athletics*

Logan Huetter  
*Reporter*

### How has Cardigan positively affected your athletic career?

"Cardigan has helped me into a three-sport athlete. From lacrosse, mountain biking and my favorite, Hockey. I would like to thank Mr. Gray, Mr. Nevins, and Mr. Turcotte. Mr. Nevins- How to ride the bike with style. Mr. Turcotte- Great all around guy, fun to be around and a great coach and mentor for me. Mr. Gray- Always being there to push me to limits I never thought I could reach."

### How has Cardigan prepared you for the next level?

"Cardigan has bettered me on and off the ice, field, and trails. It helped me develop skills that are crucial for the next level. The coaches have helped me very much to be my best me on and off the ice, field, trails"

### What are some challenges that you went through as an athlete at cardigan?

"I had some trouble adjusting to the competition here. The athletic atmosphere is a lot different than at home. When I first got here I didn't adjust well to how things were here. There was this sense of independence that we are required to have at cardigan. Your mom isn't around to push you around and make you go to the gym."

"You have to be determined to do it yourself. Being a student-athlete is very hard. Getting the work done while performing your best as an athlete is challenging. I learned the hard way of balancing work and athletics, as I have fallen into a position where one of two was unbalanced."

### What was your favorite memory of Cardigan athletics?

"I really enjoyed the Finland trip. I loved playing in a foreign country. It was a great team bonding. Also, I had a lot of fun meeting new people there and communicating on the ice.

Also, I will NEVER forget winning my first mountain bike race. It was very humbling. All of the people cheering me on at the finish line and getting that sense of accomplishment.



Photo of Cooper during senior hockey game.

Photo | SmugMug

## Ticks season and how to protect yourself from them

Franklin Chow  
*Reporter*

As tick season approaches, Mrs. Jane Marx from the health center explains how to properly deal with the issue.

### What species of ticks are treated more often around this time of year?

"Deer ticks are the more common species of tick we treat for usually. If it is a wood tick or a dog tick it usually doesn't require treatment. My grandson had a tick on him a few weeks prior, but it is still crawling around and not attached yet so he could just pull it off, the problems come when the tick attaches itself."

### How do you get Lyme disease?

"If a Deer tick is attached for more than 32 hours, Lyme disease is very plausible.

### Are there any signs we can visually see if we are infected?

"A common sign that you have been infected by a deer tick is having a bull's eye or target on the spot where the tick inserted his head. Meaning a red dot with a white ring around it with another red ring around that."

### How should a tick be removed?

"There are special devices to remove ticks. Like tweezers, you want to flip it back on its back, and that will usually roll its head out of the skin. Don't pull it directly as that might leave venom in your body."

### Are there any precautions we can take to avoid ticks?

"There are a variety of different bug sprays you can put on yourself when you go outdoors. You should do a daily tick check too to avoid any ticks from attaching to your body for too long. The best time to do it is when you shower as you can do a thorough check on your body. Something to note is that they love warm spots. Under your armpits is a common place these little critters hide. Don't forget to check your groin and hair too."