

The Circle Voice

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thecirclevoice.org

Welcome to the Circle

With the beginning of the new school year comes a new crop of Grotonians. This year's incoming students hail from nineteen different states and seven different countries, representing an eclectic mix of cultures. Here are some statistics on "the new kids."

27

Second Formers

11

Fourth Formers

95

incoming students

41%

people of color

53

Third Formers

16

multilingual students

12

siblings of current students

7,263

miles

farthest a new student traveled

4

Fifth Formers

21%

international students

12%

acceptance rate

New handbook readdresses Intervis, highlights LGBT students

By LILY CRATSLEY '19

Once students dispersed for summer, life on the Circle did not stop evolving. Top of the list of the new changes? A student-proposed, faculty-approved overhaul of the Intervisitation policy with the goal of fostering stronger in-

ter-gender friendships, and new language in the handbook that more explicitly recognizes LGBT students.

The most obvious alterations to student life happened in the section about Intervisitation, a time when students can visit the rooms the opposite sex. In the 2015-16 handbook, "Intervis" formerly ran from 7:15pm until study hall

every weeknight while on Saturdays, the Students Activities Committee announced Intervis in a specific dorm.

However, the 2016-2017 handbook states that Fifth and Sixth Formers can request Intervisitation during study hall and faculty members may grant Intervisitation to students present in the dorm on Saturdays. Autumn Johnson

'19 commented that these changes might help "bridge the gap between genders," a vital step in the march towards a fully inclusive community.

The changed rules were the result of hard work from a dedicated group of students. At a February Diversity & Inclusion Task Force (D&I) meeting, the topic of healthy relationships between op-

posite sex students was discussed. D&I member Marco McGavick '17 described a primary concern, saying, "There seemed to be a distinct lack of communication between students and teachers on the topic of gender relationships." Jay Montima '18 extended

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takes a stance on
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best Surprise
Holiday spots



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Counseling office doubles down on wellness

By **CHRISTIAN CARSON '18**

This year, the Counseling team plans to roll out a number of changes to the school's Wellness system, including reformatting the Lower School co-curricular program, expanding the role of peer counselors, and the founding of an Active Minds chapter on campus. Additionally, the second floor of Hundred House has been converted into a new Wellness Center, which now serves as a base of operation for Wellness.

Dr. Sheilaann Fritz-Ellis is entering her second year as the Director of Counseling, and designed many of these modifications. "The mission of the counseling program," she said, "is to create a system that promotes student wellbeing on both the proactive and reactive level." She went on to emphasize that this means providing both preventative measures to create a positive campus spirit and individual assistance to those who are dealing with social or psychological issues.

Groton's co-curricular program, now called the wellness program, will receive a complete overhaul this year. The program was first designed both to ease Lower School students' transition to boarding school life and to discuss with them realities of the teenage years, including topics such as drug usage and mental

health. While the subject matter was relevant, co-curricular last year was often maligned or ridiculed by students as ineffective. Peer Counselor Michael Senko '18 called the program "unwelcoming and ultimately unhelpful" to those for whom the program is intended.

selors. The time of meeting for co-curricular will move from Wednesday mornings—one of the least pleasant time blocks for a Groton student to meet—to a more agreeable Tuesday evening time slot, with second and third formers alternating weeks. Michael expressed hope that the new student-led

in the new Wellness Center one night each week in hopes of making it easier for students who need help to obtain it. Peer Counselor Matthew Higgins-Iati '17 was enthusiastic about this change, praising it as an "effective mechanism" for student mental wellness. As mentioned before, peer

tive Minds is a program which aims to increase mental health awareness on college and high school campuses by fostering discussion on the topic. Peer counselors will help to organize program meetings. The Counseling team hopes that the program will educate students on mental health issues and reduce any surrounding stigma.

Peer counselors, therapists, and distressed students will have a new home this year in the Wellness Center. Constructed during the spring and summer on the second floor of Hundred House, the new facility will be the base for all "proactive" Wellness programs (therapy sessions and the like will remain in the bottom floor of the Schoolhouse.) Additionally, many voluntary activities such as yoga, meditation, and group study sessions will take place here, giving a central location to a wide-reaching program. The new center features a warmly lit sitting area with coloring books and smaller offices for Wellness staff and peer counselors to use in meeting with students.

Despite these improvements, Dr. Fritz-Ellis realizes that there may be issues that present themselves as the year proceeds: "As with all new changes, there will be bumps, and human nature leads us to focus on the bumps rather than the positives. I'm hoping faculty and students alike can be patient this first year as we work to make the program more effective and student-centered."



Peer counselors undergo training in the new Wellness Center as apart of their early return to campus.

COURTESY OF B. CHEEKS

The most significant change is that peer counselors will take on a greater role in the sessions, which include a large group teaching portion led by Director of Wellness Barbara Cheeks and subsequent discussion groups of nine students run by two peer coun-

groups will better connect with the Lower Schoolers.

Peer counselors' roles have traditionally not gone beyond providing help to students who sought it. Dr. Fritz-Ellis hopes this year to improve their presence on campus. Peer counselors will now hold office hours

counselors will now help run co-curricular and have increased responsibility for working together with their dorms to ensure positive dorm environments.

This year also marks the first in which the school will have an Active Minds chapter. Ac-

Sixth Formers ask for change, receive it

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this sentiment: "Groton isn't a place that looks to foster relationships."

After further communication between faculty and the Task Force, a group formed with the common goal of creating and presenting a proposal that addressed the strained inter-gender culture. "We thought the most concrete change the school could make was one in policy," explained Task Force member Zizi Kendall '17. The group presented to faculty and the administration an edited version of the 2015-16 Inter-visitation rule set. "The ultimate goal is to have students use Inter-vis more," said Zizi.

"We wanted Inter-vis to be reliable and effective," added Marco, another member of the group that created the proposal. He believes that the new system will "normalize" inter-gender relationships, but that "most important is the precedent that this 'new' Inter-vis proposal has set" for ad-

ministration responding to student concerns." Mr. Goodrich seconded this hope saying, "It's an encouraging, healthy sign that the administration has sought to make some changes. I hope that the students will,

“The most concrete change the school could make was one in policy.

in turn, meet that compromise thoughtfully so that Inter-vis works." And while Elizabeth Girian '20 felt similarly positive about the adjustment, she speculated about the potential negative side effects—including less effective study hall

hours, increased time commitment for faculty, and leeway for students to engage in prohibited activities.

Near the end of spring term, rumors circulated about changes to the "doors open/lights on" rule. To the disappointment of some students, however, Dean O'Donnell dispelled this rumor, indicating there never was a proposal to consider changes. He also clarified that the areas governed by Inter-vis rules, described as "residential areas" in the new handbook, were "dorm rooms, dorm corridors, and the inner common rooms of Lower School dorms," leaving Upper School common rooms and Lower School outer common rooms as free spaces for any gender. Unlike the old handbook, the new handbook takes the Health Center off that list. "Visits with students in the Health Center are really up to the discretion of the medical staff on duty," Mr. O'Donnell said.

Embedded within the new Inter-vis language is also language more explicitly addressing the LGBT community at Groton. Previously, the handbook read, "The school has equal expectations for students regardless of their sexual orientation." Now, however, there is a new section dedicated to emphasizing the need for inclusion of all students regardless of sexual orientation or gender identity. In addition, the handbook makes clear the school's zero tolerance policy of sexually intimate behavior during study hall, "whether students are of the opposite or same sex."

Mr. Choate acknowledged this effort: "We want an environment that in no ways discriminates against any member of the community because of their skin color, religion, gender (by birth or by choice) or country of origin." Max Solomon '19 added, "I am proud of the school for doing something about this issue that

is really prevalent right now."

The heads of the Gender Sexuality Alliance were pleased with the texts, but remained realistic about their impact. "Rules and guidelines in and of themselves do not beget cultural changes within the student body—cultural changes that are necessary to fully integrate LGBT students with the rest of the school," said Charlie Hawkins '17, one of the GSA heads.

He added that, nevertheless, "it is an important step in the ever-necessary process of supporting Groton's LGBT students." The changes to Inter-visitation policy and addition of more inclusive LGBT texts



More Online

Visit www.thecirclevoice.org to read about how students used summer grants, by Liliias Kim '18.

Fall Senior Tutorials

By ALEXANDRA KOGLER '19

With fewer course requirements, Sixth Formers have more flexibility in their schedules and may arrange personalized tutorials. Undoubtedly, Groton's traditional curriculum cannot accommodate the wide range of interests of the diverse student body. Providing an opportunity to delve deeply into a topic not covered by the curriculum, Senior Tutorials allow students to plan their own courses with faculty members of their choice. There are three Senior Tutorials taking place this term.

Understanding Dampened Oscillations will be a tutorial sponsored by Mr. Hall and conducted by Will Norton '17. Will hopes to "learn about dampened oscillations in the context of an RC [radio controlled] car's suspension." Having taken Mechanics last year, Will developed an interest in this specific concept than others. "I have always been interested in Engineering, Science, and Math," he said. Will plans to document his work in a presentation which he will present in the Forum.

Mr. Creamer will lead the **Math Appreciation Tutorial** which focuses on "covering materials on opportunistic problem solving and on differential equations," according to Peter Zhang '17, one of three students partaking in the tutorial. Joining Peter will be Catherine Qiao '18 and Isabella Yang '17. According to Mr. Creamer, those who are drawn to these types of tutorials are "students who want to push themselves in a certain discipline when they have exhausted out traditional class offerings."

Chris Ye '17 plans to work with Mr. Maquibela on extending his knowledge in organic chemistry. In **Organic Chemistry 3**, he will focus on pericyclic reactions and the Hammett equation. "Pericyclic reactions are concerted reactions with a cyclic transition state, which roughly means instantaneous with a circular shape," Chris explained. After completing his research, Chris hopes to write a paper on his findings.

Senior Tutorials help students pursue their passions through in-depth studies. For Third, Fourth, and Fifth Formers, it is never too early to think about Senior Tutorials.

From golf to the organ to Latin

Students pursue their passions via FSAs

By ADDIE NEWSOME '18

Dan Herdiech '18 and **Claudia Oei '18** will be going to Groton Dunstable Middle School to teach six to ten students Greco-Roman history and Latin. They will help these kids get a jump-start on learning Latin before high school. Their goal is to have the students translating sentences and passages by the end of the term. Both are excited to escape the Groton bubble a couple times a week to see some fresh faces who are truly interested in learning the language.

Mark Herdiech '18 and **Jack Wilmerding '19** have always considered themselves as casual players who love friendly competition. They decided to pursue a golf FSA because they had continually played during past summers and wanted to play while at Groton. Mark and Jack will golf three times a week and hope to play at multiple courses, such as the Groton Country Club, Red Tail, and Shaker Hills. Mark shared that he is excited not only to work on his technical skills, but also to have fun and relax amidst having a tough Fifth Form workload.

Zizi Kendall '17 will be spending her fall working on an ecological research project with the help of Dr. Black and the Breault Lab at the Children's Hospital in Boston, where she spent her summer working. She will be examining phenotypic and genotypic variation in subpopulations of Red Black Salamanders around Groton. Her ultimate goal is to explain how populations differ in response to their immediate surroundings and

how the salamanders are impacted by climate change. Zizi is excited to work on an in-depth science project her Sixth form year—something she has always wanted to accomplish.

Lauren Kochis '17 will be horseback riding this fall. She has been riding since she was in fourth grade and competed often before she came to Groton. Lauren is thrilled to be able to work with horses again and to attend a horse show this fall. Lauren will be taking two to four lessons a week at the South Wind Farm in Pepperell, where she will be working with a trainer to help her perfect the skill of hunter-jumping, which involves both a steady canter and a fast-er gallop.

Isabella Yang '17 will be writing her own novel this fall. Her love for creative writing and interest in twentieth-century China inspired her to work on this large-scale project. Her novel is about a family's journey during a chaotic time in China. She has interviewed family and friends for historical accuracy, and Mrs. Sen-Das will help her through the editing process. Isabella is excited to immerse herself in Chinese history and embark on a new and challenging journey.

After having spent this summer organizing a public health survey in Rwanda and volunteering in hospitals, **Blair Donohue '18** was thrilled to be able to take the next step in her interest in medicine. This fall, Blair will be working alongside Groton's athletic trainers four times a week and learn to diagnose and treat sports injuries. At the end of the term, Blair will give a presentation on her new skills in recognizing and rehabilitating sports injuries.



Blair Donohue '18 will be working with the sports medicine center

M. GAYE '18 FOR *THE CIRCLE VOICE*



Chip Pontifell will be practicing organ

M. GAYE '18 FOR *THE CIRCLE VOICE*

This term, **Chip Pontifell '19** will give the organ extra attention and have a block of time to concentrate on her pipe organ studies every day. Chip will be working on preludes, postludes, and hymns, with the hope of playing during morning chapel. Having played the harpsichord since she was six years old, Chip has always been interested in early music and baroque performance. Chip explained how 17th and 18th century study of the keyboard generally involved learning both the harpsichord and organ simultaneously. Considering this, Chip began learning the organ five years ago.

Ivana Primero '17 has been playing music for thirteen years and considers it a big part of her identity. In the past, her music practice consisted of dabbling whenever a free second was available. Ivana was inspired to take on music lessons as an FSA so she could absorb music to the fullest. Ivana has received a great new repertoire this summer and is excited to have a time each day to sit down and focus completely on playing violin and piano.

Lucy Gund '19 has been figure skating her whole life, following in the footsteps of her mom, aunt, and grandmother. She competes at the junior level, which

is the second highest of the eight U.S. figure skating levels. Lucy was interested in her FSA because she wanted to compete in the main competitive season for figure skating. She will be training with her coaches and friends at the Colonial Figure Skating Club in Boxborough, preparing for her fourth appearance at the New England Figure Skating Championships.

This fall, **Hallie Bereday '17**, **Nailah Pierce '18**, **Layla McDermott '18**, **Roselle Lovell-Smith '18**, and **Sophie Conroy '19** will be sculling under the tutelage of girls' varsity crew coach Tiffany Doggett. Their passion for crew and love for being on the water inspired them to do this FSA. Sculling requires rowers to be in a boat by themselves using two oars as opposed to one, a skill that greatly improves one's form. The girls will be training six days a week on both water and land. At the end of the term, they will participate in the Head of the Charles Regatta, one of the largest regattas in the world.

MacGregor Beatty '17 has taken Chinese classes since he was eight years old. His love for the language inspired him to journey to Asia. Six years ago, MacGregor traveled to Taiwan where he met a boy around his age, Hei-Wei. Hei-Wei took MacGregor to an arts studio and introduced him to a calligraphy teacher who gave MacGregor a piece of paper and a brush. MacGregor instantly fell in love and continued traveling to Asia every summer to pursue Chinese calligraphy. This fall, MacGregor will continue to work on his art four to six times a week. He is currently working on a project that represents modern-day pollution in black and white.

A saving “GRACE” for new Upper Schoolers



**Vratton’s
Verdict**
by Charlie
Vratton ‘18

At the beginning of July this past summer, while most Groton students were busy with summer fun and pushing off summer reading until August, a sizeable group of rising Fourth Formers returned to the campus to participate in the first summer of the GRACE program. Devised largely by the program director Mr. Prockop in collaboration with other faculty members, the Groton Accelerate Challenge Enrich (GRACE) program was intended to accomplish exactly what its name suggests: to help rising sophomores prepare for the onslaught of difficult courses that accompany the Fourth Form year.

While many students, including myself, were initially incredulous that

anybody would attend what was essentially “voluntary summer school,” we were clearly wrong given the participation of over a quarter of last year’s 3rd formers.

Although I was initially critical of the effectiveness and intention of the program, after talking with my younger brother, Gus Vratton ‘18, who attended the program, I have realized that the program actually makes a lot of sense.

Second and Third Form are often described as years for developing good work habits and skills in preparation for the trials of Upper School life. However, the combination of a new social environment and increased freedom compounded with the academic challenges of Fourth Form can be overwhelming for rising sophomores, who are expected to immediately acclimatize to their new surroundings. The overall goal of the GRACE program is to eliminate some of the stress of adjusting to Upper School by ensuring that students are well-prepared for the difficult classes they will be taking. As better described by the Groton website, “GRACE promotes flexibility within the Groton curriculum and ensures that

every student reaches his or her full potential in the subjects of math, chemistry, English, and Latin.” For some students, that may mean doing extra work to solidify the foundations of these subjects that they studied in the previous year. For others, GRACE offers an opportunity to accelerate students into more advanced courses.

One common criticism that many students and I originally had with the program is that it seemed to be pushing large numbers of Third Formers to take more advanced classes, increasing the competition in Groton’s already highly competitive environment.

What I have come to realize, however, is that the growing number of ambitious Third Formers who plan on skipping ahead in the curriculum is not an outcome of GRACE, but rather a trend that the program seeks to encourage, yet regulate. In recent years, many young freshmen, including myself, have begun to skip levels in science, math, and language classes. Unlike me, however, my brother has already studied nuclear chemistry, stoichiometry, rate laws, and much more of his chemistry curriculum and will be far better

prepared for the advanced class he will takw this year.

While the students enrolled in the program do work very hard and even have homework, the program does leave the students with enough out-of-class time to enjoy their summer as well as participate in organized activities. Off campus trips are scheduled regularly ranging from bowling to whitewater rafting to indoor skydiving. Although the program is a rigorous and unusual way to spend one’s summer vacation, my brother’s positive review suggests that the participating students had time to enjoy themselves and relax over the course of GRACE.

Although I was critical of GRACE when it was first unveiled, the summer program has shown that it can provide a fun way for rising sophomores to receive the preparation that they need in order to succeed during the challenging year that awaits them in Fourth Form. The program has clearly been a huge success this past summer, and hopefully it will continue to serve as a helpful resource for many rising Fourth Formers in years to come.

A taste beyond the Groton bubble



**Nina's
Notes**
by Nina
Norton ‘18

This summer I went to The Gambia, an extremely small African country surrounded almost completely by Senegal, for two months at an medical research council camp where my god-mother worked as a malaria research scientist. While I did have an amazing time, the food was frequently an issue.

Though the local food wasn’t bad, it didn’t always agree with me. Classic meals were domoda, a stew made with either fried chicken, goat, or fish with stewed vegetables. At the end the entire thing is bathed in a spicy peanut sauce. Or there was Yassa, chicken and vegetables marinated in a spicy, oily sauce. My favorite Gambian dish was benachin, which was rice fried with vegetables.

All these dishes were very heavy

and very greasy, and more often than not made me feel slightly ill. The only available dairy product was milk—and even that was so pasteurized it didn’t have to be refrigerated. It was warm and tasted of chemicals. You had to wash and peel all the produce you ate, but it was still very possible to get sick. The only (non-Gambian) meat we could eat was boiled chicken, which tasted and looked suspiciously of rubber.

For breakfast I usually had black coffee—which was weak and watery, as the only option was instant coffee brought from the US, and I had it black because ultra-pasteurized milk is what I imagine baby formula to taste like. Then I might have a mango or banana, the most common fruits there. For the first few weeks I didn’t mind at all—mangoes and bananas aren’t bad. But after sixty days of fruit that gave me dysentery about a third of the time, I was beginning to dream about a blueberry muffin, a bowl of pineapple and melon, and a cup of coffee—my usual breakfast at Groton.

I missed the Dining Hall. No—‘missed’ is too weak a word. I dreamed of the Dining Hall. I wanted their grilled chicken breast. I craved their caesar salad. I would wake up every

morning and try to make a deal with some higher power that if I just had one cup of coffee that tasted like the coffee I relied on during exam week, I would eat everything else put in front of me. It went on like this for two months.

At Groton, we are tremendously lucky to have such a wonderful Din-

“No—
‘missed’ is
too weak a word. I
dreamt of the Dining
Hall.

ing Hall that is staffed with incredibly talented, hard-working, and kind people. At a place like Groton, where we are constantly putting our bodies and minds under stress, we need to make sure we are fueling ourselves properly. Every single day, the Dining Hall makes sure that we have lots of healthy food which allows each of us to perform to our full potential, both inside the classroom and out. And that is not always a simple task: Groton has 380 students and 93 faculty, excluding the staff members who also eat at Groton.

That’s 473 mouths to feed—seven days a week. To prepare food of any type on that scale is very difficult; it takes much more work than many students realize. It also is just as much work cleaning up after 500 people. But the Dining Hall staff do it every single day.

Yet I still hear students complaining about the food we are given, and admit to occasionally being one of those students. I’ve complained that we have over-complicated desserts, too much pork, and not enough grilled cheese. But most of the time the desserts are delicious, and when (in my opinion) they aren’t, there is always fruit. And while I don’t like pork, most people do, and there is chicken and turkey at the sandwich station, and chicken at the salad bar. Furthermore, if I want grilled cheese more frequently, the sandwich station has bread, many different types of cheese, and panini presses. The options are there; I’m just a bit of a whiner with a lazy streak. We are incredibly lucky to have such an amazing Dining Hall. It took me living in the middle of the African bush to realize that, but I will never take the work they do for granted, and you will never hear me complaining about any of the food they prepare again.

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Don't be surprised on Surprise Holiday

By MIN SHIN '18

As students and faculty return to the Circle after a long, well-spent summer vacation, there is no doubt that everyone is longing for the same day: Surprise Holiday. For those of you who are not aware, once a term the Deans and the Headmaster give students and faculty a day off to relax or head into Boston or Cambridge. Generally, Lower Schoolers are limited to Cambridge but Upper Schoolers are free to spend time in both Boston and Cambridge. While most students know to visit Quincy Market and Newbury Street in Boston, or Newbury Comics, J.P. Licks, and Insomnia Cookies in Cambridge, there

are plenty of more elusive establishments worth your time. Here are some of the best and lesser known places to visit:

Cambridge

Mr. Bartley's Gourmet Burgers: Located in Harvard Square, this restaurant serves juicy burgers and delicious fries. The menu has a wide variety of burgers that each come stacked sky-high with anything from bacon, to jalapeños, and even to grilled pineapples. Not to mention, the walls in the restaurant are entirely covered in funny cartoons, witty posters and signs. Yan Davidoff '18 is very right in saying that "the food is really good. I think the names of the burgers are very creative and funny, and it's cool to look at all the pictures on the walls." If you're ever down

for a satisfying meal, head right over because this place is guaranteed to fill you up.

The Curious George Store: This store is also found in Harvard Square. The name of the store practically reveals what is in it: Curious George books, stuffed animals, toys, and shirts. If you were ever a fan of this monkey, be sure to stop by and browse the cute assortment of items they have set up. This store is bound to bring back a wave of nostalgia. Finding the place won't be hard--it's right on the corner of the street and its storefront can easily be picked out from far away. Leaving the store, however, will be a challenge.

Boston

Chinatown: Unbeknownst to many students, Boston's Chinatown is only a five-min-

ute drive or one mile walking from Quincy Market and Government Center. This place is a hidden gem, chock-full of tasty restaurants, bubble-tea shops, and walls with funky graffiti. If you're looking to stray from the usual trip down Newbury Street, this is just the place for you. Carly Bowman '17 said, "I had a really fun time going somewhere I hadn't ever been before and going to all the restaurants with everyone." Indeed, the exotic foods combined with the bustling streets will keep you occupied for an entire day.

Cafeteria: This restaurant is one of the top places to eat at while in Boston. Situated on Newbury Street, the Cafeteria serves everything from lobster rolls and burgers to steaks. If you ever wander into this restaurant, do not forget to order the lemonade. After a nice day of shopping down Newbury Street, Cafeteria is

the perfect place to unwind and enjoy eating while soaking up some rays of sunshine outside. Finish up with a nice brownie sundae or some fried ice cream, and you won't be asking for dinner.

Escape the Room: Another popular spot for students, Escape the Room is an interactive game in which ten people at most are locked in a room and must work together to solve several riddles and mind-boggling clues to escape. Players have at most sixty minutes, so this game calls for cooperation and also makes for an enjoyable team building experience. Only twenty percent of participants have been successful with escaping and players must move quickly and thoroughly if they do not want to be left stumped. Escape the Room is certainly a creative way to spend an afternoon in Boston.



LEFT: The Curious George Store
RIGHT: J.P. Licks



H. CALLAWAY '17 FOR THE CIRCLE VOICE

MasterChef: Groton Faculty Edition

By ANNIE COLLORE-DO-MANSFELD '18

From dorm feeds to advisory dinners to class time rewards, teachers cook snacks for students throughout the school year. But a few teachers go above and beyond with regard to the quantity and quality of their meals. These delicious treats comprise this list.

Mrs. LeRoy's Monkey Bread

Mrs. LeRoy is very generous when it comes to providing food for her dorm. The most exciting nights in LeRoy's are when mountains of monkey bread stretch across the common room table. It is not uncommon to hear squeals of delight emanating from the surrounding students. These special occasions are not taken lightly. The gooey, cinnamon

covered bread only lasts a few minutes before the masses of girls have cleaned out the entire platter. "I would sell my soul for it," said Nailah Pierce '18. "After a long day and stressful study hall, when I got to check in and saw that there were two glorious trays of monkey bread radiating sunshine around the LeRoy common room, everything was better. It is hands down the best feed and I will never forget the happiness my dorm mates and I felt as we scarfed down every last bit, even licking the cinnamon sugar off our fingers," said Layne McKeown '18.

Mr. Creamer's Cupcakes

If you are lucky and happen to be a student or an advisory member of Mr. Creamer's, then you are sure to have the privilege of eating one of his famously delicious cupcakes. Mr. Creamer is kind enough

to serve his cupcakes to his math classes as a prize. "He does games sometimes in his class as like, test review. If the class wins the games, he sometimes gives them rewards," said advisory member James Hovet '18. The cupcakes are reportedly rich and addicting, and students of Creamer math classes always hope for the days when he will surprise them with cupcakes.

Mrs. Martin-Nelson's Sweet Tea

Since her arrival at Groton seven years ago, Mrs. Martin-Nelson has made sweet tea for her classes in the spring term. Her authentic sweet tea is delicious and very refreshing on stiflingly hot spring days. The tea has built up quite a reputation for its unmatched flavor, and in the spring each student looks forward to the day that Mrs. Martin-Nel-

son will serve it in class. "The refreshing and powerful flavor is a great boost of energy," said Sammy Malhotra '18. Nothing goes better with Latin than sweet tea!

Mrs. Bannard's Salted Chocolate Toffee Pretzel Bark

Mrs. Bannard is perhaps the best dorm head on campus with regard to the bounty of feeds. Almost every night that she is on duty, Mrs. Bannard is sure to provide copious amounts of delicious food. Her most famous feed is a crunchy and irresistible bark made up of layers of salted chocolate, toffee and pretzel. This Bannard's dorm delicacy is so addictive that it is often referred to as "crack." "It's my favorite dorm feed by far," reported Sophie Conroy '19 of the delicious concoction. "It takes hardly any time at all to make, and I always have the

ingredients...which makes it dangerously easy to throw together," said Mrs. Bannard. "After it's set, you can break it into whatever size pieces you like, and then try not to eat it all before sharing with friends/hoarding for later (I prefer to go for the latter)."

Mrs. Ginsberg's Baguette with Fig, Jam, and Cheese

Perhaps the most elegant dish on the list is Mrs. Ginsberg's baguette with fig, jam, and cheese. It is a favorite of Dumont's dorm. "Mrs. G's baguette with fig and jam and cheese is heaven — there's the sweet and salty which combine in an epic explosion of flavor," gushed Hallie Bereday '17. This savory dorm feed is a refreshing alternative to the typical feeds of pizza or cookies. The rave reviews from Dumont's prove Mrs. Ginsberg to be one of the most skilled chefs on the Circle.

Athlete of the Issue

Alec Reiss

By **WESTBY CASPERSEN '17**

While the Groton Boys' Soccer team has undergone many changes in the past four years, there has been one constant: the high level of play and leadership that comes from Alec Reiss '17. A starter on the team since his Third Form year, Alec has always embodied what it means to be a successful athlete at Groton through his intelligent decisions and his great determination to succeed. Entering his fourth year with the team and second year as a captain, he is poised to lead the team to a successful season.

On the field, Alec's most notable quality is his seemingly unlimited energy. Apart from one half last season against Belmont Hill, where the starting 11 players were pulled from the game, Alec has played every minute of every game since he secured a starting spot during the pre-season his Third Form year. As his coach Mr. Goodrich points out, "this statistic is particularly impressive when you consider he plays in the midfield,

which is the most exhausting place to play. Alec simply doesn't get exhausted. He has a tremendous engine."

Coach Goodrich also described Alec as a "fine technical player," which his teammate Tyler Brooks '17 echoed when he mentioned that Alec had "a really high soccer IQ." These skills are continually showcased during games such as last year's season opener against St. George's where Alec scored his first ever hat trick. Alec described this game as his "best Groton soccer moment," saying, "Not only a meaningful accomplishment for me, but a great way to kick off the new season as a team."

Although he is best known by those not on his team for his skills, assists, and goals, Alec's biggest accomplishments and greatest strengths occur in what he does off the field. First and foremost, Alec has the honor of being a captain for two years. This is a special honor for any high school athlete to have, and especially so on the Groton Boys' Soccer team where Coach Goodrich remarked that before Alec, a two year captain was "some-

thing I don't recall seeing in my years with this program."

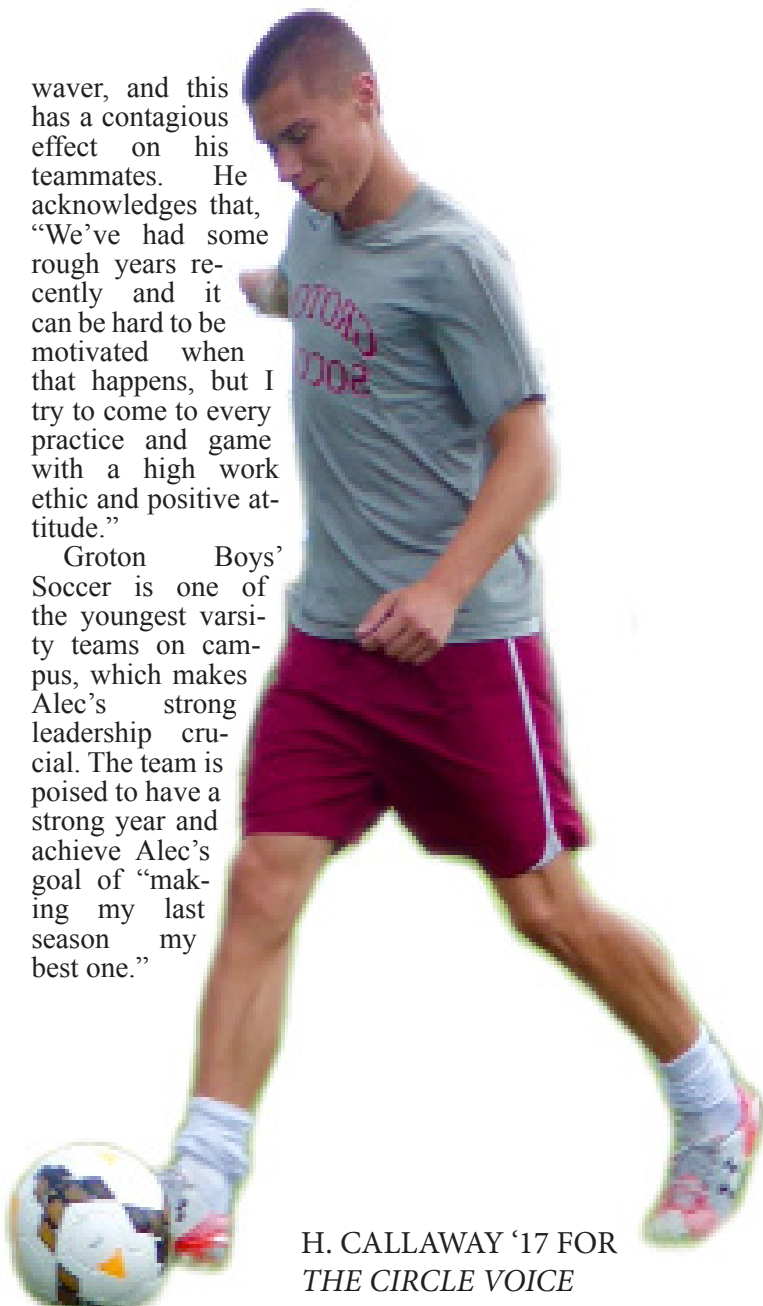
Alec's teammates regard his hard work and ability to inspire his teammates with great respect, so much so that they elected him captain. So too did Alec find his former captains inspiring: "When I was younger I would always look up to the captains as leaders and role models. Now, as a captain myself, I get to be that figure for the young players on the team, and I try to make the same impact on them as my captains made on me."

He has clearly been successful so far in this regard, as everyone around him has high praise for his leadership skills. His teammate and now co-captain Tyler Brooks describes him as a "good voice on the field who makes everyone around him better just with his presence." Coach Goodrich added, "He consistently helps drive others and the program with his work. I have had no player who so willingly embraced reaching out to new players and did all he could behind the scenes to contribute."

These special qualities, coupled with his on the field performance, make Alec an extremely positive force for the team. Even when things aren't going well, Alec's determination to win doesn't

waver, and this has a contagious effect on his teammates. He acknowledges that, "We've had some rough years recently and it can be hard to be motivated when that happens, but I try to come to every practice and game with a high work ethic and positive attitude."

Groton Boys' Soccer is one of the youngest varsity teams on campus, which makes Alec's strong leadership crucial. The team is poised to have a strong year and achieve Alec's goal of "making my last season my best one."



H. CALLAWAY '17 FOR
THE CIRCLE VOICE

Grotonians in the Olympics

By **ARAM MOOSSAVI '17**

American athletes at the Olympics have included various Groton graduates. Alex Karwoski '08, Henry Nuzum '95, and Isabella Kinsolving Farrar '98 have competed for crew and sailing, even as recently as this past summer in Rio.

Groton's most recent Olympian Alex Karwoski '08 first began his rowing career

at Groton, and rowed in Rio just months ago in the Men's Eight competition. He first tried rowing in 2005 to help him cross-train for his primary sport at the time, cross country. His Groton crew career got off to a rocky start—when interviewed by row2k, Alex said, "The first time I sat in a boat, I caught three crabs within the first seven strokes I tried to take." In the same interview, Alex recalled a list of influential coaches who have helped him get to where he is

today which included Groton coaches Topher Row and Bob Madden.

After graduating from Groton, Alex rowed at Trinity College before transferring to Cornell University. Following that, he trained with the U.S. National Team for four years. His hard work paid off when he was able to secure a spot on U.S. Men's Eight crew team in this past summer's Olympics. The team was able to make it to the finals, where they finished in fourth place (groton.org, row2k.com). Great job, Alex!

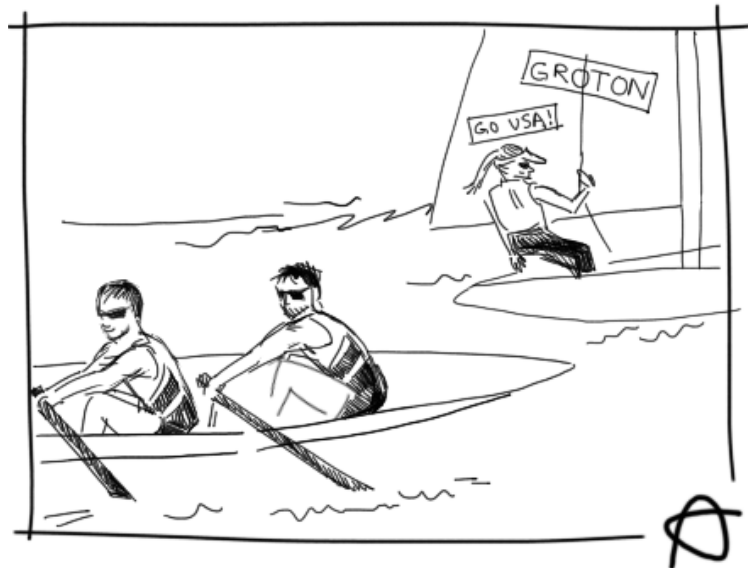
Henry Nuzum '95 is another recent Grotonian who has competed in the Olympics. Henry grew up in Chapel Hill, North Carolina before attending Groton where he rowed crew. Following his Groton graduation, he attended Harvard University where he continued his rowing career. In addition, he signed up for ROTC at Harvard during his freshman year in 1995. After enjoying a successful rowing career at Harvard where he was named team captain, Henry graduated in 1999 and was able to earn himself a spot in the 2000 Summer Olympics in Sydney, Australia. He rowed in Men's Double Sculls with

his partner Mike Ferry, and they finished in eighth place.

Then as part of his ROTC training, Henry received his assignment for the Navy, where he served on the USS John S. McCain. On the USS McCain there was not a rowing machine, but he had to stay in shape somehow. He told the New York Sun, "When I was deployed, I did calisthenics, pull-ups, sit-ups, lunges and rode a stationary bike." This was done for the 290 days he was on the USS McCain. In 2003, the Navy let Nuzum come back and train full-time for the 2004 Summer Olympics in Athens. He and his partner, Aquil Abdullah, qualified for the 2004 Olympics in double sculls with a first place finish in the National Selection Regatta. His qualification made him the first Iraq war veteran to participate in the Olympics. In his second Olympics, the duo was able to secure a sixth place finish (nysun.com, washingtonpost.com).

Isabella Kinsolving Farrar '98 is one of the few Groton, olympians that went to the Olympics for a sport other than crew. Isabella's sport was sailing, specifically in the Women's Doublehanded

Dinghy 470. At Groton Isabella received eight varsity letters in soccer, ice hockey, and crew. She was a captain of the hockey team, and she rowed for Groton's first boat that won the NEIRA Championship. At Yale she was a member of the varsity hockey and varsity sailing team. In 2000 she was named captain of the Yale sailing team. From 2001 until 2012 Isabella was a member of the U.S. Sailing team. She qualified for the 2004 Summer Olympics in Athens, and she was able to finish in fifth place. In the 2008 World Championships in Melbourne, Australia, Isabella won first place. She has since attended NYU's law school, from which she graduated in 2011; and she is now a lawyer in Manhattan (sailingscuttlebutt.com, sailingworld.com).



A. KONG '17 FOR THE CIRCLE VOICE



More Online

Visit www.thecirclevoice.org to read this fall's Groton sports preview by Layne McKeown '18.

Artist of the Issue

Langa Chinyoka

By **MICHAEL SENKO '18**

If you were to stop any returning student on the Circle and ask them, “Who is the coolest person at this school?” the answer, every time, would be Langa Chinyoka. She is, therefore, the Circle Voice’s obvious choice for the first Artist of the Issue for the 16-17 school year! Langa, of DAWG, Grotones and SATTE fame, has been a mainstay on the Circle’s art scene ever since her entrance in 2013, and her portfolio spans many mediums.

The first of these mediums--her oldest and most treasured--is music. A member of the Grotones, former member of the choir, and current member of the “uber-lit” Gospel choir, Langa spends the majority of her time on the Circle in music-centered pursuits. She began writing songs at the age of eight and never stopped, recently partaking in a Spring

FSA in Songwriting and Music Tech (with MC Abby Power '17). Although she promises many more songs to come, her current Soundcloud account, @prettyuglykid, is stocked with four songs that dutifully represent her musical pursuits: “Intro” from her rap duo DAWG with Adia Fielder '17, “Forgiveness” ft. Anson Jones '17, “dogs!” and a cover of “Ready for War,” both from her FSA project SATTE (pronounced like the beginning of “satellite,” an astronomical nod to both the title of her album (Gimme Space) and math teacher Mr. Creamer’s funky spelling (sattelite rather than satellite)).

These works, especially “dogs!,” reflect her own music taste, which she describes as something that “immediately catches my interest. Stylistic and soft. Not action packed.” Her vision is mature and developed, and takes inspi-

ration from many old and new artists. “When I first listened to Damien Rice,” she said, “I knew. This is what I like, this is what I want to make. The lyrics, the rhythm... everything.” Her new digs include *Blond* (Blonde?!) by Frank Ocean and *Malibu* by Anderson .Paak, both of which she praises for “bringing something new to the table.” Coincidentally, this is something Langa always manages to do.

Langa’s theatre career, despite being a small part of her Groton career, is electric and special. She made her main stage debut in 3rd form in the musical *Hairspray* as a member of the ensemble, but went on to carry a leading role in 2016’s production of *The Wiz*. Langa sparkled as Addaperle, the chill, relaxed Good Witch of the North. Her performance of “He’s the Wiz-

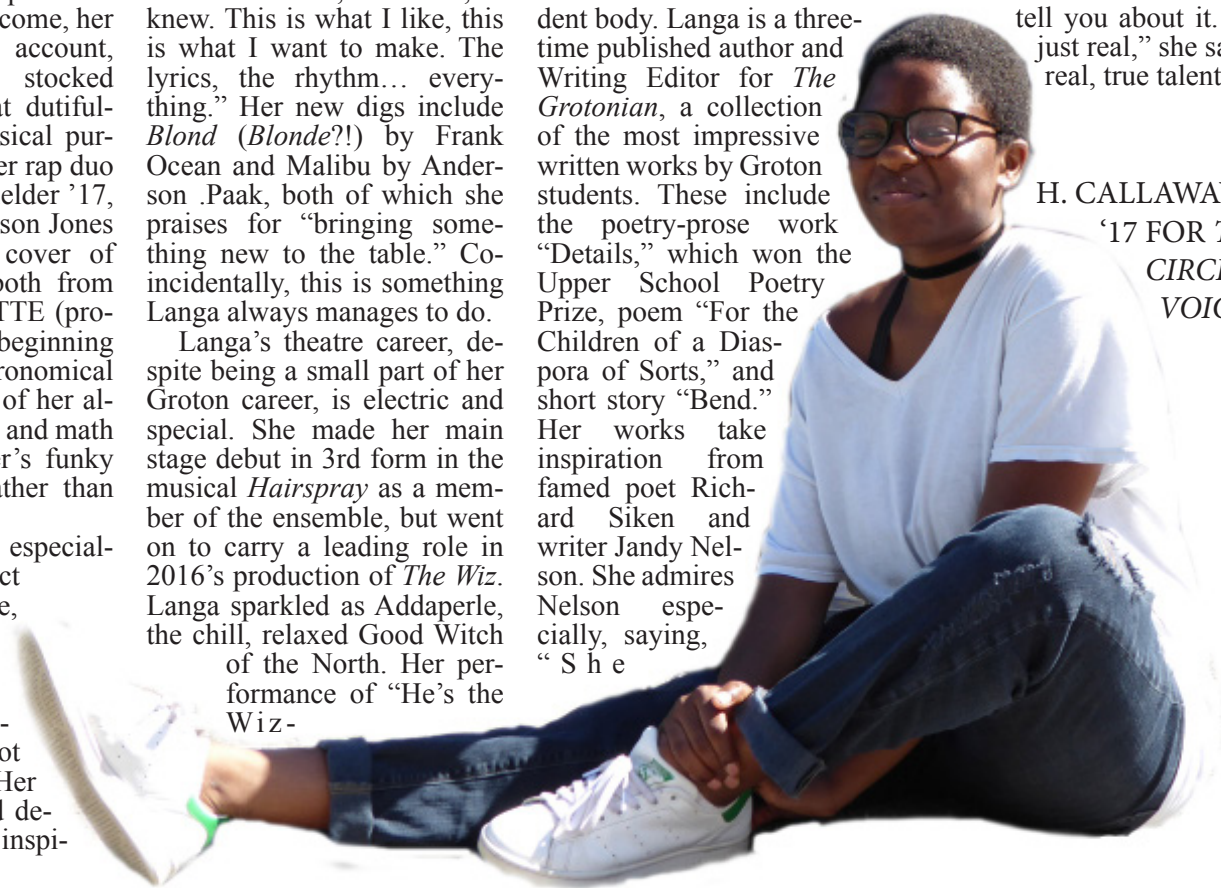
ard” was a highlight of the show and she still remembers it fondly: “It was my favorite song from the show beforehand, before we even knew our roles... it was really fun to do it.”

Her last medium, literature and poetry, is possibly her most visible to Groton’s student body. Langa is a three-time published author and Writing Editor for *The Grotonian*, a collection of the most impressive written works by Groton students. These include the poetry-prose work “Details,” which won the Upper School Poetry Prize, poem “For the Children of a Diaspora of Sorts,” and short story “Bend.” Her works take inspiration from famed poet Richard Siken and writer Jandy Nelson. She admires Nelson especially, saying, “She

has this lyricism in her writing. She writes poetically, and that is something I try to do. Writing poetically, with rhythm.”

This ideal is certainly evident in “Details,” which blurs the line between prose and poetry while flowing and moving to the beat of Langa’s own words. Her artistic talents overlap here, with the lyricism of her writing and her ear for music intertwining into one. She creates something special, new, and promising, but she won’t be the one to tell you about it. “I’m just real,” she said. A real, true talent.

H. CALLAWAY
'17 FOR THE
CIRCLE
VOICE



An introduction to the arts at Groton

By **BECKY ZHANG '18**

GUAC

GUAC, or the Groton Undiscovered Artist Club, is an Instagram account (@thisisguac) created in October 2015 featuring a range of artwork by students and faculty, from photography to white-board sketches, knitting, and body art. GUAC has now more than three hundred followers and this year’s Art Prefects continue to post creative content by budding or seasoned artists in the Groton community. To submit your own art, simply send the page a direct message!

Open Mic

Open Mic is an opportunity for students or faculty to perform

anything from music to stand-up comedy, poetry, or dance in front of the community. Phoebe Fry '17 and Piper Higgins '17, regular performers since Second Form, now run the show, which takes place in Gammons Recital Hall about twice per term.

Choir

The choir, open to all Groton students and faculty, sings for Sunday Chapel and various other community events, including Lessons and Carols in the winter. Its repertoire includes music from Western Classical tradition as well as modern and global pieces. A full-credit class rather than an extracurricular activity, choir meets regularly during the academic week. As Mr. Moriarty, chapel organist and Director of Choral Music, says, “The mu-

sical spirit it engenders and the camaraderie are infectious.” While the Chamber Choir is a smaller auditioned group, anyone can join the full choir.

Grotones

Anson Jones '17 and Becky Zhang '18 run Grotones, the all-female a cappella group on campus. The group meets once a week and performs songs from a combination of genres regularly at school events including Parents Weekend, the Spring Concert, and Revisit Day. Anson says that they “are hoping to expand the group and perform more often for fun.” Students in any form with any level of experience can audition in the fall.

Maquellas

The Maquellas, ingeniously named after Mr. and Mrs. Maquela, is the all-male a cappella group run by Matthew Higgins Iati '17 and Julien Alam '19. Their repertoire consists of both contemporary and traditional music, from “We Will Rock You” to “Loch Lomond,” and they occasionally combine with the Grotones to mix it up and sing in a wider vocal range. “We want to get people involved and enjoying music while also expanding their performance experience no matter what level they’re at,” says Matthew. As with the Grotones, students in all forms are encouraged to audition this fall.

Steel Drums

One of Groton’s many quirks is the Second Form Steel Drums requirement. Each Second Former, regardless of his or her musical experience or interest, must take a term to learn the steel drum, a modern pitched percussion instrument. The classes perform covers of all types, from Macklemore to Disney to Simple Minds, once a term. The fall class also performs at the Parents’ Weekend Concert. All previous students will agree that Steel Drums is undeniably one of the most memorable aspects of Second Form.

Jazz Ensemble

Similar to choir, Jazz Ensemble is an academic class open to students of all ages and abilities. The group is a nurturing environment for students to hone their instrumental skills and develop relationships with students from other forms, as well as “improve your individuality,” says the group’s dynamic leader Kenji Kikuchi. Jazz Ensemble performance opportunities include Parents Weekend, the Christmas Pops Concert, Ryles Jazz Club in Cambridge, the Spring Concert, and chapel performances.

Gospel Choir

One of the most spirited groups on campus, Gospel Choir is also possibly the most inclusive--anyone can join regardless of musical ability

or experience. The group performs during chapel and at various concerts, including the annual REJOICE High School Gospel Festival.

Orchestra

A full credit class, students are encouraged to join to perfect their classical musicianship. The group performs frequently in chapel and went on a tour of Eastern Europe this past summer.

The Grotonian

Groton’s literary and arts magazine, printed biannually, features self-submitted student work. The fall issues consists of Sixth Form Expo essays while the spring issue includes poetry and short fiction from all forms.



Mr. Moriarty leads the choir

FROM THE CV FILES



Anson Jones performs

FROM THE CV FILES

BAD ADVICE FROM SOME BAD PEOPLE

- 1) If you are new always sit with the seniors. At chapel, at lunch, at dinner it really does not matter, they love making new friends.
- 2) At chapel make sure to always applaud after the talks. Bonus points if you stand up first or clap the loudest. Maybe even through in a cheer?
- 3) Cut the Circle as frequently as possible. It's fun and all the cool kids are doing it. Why shouldn't you?
- 4) Taggart Eymer always knows when Suprise Holiday is, so make sure to ask him as often as possible. He also gives great hugs.
- 5) The walls of the study rooms in the library are soundproof, so feel free to make as much noise as possible. Just for kicks!
- 6) Write for the CV!

Summer '16: A Meme-orium (what's dead is gone)

The Warriors



Harambe



America



What We Missed

- 1) Wok and Roll
- 2) Diversity
- 3) and Inclusion
- 4) Somehow having four major commitments in one day
- 5) Not having worked on any of those major commitments
- 6) Not having AC and it being 95 degrees outside

TOP SHOWS TO WATCH INSTEAD OF STUDYING

1. TOP GEAR: Like cars? Like jokes? Like punching idiot assistants who don't bring you the right sandwich for lunch? Top Gear.
2. BREAKING BAD: Wish chemistry was fun? Us too. Watch as Walter White helps one of his dropout students get his life back on track in the sit-com classic.
3. GOSSIP GIRL: The only school rumor mill that puts Groton's to shame. XOXO