

Showdown After Sundown: Lawrenceville's First Ever Pickle Ball Tournament



Pickle Ball Tournament Poster

CHARLES POTTER '25

This past Saturday evening, students gathered at the Big Red Park for a glow-in-the-dark pickleball tournament. Students of all Forms signed up to compete with a partner, while others stood by the sidelines and cheered for the players.

Grace Chu '24, the Student Council's Vice President of Social Life, said that the idea for pickleball came from Student Council's goal of "hosting an entirely new event at the start of this year" taking advantage of the Big Red Park, which opened just last spring. Chu said that she and Director of Student Life Ian August both "envisioned a night of glowing neon and friendly pickleball playing." She also noted how smooth the planning process was—her biggest struggle was "finding enough fairy lights to cover the courts." Chu was glad

students had a "great time playing sports, spectating, or mingling with their friends." Overall, she appreciated the "huge turnout and high energy from the students" and hopes that this energy "will continue to show at events [Student Council] hosts."

Price Donaldson '24 competed in the tournament with another V Former, Maddy Widener. Donaldson said that the pair stepped onto the courts expecting to be the "number one seat, and won [their] first game against two varsity tennis players." This confidence boost did not last long, though, when Maddie McIntyre '25 and Wallis Cornell '26 eventually defeated them on the court. Donaldson described the night as a "great bonding opportunity" for her and her friends.

Roshan Hoban '26 advanced to the third round of the tournament, and emphasized the vibrant energy at the

event and how "exhilarating" it felt to be "surrounded by cheering students." Maryam Mian '24 echoed Hoban's sentiment, describing how the tournament "made her night" and how she was "extremely grateful for Grace's efforts in planning a creative and enjoyable event." Maggie Blundin '24 put her prior knowledge of pickleball to use in refereeing a few of the games, noting that the event's "spirit and energy reach[ed] high levels, with lots of laughter and camaraderie." Looking ahead, she has high hopes for future Saturday night events where students "enjoy the year together."

Chu's overall goal for the year is to "satisfy everyone's hopes of entertaining Saturday nights" by organizing "fun events in between academically dominated weeks," and the energetic spirit at the pickleball tournament served as a great start to a year of lively social events.

Claire Chow '24/THE LAWRENCE

Announcing the 2023 National Merit Semifinalists

SIENNA MORA '25

Congratulations to V Formers Andrew Howard, William Hu, Claire Jiang, Harrison Jones, Ian Lee, Bhushan Mohanraj, Emily Pan, Asprey Walters, Alec Wang, and Samuel Xie, on becoming National Merit Semifinalists in the 2023 National Merit Scholarship Program. These students now have the opportunity to compete with other semifinalists throughout the nation for some 7,500 National Merit Scholarships worth \$30 million, which will be offered next spring.

To become a National Merit Semifinalist, students must first achieve scores in the top 1 percent of their state on the Preliminary Scholastic Assessment Test (PSAT). Of the 1.5 million entrants, roughly 50,000 with the highest PSAT scores will qualify for recognition by the program. About two-thirds of the 50,000 will become Commended Students who receive a Letter of Commendation for their academic achievement. The other 16,000 are named Semifinalists in their states.

Semifinalists must advance to the Finalist standing in the competition to be considered for

a National Merit Scholarship. Students must submit a scholarship application that includes their transcript, extracurriculars, awards, Scholastic Assessment Test (SAT) or (American College Test (ACT) scores, and an essay. They must also be endorsed by their high school principal or designated school official to compete.

The strongest candidates from the finalist pool are then awarded \$2,500 scholarships. Around 8,000 finalists are chosen by college admissions officers and high school counselors to receive scholarships. From May 2024 onwards, the National Merit Program also offers college-sponsored awards based on reports of college choice from the finalists.

Lee, one of the nominees, said, "I am very honored to be selected as a semifinalist...When I was younger, I used to look up to the semifinalists, and now it feels weird but also cool to join them alongside my peers."

Decisions regarding the selections for finalists will be released in February, with roughly 15,000 of the 16,000 2024 semifinalists projected to become finalists.



The 2023 National Merit Semifinalists- Nicole Halucka '26/THE LAWRENCE

Pro For No Phones

Angel Xin '26 discusses the benefits of the new phone-ban during study hall.

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The Melba Ice Creamery

Learn more about how Purple Cow's transition to Melba and the people behind the transformation.

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Is Relegation Viable?

Stanley Dufour '25 explores the question of whether or not American sports should incorporate the European system of promotion and relegation.

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Editorial

What's the Clamor About Clubs?

If you were on campus last Thursday, September 14, you were likely at the annual Club Night. Spanning multiple floors of Mem, Pop, and GCAD, Club Night saw folding tables, chairs, posters, and most importantly, students, pack the halls. This scene mirrored the stereotypical school event where students decide what they will do outside of academics and athletics, during the few gaps in the schedule where they are granted “free time.”

However, as you stayed longer, these surface-level similarities and club night stereotypes gave way to some notable differences. At this year's Club Night, for example, there were an equal number of students running booths as those running around and signing up for said clubs. You may have noticed that instead of club leaders describing what their club does to interested students, they say, “you don't even have to come to meetings, just put down your email!” and “yes, this club is extremely low-commitment; you won't have to do anything!” Perhaps you found peers who you never interact with outside your classes suddenly called out to you in a hey-we're-good-friends-right-so-please-sign-up-for-my-club voice in order to bump up the number of filled-

out Google Sheets rows. For those cherished and treasured email addresses, some club leaders resorted to emotional manipulation via bribery or guilt-tripping (I'm looking at you, Philanthropic clubs).

A couple of inferences can be made from these small observations. Overall, Lawrenceville club culture seems to be marked by a couple universal truths: the number of sign-ups for an email list serves as a form of currency, most clubs see a lack of overall commitment throughout the year, and students are inundated with an overwhelming number of clubs. These three truths serve as the basis of the Lawrenceville club culture. But why?

During the pandemic, most of these student-led organizations that once served as spaces for people with shared interests to gather could no longer serve that purpose. After those two years in which only the most resilient clubs still met on Zoom, the School saw a general loss of institutional knowledge on how to run clubs. Student leaders who knew how to amass a crowd of involved club members and organize regular meetings graduated, while the younger generations of students, for the most part, never learned these necessary skills.

The result? Club leaders who don't know how to reach out to their club's constituents and don't know how to hold meetings. Many clubs died this way. (Of course, we also have to recognize that a club's fate can't always be attributed to the student leader's competence.) At the same time, because clubs couldn't fulfill their purposes for two years, we seemed to have developed a warped perspective of what clubs are. Instead of organizations in which people can accomplish tangible things, form communities, and explore hobbies, we just have leadership titles made for college applications. Then, the name of the game becomes “collect as many club leadership roles as you can!” in order to really beef up that resume. The result? Students, mostly seniors, take on leadership positions for four to five clubs and then do not have enough time to commit to any or all of them. These clubs then become defunct and are crossed off the club list next year. But now, there's a vacancy of leadership roles to go around and fill college applications, so what do students do? Start their own clubs! Of the 206 clubs that were present at Club Night this year, 80 were new. Last year, 70 were new. Many, nay, most, of these new clubs won't make it to the academic year of 2024-25. In

fact, only 35 out of 131 non-philanthropic/affinity/publication clubs from last year made it onto the club training exemption list, a list that Ian August, the Director of Student Life, felt represented clubs that were well established (met often enough and had enough members).

Another huge contributor to the current club culture is, of course, a general lack of time. Lawrentians have to actually commit to clubs. Clubs can really only meet from 6:00 to 8:00 PM on weekdays, which is not nearly enough time for 206 different clubs to meet at least three times a term, especially when we factor days off and the clubs that have to meet more often. Not only are club leaders stretched extremely thin, so are club members. This lack of time translates into why our student body finds “low-commitment” as an appealing trait for clubs, when in reality “commitment” should be. So, if people aren't committed to clubs, but clubs still need a minimum number of members in order to stay on the club list, we get Club Night, a free-for-all where students sell their dignity and use sleazy tactics to earn as many sign-ups as possible. This quantity over quality mindset is why so many of us receive countless emails for clubs whose meetings we will never attend.

We've established that the club culture at Lawrenceville looks quite bleak: overworked leaders, uncommitted members, and resume fillers that strip away the integrity of clubs. However, hope on the horizon still exists. This year, August has set new firm guidelines for clubs: They must meet at least three times a term and have at least five members per meeting. Any clubs that don't meet these requirements for the Fall Term will be cut from the Club List for the Winter Term. He hopes that with this policy, by the end of the year, an infrastructure will be established for clubs that are committed and that there will also be room for new clubs. The Board does not believe that the club culture will be “fixed” this year, but we're already seeing changes. More and more of the clubs that we signed up for on that fateful Thursday night have reached out and scheduled meetings. Though this slight change did mean more emails, maybe this increased communication will also mean more committed members and more thoughtful club creations. Maybe one day, clubs will finally serve their intended purpose: as organizations for students with a shared interest to meet up and form a strong community.

This Editorial represents the majority view of The Lawrence, Vol. CXLIII

A Call to Confiscate

How Giving-up our Phones Fosters Healthy Future Habits

ANGEL XIN '26

Since its origin in 19th century English Boarding Schools, study halls have forced students to use their unstructured time effectively. In the past, when the internet was unavailable, students' textbooks and the peer tutors were the only resources that they could utilize. Yet, as technology becomes more accessible, and more effective at providing entertainment and fostering communication, electronic devices have become an increasingly large distraction. With readily available sources of amusements like Tik-Tok and Instagram that require short attention-spans, it becomes even harder for teenagers today to choose what to focus on. In this current day and age, where internet usage is commonplace, it is still important for the school to pose restrictions on smartphone use.

Smartphones, ipads, and computers have the same capability to distract students. All three instruments can help students access the internet, communicate with friends, and scroll social media. Even Snapchat, an application that relies on pictures to communicate, has been recently launched on MacBooks.

However, smartphones have always been associated with addiction and unproductivity more than laptops. This popular myth may stem from the difference in the marketing of the two devices: while smartphones are seen as tools for social communication, laptops are advertised for their ability to make working more flexible. We only disregard the smartphone's ability to perform necessary tasks because it is more often used for socialization. So, why ban phones when it deprives students of nothing? Lawrenceville's administration is not ignorant of the similarities between smartphones and laptops. Rather, I believe the act of confiscating smartphones during study hall to be a symbolic restriction rather than a physical one. By requiring students to hand-in their phones, the school is signaling to the student body that during study hall, one should use the internet effectively,

in a way that is beneficial to one's academic goals. Thus, the



Gloria Yu '26 / THE LAWRENCE

school effectively uses the marketing of phones and laptops to their advantage by making their message clear.

There are undeniable benefits for the School should it choose to portray phone use in a positive light. For instance, it's a demonstration that recognizes students to be independent and mature enough to regulate their unstructured times, since self-control is a keystone of maturity. However, as high school students, most of us lack the mental maturity of adults. Even though choosing to go to a boarding school—for the majority of the student body—is a signal that students desire independence, studies have shown that human brains only reach full maturity at the age of 25. High school is a time for us to develop our toolset—from forming supportive relationships to maintaining a work-life balance—that will allow us to manage our time productively in the future. At Lawrenceville, rather than creating an environment that imitates the freedoms

of college, the School must show its students how healthy processes are managed—how our time at Lawrenceville can teach us the importance of self-discipline and mold us into better adults.

Controlling smartphone usage is the most effective way to remind students of the importance of using their time effectively. Returning to the popular marketing narratives designed for smartphones and laptops, taking smartphones away from a specific block of time in our day instructs students to separate their work life and social life—a soft introduction to a work-life balance. The separation from phones can also teach students how to deal with alone time, something that every student will have to live with after graduation as we enter a society that is not as tight-knit as the community that we built here together. It is these small steps—like handing in our phones for two hours of the day—that set us up for a successful journey to adulthood. Thanks to a few instructions, Lawrentians have a better chance at developing into lifelong learners.



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Outside the Bubble Killer Danelo Cavalcante Finally Captured



Danelo Cavalcante Captured on Police Camera

Courtesy of WPRI12

ETHAN ZHU '26

On August 31, convicted murderer Danelo Cavalcante escaped from the Chester County Prison where he was being held for the murder of his ex-girlfriend. Guards

only realized he was missing an hour after his escape, issuing a report that resulted in a nearly two-week long manhunt in the East Pennsylvania area for the criminal. Cavalcante was captured

in Pottstown, Pennsylvania, on September 13, and was sent to the State Correctional Institution Phoenix in Collegeville, Pennsylvania—a maximum security prison—to serve out his life sentence.

Flooding in Libya

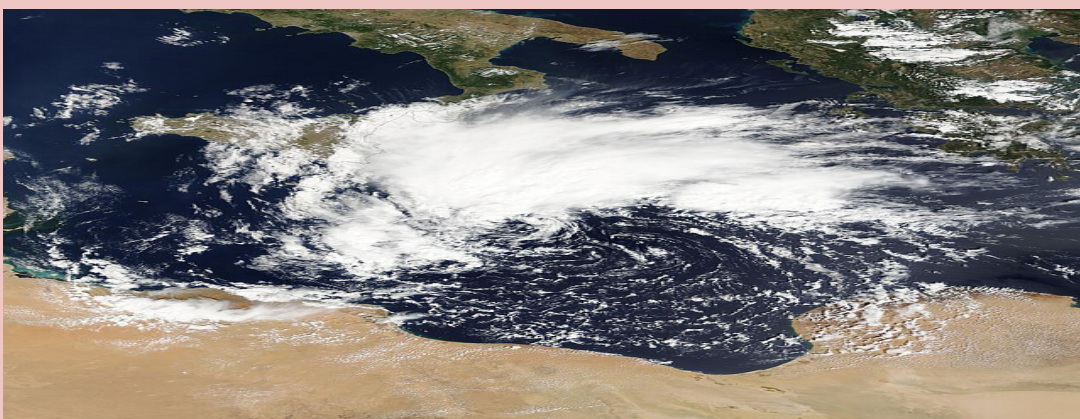


Photo of Hurricane Daniel

Courtesy of Wikipedia Commons

BUNNY HENAULT-BASSETT '26

On the evening of September 10, two dams in Derna, Libya failed after being hit by Storm Daniel. Storm Daniel was a cyclone that devastated the Mediterranean countries of Greece, Turkey, and certain areas of North

Africa; it has been recorded as the deadliest and costliest cyclone that has hit the Mediterranean to date. The failure of the Derna dams resulted in the flooding of the city, leaving buildings demolished, cars submerged, and at least 11,300 people

dead and 40,000 people displaced, according to the International Organization for Migration. The costs for repairing the city and restoring the affected areas will be in the billions, only \$10 million of which the United Nations has currently provided.

Earthquake in Morocco



Photo of Morocco After Earthquake

Courtesy of Reuters Institute Digital News Report

SHLOKA CHODHARI '26

Morocco is a country in the Maghreb region of North Africa. At 11:11 PM local time (22:11 GMT) on Friday, September 8, residents rushed into the streets as an earthquake of magnitude 6.8 struck Morocco, leaving more than 2,000 dead, 5,500 injured, and

causing severe damage to homes and buildings in the area. There were reports of violent tremors felt in several areas of the country days after the first earthquake, from Casablanca to Marrakesh. Hospitals in Marrakesh have seen a large influx of injured civil-

ians, and residents have been encouraged to donate blood. United Nations International Children's Emergency Fund (UNICEF), Global Giving, Red Cross, and various other charities are currently taking donations to aid Morocco in their earthquake recovery efforts.

Rosh Hashanah Celebrations



Rosh Hashana Celebration in Israel

Courtesy of Mark Neyman

SOPHIE CHENG '25

Last Friday, September 15 marked the beginning of Rosh Hashanah, the Jewish New Year. This non-working holiday was celebrated on campus with religious services, meals, and observances. Lawrenceville's Rosh Hashanah ceremonies were led by Rabbi Lauren Levy H'97 '01 '12 '02 '09 and the Jewish Students Organization.

Levy explained traditions and customs important to this holiday, such as wishing others "L'Shanah Tovah," which translates into "Happy New Year." During Synagogue services, special prayers are recited and a "ram's horn [shofar] is blown as a reminder to better our relationships." She also clarified that it is only after bettering such relationships that one can "face [their] relationship with God."

Levy also emphasized the symbolic importance of food for the holiday, as "all foods

have a specific meaning." Traditional Rosh Hashanah foods include apples dipped in honey and round foods such as challah bread, which represent the "cyclical nature of the year,"

Levy explained. More generally, the customary holiday dishes revolve around "Eastern European dishes, Middle Eastern food, and a lot of sweet apple and honey dishes," she added. Each dish has a unique history, serving as a reminder of Jewish tradition and identity.

On the 15, Levy hosted a Rosh Hashanah dinner at her home with the help of JSO leaders Daphne Volpp '24 and Chris Yen '24. As the celebration revolves around family and community, Levy welcomed guests into her home for the traditional holiday. In addition to the "meats, brisket, chicken, savory potato-based kugel, and sweet noodle kugel with apples" Levy talked about preparing, the dinner also included "observances at home, a family-style Kosher meal, and a visit to Synagogue." During Synagogue, they "listened to special readings from the Torah."

Overall, the Rosh Hashanah dinner and services were an opportunity for Jewish students on campus to find a religious community and participate in religious customs on an important holiday.

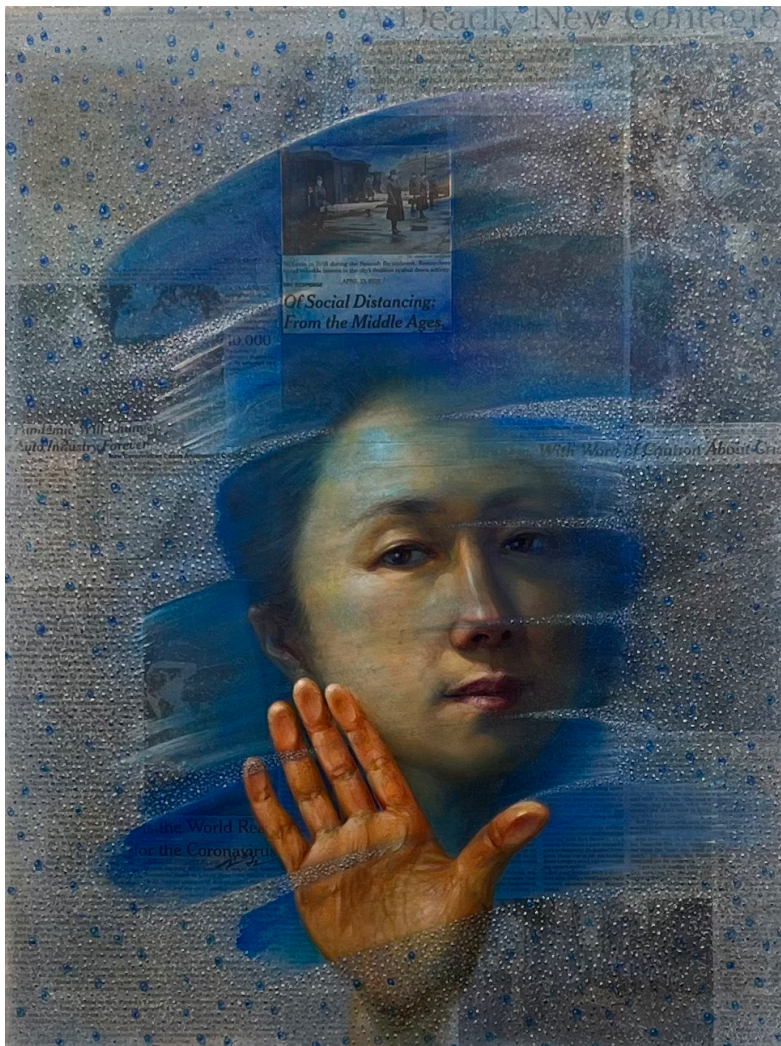
Dual Reality: ShinYoung An's Exhibition in the Hutchins Gallery

CHURAN XU '25

Last Thursday, September 14, amidst the hustle and bustle of Club Night, the Hutchins Gallery hosted its first artist this fall, ShinYoung An. A stunning exhibition defined by exuberant colors and ideas, *A Brush with Reality: The Mundane and Disturbing but with Hope* premiered in Lawrenceville and has been on display since September 1. The exhibition depicts a lush landscape of art pieces, incorporating themes of news bias and political conflicts that have shaped American and world history. Fascinatingly, the structure and composition of most artworks evolve around a mundane object juxtaposed with a collage of news in the background. These striking juxtapositions emphasize the significance of the media in shaping public perception of important historical events like the Civil Rights Movement, the January 6 Capitol Attack, and the Covid-19 pandemic. Collages of the news were created from articles published by various media outlets, featuring an intentional selection of *ABC News*, *The Guardian*, *The New York Times*, and *The Washington Post*, to name a few. Accompanying these distressing news articles are objects used in everyday life. Phone screens, coffee mugs, and cups of ramen noodles

drag the viewers back into the normalcy of daily life, confronting the relationship between faraway worlds sequestered on phone screens and the calm, monotonous certainties of the day-to-day.

One of my favorite pieces is a self-portrait titled "Social Distance," an oil on canvas painting. What differentiates this painting and makes it immediately stand out from the rest of An's collection is that it is one of her two self-portraits. Depicting a tilted half-profile of An with the palm of her hand wiping away the water vapor from a window, the painting simultaneously encapsulates news reports on social distancing, with catching headlines like "Of Social Distancing: from the Middle Ages" and foreboding phrases such as "A Deadly New Contagion" in the background of the painting. The disconnection, isolation, and loss of An's facial expressions touched me as they profoundly resonated with the sentiments I felt adapting to the void of face-to-face connections and social distancing during the rampage of the Covid-19 pandemic. Not only did I relate to the painting, but I was immediately drawn to the unique and granulated textures of the bubbles of water paper.



"Social Distance" by ShinYoung An

Courtesy of The Lawrenceville School

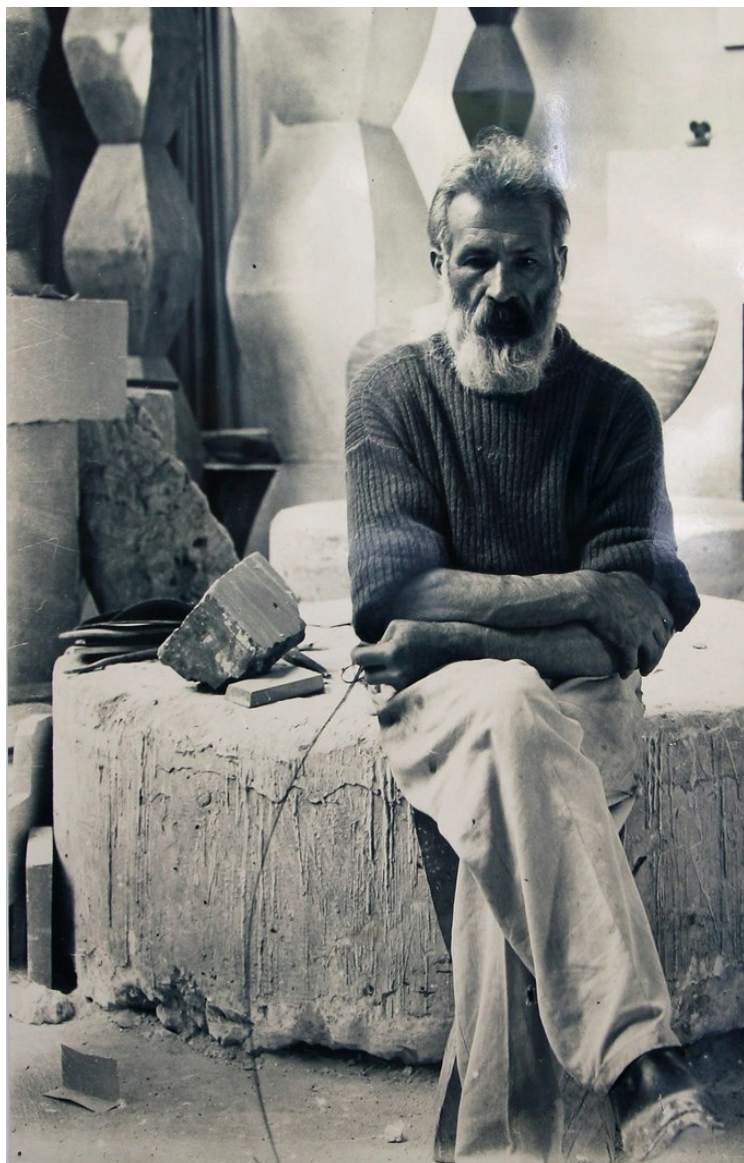
As Chloe Kalna, who chairs the Visual Arts Department, passionately remarks, "students told me that the texture of the bubbles almost made

them have the urge to wipe the window alongside the artist." For me, the remarkable vividness of the bubbles also contributes to building

tension between seeing and being seen, especially when situated in the context of the rest of the painting.

An's visit attracted faculties and students to the gallery, who voiced different ideas regarding the exhibition. Bernadette Teeley P'24, the Dean of Academics and a teacher in the English Department connects An's exhibition with how overlapping or differing news outlets displayed in each artwork showcase the role of bias in the narratives we consume daily. When asked how her work interacts with the general Lawrenceville community and the messages she hopes to bring to campus, An wanted to create "tension and dialogue" to highlight juxtapositions of the mundane with the events happening in humanity's larger reality, instilling a sense of urgency of change in contemporary politics. An speaks of how easy it is to lose sight of what is happening around the world in transitional moments of policy-making, which in turn permeates and shapes the mundane. An warns the larger Lawrenceville community of the danger of indifference and lack of care, inspiring students to engage in all spheres of decision-making and grow into more active and empathetic participants of the community who, as a collective, drive positive changes they want to see in the future generation's leaders.

Artist Spotlight: Constantin Brâncuși



Constantin Brâncuși

Courtesy of Flickr

ANASTASIA FABIAN '26

If you have ever been to the Museum of Modern Art, or the MOMA, in New York City, you might on display recall the simple yet intriguing sculptures created by Constantin Brâncuși. One of my favorites of Brâncuși's, "The Fish," built in 1924, is an oval made out of steel. It takes up the abstract shape of the fish and makes me think about the nature of a fish. Simply looking at any of Brâncuși's sculptures would make anyone ponder for hours. Brâncuși's artwork can be extremely difficult to digest, but this complexity makes his work exciting and influential.

There is a black and white photo on the wall, near each of Brâncuși's sculptures in the MOMA. Most people focus on Brâncuși's sculptures, but he is also a talented film photographer. When Brâncuși was introduced to film by the American visual artist Man Ray, Brâncuși began to capture his sculptures in black and white film. The more I think about it, the funnier it gets because Brâncuși uses the art he already created to make more art. He capitalized on

his talent for producing art from what he saw. Although Brâncuși's use of photography as a medium is less known, it does show who he was as an artist while showing his intention of what his art should be perceived as. These photographs are what caused Brâncuși to be known as "one of the most innovative image-makers in the history of photography," according to the Aesthetica Art Prize.

This innovation is prominently shown in the photographs he took. Paulina Poboča, the curator who put together the iconic Brâncuși exhibition, entitled Constantin Brâncuși Sculpture, in the MOMA, wanted to use Constantin Brâncuși's film photography as an addition to the collection. In an interview with *The Woven Tale Press*, Poboča explained that her intention with the exhibition was to make an engaging open gallery that allowed for the presentation of his photographs and sculptures. Poboča described the collection as "an environment that enabled both close looking and contextualization of the sculptures with Brancuși's work in other mediums."

When trying to understand Constantin Brâncuși as an artist, it is essential to recall his film photography. Poboča knew that

Brâncuși's photographs had the power to manipulate how his sculptures are perceived. When she made an open gallery-style exhibition to present Brâncuși's work, she purposefully placed each sculpture and photograph close together. In each photograph, Brâncuși manipulates how his sculptures are surrounded by light; some are in radical, high-contrast lighting, while others are presented in dim and soft lighting. The different lighting can cause each person's perception of the sculptures to vary. For example, when I saw Brâncuși's photo of "The Fish", I thought of how the lighting made me feel like the statue held a lot of peace. The photographs give a different interpretation of what, at first glance, seems like simple sculptures.

Brâncuși once said, "Simplicity is not an objective in art, but one achieves simplicity despite one's self by entering into the real sense of things." While his sculptures and photographs seem simple, they give a freedom of interpretation to any viewer. If you ever find yourself in the MOMA, I hope you visit Constantin Brâncuși's exhibition and pay special attention to his photography. The photos surely they will allow you to see each unique sculpture differently.

Reach Beyond Sentinel

MIRA PONNAMBALAM '26

At the beginning of this school year, Lawrenceville unveiled a new platform for signing in and out of school: Reach. During the first few weeks, students and faculty alike have been adapting to the new platform and the policies that have come with it. Some like the new system, but others beg to differ.

Reach primarily allows Heads of Houses and Duty team affiliates to keep tabs on students' locations through the signout feature. Reach allows students to sign into most buildings on campus, including the Health and Wellness Center, as well as off-campus activities. Sonia Lackey '25 likes having "absences and sign outs in the same place," whether for off campus events, clubs, or infirm visits. Other students have found the abundant amount of places to sign out to be confusing and unnecessary. "Every day I look at the places you can sign out to and there are new, [confusing ones]," said Mila Cooper '26. One of the many locations to sign out to on Reach is "Day Student-Home." This feature comes with a policy that Day Students must



Reach Logo

Cindy Shum '24 / THE LAWRENCE

sign out every time they leave campus. This policy has been met with mixed reactions. "The day student sign-in is actually pretty annoying... it's almost unnecessary," mentioned Lackey, a day student. Many students have struggled with remembering to sign in each day when they arrive on campus, and often go entire days without having updated their Reach status. To remind day students to sign in, some houses have placed signs on their doors

or sent reminders through text. Lackey recommends that houses set up a daily notification system. Cooper, another day student, stated "[Reach is] obviously very tedious, and it can be annoying, but...I understand how it's a security issue...I do like that the people on duty actually can see that you've gone home. It's very helpful even though we forget."

In addition to signouts, students must use the app to obtain off-campus permissions. In previous

years, guardians had to email their child's Heads of House, "I think [Reach] makes it more systematic. For me it makes it easier...we can just click a couple of buttons, then the parents can approve, and then it goes to the Heads of House," stated Dorothy Lee '26. On the other hand, because the communications are done through the app, many students have had technical difficulties during their attempts to obtain permissions. Reach also allows students to sign up for organized trips off campus, a much appreciated feature. "That's really useful," stated Lee.

Before the introduction of Reach, the Sentinel website had been used for signouts. The signout process for each platform differs vastly. "I do like how everytime you want to sign out to a building [on Reach] you don't have to say exactly who gave you permission...to just press one button rather than go through the entire Sentinel process which assumes every sign out is a whole off campus procedure is really helpful," stated Cooper. Other students, such as Lackey, strongly prefer Sentinel partially because Reach, despite its useful features, noticeably lacks some of

Sentinel's key signout features. Cooper mentioned that "Sentinel did have a few things that were very specific to Lawrenceville that had been developed pretty well." Currently, there is no way for students to use Reach to sign out to other houses or to schedule Athletic Trainer appointments. The Lawrenceville community is still working on getting used to the new technology. Both Lackey and Lee expressed confusion about the Communications function of Reach. "I don't really understand the purpose of the communications tab...I haven't used it at all," said Lee. Other features like NFC SISOs and the process of applying for "leaves" can also be difficult to use. "Reach is very buggy," added Lackey.

"It is pretty obvious that Reach was not made for the Lawrenceville School... but I think it will work well with Lawrenceville once we figure a couple things out," noted Lee. Reach has many flaws, but the app also has streamlined several complicated processes. It is missing some key features, but it also has many useful ones. Is Reach a good fit for Lawrenceville overall? Only time will tell.

Self and Spirit: Explorations at Lawrenceville

JENNY ZHAO '25

In the vibrant tapestry of the Lawrenceville School's campus offerings, Explorations play a vital part in helping busy Lawrentians tap into their spirituality by taking a break from classroom worries. Students are required to attend at least two Explorations each term, and at least one before interims.

As a prominent group on campus, the Religious Life Council, or RLC, plays a pivotal role in designing the School's Exploration opportunities. Student leader Sameer Menghani '24 explains that the Council's responsibility lies in showcasing the diversity in "different religions and experiences of individuals." Similarly, fellow council member Nitza Kahlon '25 added that "the RLC is supposed to be representative of...the whole student body." In the past, the RLC was directly involved with the Explorations Council, which has temporarily been put on pause this year. Now, the RLC works to "provide students with a platform [to create] their own Explorations," along with working on "[the RLC's] own initiatives," such as the "What Matters to Me and Why" series that features individual faculty member's stories and advice.

Both student leaders conveyed that an Exploration should diversify



Sophie Yang '26 / THE LAWRENCE

the way Lawrentians approach spirituality, Menghani specifically expressing that Explorations should help students to "look inward." His personal experience attending the programs has helped him "consider a lot more things [he] would not otherwise find [himself] doing." On the other hand, Kahlon's stance on Explorations has changed drastically; from being apprehensive about attending a required event, to eagerly participating in discussions with the RLC.

From the well-being end of the wide Explorations spectrum, Student Council's Wellness Representative Cassie Dillard '24 is also involved with the creation of new Exploration topics. Her process includes meeting with the Wellness Council to gather feedback from a "large variety of people on campus," then bringing these ideas to the Wellness Committee, Office of Multicultural Affairs, and various student-led affinity and spirituality groups. On upcoming Exploration themes, Dillard expressed how students are hoping for events where they can "take time for [themselves]...and slow down." Dillard also hopes that Explorations can be opened up from spiritual gatherings to the broader range of "good, healthy practices," such as learning when to "step back and slow down." After a few years at Lawrenceville,

these three student leaders have amassed a few favorite Explorations to attend. Both Menghani and Dillard have a preference for student-led events, with Dillard especially gravitating towards "Senior Stories," which has helped her "get to know a lot of [her] peers better." Kahlon, a dedicated member of the RLC, deeply appreciates the Explorations hosted by the Council, as well as a Lawrenceville classic; "Lessons and Carols." While Explorations are designed for students to enjoy, some Lawrentians occasionally fall behind on their required credits—leading to the designated repercussion of attending a Saturday night detention. Menghani revealed that discussions have taken place about a reflective assignment or attending a less "enjoyable" Exploration. He believes that a clear consequence is needed, but students should take the responsibility to "step up." As a senior and leader on campus, Menghani encourages fellow students to attend as many Explorations as possible—recognizing them as a valuable opportunity to "make the most of [Lawrenceville's] resources." Ultimately, the events are held as an opportunity for students to conduct introspective thinking in the pursuit of personal growth and self-discovery.

The Melba Ice Creamery: The Inside Scoop

REBECCA STREETER '26
ANGEL XIN '26

Around a year ago, Purple Cow, a Lawrenceville ice creamery, had closed, its owners retiring after years of serving the Lawrenceville community. They had been looking for someone to buy their shop and continue their work, and finally, the owner of The Gingered Peach, Joanne Canady-Brown, stepped in. Purple Cow was renamed the Melba Ice Creamery, after a cooked peaches and ice cream dessert, making this shop the first expansion of Canady-Brown's peach-themed food empire. Though a few students have said they miss the old shop, most are thrilled with Melba's quality ice cream, handmade in the back of the shop.

In an interview with Canady-Brown, she describes her extensive ice cream making process. She begins by making the base, a mixture of organic milk, 40 percent heavy cream, sugar, and stabilizers (natural substances that prevent the ice cream from turning icy). After cooking the base, Canady-Brown leaves it in a freezer at -15° C for 24 hours to improve its taste. The next day, she puts the base into one of the shop's two ice cream churning machines and adds whatever other ingredients go into the flavor being made. Afterwards, the ice cream goes back in the freezer for another 24 hours

because, as Canady-Brown says, "time equals flavor, so the more patient [she is], and the longer [she waits], the better [the] outcome is going to be." And the outcome certainly is delicious, with many unique flavors switching in and out weekly.

While Melba's offers the typical flavors of Vanilla, Chocolate, Strawberry, and Mint Chocolate Chip, it also boasts many other special new combinations. To start with, there are three flavors that Canady-Brown calls their "homage flavors." One is the iconic Purple Cow, a black raspberry ice cream with chocolate chips, a tribute to the current shop's predecessors. Another is the Jamaican Sorrel Sorbet, based on a drink called sorrel from Jamaica, where Canady-Brown's husband is from. "[She] took [the] traditional Jamaican beverage and reinvented it as an ice cream" with spices and ginger mixed in with red wine. The third homage flavor is the Jumpin' Johnnie, in honor of Canady-Brown's grandmother, the woman who taught her how to bake. It features a ginger caramel swirl and chewy oat streusel mixed into a sweet brown sugar ice cream, a mixture of all of her grandmother's favorite flavors. The rest of the flavors are mostly "whatever [Canady-Brown] just [feels] like making." After running a store in Lawrenceville for so long, Canady-Brown is "in a

really beautiful position" as "the customers trust... [her] palette, and they trust [her] decisions, so that [she] really just makes things [she] would want to eat." These flavors include the Rockiest of Roads (chocolate ice cream, roasted almonds, crispy rice pearls, fluff swirl and mini marshmallows), Cardamom Clement Sorbet (sweet and citrusy clementine puree paired with floral cardamom), Salted Caramel, and more. Additionally, seasonal flavors will switch as the weather changes throughout the year, the current flavors being Honey Lavender and Roasted Pumpkin Spice. Finally, Canady-Brown says that Melba will "make some flavors that a customer asks for," so any Lawrenceville students with flavorful new ideas should head on over, buy some ice cream, and pitch their ideas to the shop. Students of the Lawrenceville School who just wanted a second Purple Cow will surely come to love this new shop, even with its differences.

In fact, many students, both new and returning, have already traveled across Main Street to try out Melba, and it seems that as of now, the outlook on the shop is positive. Catarina Correa '26 and Miu Baholyodhin '26 joined the school this September and have stopped by Melba a handful of times. The pair remarked that the magic of Melba does not lie in its flavors as much as its prime location. "Melba



Melba Creamery

Sienna Kulynych '26 / THE LAWRENCE

is a place where Lawrenceville students socialize and meet new faces," Correa remarked when asked of her favorite aspect of Melba. Indeed, the upbeat music and lively chatter in Melba makes for a cheerful social setting. Baholyodhin, on the other hand, described the store as "comfortable and cozy," noting that it is her go-to stop to finish homework.

Baholyodhin states that compared to Starbucks, Melba is far less crowded, and unlike The Ginger Peach, the seating at Melba is very convenient. The pair agreed that the

newly established ice-cream store's five minute walk from the crescent makes it "very convenient" for them.

With all the factors added together, Correa and Baholyodhin both confidently rate Melba very highly. Even former regulars at Purple Cow speak positively about Melba. Christine Wu '25 was especially content with the continuation of Purple Cow's iconic flavor, the Purple Cow. She sees the continuance of the ice-cream flavor as a part of carrying on a distinctly Lawrenceville memory.

Behind the Mixing and Mingling of Social Life

LOUIS PARK '25

Lawrenceville is where friendships are formed, memories are forged, and laughter echoes. At the heart of school life there is Grace Chu '24, a dedicated and dynamic person who plays the role of Vice President of Social Life. Tasked with shaping this year's social events, Chu's unceasing enthusiasm and affection for the Student Body proposed a calendar full of exciting events. In a conversation with Chu, she outlined her plans, described her aspirations, and reflected on recent social events which will undoubtedly leave an unforgettable mark on our school life.

The recent two events, the Fire Dance and Glow in the Dark Night, successfully kicked off the start of this year's social life events. Chu admitted she was "nervous about whether they would be well received by the students," but soon after, Chu and the Student Council were "ecstatic" with a huge turnout at both events. Bolstering the events' success were the swift volunteer organizing, fun event decorations, and the creative



Emily Pan '24 / THE LAWRENCE

themes (a fire themed dance and a glow in the dark theme with the new sport courts). Chu also did not forget to shout-out to her partners from the Student and Social Councils, who made the work "much easier to get everything planned out." Due to the overflow of pickleball sign ups, Chu found that a flaw

with the event was their over-acceptance of teams, as the large crowds were difficult to manage.

Regarding the general process of organizing school-wide events, Chu shared some of her major steps for planning. The very first step is getting her rough ideas approved by Ian August, the Director of Student Life. From

there, Chu brainstorms the details with insights from both the Student Council and the Social Council. Once the major outline is finished, Chu promotes the event through School Meeting or @Lville_studentlife on Instagram. Chu aims to utilize the new Social Council as a "form of feedback as it is a very

diverse group with people from all four forms," who can give insights for future events. Keep in mind that any Lawrentians can also leave helpful comments through a feedback form.

Looking forward, Chu hopes students "continue to come check out the events and enjoy a time away from academic work to just have some fun." With a sneak peek from the Social Representative, students can expect the Griswold House's all-School night event on Saturday, September 23, and a debut for the new "House-Hopping" event that Chu invented. The event will allow all houses to get involved and give everyone a sneak-peek into fun activities and serve delicious food hosted by the Houses.

Chu emphasized that the success of recent events was due to the active participation of students, and thanked members of the school community for their support. Chu looks forward to a lively year filled with more laughter, friendship, fun, and unforgettable memories. "Social events are a great way to get away from a stressful academic environment so pop out for a good time!"

CAPTION THIS:

HOW STUDENT PHOTOGRAPHERS ARE BRINGING NEWFOUND HYPE TO BIG RED SPORTS

ARYANA IYER '27

Fall sports are in full swing and the media, including independent student photographers, are all over the Big Red Sports team competitions. Instagram accounts like photosbyjuliettev, yk_flics, and shotbylincoln are covering the numerous campus sports teams as they take their leagues by storm. These accounts bring publicity to our varsity sports teams, with many students noticing a change in school spirit and pride since these accounts started posting. Some students have looked into how this added coverage is influencing our Big Red Athletics.

School President Bryce Langdon '24 recently mentioned in a school meeting that this Fall 2023, more so than in previous years, has borne witness to vibrant energy and increased turnouts at games. There have been much bigger crowds at sporting events, with Boys' and Girls' Varsity Soccer's Under the Lights season opener serving as a prime example. Students have also noticed that promotion for varsity sports has never been higher, with much more attention being paid to reposts of these teams on social media. Images of the sports teams in

action, with student fans taking it all in, are being shared not only through the athletes' accounts but also through the student body and their families. This increased exposure makes our varsity teams look stronger and our community more united, whilst also building hype for the school and athletes. Our student

athletes, having student photographers boosts morale because they capture crucial moments in action. Whether

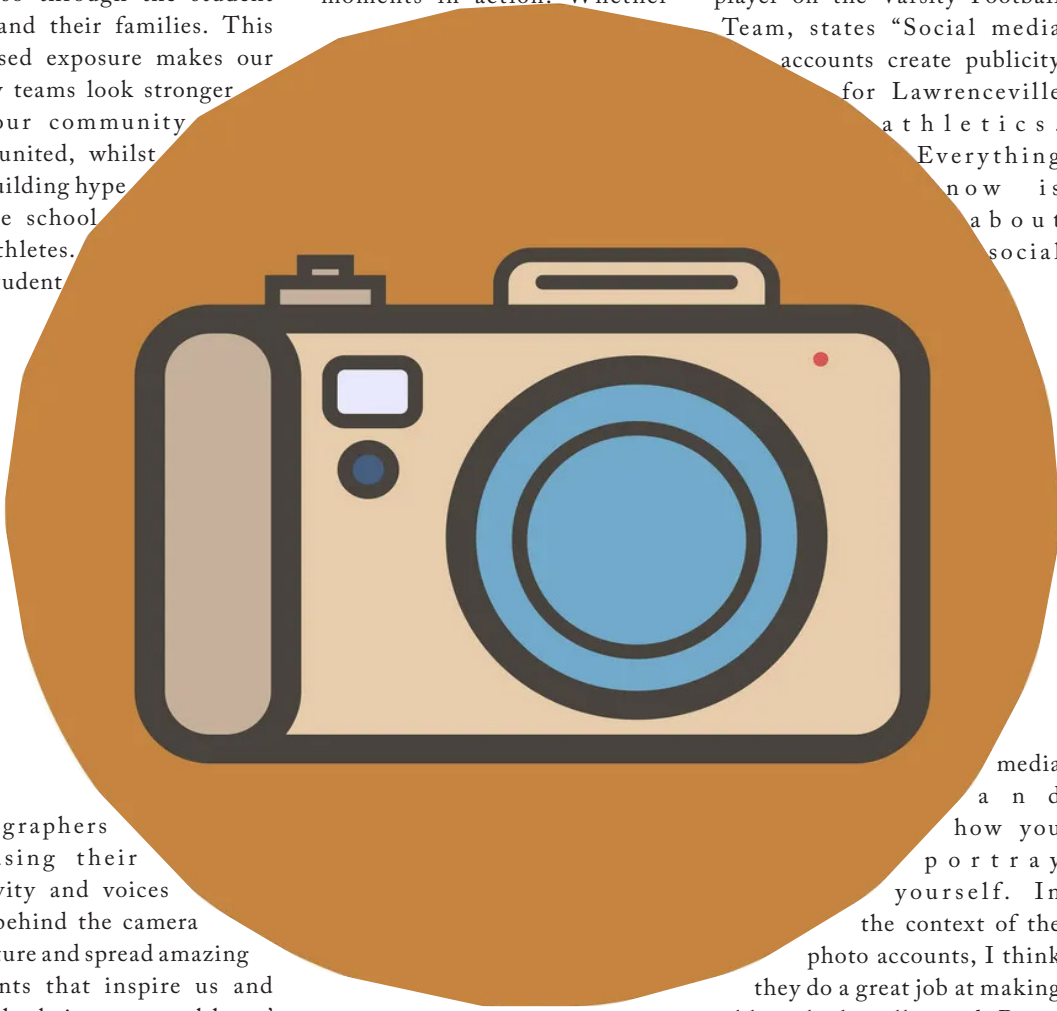
the game, we get to virtually participate in that sentiment and feel Big Red pride. Eli Lacey '25, player on the Varsity Football Team, states "Social media accounts create publicity for Lawrenceville Athletics. Everything now is about social

loop that boosts team morale and ultimately school spirit."

These student photographers have taken it upon themselves to promote our Big Red athletes, but this begs the question: Should these student photographers stay independent, or should they merge with existing campus coverage such as BRSN or L10? Many student-athletes believe that merging would allow them to build a larger base and have their photos be affiliated with our athletics program. However, others feel that conjoining would take away from the creativity and self-expression that the student photographers bring. "BRSN and L10 are pretty formal," Lacey said when asked his opinion on the issue. He believes that by staying independent "student photographers get to express themselves as much as they see fit." For now, it seems the common sentiment is that student photographers should continue to remain independently affiliated so they can keep their unique perspectives as visual storytellers for our athletes.

The Big Red community cannot wait for the next set of games, and thanks to an influx of student-led positivity, everyone is extremely excited. Let's roll into it!

Courtesy of Vectorstock



photographers are using their creativity and voices from behind the camera to capture and spread amazing moments that inspire us and visually bring our athletes' successes on the field to life. According to several varsity

someone is scoring a critical goal, or the entire team is huddled up before

media and how you portray yourself. In the context of the photo accounts, I think they do a great job at making athletes look really good. Being able to portray your sports team in that way is like a feedback

THE OLD VERSUS THE NEW

THE EFFECT OF NOSTALGIA BIAS ON THE WAY WE VIEW SPORTS

MICAH KIM '26

Sport has an almost uncanny ability to unite people of different generations together. The passion, the thrill, and the lasting moments that our favorite athletes create on the field become indelibly etched into our memories. However, as time passes, the tendency for people to show favoritism and nostalgia bias towards older players grows, especially when comparing them to the newer generations. This bias clouds not only the judgment of fans but also hinders their ability to hold fruitful sports discussions, preventing them from completely appreciating the current era of sports.

Nostalgia bias is a cognitive bias that causes individuals to view the past as being better than it really was. This bias has deep roots in overall human psychology, as we have a tendency to only remember the positive aspects of our past experiences while also downplaying or completely forgoing the negatives. When applied to sports, this often results in an idealization of athletes from previous eras.

One major reason for nostalgia bias is the emotional connection people develop and form with childhood heroes on the field. Those athletes who captured our imaginations during our formative

years hold a special place in our hearts. It is this attachment that can lead to the view that no modern player can compete with the legends of old.

Another factor contributing to this nostalgia bias is our selective

Sonia Singhal '24/ THE LAWRENCE

today's athletes are undoubtedly at a higher level of performance than in the past. Modern athletes benefit from advancements in training, technique, nutrition, and technology. This increase in knowledge directly contributes to

but a disservice to present athletes and their hard work.

Nostalgia bias often serves to trivialize discussions about modern-day athletics. Debates about current players become ridiculously polarized, with each generation passionately

glorification of past events, such as the ones that are present in modern-day media, can cause the public's eye to disregard the achievements of present-day athletes. A balance between remembering the past and acknowledging the present is crucial in today's sports world in order to avoid constant comparisons between current and older players.

To fully appreciate current athletes and their accomplishments, we must learn to overcome such nostalgia bias. Firstly, change must be embraced, and we must come to accept that like everything, the world of sports is constantly changing and will continue to do so. New advancements will lead to higher levels of competition and athleticism, and such changes should be embraced as part of the natural progression of athletics. Moreover, we must strive for objectivity and impartiality when discussing the current state of the sports world. This can be achieved by taking into account the differing levels of modern-day challenges and obstacles back then as well as putting aside the ego. The challenges and constraints that athletes faced in their own respective times should be considered and it should be recognized that greatness is not limited to any single time period.

memory. Most of the time, people tend to forget the less appealing aspects of past games, focusing solely on the highlights, the moments that captured their attention. The problems with that line of thinking arise when you come to terms with the fact that

a more competitive and higher-level playing field, allowing for feats of athleticism that previously would never have been possible, rising above the levels of even our favorite old legends. This disregarding of these advancements serves as nothing

better. In addition to this, the media also plays a hefty role in perpetuating this bias. Sports networks often show classic games, documentaries, and perspectives that romanticize past athletes. While celebrating history is important, the constant over-



SHOULD AMERICAN SPORTS INTRODUCE RELEGATION?

STANLEY DUFOUR '25

European sports have featured a system of promotion and relegation for as long as they've been around. In this system, the worst teams in a division drop down to a lower division at the end of the season, while the teams at the top of those lower divisions are promoted to the division above them, giving them a chance to compete at a higher level. Many fans claim that such a system makes watching any team at any stage of the season exciting, as even teams that aren't on top of the league are fighting for something, instead of purposely losing for a higher draft position, which is often the case in many American sports. While this system works well with the structure of European sports, such a system could never realistically work in the United States, due to a variety of factors.

While Europe has long had multiple clearly established divisions, the U.S. does not have a similar system that is ready to be implemented. Outside of the number one leagues, few can name any other American leagues of a similar caliber for their respective sports. With the lack of an existing framework of multiple clearly established divisions for one sport, it would be nearly impossible to build the necessary framework in an environment where the existing top leagues already have a large amount of established power and impact. While lower divisions of these sports in the U.S. do exist, even the best of these come nowhere close to the influence and fame of the lower division leagues in Europe. In order to include new tiers in American sports, each tier would have to maintain a certain quality of infrastructure, accommodation, etc. The cost to ensure that these tiers meet those standards would be a huge

financial burden, especially for small market teams.

teams. While this decentralized system alleviates financial responsibility from the league to external sources and allows for a larger number of teams and markets to be successful, this leads to a looser grip on individual teams and a lack of

up the stability and security of their investments for a system that could plummet the value of their franchise. While a system of promotion and relegation is supposed to make for a more equal, competitive league, there will always be the teams that are at no risk of ever dropping, and those that will, in all probability, never move up. American leagues have a strong system in place, in which the worst teams have a clear path to build up and become competitive again in a few years, and where even the richest and most marketable teams will



Chloe Needham Potts '25/THE LAWRENCE

The centralized structure of American leagues allows their commissioners to equally distribute wealth and maintain financial necessities for every team with ease, but to add dozens of new teams into the mix, with a market value that is yet to be determined, would be impossible to implement.

It's in large part the decentralized structure of European leagues, where team finances are largely operated by their own individual owners as opposed to leagues themselves, which allows for the continued establishment of such a large number of high level

equalizing policies. In European sports, the richest teams are able to pay as much as they want for high-end talents, backed by owners whose pockets will never run dry. On the other end of the spectrum, tiny teams with low-level facilities and talent struggle to keep operating on a daily basis without the exorbitant funding the bigger clubs receive.

Meanwhile, teams in the U.S. operate as franchises, not clubs, and owners invest in them with the guarantee that their franchises will always maintain their worth as a premier team in the country, as equal counterparts to every other owner in their respective leagues. It is hard to see a world where every owner in a major American league agrees to give

eventually face the same challenges every other team does, challenges they can't spend their way out of.

Closed league systems have long been part of American sports culture, and they allow for equality in wealth, infrastructure, and talent between every team. While a promotion and relegation-based system would lead to more interesting play on the field, especially in the waning months of the season, it would be impossible to realistically implement due to the lack of an existing divisional structure, infrastructural and accommodational standards in certain viable markets, and existing team ownership contracts. Even if these financial difficulties could be overcome, and a system based on relegation and promotion could coexist with intra-league equality, could you really imagine a world where New York or L.A. didn't host a premier professional sports team in any particular sport? While this system certainly has its merits, it's just not one that can be, or should be considered in the existing framework of professional sports in the United States.

Thinking About Defeat:

How to Deal With Losing in All Its Forms

BRYAN BOANO '25
SPORTS EDITOR

Let's just make one thing abundantly clear, nobody enjoys losing whatsoever. The pain that comes with being bested by someone else is never good, and sometimes that awful feeling never goes away, the worst losses often don't. But then again, no one ever goes through life undefeated. At some point everyone has had to swallow the bitterness that is defeat. But how can we make the losses feel better? How can we deal with the defeat?

As someone who has done a fair share of losing in his heyday, the best answer I can give is to move on. You can't change the past. There is no point in lingering the half-second decision you might have made that didn't turn out the way you wanted it to, thoughts made in hindsight will never change the score of any game. The most important thing is to pick your head up and move on to whatever the next match may be.

But moving on does not necessarily mean forgetting. Losing can be compared to a burning fireplace: in the immediate aftermath, it burns. It burns and damages your competitive spirit and sings your pride and your will to compete. Again, as previously stated, losing really sucks. But as time passes, the loss becomes more comparable to the wood in a fireplace rather than the fire itself. It serves as fuel for future triumphs. You never want to forget how a loss makes you feel in an attempt to make you feel better, but you also don't want to hyperfixate on specific aspects of the loss. Instead, take in the bigger picture, the macro-emotions you felt immediately after the loss that you never ever want to feel again, and use that as motivation to play better, to *be* better, in the upcoming days, weeks, and months.

At this point, it's become apparently clear that this isn't really a "sports" article per se. Sure, this can apply to on-field matters, but a topic as heavy as losing shows up in all walks of life. Besides, who says that lessons learned on the field can't also apply to real life?

Seasonal Board Picks

	Jax Gottschalch '25	Marlow Mellquist '25	Amelia Jerge '24	Alaina Crichton '24	Ryan Bian '25
best thing to wear in the fall?	Graphic Tees and Pajama Pants	Sweater	sweater	SWEATERS	Hoodies and casual shorts
worst seasonal food or drink?	Chicken	Pumpkin spice latte and candy corn	Pumpkin Spice	Pumpkin pie.	Asparagus
three words to describe a lawrenceville fall?	Wake, Work, Lightening Alert	Football, Trees, Hill Day	stressful, exciting, sick	Exciting, eventful, and pretty!!!	Cozy, Breezy, Busy
best dog on campus? not fall related I'm just curious. personally I love Ms. McMenamin's dog Toby	Garett Heffern biggest dawg on campus	That one corgi	Duke, Coach Wise's Dog	DUKE!!!! Coach Wise's dog	Doc Hernandez's dog (only dog I know)