

"Women's Rights Are Human Rights"

BY SOPHIE HUTTNER
STAFF WRITER

Kent Place students have a long tradition of participating in historical events. January 21st, 2017, was one of those times. Along with millions of other women and men, more than 50 Kent Place students attended Women's Marches in New York, Trenton, and Washington D.C. the day after Donald Trump's inauguration. Armed with posters, loud voices, and their fierce convictions, students marched miles in huge crowds in an effort to show the world and our new president that they would not tolerate misogyny and prejudice in the White House, or anywhere else.

On the Friday before the march, the school was already buzzing with excitement. Maya Vuchik '20 and Sophia Fanelle '19 had made "pussy hats" for their peers going to the march, and students could be seen wearing them in the hallways. If you were to have peered into a classroom that afternoon, you might have seen other groups of students creating posters. These posters often included passionate declarations like "WOMEN'S RIGHTS ARE HUMAN RIGHTS" and "Woman, Black, Gay, Hispanic, Refugee POWER." Had you peeked into yet another classroom, you might have seen students making t-shirts. Lucy Lynch '18 made several t-shirts reading "girl power" for her friends going to the march.

By the time our student marchers left school that Friday, they were all geared up and ready to go. Some of the students who were going to DC in cars left that night, while others got up at the crack of dawn to get on march buses. Once there, they were met with huge crowds. "I've never seen anything like it", said one student. "It was incredible. Just oceans and oceans of people." Indeed, this was an incredible feat, and Kent Place girls were a part of it.

So what exactly motivated them to participate in the women's marches? The answers varied, but they all had to do with a perceived threat to women's rights and the rights of other minorities in a Trump presidency. Olivia Zeiner-Morrish '18 explained her participation: "I'm marching to send a message that everyone's rights, regardless of their standing in society, are human rights. I will march in solidarity not only with women, but anyone who has been marginalized." Gabby Alpert '19 agreed. "It's a time to make a statement," she said. And a statement it was: the March is estimated to be one of the largest in United States history, with more than a million people participating.

"I felt empowered to stand with so many women", said Ayanna Ballard '18. "I marched so that my voice could be heard." Still, there are many critics of the march who argue that its preemptive nature (occurring just one day after the Inauguration) and its apparent lack of focus will limit its efficacy in producing meaningful change. Nevertheless, almost two months into Trump's presidency, it is clear that the concerns of the marchers were not unwarranted. He has already signed executive orders stopping funding for any international organization that gives medical advice or information about abortion, banning Syrian refugees "indefinitely," starting the building of a US-Mexico border wall, and increasing deportations of undocumented immigrants. "The fight is not over," said one student. "It's barely yet begun."

What are your thoughts on the Women's March? Share your opinions in a letter to the editors! You may voice your opinion anonymously to be shared at a later date.



TOP: Zarab Bari '20 at the NYC Women's March. TOP CENTER: Erin DuCharme '19, Amber White '19, and Sam Endlich '19 pose outside the Capitol in Washington D.C. CENTER LEFT: Liz Cooke '17, Maddie Gapusan '17, Sima Parekh '17, and Isabel Sottile '17 make their way down 5th Ave in New York. CENTER: Olivia Zeiner-Morrish '18 and her sister in D.C.. CENTER LEFT: Paige Reddington '17 and Julia Cozine '17 show off their signs. BOTTOM: Gabby Alpert '19 snags a selfie with actress Bella Thorne at the Washington D.C. Women's March.

Inside this Issue...



Let's get political. Learn about JSA and Model UN's trips to Washington D.C. and Philadelphia on page 3.



Guess who's now on Instagram! Flip to page 4 to see Kent Place's latest social media endeavor.



Prom and Semi are right around the corner. Ballast has you covered with a step-by-step survival guide on page 5.



The English Department guest writes an article, but it isn't what you would expect. Head on over to page 10 to find out for yourself.

2016-2017

Editors-in-Chief Anna Agathis
Liz Cook
Cait McGovern
Sima Parekh
Publisher
Copy Editors Deanna Hanchuk
Adya Khosla
Katie Miller
Art Editor
Business Manager Liza Mullett
Page Editors Caroline Benou
Hana Charnley
Keerthi Jayaraman
Jessie Ken-Kwofie
Jaida Larkin
Emma Littlejohn
Michaela Markels
Liza Mullett
Sonia Parmar
Sofia Scotto
Maggie Stanton
Judith Bianco
Elizabeth Woodall

Advisors

President Trump's First 100 Days

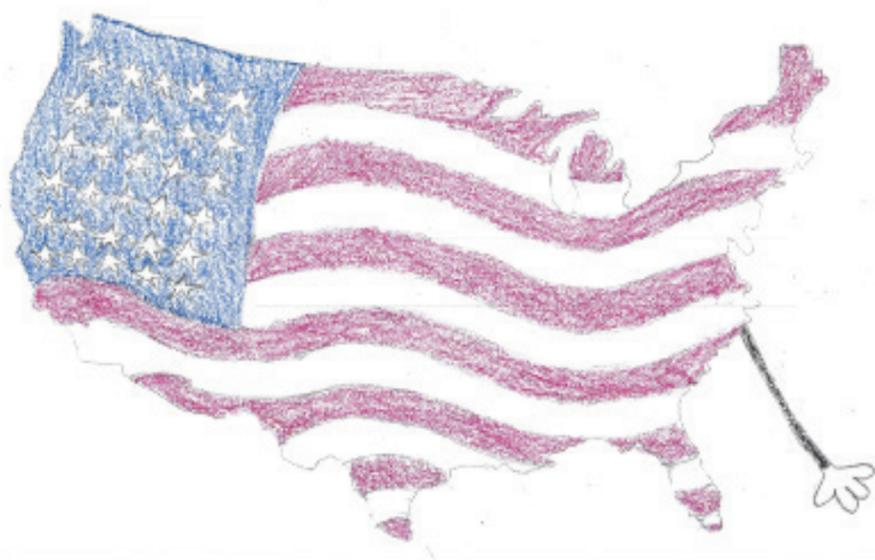
BY MICHAELA MARKELS,
MADDIE ZIETSMAN
AND LAUREN LINDNER
PAGE EDITOR AND
STAFF WRITERS

President Donald Trump is governing in a less traditional manner than previous presidents, mainly due to the fact that he is not a formal politician. However, this hasn't stopped him from rushing into action in his first few one hundred days in office. President Trump's focal points for the beginning of his presidency are to "clean up Washington, protect American workers, and restore rule of law." Only a few hours after his inauguration, President Donald Trump appealed the Affordable Care Act, by signing an executive order to end the policy of Obamacare by ordering federal agencies to "prepare to afford the states more flexibility and control to create a more free and open healthcare market." President Trump also wishes to repeal and replace the ACA with

medical savings accounts available to taxpayers in the United States. The Affordable Childcare and Elderly Act will allow people to take out the costs of children and elderly from taxes. He also signed an Executive Order to supply new resources and equipment to make the US military stronger. Due to his focus on immigration, President Trump signed an executive order for more thorough security checks for foreign citizens requesting U.S. travel visas. He signed an order conducting agencies to prepare for construction of a wall on the U.S.-Mexico border, which was a main focus of his in his campaign. He is planning on doing further funding for the construction of a wall at our southern border. He hopes that by securing our borders, not only will there be more jobs available for our citizens, but also we will be able to prevent illegal drugs from entering, which will help lessen criminal activity. Similarly, President Trump signed an order to remove federal grant money from "sanctuary cities" which are towns that protect undocumented immigrants from federal prosecution. These towns appear to be protecting immigrant rights; however, most of these supposed immigrants are illegal aliens not immigrants, making them illegal. In addition, he is planning to hire more immigrant officers, build more immigration detention centers and focus on immigration deportation. On another note, he also signed executive orders allowing the Dakota Access pipeline and to restart the construction of the Keystone XL oil pipeline from Canada as a new way to transfer oil to consumers. These pipelines would create safer and more environmentally friendly ways to transport oil. The law on abortions has fluctuated under different presidents. Now that Trump is President, he has gotten rid of the laws under Obama signing an order preventing U.S. funds from going to certain health charities that counsel on abortions. He also signed an executive

order withdrawing the United States from a trade deal with Asia known as the Trans-Pacific Partnership, which has the goal of increasing economic growth by lowering tariffs and an Investor-state dispute settlement where companies can sue countries for discriminatory practices. The Trans-Pacific Partnership was being questioned about its benefits and possibility to limit US jobs it was opposed by the nominees of both major parties in the United States presidential campaign, was a symbol of failed globalism and the loss of United States jobs overseas.

Aside from what he has achieved thus far in his presidency, President Trump has created a set of goals for his first one-hundred days as president. Some of his goals include stabilizing insurance markets, rebuilding America's military, reviewing anti-ISIS strategies, and developing a budget for the Department of Homeland Security. The President wants to decrease the high US taxes—as they are among the highest in the world—cutting it down from 35%-15%. The reduction of crime is also one of his priorities, which he plans on doing by creating a Task Force on Violent Crime by state and by increasing funding for programs that train local police. Even with all the controversy regarding his election, the entire American population will be waiting to see how his first one hundred days unfold.



Liz Cook '17

World with President Trump

BY SIMA PAREKH
PUBLISHER

Everyone has an opinion on what's going on in America right now. With a country whose new leadership is putting America first, what does the rest of the world have to say of the path America is choosing?

French President Francois Hollande said that the administration of new US President Donald Trump was a "challenge" for the European Union, particularly in commercial matters. French Foreign Minister Jean-Marc Ayrault contradicts Trump's policy and says "Welcoming refugees who flee war and oppression is part of our duty." Contrary to the others, French far-right leader Marine Le Pen defended Trump's executive immigration. "It is a temporary measure. It targets six or seven countries, countries that of course are responsible for terrorist threats," said Le Pen, who is expected to be a front-runner in the upcoming presidential election. "[Trump] was elected and he said that he was going to do this. And now the world seems to be scandalized because he's implementing what he promised he would do during his campaign." France is considered one of America's oldest allies and ever since our parallel fights for democracy in the French and American Revolutions, the countries' philosophies have aligned...until now.

Even among countries with whom we have faced conflict in the past, there lies major disapproval. German Chancellor Angela Merkel cites, "The necessary and decisive fight against terrorism does not justify a general suspicion against people of a certain belief — in this case people of Muslim belief or people from a certain country. That way of thinking is against my interpretation of the basic tenets of international refugee sup-

port and cooperation."

In Berlin, Mayor Michael Müller urged Trump to cancel his widely denounced plans to build a multibillion-dollar wall along the U.S.-Mexico border in hopes of deterring illegal immigration. "Berlin, the city of Europe's division, the city of Europe's freedom, cannot silently look on as a country sets about building a new wall," Müller said. History cannot repeat itself. Even Turkish Prime Minister Binali Yildirim condemns the infamous structure saying, "you can build a wall, but it's not a solution. That wall will come down like the Berlin Wall."

Many spectators have cited similarities between "Brexit" and President Trump's victory. Now under new administration, the U.K. Prime Minister Theresa May indicated that she, like Trump, wants to pursue a less interventionist foreign policy. At first May seemed to condone Trump's immigration ban, "the United States is responsible for the United States' policy on refugees," but soon after, (amid rising tensions from citizens), she issued a statement saying she was opposed to the ban. "We believe that this policy is divisive and wrong, that it is not a policy that we would introduce, and I have also made very clear when asked about this, that this government has a very different approach to these issues."

Former Soviet Union leader Mikhail Gorbachev has gone so far to say, "It all looks as if the world is preparing for war."

Over in the Middle East, Iran, one of the seven countries directly affected by Trump's four-month immigration ban, has in turn barred U.S. citizens from visiting the country. However, Tehran acknowledged



Liz Cook '17

that Trump's xenophobic policies do not necessarily reflect the sentiments of Americans. "While respecting the American people and distinguishing between them and the hostile policies of the U.S. government, Iran will implement the principle of reciprocity until the offensive U.S. limitations against Iranian nationals are lifted," a Foreign Ministry statement said.

Although immigrants from the 7 countries are facing a temporary ban, they have a close substitute just a little up north. Canada's Prime Minister Justin Trudeau tweeted shortly after Trump's executive order, "To those fleeing persecution, terror & war, Canadians will welcome you, regardless of your faith," he tweeted. "Diversity is our strength #WelcomeToCanada." Scotland's first minister retweeted Trudeau's words and added #WelcomeToScotland.

However, not all are condemning Trump's action. Geert Wilders, the parliamentary group leader of the Party for Freedom in the Dutch House of Representatives, tweeted in support of Trump's ban, calling on him to expand it to include even more Muslim countries. "Well done @POTUS it's the only way to stay safe + free. I would do the same. Hope you'll add more Islamic countries like Saudi Arabia soon."

America's world standing has certainly been thrown into disarray as many countries around the world strongly disapprove of President Trump's actions. The question is: will these sentiments lead to the dissolving of some of our international ties? Will Trump's America First policy lead to isolationism...if we put America first, do we put the world last?

JSA Sets Precedent for the Nation

BY LIZ COOK, CAIT MCGOVERN, AND SIMA PAREKH
EDITORS-IN-CHIEF AND PUBLISHER

From sitting inside the House of Representatives to legislating their own bill on paid maternity and paternity leave, seventeen Kent Place stateswomen experienced all our nation's capital has to offer during their Junior State of America (JSA) Winter Congress Convention from February 10th to February 12th, 2017. Throughout the weekend, actively engaged in political debate on controversial topics such as eliminating the electoral college, lowering the legal drinking age, and abolishing the death penalty. Kent Place's own chapter president and Mid-Atlantic State Gubernatorial Chief of Staff Olivia Manousos '17 said, "I was able to speak my mind on almost every bill while simultaneously shutting down every meninist in the room!" She also described as meninist as "someone who advocates for men's rights while simultaneously shutting down women's rights." In only three days students were able to gain new perspectives on even the most complicated issues, as seen by Sam Endlich '19 who felt that "it was really great to be around over 1,200 people that care about what goes on in the world as much as I do." Grace Holt '20 agreed: "This trip really put

in perspective what our future is, what issues need to be discussed, and how many perspectives there are in the world." The format of this year's Congress was modified from a standard debate format to "Thought Talks," which allowed every single student to make their voice heard, regardless of their stance on the bill. This change was especially appreciated by Tarika Bansal, '19: "the new format was absolutely amazing. It gave me the opportunity to speak a lot and become more

confident in my public speaking, especially when it's impromptu."

For the first time in two years, one of Kent Place's bills was passed in both the House and Senate, this time with an overwhelming majority. Five students argued for paid maternity leave in the United States: Liz Cook '17 and Sima Parekh '17 acted as senators while Olivia Manousos '17, Xenia Schmitz '20 and Sophie Schmitz '20 represented the bill in the House. "I didn't know

how passionate I was about our bill until I was in front of a hundred people telling them that the United States is the only industrialized nation that does not provide paid parental leave for its new mothers and fathers," says Liz. It was the first time debating at a JSA convention for many members of the group, but that didn't shake their confidence. Each congresswoman spoke carefully, confidently, and, evidently, convincingly: the bill passed with a vote of 123:10:5 in the House and 86:12:4 in the Senate.

Although the majority of Kent Place's Chapter did not present a bill at Winter Congress, that did not deter them from speaking out for or against other bills. Emma Kelley '18 told Ballast that she spoke her mind on multiple bills that were being debated in her Senate: "I was able to find my voice in debate and learn how to quickly craft persuasive arguments," she reports. All in all, the weekend was not only fun, but also eye-opening. Whether she debated or not, every stateswoman agrees that this trip broadened her view of what is going on in the United States today, and how it impacts not only herself but her peers as well.



TOP: Gubernatorial Chief of Staff and Kent Place JSA Co-Chapter President Olivia Manousos '17 reading the rules at the opening ceremony in front of more than 1,200 people. BOTTOM LEFT: Students were treated to a tour of the Capitol by Mia Wright '14, George Washington University '18. Mia is an intern for Senator Mike Lee of Utah and took time from her busy schedule to show how Washington works behind the scenes. BOTTOM RIGHT: Sima Parekh '17, Liz Cook '17, and Olivia Manousos '17 in front of the United States Capitol building during their tour of Washington D.C.

Model UN: Philly, Resolutions, and Pizza

BY MADDIE ZIETSMAN AND SOFIA SCOTTO
STAFF WRITERS

The Model United Nations club had a great weekend at the University of Pennsylvania's thirty third Ivy League Model United Nations Conference (ILMUNC) from January 26-29. Eighteen Kent Place students attended the conference and represented the country of Guatemala. Each committee dove deeper into these ideas and everyone learned something new about the topic.

"I was in the 2022 Council for Environmental Development. I learned that Global warming is an issue that is not just affecting us, but everyone across the globe in different ways," said Emma Fischer, Grade 10

During the conference, students were able to listen to speakers regarding topics that are significant to today's United Nations, including atomic energy, disarmament and security, and environmental issues. Using this information, they engaged in and debated in order to draft a resolution paper that would support the interests of all countries. Overall Kent Place experienced great success as students had the ability to write resolutions. Most of the resolutions that got passed benefited our country; Guatemala. One resolution that was passed forced China to distribute their weapons to underprivileged countries in order to spread out the balance of weapons. This was in favor of Guatemala as it is a poor and small country.

Students met high schoolers from all over the world as there were an estimated 3,000 delegates in attendance. The Kent Place Girls even had a pizza dinner together with Dr. McCreary and Dr. Shah. Overall, the

conference helped students dive deeper into our topic, improve on our debating skills, learn something new about Guatemala, and bond with our fellow classmates. Congratulations to all of those that were at the con-

ference for participating in their committees and having a fun and successful weekend. Great job girls!

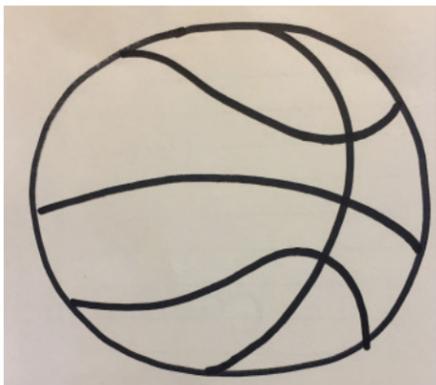


Kent Place's Model UN delegation poses outside of the conference center in Philadelphia, P.A. Students spent four days representing Guatemala at the ILMUNC.

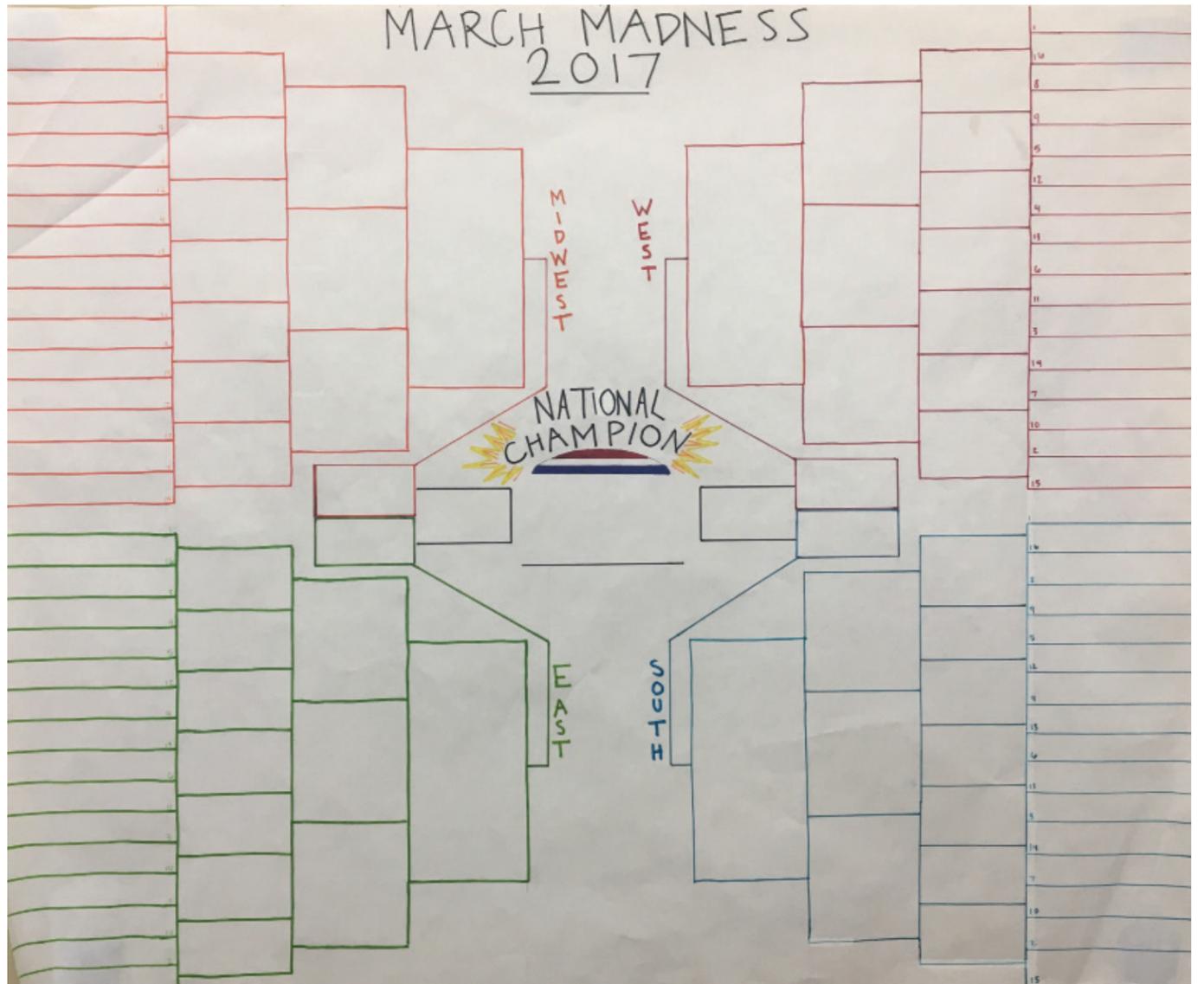
March Madness: Fill in Your Own Bracket!

BY HANA CHARNLEY
PAGE EDITOR

With March Madness around the corner, it's time to place your bets on who's going to win! Once each seed has been determined, fill in this bracket and start predicting the winners of each game until you get to the final box. This bracket can be used for both the men's and women's tournament. For more instructions and information, scan the QR code below!



ANONYMOUS



GREER CLARKE '17

Check Out Kent Place's New Athletic Instagram

BY HANA CHARNLEY
PAGE EDITOR

Introducing the all new official Kent Place Athletics Instagram! The purpose of the Instagram is to give parents, alumni, teachers, prospective students, and current students a look into the Kent Place athletic experience from the perspective of the students themselves. This Instagram is run by a social media team that was picked from Athletic Association members and features two grade representatives from each grade as well as the president and vice presidents of Athletic Association. The team includes freshmen Eve Miller and Jill DiTommaso, sophomores Sejal Gude and Eleanor Alix, juniors Megan Sanford, Liza Mullet, and Abby Jonathan, and seniors Hana Charnley and Sophie Mastrangelo. All members went through training, and all of Athletic Association

has worked tirelessly to get this Instagram up and running!

Since its launch, the Instagram has amassed more than 150 followers and is still growing with each post. This Instagram is

teaming up with Kent Place's official Instagram as the school's official Instagram has already featured one of @KPSdragonpride's posts. @KPSdragonpride aims to get out "smaller" yet still very important announce-

ments to the community: for example, the mastery of a new skill or having the opportunity to highlight student-athletes who participate in sports outside of Kent Place. The student-run page presents a whole new perspective to our athletics program: it allows followers to personally get to know the athletes and teams. It also makes them feel as if they are a part of the teams themselves. @KPSdragonpride hopes to convey the sisterhood of all the teams as well as the quirks and traditions that make the culture of each dragon team a little different. Through this Instagram, Athletic Association wants to propel the athletes into the spotlight; by doing this, they aim to create an atmosphere in which everyone, including faculty and alums, know what is going in each sport, when the big games are, and team and individual accomplishments. Athletic Association hopes that the Instagram will raise fan participation and bring more awareness to how amazing all our athletes are!



The first post on @KPSdragonpride that includes whole high school in an effort to show that everyone is or has the potential to be a student-athlete!



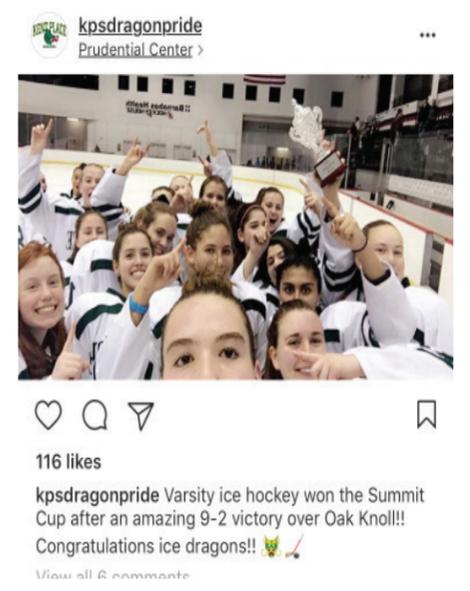
One of @KPSdragonpride's stories from Winter Track's Non-Public Group B State Championship Meet where Kiara Brown '19 and Josie Daab competed.



8 likes
psdragonpride Varsity Basketball is moving onto the Union County quarterfinals with a win today against Oak Knoll!! #rolldragons 🐉🏀



3 likes
psdragonpride Welcome to the official Instagram of Kent Place Athletics! We will be featuring all



116 likes
kpsdragonpride Varsity ice hockey won the Summit Cup after an amazing 9-2 victory over Oak Knoll!! Congratulations ice dragons!! 🏒🏆
View all 6 comments

KP's Declassified School

BY ANDRA CONSTANTIN
STAFF WRITER

The last few weeks of school are undoubtedly the quickest and craziest weeks of the year. Between long-awaited end of the year assessments and crazy sing-offs, it can be a surreal experience even for the oldest Kent Place veterans. That is exactly why we've decided to put together this "KP's Declassified School Survival Guide" for all new students and faculty to prepare them for the wonderful time to come.

Earth Day, which takes place in the second half of the year, welcomes in the warm, beautiful weather while raising some excitement for summer. Last year, the members of Environmental Club laid blankets out on the lawn so that some classes (and relaxing) could take place outdoors. Not long after comes Ice Cream Day, when students soak up the sun while cooling off with some sweets surprises at lunch. This year, a new addition to the end of the year is flag football Hana Charnley, senior and Athletic Association President says, "Powder Puff is flag football and is highly competitive to the grades. The game gets super intense and the physicality of the game only makes it that

much more fun." Powderpuff may be a new activity for girls in their first year of high school, but it is the perfect time for students to show their spirit and be competitive in a positively energetic environment.

A little less competitive are the last two events of the year: Graduation and Step Sing. Step-sing is when each grade sings two songs - one happy, one sad - for the seniors, and the seniors reply back with a farewell song they all create together. Tears of both sadness and joy continue the next day during graduation. After all the rehearsal and preparation, graduation is an incredible, bitter-sweet celebration. As the seniors walk down the aisle in their white dresses, the juniors hold up the daisy chain that they came together to make while the freshman and sophomores cheer on their older sisters from the audience. The end of the year is always an emotional period in time, but it is one where we celebrate and rejoice over the many struggles and triumphs we experienced as a community and look to the future where there are more memories to be made.

Spring Cleaning Made Simple

BY TYLER NEWMAN
STAFF WRITER

The clutter of winter is about to get swept away. It's time for some spring cleaning! Here are some tips to get you started on your next big project.

Get rid of your unwanted items by donating them to charity! Organizations such as Housing Works, Habitat for Humanity, Bridges, and The Red Cross are always looking for donations either for their Restores or to give to the less fortunate. Research charities in your area; you may be eligible to get a free home pick up! My family recently had a very pleasant experience selling a piece

of furniture on one of many furniture resale apps called Letgo. Giving your items a second life and the ability to benefit the less fortunate is always better than throwing it in the trash.

Adding a little light to a room can make even the smallest of spaces seem bigger. Clean those dusty windows and use light colored window dressings, to help bring the sunlight in on even the cloudiest of days. Dark colors can overwhelm and suck all the light out of a space. Light colors such as pastels work well to give a fresh feel to any bedroom and help you get in the spirit for the spring season! Use smart storage systems. Clear storage boxes can be used to hold clothes and miscellaneous items. Take advantage of back of door shoe organizers to rid a room of shoe clutter. Under bed storage is a great way to get things out of the way, efficiently. Use invisible wall shelving to store books, while giving rooms a sleek, effortless look.

For more ideas and tips, check out *The Life-Changing Magic of Tidying Up* by Marie Kondo or organizingmadefun.com.



Your Night to Remember: A Prom and Semi Survival Guide

BY JESSIEY KEN-KWOFIE AND NIKKI PATEL
STAFF WRITERS

Dances can be stressful: finding the perfect dress, shoes to go with it, and also a date?! However, these dances are meant to be a fun night that you can spend with friends, so here are a few tips to help you get ready for your special night!

Semi:

1. Wear comfortable shoes! You aren't allowed to take your shoes off, so unless you can dance in those heels, maybe flats would be a better option.

2. Don't stress about finding the perfect dress. Make dress-shopping a fun thing to do. Grab a friend and go to the mall! Maybe hit up Nordstrom, Bloomingdale's, or Lulus for some cute options!

3. Do not feel pressured to bring a date because they are not required. You do not need to bring a date to have fun! Dances like these are where memories are made, so enjoy the time with your friends.

4. Getting ready with friends is always fun. Gather some friends and have fun helping each other dress up for this dance! It works out great for pictures too!

5. Head to the photo booth set up in the junior lounge! Bring some friends, put on some accessories to ornament the picture more, and take photos to remember the great night.

6. When you get there, don't be afraid to start dancing. It always starts off slow, but once more people join you on the dance floor, you'll be happy you started it. Also, don't spend the night standing around, go dance! You will have a great time, and no one will judge you if you aren't the best dancer.

Go show off your moves!

7. The DJ plays some good songs, but you can always request a song that you feel will make the night even better! Don't be shy, and politely ask if [insert song name here] could be played.

8. Make the most of the night. You don't get to be in that place again, so put down your Snapchat and go dance!

Prom:

1. When you're invited to join the Prom Facebook group, don't be afraid to add a pic of your dress because then you avoid wearing the same thing as someone else, and you can get likes and comments!

2. Remember that when it comes to what to wear, pick whatever is comfortable and what makes you happy. You're the one who has to be dancing and moving around throughout the night.

3. Appointments. Book whatever type of appointments that you need to get ready for your big night at least 1 month in advance. Here's a helpful tip: get your hair done before your makeup, so that if you have to get your hair washed, the water won't ruin your freshly made face. Keep in mind, we aren't the only school that has a prom in New Jersey. And yes, people do their hair and makeup themselves too!

4. Enjoy the ride in the limo, car, or whatever mode of transportation you take. If you think waiting in the line at Chipotle is rough, just wait until you have to stand in line to be checked in at the Hyatt. Standing on carpeted stairs in heels for seven to ten minutes while preparing your date of what

to expect after check-in is a lot worse than waiting for a burrito and a side of guac.

5. Make sure that you check your teeth after the pre-party because you will be doing a whole lot of smiling and talking. First off, you have to introduce your date to the chaperoning faculty after check-in. Now you don't have to be awkward; a nice cordial "Hi [insert faculty member's name], this is my date [insert date's name]." Not too bad right? After your friendly introductions, you head right to take your photo- strike a pose!

6. When the DJ invites everyone onto the dance floor make sure you get up and go. Even if you may not be the most rhythmically in time person, *cough* us *cough*, have no shame and just move. Who knows

you may find yourself having a dance off with someone's date to "I Gotta Feeling."

7. Save room for dessert. Yes the main meal is important, but you will definitely want to have an appetite for the ice cream bar. Warning: don't try to spray whip cream into your mouth... You may or may not be yelled at for your actions. Try to keep the cream in the bowl.

8. Document the night any way that you can! Whether it's Snapchat, AirDrop, or good old photo booth strips, take lots of pictures and videos. You only get to go to Prom twice in your life, so a quick snap will make you more than happy to be able to look back on all the memories you had on your special night!



MEAGHAN REILLY '17



How Can We Be Makers of Change? The Plan

An architect. A physical therapist. An veterinarian. This is a taste of what girls from all divisions of Kent Place aspire to become. International Women's Day allows for the world to reflect on how far we have come and how much farther we need to go when it comes to gender equality. It is hard to believe that just a few decades ago, women could not imagine the opportunities and success of modern females. Women have made significant contributions to the workforce particularly in typically male dominated jobs in the fields of STEM and sports. However, gender equality is still an uphill battle as women today are fighting to close the

wage gap and have equality opportunity.

International Women's Day is a day that aims to promote "a more inclusive, gender-equal world." At Kent Place, we celebrate this day to encourage our fellow students to dream big and aspire for great things. After all, despite all the progress that has been achieved in the area of women's rights, there still is a lot of work to be done - both in the United States and internationally. As students at an all-girls' school, we are all acutely aware of the struggles we will face as women in the modern world. However, we are also empowered by our dreams, our ambitions, and the knowledge that we are

intelligent and capable enough to fulfill such goals. The future is intangible and undetermined. However, in the context of International Women's Day, the responses that our students gave illustrate the many paths that women can take to be makers of change and to pursue their passions. One can make change in the athletic world, while another can push boundaries in the field of architecture, sports, mathematics, and medicine. See the interviews below to find out how Kent Place students from the lower to upper school are going to "be bold for change!"



**Sima Parekh,
12th grade**

Okay, so I have two possible options. My big one, possibly, is being Surgeon General of the United States, or, if I don't go down the medical path, I would like to be some kind of world leader or American leader when it comes to global healthcare. More on the policymaking side of it, rather than the medical side of it.

When it comes to my role model, definitely Emma Watson. I look up to her and she inspires me. She has rerouted the face of feminism in my eyes; she has made it more of a gender movement, and she has included all guys in the movement and gotten them involved. I think she's really captivated the sentiment that the youth controls the future and that the youth needs to get involved.

I want to be an architect when I grow up because I love working in the STEM field. I think that I can share my knowledge with other people and make their dreams come true!

My role model is Malala Yousafzai because she's really brave and even though some people don't support her, she voices her opinions to the world.



**Sarah Brandstaedter,
8th grade**

When I grow up, I want to be an engineer or a computer scientist or an inventor. I like science and technology and inventing things and making new things.

One role model would probably be Katherine Johnson because it was probably pretty hard for her to get a job as a mathematician at NASA, because there was a lot of discrimination against her. My other role model is Hillary Clinton because she did something that most people haven't done before and I think it was the first time a major political party had elected a woman to run for president.



Cassie Miller, 5th grade

Stories of Students From Primary to Upper School

I'd like to be a physical therapist because my freshman going into my sophomore year, I had some knee problems and I had to go to physical therapy for nine months. I was really close with [my physical therapist] (her name was Jess too!) She could just relate to a lot of things - she played the same sports as me. And I really like helping people and making them feel better.

Probably Coach C. Vivian Stringer. She is the head women's basketball coach at Rutgers University. And she has faced a lot of adversity. Her daughter was born with a disability - I think spina bifida - and it was really debilitating. But she's gotten through it. She's also one of the highest paid Rutgers employee within the athletics department and she's second to the football coach. So I think that's really big. She puts in a lot of hard work and really knows how to coach her girls and preach the message of female athletics.



**Jessiey Ken-Kwofie,
12th grade**

I want to be a professional rider and trainer. I also want to be an equine vet. I want to be an equine vet because I want to take care of horses when other people do not want to take care of them. I want to be a professional rider because it has been my passion since I was 2 years old and I love horses!

My role models are Reid Kessler and Beezie Madden. They are my role models because Beezie Madden is one of the top women equestrians in show jumping. Reid Kessler is the youngest rider to be in the Olympics in show jumping.

Well, I don't really know yet, but I'm really interested in animals, so I might wanna be a vet. But I want to do something with animals or with science.

My role model is Malala. She's my role model because she stands out from the crowd and she's very bold and brave.



**Martha Wyatt-Luth,
8th grade**



**Katie Tan,
5th grade**

Beware the Ides of March

BY SIMA PAREKH AND GRACE MORRIS

PUBLISHER AND STAFF WRITER

Early March, the end to winter, the beginning of spring break; exciting things are happening every day. Surely either in history class or in the lounge someone has told you to “Beware the Ides of March.” However, did you actually know what they meant?

To find the origin of this phrase involves going back to ancient Rome to the assassination of Julius Caesar on March 15th, 44 BC. Julius Caesar was born into an ancient Roman aristocratic family and began his political career in 78 BC as a prosecutor for the anti-patrician Popular Party, one of the biggest political parties in Rome. Soon thereafter Caesar was appointed to be the head of the Popular Party in 67 BC and less than 10 years later in 59 BC he was elected

consul, the highest office in the Roman Republic. As consul Caesar had great achievements such as conquering Gaul, building roads as far as Great Britain and developing his army; however, the Senate noticed that his power was getting to his head. In 49 BC the Roman Senate asked Caesar to give up his army but he refused and essentially started a civil war with Rome’s former political ally, Pompey. He conquered Pompey and his forces and once Caesar returned to Rome he was appointed dictator for life. Dictators in ancient Rome traditionally were appointed to deal with one specific crisis and had absolute power to solve that one crisis for six months. The senate decided that Caesar being appointed dictator for life awarded him

too much power over the Roman government and therefore ruled that the only way to solve this problem was to murder him. On March 15th, 44 BC, Julius Caesar was stabbed to death by his fellow senators including his best friend, Brutus. In the ancient Roman calendar, this day fell approximately in the middle of the month.

After the original Ides of March the date of March 15th has lived in infamy; however, there are multiple other events in history that have occurred on that date. For example on March 15th, 1360, the Raid on Southern England took place when a French raid developed into a spree of murder, rape, and pillage for 48 hours in Southern England. On March 15th, 1889, a deadly cyclone

destroyed United States and German warships killing over 200 soldiers. Additionally on March 15th, 1917, Czar Nicholas II of Russia signed his abdication papers ending a 304 year old royal dynasty. Other historical events to happen on March 15th include; Germany occupying Czechoslovakia in 1939, a blizzard hitting the Great Plains of the United States and killing 60 people in 1941 and World record rainfall over 24 hours reaching 73.62 inches in the Indian Ocean in 1952. History has chosen March 15th to be one of its most infamous dates but the question still remains, what will happen next?



KATIE MILLER '17

How to Slay your Staycation

BY CAROLINE BENOUE, EMMA FISCHER, DISHA KARALE AND LIZA MULLETT

PAGE EDITORS AND STAFF WRITERS

Spring break has finally arrived! School is out, and we have two weeks to do as much sleeping and relaxing as we'd like. But what do you do if you're not hitting the slopes, sight-seeing in an ancient city, or tanning on a beach? If you're worried you won't be able to make the most of your spring break in New Jersey, don't worry! *Ballast* has you covered with our state-of-the-art Staycation Guide. Whether you're making a cozy day for yourself and friends at home, or exploring the streets of New York City, think of us as your personal at-home travel agent.

Some fun things to try at home:

DIY Bath Bombs. Bath bombs are a perfect way to pamper yourself! Customize your bath bombs with your own fragrances and colors, too! This homemade bath bomb recipe can include your favorite essential oils, perfumes, fragrances and/or colors. You can enjoy having these fizzy and luxurious bath bombs as often as you like with a few simple steps:

Ingredients:

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salts
- 1 tsp. water
- 2 tsp. essential oil
- 3 tsp. oil (olive oil)
- food coloring (any color you want)

- bowl
- whisk
- jar
- bath bomb mold

Instructions:

First, mix the dry ingredients into a bowl. Mix evenly with a whisk

Next, take a separate bowl and mix all the liquid ingredients together.

Add the liquid mixture slowly to the dry ingredients. Add one spoon at a time

Finally, you simply pack this mixture into a bath bomb mold and pack tightly, then let it dry. Work quickly so as not to let the bath bomb mixture dry out.

Have a Netflix marathon with friends using a DIY projector. Turn your phone into a projector to instantly turn your living room into a movie theater!

Supplies:

- Shoebbox
- Paperclip
- Smart Phone
- Magnifying Glass
- X-acto knife
- Duct Tape

Instructions:

Trace the outer edge of your lens or magnifying glass onto one of the short sides of the box.

Cut out the inside of the circle you just traced. Also, cut a small hole in the back of the box for your phone's power cord.

If your magnifying glass has a handle, you may want to remove it first. Line up your lens with the hole and apply tape around the entire edge of your lens. Make sure your lens is held securely and there are no holes between the tape for light to escape.

You will need to flip your screen too. For the iPhone go to Settings > General > Accessibility and turn on AssistiveTouch. Once activated, a little white orb will pop that you can drag around the screen. Click on the orb and go to Device > Rotate Screen.

For a screen you could use a white bed sheet, turn a poster around, project onto a shower or window curtain, or just use the bare wall.

Lastly, adjust your phone accordingly (move/tilt it backwards or forwards) to focus the image onto your screen. Your instant movie night is complete!

Taking a day in the city? Here's a fun idea:

Rockefeller Center

The view from the Rockefeller tower, at The Top of the Rock, is one of the gems of New York City that everyone needs to see at least once. The building offers a 360-degree view, with several different levels allowing for many perspectives. It is the perfect perch to see the city's skyscrapers, Central Park, the Empire State Building, or just to see the island of Manhattan in a completely

new way. Because of its location and spectacular views, it is a great area for photoshoot with friends. If you are ever bored and wish to explore the city, The Top of the Rock is a fun, and beautiful destination that you can visit with anyone, ranging from your friends to your grandparents!

Food?

All that climbing (or elevator-ing) to the Top of the Rock must have made you hungry. For an immediate food fix, you can go to the Rock Center Cafe. Or if you want to head uptown after a walk in the park, hit up Sugar & Plumm on the Upper West Side for incredible crepes and after-meal candy stash that will have you rethinking your fullness. If you're heading downtown, Gansevoort Market has options that will make everyone happy - pizza, tacos, crepes, and more. Another trendy spot called Black Tap is located in Soho, Manhattan. This popular spot serves amazing burgers and milkshakes that will make it worth every penny.

Whether you're traveling abroad, or staying in the local area, there are always fun activities to do. From trendy restaurants to DIY activities, there is no need to be bored over break. There are various activities to keep you busy throughout the break no matter your interests.

CHP Book Reviews

BY ADYA KHOSLA
COPY EDITOR

Libby Owen

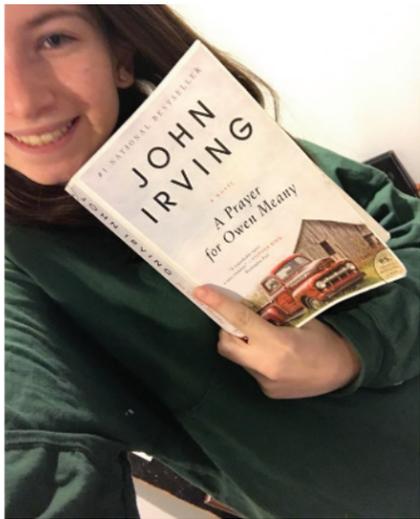
Book: *The Amazing Adventures of Kavalier and Clay* by Michael Chabon

Review: "I really enjoyed this book. It has an interesting plot line that makes it easy to read (which helps because it is over 600 pages). I was a little disappointed by the ending because the beginning of the book was so good. It is set mainly during World War II but there are a ton of other topics reflected in the book that could be used for the history paper. The English paper is a bit harder for this book because it's harder to isolate a topic when the book is so lengthy." Recommend? Yes

Piper Eccles

Book: *A Prayer for Owen Meany* by John Irving

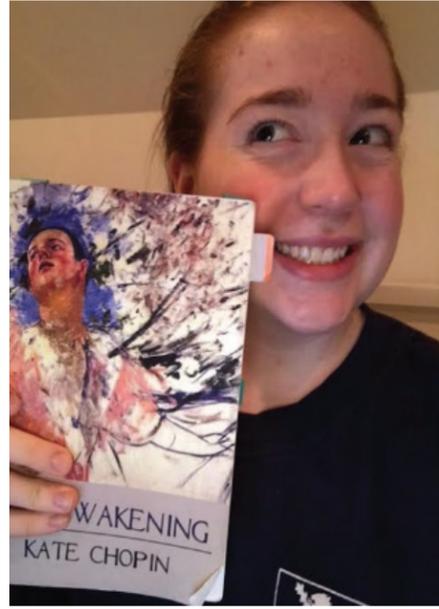
Review: "If you like odd but loveable characters, this book is for you!" Recommend? Yes



Emma Kelley

Book: *The Awakening* by Kate Chopin

Review: "I loved it, it was such an amazing read. I really connected with the protagonist, Edna, and the ending brought me to tears. I really recommend reading this book to anyone who enjoys reading about female protagonists dealing with what changing societies throw at them!"



Natalie Ramseur

Book: *The Bell Jar* by Sylvia Plath

Review: "I really loved the book! I liked the way it was written using a lot of similes, and it also had some flashbacks mixed into the main story. It had a lot of plot and was an interesting read." Recommend? Yes

Jacqueline Pothier

Book: *The Things They Carried* by Tim O'Brien

Review: "I adored it, super great. I loved the style of this book and the characters within and was hooked from the first page. It was a quick read because of how enthralling it was, and I would definitely recommend!"

Recommend? Yes

Julia Chandonnet

Book: *The Plot Against America* by Philip Roth

Review: "I really liked my book, it had an interesting plot line that kept my interest. I enjoyed how the english and the history were connected and that I found some of the characters relatable."

Recommend? Yes



Dragons and the Stars

BY LIZA MULLETT
BUSINESS MANAGER

Have you ever bumped into your favorite celebrity on the street? Had a casual conversation with a prominent political figure? Snapped a selfie with your idol? *Ballast* went to Upper School students to hear about their own interactions with the stars, from Joe Biden to Guy Fieri!

"Beyonce and Jay-Z were sitting right across from us when we went out to dinner in the city last year!" - Disha Karale '19

"Back in middle school, I had a cook off with Nate Berkus on the Nate Berkus Show where Guy Fieri was the judge; looking back, it was a bit cringe worthy, but I did get a KitchenAid mixer for being on the show!" - Cait McGovern '17

"I was in Nantucket and ran into an NHL player, David Pasternak. He plays for the Boston Bruins and we talked for an hour. He even followed me on Instagram!" - Sophie Mastrangelo '17

"When I was at Bonnaroo Music and Arts Festival, I saw Halsey walk past me towards an artist area, when she came back I quickly asked her for a picture. We took a selfie and she was super nice!" - Stewart Hughes '18

"I met Aly Raisman at the mall where she was promoting some pants, and we took a picture together and I was surprised at how tiny she actually was." - Maddie Gapusan '17

"I met Joe Biden and it was hands down the most exciting moment of my life. My sisters and I were waiting in town because rumor had it that he was going to be there. I got a text that they saw him. I sprinted faster than I ever have in my entire life. I got a picture with him and he called me his friend. 4 years later I met him again, but unfortunately he didn't remember me!" - Ella DeBode '17

"I met LL Cool J at an airport." - Isabella Racioppi '19

"My family and I met Corbin Bleu outside his Broadway show, "Holiday Inn," in New York City! We had been waiting outside the stage door and had met a lot of the cast, and Corbin Bleu was the last one! He was really sweet and talked to my entire family, and we of course talked about High School Musical!" - Natalia Hanchuk '20

KPS: Behind the Scenes

BY DEANNA HANCHUK
COPY EDITOR

Have you ever thought about those little things that happen around campus that no one seems to ever find out about? *Ballast* has taken the case and discovered all the answers to some of your burning "Behind the Scenes" Kent Place questions.

Q: What and where are the archives?

A: The archives shelve Kent Place's history in *Ballast* newspapers, *Cargoes* yearbooks, and loads of articles and pictures. There's tons of Kent Place memorabilia and some very cool old books.

Q: Who changes the Brita filter?

A: This change is actually on a rotating schedule that maintenance follows. Maintenance has a list of duties and changing the Brita filter is on this list.

Q: Who replaces the ink in the printers?

A: Mrs. Sullivan contacts the technology department to change the ink when students come and tell her it's out. This may also be on the technology department to check every once and awhile.

Q: Who opens the school?

A: Security. The security guards are often here as early as 6 am to open the school and get ready for the day.

Q: What's the deal with the mail KPS receives?

A: Every morning, a KPS staff member goes to the Summit Post Office which

holds a bin dedicated to KPS mail. Once it is delivered to the school, this mail is sorted and shared with the appropriate recipients.

Q: Who changes the clocks for Daylight Savings?

A: No one! The clocks are actually computerized and centralized to a standard clock based in Colorado. The clocks automatically change when necessary.

Q: Why can't I change the temperature in the lounge?

A: The heating/cooling systems are also computerized. When you're trying to change the temperature, you're actually only changing the room temperature slightly since it can only move a few degrees higher or lower than the standard decided by the school.

Q: And finally, who lights the fireplace?

A: Mrs. Sullivan, whenever she feels it would be nice (a cold rainy day, lots of students in the Great Room, etc). She'll also light it if a student comes and asks!



English Teachers Flaunt Their Skills

BY ADYA KHOSLA
COPY EDITOR

I contacted the KPS English teachers to see what would happen if they all had to write a story together in the form of a MadLib. There was no prompt and they were each told to write 50-70 words, only receiving the last sentence of the passage that the teacher before them had written. Here's what they came up with!

Dr. Schwartz

Dammit, Josh knew she was here, Cynthia thought as she crouched behind the comically-huge, 1960s-era mainframe computer. Her back was warm--too warm--against the machine's humming metallic bulk, but her fingers were as cold as Josh's heart had proven to be. In her right hand, which she'd hidden nonsensically behind her back, she clutched what looked like a smooth, silvery egg.

From the other end of the room came the advance of heavy, limping footsteps.

Ms. Gordon

The ceiling lights began to flicker, intensifying the horror-movie quality of the scene. Her heart's hammering was visible even under her worn Kent Place sweatshirt. Oh, what she wouldn't give to be back in the safety of her math classroom with its cheerful light! The footsteps drew closer. Her mind raced: "Options. Options! What are my options? Run? Hide? Fight?"

Dr. Porterfield

She had always been a pitiful runner, and since her enormous antennae made hiding difficult, she decided to muster all her strength and fight. She balled her hands into fists and ran toward the foe at full speed. Just then, she caught a whiff of tacos emanating from a food truck one block away. And that's the precise moment when a poignant memory from her childhood flooded into her mind.



ANNA HOGARTH '19

Ms. Lee

It was the last few days of summer vacation, and I was riding bikes with my best friend. I was so excited because this was the first time we rode bikes in my side of town. I knew these roads inside and out. We had been riding all afternoon and I thought it would be a great idea to surprise her. "Turn right at the next street!" I shouted. She yelled back, "Got it!" I veered a quick right onto an adjacent street that ran parallel to the one she was heading down. How great would it be if I rode up, turned on the connecting street, and surprised her? I rode to the corner and waited for her to fly by. The street was empty. She was nowhere to be found.

Ms. Cohen

A few men emerged from the buildings and huddled together in the dimly lit street. One fell onto his hands and knees, gently sniffing the ground for remaining traces. Another picked up a discarded paper plate, examining the greasy stains as if it were an ink blot. The others staggered toward the horizon. A feminine voice softly hummed somewhere in the distance.

Dr. Porterfield (Part 2)

My friend's bike rested at an awkward angle against a streetlamp. The pink and orange beads decorating the spokes of one

wheel caught the lamplight and projected unnatural sprinkles of color onto the pavement. I hopped down from my own bike and began walking toward the soft voice, trying not to look at the man absorbed in his grease analysis. Suddenly, my friend erupted from the door of a mini mart on my left, with a hot dog in hand. She tossed her head in the direction of a police car parked in the lot. A second cop car was pulling up alongside the first. It skidded to a halt, and a middle-aged officer in a long trench coat and dark glasses emerged with a megaphone. In a calm, rehearsed cadence, he announced: "The zombies are here. I am Agent Joshua, and I will lead you all to safety."

MAD LIB

ANNIE SCHIFFER '17

The Not So Epic Spring Vacation Mad Lib

BY LIZZIE HERR AND
MAGGIE STANTON

STAFF WRITERS

For my spring break, I am so excited to go to the [adjective] [place]! First I need to pack my [noun] with [plural noun]. After I have packed all my [plural noun], it is time to head to the [noun]. As I arrive at the [adjective] [same noun], my family and I [verb]. We end up being late for our [noun]. My mom [verb], and then my [adjective] sister [verb] to the [noun] to get later tickets. Now for [number] hours,

my family and I are stuck in the [adjective] [repeated noun]. My sister starts to [verb] and my mom begins to [verb] at my dad. Oh no, this vacation is not going to be so [adjective] after all. After [number] hours stuck with my [adjective] family, a vacation in [place above] will be [adjective]. The sight of the [adjective] and [adjective] [same place] will definitely be worth the wait!

Kent Place Plague

BY GABY BRANIN
QUANTUM EDITOR

The Kent Place plague strikes again, and again, and again. This year there has been more than the usual amount of sickness going around the school, so Quantum decided to send out a survey to Upper School students and faculty to determine what exactly students have been catching and how many have had it. Based on our survey, we were able to determine that this year, the Kent Place plague's most common symptom was a runny nose and congestion. Approximately 66% of the Kent Place Upper School population has been sick at some point this year, and the junior class had the most people infected with 85% of survey respondents stating that they had been sick. The sophomore class also had approximately 70% of responders say that they were sick, 68% of the seniors, 57% of the freshman, and 26% of the faculty. In order to try and figure out why so

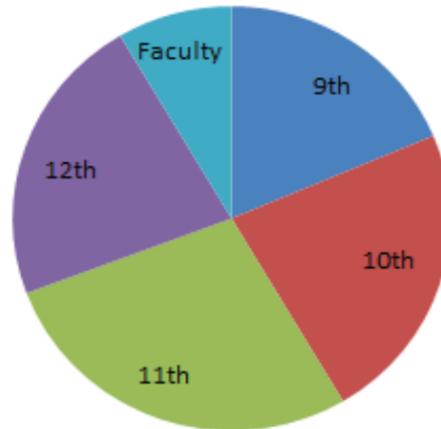
many people were sick, our survey also asked if people missed any days of school, and if so, how many. A total of 40% of survey responses said that when sick, they missed no

school, which definitely increased the amount of people who caught the plague. Additionally, only 35% of people missed one day of school. We believe that the large amount of

people who missed no school or only one day of school contributed to the rapid spread of the Kent Place plague.

If you're hoping to stay plague-free for the remainder of the year or are already preparing for next year's influenza, experts recommend doing little things like washing hands frequently, getting enough sleep, keeping your hands away from your nose and eyes, eating healthy food, exercising, hydrating, and watching your own and others' symptoms in order to stay healthy. Additionally, researchers at Health.com have also found happiness can also boost your immune system. So whether it's just simply smiling, playing with a pet or doing something else you enjoy, there are many ways to stay healthy and avoid the Kent Place plague.

Plague Spread Divided by Grade



Punxsutawney Thrills

BY EMMA TILLYER
QUANTUM EDITOR

Every year we celebrate Groundhog Day in the hopes that the winter will be shorter and spring will come sooner, but from where did this tradition come? It started before calendars came into widespread use. "Europeans divided the year into four parts, using the Winter Solstice (the shortest day of the year, around December 21), the Summer Solstice (the longest day, roughly June 21), and the Spring and Fall Equinoxes (days when night and day are exactly equal, March 21 and September 21) as signposts." This division was a way to keep track of the sun's movement so that they knew when

the sun was at its strongest and when it was not. When the sun is directly above something, there are fewer shadows; when the sun is at an angle to something, the shadow becomes larger. Next, "ancient peoples observed animal behavior for clues to changes in the weather" (<http://www.sciencebuzz.org/blog/science-of-groundhog-day>). They realized that when certain animals, such as badgers and hedgehogs, came out from hibernation, it was a sign of winter's end. The last and final way that people from the past could predict more winter or more spring was when "areas of high pressure

pull cold air down from the north. They also sweep away any clouds that might have provided insulation." Of course, one day or week could not predict the pattern of weather for the next six weeks, but people could infer that if the weather were cold and brisk for a long period of time, the likelihood that the weather would stay that way was pretty high.

Groundhog Day is a fun way for people to keep these old traditions alive. The accuracy of the predictions varies based on scientific evidence with weather patterns but still allows for people of all ages to have fun predicting whether there will be more

Don't Be SAD

BY MEGAN TRAUDT
STAFF WRITER

Seasonal Affective Disorder (SAD) is a type of depression related to seasonal changes. It begins every year during the fall and ends when winter does. SAD can make you feel moody and fatigued most days. It is also more common in women, people who live farther away from the equator (the days are shorter and there is less sunlight), people between the ages of 15 and 55, as well as people who are surrounded by people with SAD. Some of the symptoms could be linked to a lack of sunlight. Less sunlight disrupts your "biological clock" and causes problems with serotonin which is a brain chemical that affects mood. Symptoms of SAD can be moodiness, loss of interest in your normal activities, craving carbohydrates, gaining weight, sleeping but still feeling tired, or trouble concentrating.

SAD can be treated in a multitude of ways. Light therapy is a common way of dealing with the disorder. This method is when you place a light box a certain distance from you while you read, eat, or work at a computer. Another subcategory of light therapy is dawn stimulation. For this treatment, a dim light goes on in the morning while you sleep and gets brighter over time. Antidepressants can also be used to treat SAD. Other methods that can help are regular exercise such as cardio or muscle building.

Those who are affected by SAD normally start to feel better during the spring (March to May).



