

# Verbatim

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

**Monday**  
Feb. 11<sup>th</sup>  
**Verbatim Staff**  
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AUGERE VIRTUTEM-DIRIGERE MENTEM

62 Alumni Drive, Canaan, NH



Phones are becoming more powerful and integrated than ever in 2019

Photo | NBC News

## weekly SCOREBOARD

*Athletics*

**Hockey**  
*Varsity Hockey*  
KUA / 7-2

*JV Hockey*  
Hanover Bantam / 3-6

*Thirds Hockey*  
Hanover Peewee / 4-0

*Reserve Hockey*  
Upper Valley Storm / 2-6

**Basketball**  
*Varsity Basketball*  
Holderness / 55-32

*JV Basketball*  
Eaglebrook / 20-30

*Thirds Basketball*  
Eaglebrook / 21-33

*Reserve Basketball*  
Eaglebrook / 20-12

## Control and Responsibility Mr. Doherty on Phones at Cardigan

**Tony He '19**  
*Editor-In-Chief*

Phones, or rather the lack thereof, remain one of the hottest topics of discussion on campus. Earlier in the academic year, the ninth grade collected data which showed overwhelming support from both faculty and students for the regulated usage of phones; yet Cardigan remains one of the only schools willing to enforce the zero-tolerance policy. Today, we sat down with Mr. Doherty on why this is the case.

As a faculty member, educator and member of the Cardigan community, how do you feel about phone usage?

**“the policy as is, is the one that I agree with and will continue to advocate for”**

As a parent, my kids are really young, and not yet teenagers, they do not have a phone and will not continue to have a phone for a while.

In clarification, I am not against you having your phones in general. But only not at your time at Cardigan. This is because your laptop allows you to communicate with family and friends, removing the advantage of communication with phones.

Personally, what do you believe are the benefits and detriments to regulating phone usage?

The benefit is that we are able to control the access of information online. We have promised your parents a safe place for their children, and we cannot responsibly fulfill that promise without online regulation and control of your activity online.

**“we cannot responsibly fulfill that promise without online regulation and control of your activity online”**

The concern comes from recent alumni on phone policies at secondary schools. As phones become more integrated into your life beyond Cardigan, we want to find out how our phone policy will affect your life when you leave our campus and our community. Our concern originates around ultimately, responsibility.

From your time here as a member of the Cardigan community, have there been any specific instances which have strengthened your opinion on phones?

Yes, when I travel away from Cardigan for professional development at other schools and see students at other middle/junior boarding schools having and using their phones.

**“staring and not talking”**

I often see them staring and not talking while eating at their dining tables and around campus. This is why our policy makes sense as we are a face to face community and phones seem to prevent face to face interaction.

As we move into an even more interconnected age of communication and integration, parents, students and administrators are all working hard on finding practical solutions and balancing responsibilities.

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the Week

# Athletics

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Varsity Student Athlete of the Week  
Henry Sterrett 19' • Thirds Hockey  
Sub-Varsity Student Athlete of the Week



Sam Harris, shooting during the Varsity Basketball vs. Tilton Game

Photo | Smugmug

## HENRY, JACK, GABE, TADEAS, YANEIK, AND ALBERT NOMINATED FOR SUB-VARSITY STUDENT ATHLETE OF THE WEEK

### HENRY STERRETT '19 – THIRDS HOCKEY

Henry has been a very solid member of the Thirds Hockey Team all year. He is a stay-at-home defenseman that anchors the D group. Henry is on the ice in five-on-five situations, on the penalty kill, and on the power play, too. In addition, he is a positive presence in the locker room, and he communicates well with his coaches and teammates.

### JACK HINES '20 – THIRDS BASKETBALL

Jack has consistently improved throughout the season. He's become one of our best post defenders, and he is a rebounding force. His effort and coachability have been excellent all season as well!

### GABRIEL RODRIQUEZ '20 – RESERVE HOCKEY

Gabe continues to improve as a hockey player and puts forth a tremendous effort in each practice and game. In our most recent game against UV Storm, Gabe played a 200-ft game and was effective in all three zones on the ice. He is extremely coachable and a fantastic teammate.

### TADEAS BEZDEK '21 – JV HOCKEY

Tadeas has had an outstanding week of hockey for his team. In back to back games versus Rumsey Hall, Tadeas kept his team in both games by making some amazing saves and stopping lots of shots. He has worked hard in practice and is emerging as a great goaltender.

### YANEIK GALLEGO '20 – JV BASKETBALL

Yaneik has proved to be a great addition to JV Basketball this year. His work ethic this week has led us to nominate him for this week's student-athlete of the week. Yaneik has elevated his defensive effort and has put a lot of work into developing his offensive skills. It has been a great week of practice, and Yaneik has been a big reason why.

### ALBERT PARK '22 – RESERVE BASKETBALL

Albert has taken huge strides since the beginning of the season, improving not only his technical knowledge and skill of the sport, but in effort. Defensively, Albert was a force to be reckoned with in our most recent game, getting his hands on the ball from rebounds and passes gone awry. Such a significant change in his game, especially as one of the younger members of the team, warrants his nomination.

## RYAN, REAGHAN, GANNON, SILAS, DAMIAN AND JEFFREY NOMINATED FOR VARSITY STUDENT ATHLETE OF THE WEEK

### RYAN MACINNIS '19 – VARSITY WRESTLING

Ryan is an inspirational leader and is held in the highest esteem by all of his coaches and teammates. Ryan is one of the team's hardest workers. He arrives at practices early to begin conditioning and sets a great example for his teammates. His enthusiasm and encouragement are constantly pushing the entire team to greater heights. Ryan plays an essential role at meets, sometimes acting as an additional coach, particularly when Cardigan wrestlers are competing on multiple mats. His familiarity of wrestling moves and countermoves provides vital guidance to his teammates, especially the younger wrestlers. At a recent competition at Loomis Chaffee, he won all three of his matches, pinning two of his opponents. He's one of the team's best technical wrestlers and continues to dominate his opponents with skill and precision. There's no question that the wrestling team and the entire school benefits from Ryan's leadership roles. He is the best of the best!

### REAGHAN MOORE '22 – VARSITY NORDIC SKIING

Reaghan has had a great week of skiing. His skills in both classic and freestyle techniques are steadily improving and he is always positive and enthusiastic to practice and race. On Wednesday he participated in the St. Paul's School sprint races and had a good finish in the consolation final. On Saturday he led the CMS middle school boys with a great ski at the 4km Coaches Series race on the challenging Holderness course.

### GANNON PETERS '19 - VARSITY BASKETBALL

Unfortunately, Gannon suffered a significant ankle sprain at Eaglebrook two weeks ago and has been occupied by rehab in the time since. However, Gannon persevered and found himself engaged in the week of practices leading up to the most monumental task of the season for Varsity Basketball--Fessenden School. Gannon has struggled with finding his niche on the squad, as his gifts as an athlete shine on the soccer field; however, he branded his role against Fessenden. Gannon was a defensive juggernaut: slicing into passing lanes, drawing offensive fouls, and contesting nearly every shot. His efforts and fearless approach to the game of basketball are admirable and inspiring qualities, which set the tone for our relative successes against Fessenden.

### SILAS VAN VRANKEN '19 VARSITY HOCKEY

Silas had his best week of the winter, he has constantly been improving his skills, and he allowed himself to become one of our go-to defensive men. Silas is quite coachable and he is always trying to put the team first, which is not always true with this age group. I am really happy to have him on our team and I hope that Silas will keep his goal playing streak going. This is why Silas is our student-athlete of the week.

### DAMIAN ZHU '21 – VARSITY SNOWBOARDING

Damian has continued to improve each week with our snowboard team. At the end of the season, Damian was very much a beginner snowboarder but has improved remarkably and now finds himself as one of our fastest and most stable riders. In our recent GS race, Damian had an outstanding second run in difficult conditions, logging the 16th fastest run of the 50+ strong Lakes Region field. I can't wait to see where he will take his riding from here!

### JEFFREY KANG '21 – VARSITY ALPINE SKIING

His training was purposeful this week. Jeffrey showed a willingness to drill hard and apply a tougher and more positive attitude. His growth mindset was largely responsible for two excellent race results. He placed second on the team and scored points for his 12th place finish in the Lakes Region GS held at L.oon. Jeffrey also did a fine job racing SL in the USSA U14 race held at Whaleback. His teammates recognized his improved communication skills.

# Ryan MacInnis on His Passion for Wrestling

Tony He '19  
Editor-In-Chief

### When did you start wrestling?

“Seventh grade at Cardigan.”

### In your first year of wrestling, what did it feel like to start as a complete beginner?

“In seventh grade, I was pretty trash, and I got beat up by *everybody*, the *entire time*. It was a big learning curve.”

### Compared to your first year, how do you feel you have grown as an athlete and as a wrestler?

“I feel like, in seventh grade, I wasn't as dedicated as I am now as an athlete. I did not go to the weight room as much as I do now. I feel like I have also grown as a wrestler. I feel like I have gotten better in wrestling because I specifically worked on my takedowns. In seventh grade, I was mainly wrestling defensively and spent most of my time on the ground with the other guy controlling the round. This year, I feel like I am controlling the round more.”

### Has there been a specific experience which has motivated you to become more dedicated?

“Witnessing my teammates winning and having a lot of success. One of my mentors is Ethan Kreuzberg, and hearing about how he had an undefeated four-year record. Other teammates such as Chris Parker have also inspired me in my wrestling career as I saw how much work and dedication he put in. In seventh grade, I came to have fun. But in eighth grade I started doing my “hundreds”. The first tournament of my eighth-grade year when all the work that I put in had paid off, I felt ecstatic about winning.”

### How do you think you can improve in the future?

“I can improve by having more stamina by conditioning and being able to be better from the referee's position.”

### Would you pursue wrestling at your next school and if so, how?

“I would definitely want to continue wrestling as I have developed a passion for this sport. By working over the summer and attending wrestling camp, I hope to continuing growing.”



Ryan MacInnis at the January wrestling tournament

Photo | Smugmug

## CuLTure

### Movies

Lego Movie 2: The Second Part (2/8)  
How to Train Your Dragon: The Hidden World (2/22)  
Birds of Passage (Pájaros de verano) (2/13)  
Alita: Battle Angel (2/14)

### Shows

The Walking Dead Season 9 Premiere (2/10)  
American Dad (New Episodes 2/11, 2/18)  
Unsolved: The Murders of Tupac and the Notorious B.I.G. (2/27)

### Fashion & Sneakers

Game of Thrones x Adidas Ultra Boost House Targaryen Dragons (2/9)  
Pharrell x Adidas Solar Hu Glide ST Chinese New Year (2/11)  
Nike Air Jordan Infrared 6 Retro (2/16)