Students, faculty and staff encircled the Quad to reflect in shared silence at the 2nd annual Peace Gathering.

Quick Links >> CLICK ON THE UNDERLINED TOPIC TO QUICKLY NAVIGATE TO THAT SECTION

From the Head – During the holidays, the symbol of light illuminates kindness and joy within all of us. How can each of us connect to our inner light this season? How can each of us share our inner light with others? PAGE 2 (By Andrea Kelly)

Lower School – Tips for a stress-free and simple holiday season. PAGE 4 (By Debby McLean)

Middle School – The connection between empathy and increased learning. PAGE 10 (By Deborah Schoman)

Upper School – Light, in darkness. PAGE 14 (By Mark Schoeffel)

>>Visit each divisional section to preview Up-to-date December 2016 and January 2017 calendar highlights

Parent Council – Appreciation and a look ahead. PAGE 3

Admissions – Bring a friend to Friends in January – MS/US and Early Childhood/LS Open Houses on Jan. 4 & 5. PAGE 5

Diversity & Multicultural Affairs – “Hope is being able to see that there is light despite all of the darkness.” PAGE 6 (By Shanelle Robinson)

Think.Laugh.Learn. – Taking care of ourselves and our planet at FA. PAGE 8 (By John Scardina)

The Arts – The Winter Concert & Art Series starts this Tuesday! PAGE 16

Visit www.fa.org and catch our Facebook and Instagram posts, updated news & more!
AMONG FRIENDS

An informational e-newsletter published monthly for Friends Academy parents, grandparents, faculty/staff, trustees, former trustees, and the Alumni Board.

NEXT MONTH’S DEADLINE
To include information in the February 2017 electronic issue of Among Friends please submit information to the Communications Office by Monday, January 23, 2017.

EDITOR:
Andrea Miller – Director of Communications and Marketing
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Friends Academy admits students of any race, color, national and ethnic origin to all rights, privileges, programs and activities available to students at the school. Friends does not discriminate on the basis of race, color, religion, gender, sexual orientation, national or ethnic origin in the administration of its educational policies, admissions policies, financial assistance program, athletic and other school-administered programs.

A SPECIAL FLIK DECEMBER

Holiday Menu
Click to view a special December menu for Friends Academy LS students.

FROM THE HEAD OF SCHOOL

FRIENDS,

For a number of years when my children were young we welcomed into our family au pairs from Sweden. One of the best things about that was learning Swedish traditions, especially around the winter holidays.

As fall gave way to winter, and the days grew shorter our newest family member would start lighting candles all over the house. At the breakfast table before the sun came up and on almost every surface as it grew dark in the evening. This is common practice in Sweden, where during the Winter Solstice the sun does not rise until just before 9:00 a.m. and sets just before 3:00 p.m. In the northernmost part of the country, it can be dark for nearly 24 hours.

We increasingly found comfort in the warm glow of the candles, favoring them over incandescent lamp light. In the ensuing years, we have continued this tradition, ensuring we always have plenty of candles on hand for every room in the house: votives, tapers and pillars.

The Query this month reads:

During the holidays, the symbol of light illuminates kindness and joy within all of us. How can each of us connect to our inner light this season? How can each of us share our inner light with others?

– Upper School TASQUE
(Teachers and Students for Quaker Understanding and Education)

Query

During the holidays, the symbol of light illuminates kindness and joy within all of us. How can each of us connect to our inner light this season? How can each of us share our inner light with others?

— Upper School TASQUE
(Teachers and Students for Quaker Understanding and Education)

of joy, renewal, strength and insight. These insights ideally reflect our most deeply held Quaker values.

We gather in the silence of Meeting for Worship to connect to our own Inner Light, to our values and to others in our community. At Friends Academy we rely on these Quaker values and teachings to do good together, in our homes, on our campus, and in our broader community.

Recently, the Friends Council on Education published an essay in The Philadelphia Inquirer in response to the Presidential election, which recalls the purpose of this country’s first Quaker school.

“William Penn founded the first Quaker school in 1689, 100 years prior to the formal addition of the Bill of Rights to the United States Constitution. Penn directed that the school educate students from all walks of life, genders, religions, and ethnicities to prepare them to be moral leaders within the Commonwealth no matter what profession or trade that they might someday pursue. Penn’s school created a program of study through which these young people might together imagine a more ideal society.”

An ideal society.
What an ambitious goal.

A society based on Quaker values of peace, integrity, equality and community.

The Friends Council essay was aptly titled: “Deep Listening in a Divided Age.” We could all do with a little more deep listening these days.

So, as we light candles to warm our homes, or candles to celebrate holidays and to cheer us in these long, dark evenings we should always remember that in sharing our inner light with others, we can create a space to listen deeply, recognize the light in others and perhaps be changed by what we see.

Andrea Kelly
Head of School

A SPECIAL FLIK DECEMBER

Holiday Menu
Click to view a special December menu for Friends Academy LS students.
Parent Council

Appreciation and a look ahead

Thank you to everyone who attended the Parent Council Breakfast and Holiday Shopping Event, which was held at the Brookville Country Club. A special thanks goes out to Michelle Statfeld and Nicole Yablans, our chair and co-chair, Kim Broder, Parent Council Treasurer and Diane Biolsi, Assistant Director of Development. They did a spectacular job putting this event together. There were over 110 guests in attendance, who enjoyed an excellent buffet breakfast and some amazing shopping.

Thank you Amy Morgan for chairing the Annual Coat Drive. Thanks to our amazing community, we have collected over 100 coats along with boots, ski pants, gloves and scarves. They will be distributed to the Glen Cove Boys and Girls Club, North Shore Inn, North Shore Sheltering Program and Helping Hands of West Islip.

Another wonderful holiday tradition is the All School Mitten Tree and Toy Drive. It begins Tuesday, Nov. 29th and runs through Dec. 16th. There will be trees set up in all three divisions to be decorated with your generous donations of hats, mittens and scarves. There will also be boxes for toy donations. Thank you to Cathy Dorego for chairing this special event.

The Upper, Middle and Lower School divisions, along with Early Childhood will be hosting and performing in the always enjoyable Winter/Holiday Concerts. Middle School will lead of with their concert on Tuesday, Dec. 6 at 7:00 p.m. – a change from the glossy calendar. The Upper School concert will be Tuesday, Dec. 13 at 7:30 p.m and the Early Childhood sign-along and Lower School concert will be Tuesday, Dec. 20th at 9 and 10 a.m., respectively.

Looking ahead to January, there are many important meetings and events throughout the divisions.

- Parent Coffees
- Upper School Parent/Teacher Conferences
- Parent Meeting for Worship
- Upper, Middle and Lower School PC Meetings
- Family Community Service Sandwich Making

Please check your calendars or the website for dates and times.

Enjoy the Holiday Season and have a happy and healthy New Year!

Rita Afzelius, President
Amy Schamroth, Executive Vice President

From Our Kitchen to Yours

Revved up Mashed Potatoes
(To be featured December 9th)

Makes about 15 servings

Ingredients:

- 5 oz. Gold beets
- 2 oz. Parsnips
- 2 oz. Celery, cubed
- ¾ oz. Roasted yellow peppers
- 2.5 lbs. Potatoes, peeled and quartered
- ½ lb. Cauliflower florets
- 3-4 Garlic cloves, peeled
- ½ quart 2% Milk
- ½ Tbs. Chives, chopped
- 1 Tbs. Kosher salt
- 1½ tsp. Ground black pepper
- ¾ lb. Unsalted butter

Instructions:

1. Peel and quarter beets. In a pan, steam beets, parsnips and celery until tender. Then puree with peppers.
2. In a separate plan, steam potatoes, cauliflower and garlic until tender.
3. In a stock pot, heat milk and butter. Stir in pureed vegetables, salt and pepper. Place steamed potatoes, cauliflower and garlic in a mixing blow fitted with a paddle. Mix on low for 30 seconds. Add the hot milk mixture slowly while on speed 2. Beat until smooth. Do not over mix.
4. Transfer to a serving container and garnish with chives.

Eat. Learn. Live.
A mantra for a better life!
The holidays are right around the corner. It is for many a time to reunite with friends and family, to share meals together and to look ahead to next year. It is exciting and full of hope and promise. It can also be a time of stress for our young ones. Schedules are often tossed asunder as we squeeze in extended time for shopping or for visiting. In embracing Simplicity Parenting by Kim Payne, the FA book club book this past fall, I would like to share some thoughts about keeping the holidays relatively stress free:

1. **Try to stick to your normal schedules when you can.** Children often like predictability in their days. If there is a change to the schedule for the day or the evening, let your child know in advance.

2. **Ordinary days are not only good, but necessary.** “Ordinary days are the sustaining notes of daily life. They are the notes that allow the high notes to be high and the low notes to be low; they provide tone and texture….[I]f a child’s happiness is not hinges on the high notes…then they have a true gift.” Kim Payne.

3. **Incorporate down time** for your child even when traveling or having special guests over for an extended stay. Kim Payne refers to this as balancing schedules with arousing and calming times.

4. **Purchase toys for play with careful consideration.** “Kids don’t need many toys to play, or any particular one. What they need most of all is unstructured time.” Kim Payne. Consider moving away from things and moving toward experiences “we can be indulgent with time and opportunities for exploration.” With that being said, there are certainly toys that will inspire new directions in play. And I will not play the role of the Grinch—I just ask that you are intentional in your purchases.

5. **Hug, love and care for one another.** This time of year allows us an opportunity to state the love we feel for each other all the time. Indulge in it.

Happy Holidays!
We are looking forward to our two January Open House events. The MS/US Open House is scheduled for Wednesday, January 4th at 8:30 a.m. and the LS Open House is being held on Thursday, January 5th at 8:30 a.m. Please ask a friend to join us. This is a perfect opportunity for prospective applicants to see the school in session and to hear testimonies from students, teachers and parents.

Upcoming Admissions events:
December 15th at 9:00 a.m. – Current 4th and 5th grade parents are invited to spend the morning in our newly renovated Middle School building and learn about the MS program.

January 25th at 9:30 a.m. – Parent Workshop with John Scardina: Taking Risks and Thinking Outside the Box – How to cultivate curiosity and love of learning in your child.

A warm thank you to all our student and parent ambassadors, administrators, faculty and staff for your participation during November’s Open Houses. We had over 250 people visit our campus! Word of mouth is still one of the most meaningful ways to introduce new families to our school, so please continue to share Friend with your friends.

Peace and joy to all our families,
Team Admissions
Nina, Liz, Jo, Kathleen and Doreen

2016 All-School Mitten Tree & Toy Drive!

Until Dec. 16

All-School Mitten Trees
Your child can help this holiday season by bringing in the following items for children ages 10 and under to decorate the trees in the lobbies of Lower School, Middle School and Frost Hall:
- New hats, scarves, mittens, and gloves

All-School Toy Drive
Please help by having your LS children bring in new, unwrapped toys for children ages 10 and under. Toys can be dropped off in marked boxes next to the Mitten Trees.

Items donated will be delivered to The Morgan Center in Hicksville and Toys of Hope in Huntington.

Questions: Contact Cathy Dorego at catherine.blondell@gmail.com.

RSVP to an Open House

Click on the link to RSVP for one or both of the January Open Houses.

Middle/Upper School Admissions Open House
Wednesday, January 4, 2017, 8:30 a.m. (RSVP)

Early Childhood/Lower School Admissions Open House
Thursday, January 5, 2017, 8:30 a.m. (RSVP)
In the climax of the movie *Cast Away* (2000), Tom Hanks’ character, Chuck, describes to a friend the hopelessness of being stuck alone on an uninhabited desert island. While all logic told him that he would never get off of the island, Chuck realized that he needed to stay alive and keep breathing.

Four years later, just when he had given up any hope of rescue, the tide came in and washed ashore material he was able to use to construct a makeshift sail to get home. However, once he finally returns home, Chuck finds out that the woman he loves is now married with a new family and he has lost her yet again.

In the midst of his terrible sadness, Chuck realizes quickly what he needs to do. “I have to keep breathing because tomorrow the sun will rise and who knows what the tide will bring.” This film delivers a poignant, yet critical, message: when circumstances get dark or difficult sometimes the only thing to keep you going is hope.

It can be extremely difficult to maintain hope with everything that is happening in the world today. Political chaos, acts of hate and violence, environmental disasters, economic disparity and more make it hard to have a positive outlook. Sometimes, I find it all so discouraging that I just want to bury my head in the sand like an ostrich!

On one hand, these first few years of the 21st Century have been an extraordinary time full of vital, transformative movements. On the other hand, for some, it may also be felt as a threatening, nightmarish time.

The book, *Hope in the Dark*, by writer/historian Rebecca Solnit, makes a radical case for “hope as a commitment to act in a world whose future remains uncertain and unknowable.” The revised edition, released earlier this year, is acclaimed as shining a light into “the darkness of our time.”

In her book, Solnit describes hope as: “an embrace of the unknown and the unknowable…the belief that what we do matters even though how and when it may matter, and who and what it may impact, are not things we can know beforehand. We may not, in fact, know them afterward either, but they matter all the same, and history is full of people whose influence was most powerful after they were gone.”

For example, to illustrate this point, journalist Adam Hochschild recounts the time the English Quakers first took on the issue of slavery – three quarters of a century passed before it was finally abolished in Europe and the U.S. Few individuals, if any, working on the issue from the start were still living at its conclusion. However, abolition, which at one time seemed impossible, now, suddenly, became inevitable.

As a diversity practitioner and advocate, I’ve asked myself, “what is the role of social justice in times of crisis and hope?” Solnit emphasizes that hope is only a beginning; it is not a substitute for action, rather it is a basis for it.

She acknowledges that while this has been a truly remarkable decade for movement-building, social change, and deep, profound shifts in ideas, perspective, and frameworks for broad parts of the population, it has brought with it (and against it) backlashes against most, if not all, of those things.

She writes, “we live in times of despair and conflict, but also times of hope and action.” “Hope,” she continues, “locates itself in the premises that we don’t know what will happen and that, in the spaciousness of uncertainty, is room to act.”

I find solace in Solnit’s writing because she has the ability to eloquently articulate all I have wanted to say these past few weeks but I couldn’t find quite the right words. Like Chuck in *Cast Away*, I have been feeling lost, isolated and hopeless about what lies ahead in the future.

But, I must maintain hope. Now is not the time to wallow in despondence. We must keep breathing because tomorrow the sun will rise and who knows what the tide will bring. We must act.

This is my resolution for 2017. Will you join me?
It's time to Think SUMMER This WINTER!

Spend the SUMMER with FRIENDS!
Secure your program of choice and SAVE!!
“Lock into our Early Bird Rates” for 2017.
Spaces fill up FAST.

Visit our website at www.fasummercamp.org for more details.

NEW Mini-Camp Programs
(Monday-Thursday, 10 am to 2 pm; includes daily lunch)
- Million Boys Lacrosse
- Elevate Girls Lacrosse
- Gatti
- Baseball Camp
- Gold Coast Soccer
- Basketball and HITT Tennis Camp

Enroll Now, Starting Dec. 1st
One of our Quaker testimonies involves sustainability: “live simply so others may simply live.” My daily lifestyle choices have global effects:

- Am I purchasing products that were produced through practices that hurt the environment or other living things?
  - Am I recycling/reusing/reducing as much as I can?
  - Do I compost?
  - Do I walk when I can, use a bicycle when I can, take advantage of public transportation when I can, and manage my driving to minimize energy use and air pollution?

- Am I leaving a legacy for my children that will allow them the same bountiful experiences of a beautiful planet that I was fortunate enough to experience?

There is much talk now about the upcoming new administration in Washington D.C. and potential changes in environmental laws. The Paris Accords are in question, and the enforcement of current laws is questioned. But our lifestyles are not governed by government policy – they are governed by our own commitment to sustainability. We need to be clear – with ourselves and with our children – that sustainability begins at home. During World War II families grew food, recycled all scrap metal, rationed gasoline, and found many personal ways to support our national response to hatred and imperialism in Europe and the Pacific. This is a part of our “yes we can/sí se puede” mentality as a people that I am most proud of as an American. Now we seem to act as if we can do anything that we want to do if we can afford it. There is research to suggest that the clock is ticking for many of our resources – and that we cannot sustain our present lifestyle indefinitely. There is enough food to feed the entire world, but our challenges with distribution leave many hungry folks, even here in the USA. There is something very wrong with this picture.

As we enter the holiday season let’s look at ways to teach our children how to live well on Earth. American Indian wisdom has suggested that we make decisions as though we were thinking ahead seven generations to ensure the well-being of our progeny. Change one thing – no more plastic water bottles, or more composting of food scraps, or walking to the store more often – and it will make a difference.

I will also dedicate myself to more sustainable practices at FA. It is clearly the next right thing to do.
WHY GIVE NOW?
Need a Couple of Reasons? We’ve got a few!

This year, we ask our community to make their Annual Fund gift intentions by the end of the calendar year. Please help us reach our goal by making your gift or pledge by 12/31/16. All pledges can be funded any time before 6/30/17.

• All Gifts are Tax Deductible (gift payments made by 12/31 qualify for 2016)!
• A gift today gets us closer (and sooner) to 100% participation!
• An early gift or pledge demonstrates your commitment to our children and our future and encourages others to do the same!

Make your gift today at www.fa.org/give or call Diane Biolsi, Director of the Annual Fund at (516) 629-4859 for more information.

TUITION GIVES US A SCHOOL...
THE ANNUAL FUND GIVES US FRIENDS ACADEMY.
YOUR GIFT MATTERS.
The connection between empathy and increased learning

How do we grow empathy in our school culture? At a conference I recently attended, this was a question I raised and led a discussion with other independent school leaders.

In the aftermath of the recent divisive presidential election, this group felt united in saying given our world today, empathy needs to exist in the “ethos” of our schools and everyday lives.

We recognize that teaching and modeling empathy needs to be embedded in the work we do with our children in school. Dr. Tony Alessandra takes the Golden Rule one step further and suggests the Platinum Rule: “Treat others the way they want to be treated.” Going beyond just tolerance of the other person, this rule challenges us to develop and apply an empathetic mindset in situations where someone you may not know is in need.

Performance teaching & learning

We recently took the entire Middle School to view a theater production at LIU-Tilles Center, Out of Bounds. The main character, 14-year-old Amy, in an effort to build friendships in her new school, makes a terrible mistake by accepting a dare and texting an inappropriate photo of herself to a classmate. The photo gets shared and eventually goes viral within the school. Amy recognizes too late that sharing this photo was not going to gain her any real friends. She is shunned by her classmates and the parents of the children who received the photo, who strongly recommend to Amy’s mother that she should remove Amy from the school.

At the conclusion of the program, the actors came out on stage and did a Q&A with the kids. The first question they asked the audience was, “What is the definition of empathy?” The response from a student in the audience was, “the feeling of walking in someone else’s shoes.” There were many excellent messages embedded in the performance, but at the core was acknowledging the mistake this young girl made, “walking in her shoes,” and being able to forgive her. That’s empathy!

Rooted in school mission

As part of our school’s mission, we believe all students from an early age need to engage in caring service to others. As we enter into the holiday season, our service becomes even more important as we think about the needs of others. Our
Thanksgiving food collection organized by the Oyster Bay CSAC (Community Social Action Committee) is an opportunity for all Middle schoolers to engage in service. A group of 8th grade volunteers helped to pack and deliver the food to St. Dominic’s Church and spent time sorting the food to be distributed.

In December, we ask students to shop for and donate a holiday gift for a child they do not know and volunteer to cook a meal and donate needed items for the local Glen Cove men’s homeless shelter. In Community Groups (representing students and adults from the Lower, Middle, and Upper schools), we come together to wrap a small gift of warm socks and hard candy for the homeless and other vulnerable individuals for POTS (Part of the Solution) – a Bronx-based organization Friends has worked with for several years, sending large numbers of sandwiches for distribution.

Engaging in service, side by side with others in our community, is a way in which together we build empathy and continue to build our emotional intelligence and awareness and understanding of social justice.

‘Social learning is the new norm’

Positive emotions (like empathy) equate to increased learning. Mark Brackett, a professor at the Yale Center for Emotional Intelligence says that emotions are linked to our cognitive system and have a direct impact on our attention, memory, learning, relationships, physical and mental health.

He feels that kids who are most positive in their emotions (like empathy) are most creative, able to collaborate, and open to critical feedback. At Friends, we are well aware that we have a responsibility to provide our children an education that will prepare them to learn and practice the skills they will need to face the academic challenges in college and the mindset future employers will expect in the workplace.

Thom Markham writes: “Ready or not, education is entering an age in which social learning is the new norm. Pure academics are giving way to increased opportunities for students to work together; teachers increasingly take on the role of co-learner and facilitator; listening, learning, and teaming are the new core skills. At the heart of this new skillfulness for everyone is the ability to forge deep connections that lead to creative problem-solving and positive pursuits. Taken all together, this makes empathy critical to schools. In fact, very soon we will need to invent a new taxonomy of learning that makes empathy the base of the learning pyramid.”

The program in the Middle School continues the work of our Lower School and places strong value on ensuring the children develop both the academic and the social-emotional skills they will need to navigate the global world that awaits them. Empathy, as Markham writes, is the “fundamental glue that holds humanity together.”

Wishing you a wonderful holiday and a very happy and healthy 2017!

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Student reflections:

“The play, Out of Bounds, has taught us that nobody is perfect and you can’t judge somebody without putting yourself in their shoes. So we have to deepen our awareness and put ourselves in the other person’s shoes. We need to know that nobody is perfect. And through this, we embrace our differences.”

“This performance also got me thinking about my peers. Do my friends do things like this to other people? Should I hang out with someone who is nice to me but yet bullies another? This play has really gotten me more aware of this topic and has persuaded me to take more action.”

“No one should ever be bullied or pressured into something just because they are different. Our differences make us who we are today and make us special.”
Join us for a special screening of

SCREENAGERS

GROWING UP IN THE DIGITAL AGE

BY: FRIENDS ACADEMY
WHEN: 7 – 8:30 PM
WHERE: Wednesday, January 18, 2017
Dolan Center Theater
For all parents and students (4th grade+)

screenagersmovie.com

Click Here to RSVP
Welcome to The Arts page, where each month we will be sharing updates and musings from our studios and stage to keep creativity alive at Friends!

**After-School Studio Hours**

Tuesday, Wednesday, Thursdays from 3:30 to the late bus. All Middle School and Upper Students are welcomed to use studios to work on independent projects or to finish work from their classes.

**Winter Art Show – Grades 3-12**

MS reception on Dec. 6
US reception on Dec. 8
LS reception on Dec. 20
Mini docent tours on Dec. 20 at 9:30 a.m.

**Winter Musical Takes Off**

Auditions for the Upper School Musical, *Standing In The Current*, were held November 14-17. Forty-three students in grades 9-12 turned out for auditions and everyone did a great job! The cast list (with everyone on it) was posted on Friday, November 18.

The musical is a new piece written by Theater teacher Andrew Geha. Andrew has been writing original pieces for our students to perform for several years. This piece deals with the themes of identity and finding your place in the world. On Tuesday, November 29, the cast gathered on stage for the first rehearsal.

At the rehearsal the cast read through the play as Mr. Geha performed and sang the music. The rest of the week the cast has been singing through the music and lyrics and starting to learn choreography, as well as engaging in a series of conversations about the themes in the show.

Some of the students are in their first “Geha original” and for a lucky few, it is their third. Senior Sabrina Harris says, “This is my third Geha original, and I always loved doing them because from the minute I read the first line of the script, I anticipate every single rehearsal. Today we got to sing the songs for the first time and hearing 40 voices singing together got me so excited for every other rehearsal to come.”

**Student-Artist of the Month**

Our December art student of the month is 9th grader Alison Mosher. You can always find her deeply immersed in her work in the art studios. We sat down and asked her a few questions about her process.

**How long have you been making art?**
I don’t know, my whole life.

**What is your favorite medium?**
It used to be pastel but now I like watercolor.

**What inspires you to make art?**
Things I see on Pinterest.

**What do you like about working in the art studio?**
You have freedom to do what you want, which you don’t really have in other classes.

**What is your favorite thing to draw?**
Hands, because there are so many ways you can do it.

**How would you describe your art?**
It changes a lot, based on things that I see and things I want to try.

**When do you know when a piece is finished?**
I don’t always, sometimes I’ll think I’m done and then I’ll go back

**What advice do you have for young artists?**
Do a lot of it. Try different mediums.
Light, in Darkness

Thinking about an inner light at this time of year seems natural. I managed to spend the last few days before Thanksgiving with our grade eleven students as we ventured down south to Washington, D.C. for a class trip. Rick Simon, one of my esteemed colleagues, spent time helping us reshape the trip around student interest strands, driven by some of our contacts and connections in the Capital. It was a resounding, mission-focused success. Students were able to visit the State Department, sit with legislators in Congress, talk with Justices and visit with people working in media at CBS and National Geographic. We had a Vietnam War veteran who had been given a Purple Heart speak to us at length before we went on a night-time monument visit to the Vietnam Memorial. As we stood in the light of the Lincoln Memorial, some of us read the words carved into the stone from the Gettysburg Address, and gave them meditative thought: Lincoln’s plaintive plea to us that “government of the people, by the people, for the people shall not perish from the earth.”

And in the morning dawn light of Tuesday, November 22nd, on the anniversary of his assassination, we stood and read to ourselves John F. Kennedy’s own words inscribed in the rock by his tomb, “Ask not what your country can do for you; ask what you can do for your country.” As the soldiers changed the guard before the Tomb of the Unknown Soldier that morning, we all stood, and in silence, took in that new day in the nation’s capital city. A peach light covered the marble white steps, and we watched a helicopter fly by, breaking the silence. The soldier stood still, and we walked back down the hill where we entered.

What light guides each of us? Does light

### December Highlights

**Thurs. 8**  
Grades 9TH & 12th ONLY  
Parent/Teacher Conference Evening  
4:00 to 8:00 p.m.

**Fri. 9**  
Grades 9th & 12th ONLY  
Parent/Teacher Conference Day  
8:00 a.m. to 3:00 p.m.  
**NO UPPER SCHOOL CLASSES for all grades on 12/9**

**Sat. 10**  
SSAT @ FA – 8:30am  
ACT Exam – Local Test Centers

**Tues. 13**  
Upper School Winter Concert – 7:30pm – Theater

**Thurs. 15**  
Natural Helpers Retreat (leaves 3:30pm returns Friday 6pm)

**Dec 21–Jan 2**  
School Closed for holiday break  
(PLEASE NOTE: TUESDAY, 12/20 IS A FULL DAY OF SCHOOL)

### Ahead in January

**Tues. 3**  
Classes Resume – 8:05 a.m.

**Thurs. 5**  
Grade 10 PSAT & Standardized Testing Mtg. – 8:15 a.m. (Jackson House)

**Sat. 7**  
SSAT @ Friends Academy – 8:30 a.m.

**Wed. 11**  
Upper School Parents Meeting – 8:15 a.m. (Jackson House)

**Thurs. 12**  
10th Grade YSOP Trip to NYC – (Lvs. 2 p.m., Rtn. Friday approx. 6 p.m.)  
College Admissions Office Spotlight – Juniors & parents 7:00 to 8:45 pm - (Theater)

**Fri. 13**  
Upper School Semester 1 Ends

**Mon. 16**  
School & Offices Closed – Martin Luther King, Jr.

**Tues. 17**  
Upper School Semester 2 Begins  
All School Peace Week

**Fri. 20**  
Hunger Awareness Day – Middle & Upper School

**Fri. 13**  
Upper School Sem 1 Ends

**Thurs. 26**  
Grades 10 & 11TH ONLY: Parent/Teacher Conference Evening  
4:00 to 9:00 p.m.  
*All conference appointments will be scheduled online. Information for conferences will be sent via email.*

**Sat. 28**  
SAT & Subject Tests (Local test centers)
shine in each heart and soul? As I walked through the Holocaust National Memorial museum in Washington, I was given, at times, to ask myself whether the light within can be extinguished forever. The crimes, and the horrors, of that time in our 20th century are not at all distant.

We had a chance to sit and listen to a survivor, a man 98-years-old, who speaks every week there. His story was one of incredible resolve, some good fortune, and a lot of personal strength of will. When we asked why he comes to speak each week, he said, unhesitatingly, “The day the Nazi guards fled, the few of us whom they had marched through those woods, we were all sitting in a circle, waiting to be rescued, and we promised each other that we would all never forget, that we would make sure we told our story, so no one else would forget what had happened.” The light in his soul was never extinguished then, and it outshone all of the darkness around him. It still burns.

There was a special exhibition at the basement level of the Holocaust Memorial museum, focusing on collaborators and spectators. There were pictures taken from windows, taken by people who were watching processions of people led to their slaughter. The power of these pictures was in the edges of the window sills that surrounded their frames, and this said in part that the photographers had stayed inside the windows, watching, and not stepped forward, to protest or stand in the way of what they were witnessing. They just watched.

At the ground floor of the new African American History Museum, there are walls inscribed with ships names which carried slaves from Africa. Next to the ship and nation names are the numbers of slaves who started the voyage and then the numbers of those who survived the voyage. Sometimes fewer than 10 percent survived.

I read the words of one man, Charles Ball, who was sold into slavery when he arrived: “A strong iron collar was fitted by means of a padlock round each of our necks. A chain of iron about a hundred feet long was passed through the loop of each padlock…we were handcuffed in pairs.” The pictures of Klan rallies of 40,000 people held at the base of the Washington Monument stunned our students, as we had just before entering, been looking at the base of that very stone edifice, wondering what its symbolism and impact had been in its origin. To see photos of hordes of Klans people in their white hoods around the base of that monument made me lose my breath.

As you walk up the flights of stairs between floors, you are able to see large quotations above you on the walls. One of them caught my eye as I reached the top floor: “All men are created equal…with certain unalienable rights…when any form of government becomes destructive to these ends, it is the right of the people to alter or abolish it.” The Declaration rang loud. I did, indeed, tear up.

The light that shone inside Rosa Parks, Medgar Evers, the Little Rock Nine, James Meredith, Ruby Bridges, Harry and Harriette Moore, Joan Trumpauer, and the millions who stood strong, held tight to their humanity, and did not bend, that light is bright. It can be our light, too.

I yearn to have that light be the one that lives in me. I look up, and look out, and listen, for that light. It cannot go out. We need to find that light often, for it will conquer the darkness. This, I believe.

As we stood in the light of the Lincoln Memorial, some of us read the words carved into the stone from the Gettysburg Address… Lincoln’s plaintive plea to us that “government of the people, by the people, for the people shall not perish from the earth.”

The Friends Academy Garden

The Friends Academy garden began with just six beds of soil. Under the leadership of Joan Phillips and others the garden has greatly expanded. Working with the Engineering Class, six additional beds were put into place and three structures to be used as cold frames. One additional bed was made with wood recycled from theater department.

Students and teachers are involved in the rewarding but continuous work of watering, mulching, weeding, planting and composting. Tomatoes, lettuce, peppers, garlic, herbs are among the many crops. Much of the harvest is either taken to the kitchen, used in the lower school for a snack or offered to the faculty. There are many educational opportunities gained by working in the garden. Students learn about plant life cycles, the effects of weather, insects and weeds on crop yield and of course how to harvest the crops. The Friends Academy garden is a success because of the involvement across all three divisions of the school. Of course there is still room to grow.

The benefits of locally grown, pesticide free, vegetables are profound for all of us. Instead of thinking food just magically appears in the grocery store gardens helps all of us understand where and how food ends up on our tables. If you can’t have your own garden there are still many ways to eat in a sustainable manner. Support locally grown, pesticide free fruit and vegetable products by going to farm stands, community gardens and working with neighbors.
Friends Academy
Music & Arts Holiday Happenings

Middle School Winter Concert: Tues. December 6 – 7:00 p.m. (Theater)
Middle School reception and Art Exhibit - 6:00 p.m. (Art Gallery)

Upper School Winter Concert: Tues. December 12 – 7:30 p.m. (Theater)
Upper School reception and Art Exhibit - 6:00 p.m. (Art Gallery)

Early Childhood Holiday Sing-along: Tues. December 20 – 9 a.m. (Classroom)

Lower School Winter Concert: Tues. December 20 – 10 a.m. (Theater)
Lower School reception and Art Exhibit - 9:00 a.m. (Art Gallery)