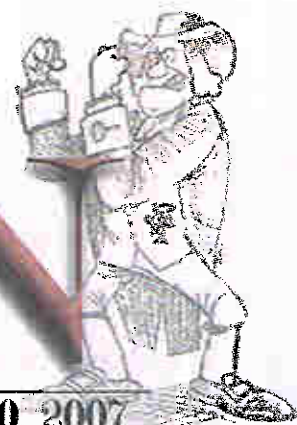


HORIZON

Sidwell Friends School



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Students Demand a Power Shift

By Grace Powell '10

If you were at Power Shift, the youth-led environmental summit in College Park, Maryland from Nov. 2-5, you would be "feeling the heat." Power Shift was a national summit organized and led by students across the nation to discuss and lobby for the future and well-being of the Earth.

In an intense four day conference attended by more than 5,500 concerned youth and

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Bruce Davidson Captures Audience

By Stephanie Radke '10

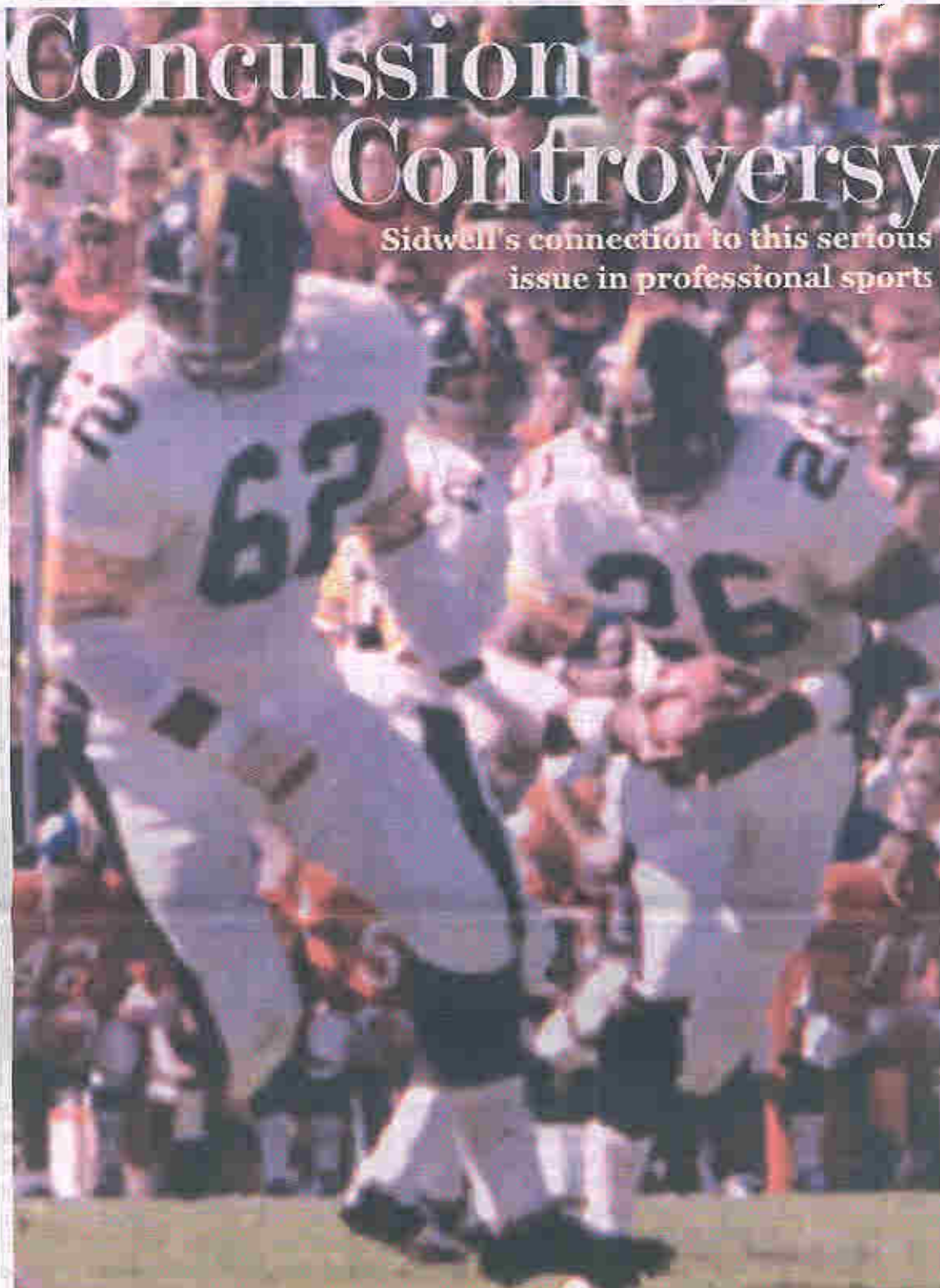
Award-winning photographer Bruce Davidson presented a selection of his work to Upper School students on Wednesday Oct. 31, as part of Daryl Rubenstein Guest Artist Series.

Davidson began taking photographs when he was ten years old and has taken over one million photographs to date. He said that he became interested in photography when he was sitting on the sidelines during a basketball game. "A friend asked if I would like to see photo developing. I said yes. Once I saw that image

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Concussion Controversy

Sidwell's connection to this serious issue in professional sports



By Amsie Hecht '09

13-0. Sidwell football's only undefeated season. What made 1993 the year that would go down in Sidwell athletic history? Why was it the only year that the Sidwell football team has ever managed to snag a perfect record?

These questions are not hard to

answer. The Quakers' triumph was the combination of a determined and powerful team of boys, coupled with an inspiring coaching staff. An instrumental member of that year's coaching staff was as a man named Ralph Wenzel.

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Courtesy Pittsburgh Steeler

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Sidwell now offers an online tour of the LEED Platinum certified Green Middle School

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Junior Allison Vise explores what she learned while away in Vermont for the semester.

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Member of the class of 1982, Anne Applebaum is featured as our 'Alumna of the Month'

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Learning to 'Let Your Life Speak'

By Hannah Bristol '10

On Nov. 8, 2007, students participated in Let Your Life Speak Day for the third time in twenty years. The purpose of this day, according to Dean of Students Rebecca Zug, was to have "time to reflect on taking action and living what you believe."

Students took a break from schoolwork and classes, and attended workshops, where various guest speakers gave presentations about their lives and the ways in which they are letting their actions speak.

Planning for Let Your Life Speak Day began at the end

of last school year, when the Quaker Life Committee decided to have a day to honor the 125th anniversary of Sidwell. The day was primarily organized by Zug, Upper School Librarian Megan Dolan, and Executive Assistant to the Upper School Principal Ellen Pierson. Many parent volunteers also helped to plan and run the day.

In June, the department heads approved Let Your Life Speak Day, and over the summer, faculty and club heads were consulted about ideas for workshop speakers. Many of the speakers were Quakers,

including members of the American Friends Service Committee (AFSC) and the Friends Committee on National Legislation (FCNL).

The day opened with a keynote speaker, Executive Secretary of the Friends Committee on National Legislation Joe Volk. Volk spoke about his life and how he discovered Quakerism after growing up as a Church-going Christian in Ohio.

When Volk was a high school student, he hoped to join the United States Army and fight for his country. In college, however, his views

changed. Volk told a story about his opposition to the Vietnam War, and how he got sent to an Army stockade. There, a Quaker organization helped to ensure his well-being. Volk emphasized the power of even the smallest, seemingly insignificant action, and demonstrated how a weekly phone can change a person's life.

Volk also cited the decision of the FCNL to construct a green building and set an example for the DC community. In this way, they let their actions speak.

See QUAKERISM, page 5

Upcoming Events

December

8 Winter Dance

13 Lecture on Concussion Testing

14 Playwriting Festival

16 Choral Concert

Coach Wenzel Brings Concussion Controversy Close to Home

COACH from page 1

Coach Wenzel, remembered fondly for his compassion and up-beat nature, now at a shockingly young age suffers from Alzheimer's-type dementia so severe that he has been moved into an assisted-living facility in Annapolis.

Wenzel was a lineman for the Pittsburgh Steelers from 1966 to 1970 and for the San Diego Chargers in 1972 and 1973. After retiring from the pros, Wenzel coached at North Carolina Central University and two high schools, including serving as the assistant coach for the varsity football and track and field teams at Sidwell from the fall of 1992 until the winter 1995.

Wenzel was first diagnosed with mild cognitive impairment in the fall of 1999 and two years ago marked a precipitous decline in his mental faculties. According to Wenzel's wife, Eleanor Perfetto, when his neurologist asked him how many concussions he had received during his career he replied, "Too many to count."

In March of 2007 the New York Times reported that Wenzel and many other former National Football League players suffer from various forms of dementia, which are suspected to be related to concussions that the players received during their careers. Despite a number of medical studies proving the link between NFL players who receive concussions and the injuries ultimately caused by them, the NFL continues to officially deny the connection.

The NFL began a program called the 88 plan in Feb. 2007, named for NFL veteran John Mackey's jersey number, in order to provide for former players afflicted by dementia. Mackey, a member of the Pro



Courtesy Pittsburgh Steelers
Coach Wenzel played professional football for seven years before coaching at Sidwell

Football Hall of Fame, is also afflicted by a type of dementia that doctors suspect is related to concussions received during his career. Coach Wenzel was accepted into the program in April 2007 and was granted \$88,000 per year for health-related services.

Three of Coach Wenzel's former Sidwell players, Andy Goldsmith, Greg Zumas and Doug Thornell, began the Ralph Coach Wenzel Trust and website in April in order to

provide financially for Coach Wenzel's care in case the NFL 88 plan's funding proves inadequate. The website also serves as a tribute to Coach Wenzel's career and is a database for information about the problems facing athletes who receive concussions.

"We really wanted to do this for the man who was so important to us. He was such a great guy, surprisingly easy going and pleasant and upbeat. He demanded a lot but always in a positive way," said Goldsmith. "We wanted to repay the guy who taught us so much."

The coaching staff at Sidwell in the early 1990s drastically improved the football program. With a staff of Head Coach Dan Entwisle, Jeff Gold, John Simon, Charles Ford and of course Coach Wenzel, the team moved away from its losing record toward becoming a team impossible to beat.

Coach Wenzel served pri-

marily as defensive coach, working with players on their footwork, bringing insights that only a former NFL player could bring.

"He had a no-nonsense, get-the-job-done approach to things," said Entwisle. "Our players respected him to the nth degree."

Coach Wenzel used unusual learning techniques to teach his players agility and footwork. He brought players through entire practices without using pads, simply walking through blocking schemes within a ten yard area, a practice that seemed tedious, yet helped improve the players' technique enormously.

"He really was an anomaly, a football coach who did not challenge your manhood, did not feel the need to degrade you to motivate you, did not try to be a tough guy or fire you up with concocted speeches about being tough and having pride, was not infatuated with hearing his own voice or the idea that he is a leader of young men," said Sidwell Alumnus Tucker Zengerlee. "He cared really deeply

about all the players from the biggest star to the bench warmers. I was always one of the smallest guys on the team but he still made me feel like just as good a player as everyone else," said Goldsmith. "He taught me life lessons, like to do the best I can even when no one is watching."

The Sidwell community has recently become aware of the lasting impact of sports-related concussions. The Athletic Department will begin IMPACT baseline concussion testing for Upper School athletes this winter. On Dec. 13 the Athletic Department will host an informative presentation by concussion expert, Dr. Gerald Gioia for parents about the effects of concussions on athletes and the benefits of concussion testing.

One of the major issues surrounding concussions is the lack of willingness to speak out. "Many young and professional athletes are afraid of speaking out when they get injured because they don't want to sit out of the big game," said Perfetto. "They don't know enough about the long term effects of concussions on people."

After he was diagnosed but while he was still cognitively aware, Coach Wenzel was asked to be part of a news program to raise awareness about the concussion controversy. When Perfetto asked him if he was comfortable participating, he answered, "It is for the kids." Coach Wenzel wanted to give young athletes the knowledge that he never had to make the right choices about protecting themselves and speaking up when they get injured.



Courtesy Dan Entwisle
1994 Sidwell Football team, one year after their undefeated season. Coach Wenzel is pictured top row, seventh from the left

To learn more about Coach Wenzel and the concussion issue visit www.ralphwenzel-trust.org.

Students Call for Action at Climate Change Summit

ECO from page 1

thirty-two Sidwell students, the topic of global warming was a main issue.

"Just the fact that 5,500 students signed up and came to D.C. shows how dedicated the youth is to stopping global warming," said Sophomore Mary Bryan.

Power Shift was organized by the youth-led Environmental Action Coalition (EAC), made up of more than 40 youth-led environmental organizations taking part in the fight against global warming. The EAC outlined three other essential goals to the movement. The first goal of Power Shift was to encourage Congress to make global warming an issue in future bills and decisions and to discuss which presidential candidates have shown promise in this area. A second goal was to enlarge the number and diversity of participants

by reaching out to all communities, ethnic groups, and religions. The final object of Power Shift was to represent almost every Congressional district in America when lobbying and presenting its cause to Congress.

The first three days consisted of workshops and panels for participants to attend. The workshops and panels covered topics ranging from environmental justice, to ways to make a college or high school campus "green," to climate legislation. Speakers at Power Shift included Representative Nancy Pelosi (D-CA), Ralph Nader, Carol Browner of the Environmental Protection Agency, Bill Parish, co-founder of the EAC, and George Lakoff, a cognitive scientist and author.

Sidwell sophomore Laura Entwisle went on the "Toxic Tour" of D.C. which took participants around the city on

a bus and showed them coal based companies which pollute the air with emissions from burning fossil fuels. She said the tour "opened [her] eyes" to the problems of coal emissions.

On Monday, Nov. 5, students traveled to Capitol Hill to lobby Congress to support the fight against global warming. Students urged members of Congress to pass bills that would help reduce carbon emissions, put an immediate end to coal-fired power plants, and increase "green jobs."

"This idea is appealing across [political] party lines," said Senior Eli Pollack; every party wants to create more jobs and reduce nationwide poverty. Sidwell students lobbied at the offices of Senator George Voinovich (R-OH) and Senator Barbara Mikulski (D-MD). "People were very positive and welcoming. They wanted to hear what we had to say," said



Florencia Foxley '09
Students rally on the Capitol for political action on climate change

Junior Florencia Foxley.

Power Shift drew attention from the media and from students and activists across the country. Students and organizers of Power Shift are planning to continue to raise awareness to politicians and the general public. The next event con-

cerning global warming will be a national teach-in called "Focus the Nation" to continue discussing global warming and alternate energy solutions. "This is our world," said Pollack. "We're inheriting this earth, and we need to start caring."