

After 30 Issues, CXLII Bids Farewell to the Newsroom



TYLER WEI / THE PHILLIPIAN

The CXLII Board published the first-ever New Students Edition, which ran the first week of the 2019-2020 school year and caught up incoming students on Andover culture and news.

LAURA OSPINA & WILLIAM YUE

This is the first issue of *The Phillipian*, vol. CXLIII. Following *The Phillipian's* board turnover last week, all previous senior Editors, Managers, and Upper Management of vol. CXLII have officially left the Newsroom.

During the tenure of vol. CXLII, the board established the new Live section, hosted the third interscholastic Blueprint Journalism Conference, published the first new students issue, established Digital Week, and updated the design of the website.

Former President Tessa Conrardy '20 joined *The Phillipian* as an illustrator and fell in love with the paper and environment in the Newsroom. Despite the accomplishments of CXLII, Conrardy noted that there is always room for growth and improvement, particularly in terms of making the Newsroom more equitable.

"When we started our tenure, CXLII, the volume before mine, told us that the tradition is that once you feel that you've earned it, once you feel like you've made your mark as a volume of the paper, you get to paint your number onto *The Phillipian* seal in the Newsroom. So we're CXLII, and we painted it [last

Friday]. Because at every juncture, every time we had some big accomplishment, someone raised the question of, 'Oh, should we paint the extra I?' And we never felt as if we had done enough. We never felt like we were done," said Conrardy.

Editor in Chief and former News Associate Zaina Qamar '21 hopes to continue to emphasize the "Digital First" policy prioritized by the leadership of vol. CXLII, but wants to focus on improving the print paper itself. Qamar also emphasized the importance of diversity and inclusion on *The Phillipian*.

Qamar said, "I know that the past board really wanted to emphasize and pursue a digital presence

for the paper, and we're definitely looking to continue that work, but I know that our board also really wants to focus on the paper itself. And although, you know, we really embrace change and the future, we also just want to reflect on what makes us really special, and that's the print paper. And [we're] looking to really make it as mistake-free as possible. And we're also looking to have more people of a variety of backgrounds try and contribute because the newspaper is only as good as the people that write in it."

Samson Zhang '20, former Executive Digital Editor, achieved both of his goals during his tenure: redesigning the website and start-

ing Phillipian Live. Zhang looks forward to seeing how CXLIII will continue to improve the paper.

"What I'm most proud of is not the product, it's the people. It's that I'll be able to step away, and I'm confident that if I just vanished, the show would go on. It's in such an amazing place. The Associates, now Editors, and now one [Executive Digital Editor], are absolutely incredible. What they've done this past year, really they've built Live just as much, or I'd say even more, than I contributed to it," said Zhang.

Continued on A4, Column 1

Keith Robinson to Replace Leon Holley as Biology Department Chair

ELIZABETH CHOU & CHRISTINE LEE

Keith Robinson, Instructor in Biology and Chemistry, will replace Leon Holley, Instructor in Biology, as the Chair of the Biology Department beginning in the Fall of 2020. Robinson has worked in the Andover Biology Department for 18 years and took the opportunity to become the Biology Department Chair because of his long history with the department and his sense of duty.

Robinson hopes to continue expanding the curriculum and to focus more on environmental science and sustainability. This direction for the department was started during Holley's tenure, and Robinson hopes to continue the progress. Specifically, the Biology Department aims to redesign the Biology-100 and Biology-500 courses to highlight environmental sciences.

"As a department, we're heading in a direction where sustainability is becoming an important issue and we're redoing the Biology-500 and Biology-100 curriculums to reflect that. I want to keep developing that, make it as strong as we can, and really make those courses worthwhile both here, but also for lessons that students take beyond," said Robinson.

Teaching students the impact of environmental sciences is crucial for Robinson, especially when he considers sustainability to be of growing importance in the contemporary era. Additionally, Robinson hopes that new curriculums can help students

become more aware of global science issues, aid in the growth of sustainability, and help combat climate change.

"We're at a moment in time where there's a lot of public consciousness about climate change and sustainability, and I think that giving the tools to understand it as well as a little bit of inspiration to try and be part of the solution is a good thing to do. It intersects a lot with our curriculum anyways, and so the question becomes how can we make ecology more relevant and use it to inform you guys not only to your understanding for the test, but also how you view the world and hear the news and interact outside of the classroom," said Robinson.

Eli Newell '20 feels that Robinson's unique teaching style illustrates his potential as the Biology Department Chair. Rather than keeping the course material strictly in-class, Newell noted how Robinson expands ideas beyond campus into real-life situations and current events. This way, Newell feels that Robinson helps his students gain a greater understanding of the importance of science in society.

"One thing [Mr. Robinson] does really well is connect what we're studying to its relevance in our lives and the greater society, whether that's chemistry, what chemicals are used in their industrial obligations, or in biology [and] public health. One thing that [Mr. Robinson] instills very well in his students is how to see concepts as part

Continued on A4, Column 1

Student Council Holds Grading System Forum

AARON CHUNG

The Student Council Policy Committee and faculty members organized a forum on grading and assessments on Friday, January 31. The committee members convened in Kemper Auditorium to provide an opportunity for students to voice their opinions on the current grading system and share alternate suggestions.

According to Newaz Rahman '20, a member of the Student Council Policy Committee, preliminary stages of the forum began with an informal discussion between the committee and faculty members who expressed interest in researching the current grading system. Rahman noted that in an effort to further understand general student opinions regarding Andover's grading policies, the group sent a survey to all students before the forum.

Rahman said, "The very first thing we did was talk about the grading system as a committee with Mr. Mangia and [Juan Gabriel Sanchez, Instructor in History], members of the faculty working group on grading, and we came up with our own perspectives about the issues. And then we opened up a survey to the whole school to have a good understanding of general student opinions, and out of that we got roughly 250 responses in preparation of the forum."

During the forum, students and faculty were divided into smaller groups to discuss major concerns that emerged from the survey. Students were first asked to share their opinions on the current midterm grading system that only indicates a pass or fail for humanities courses.

According to Keishi Kimura '20, a member of the Student Council Policy Committee, many students addressed their inability to determine their exact grades due to the ambiguity

of the current midterm grading system. Kimura additionally observed that despite the administration's intentions of reducing stress, students have expressed anxiety from the lack of clarity at the midterm.

"Some main points were that more students wanted specific midterm grading for humanity subjects, because a lot of students don't know where they stand in terms of number grades from just by looking at their midterms. And that's really something that's important to basically almost everyone and the Policy Committee, as the majority of students that we've heard from said that showing specific grades would reduce their long-term anxiety," said Kimura.

Attendee Abdu Sahibousdiq '21 echoed Kimura's sentiment by indicating the subjectivity of

Continued on A7, Column 1

Abi Ndikum '20 Hosts Dance Fundraiser for Mother's Heritage International

MELISSA DAMASCENO & KAREENA DUA

Abi Ndikum '20 and Af-Lat-Am hosted an Afro-Fusion Regional Dance Fundraiser to raise money for Mother's Heritage International on Saturday, February 1. Mother's Heritage International is an organization that focuses on empowering at-risk women and girls in Ghana. The dance had been re-

scheduled due to weather conditions; it was initially planned to happen on January 18, but was pushed back due to a snowstorm that impaired travel conditions.

Ndikum was the recipient of the 2019 Lorant Fellowship, and she used the opportunity to spend last summer working with the organization in Ghana. The Lorant Fellowship is granted to one member of the Upper class to allow them to pursue a topic of their interest interna-

tionally. After giving her presentation at All-School Meeting in the fall, she felt inspired to continue her work at Andover and looked for ways to engage the student body in further supporting the nonprofit.

"What truly inspired me to set up this dance is that I didn't want my Lorant Fellowship to end by the time I finished giv-

Continued on A5, Column 1

Commentary, A3

Respect at ASM

Sophie Glaser '22 criticizes the lack of student respect at our recent ASM.

Eighth Page, A8

Meet CXLIII

Buckle up, masthead roasts ahead.

Sports, B5

Game Coverage

Boys Swimming & Diving breaks 32 season and personal records in its meet against Deerfield on Saturday.

Arts, B7

Skating Feature


Figure skater Dorian Wang '23 returns to the ice at Andover.

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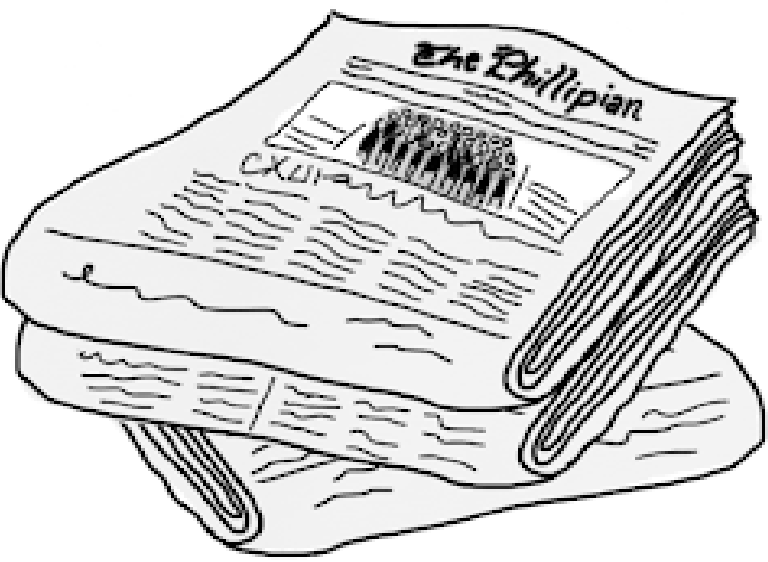
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Out with the peasantry...

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TESSA CONRARDY/THE PHILLIPIAN

The Phillippian Charter

The Phillippian operates on the following principles.

1. The Phillippian strives to maintain professional standards of accuracy, objectivity, and fairness at all times.
2. Staff members have the right to report on and editorialize about all topics, events, or issues, including those unpopular or controversial.
3. The Phillippian will not publish anything obscene, libelous, or detrimental to the immediate material and physical stability of the school.
4. The paper shall not be subjected to prior restraint, review, or censorship.
5. Staff members have the obligation to learn and observe the legal and ethical responsibilities expected of them as practicing journalists.
6. The Editor in Chief assumes total responsibility for their publication.

Why Are We Here?

EMMA FU



DAVID ZHU /THE PHILLIPIAN

ABOUT ONE YEAR ago, I had my first experience with depressive symptoms. It was during the two weeks between Thanksgiving and winter break when I began to lose a sense of purpose. Going to classes each morning felt like a chore, and so did eating. More often than I would like, Paresky Commons just seemed way too far for me; I could do so much more homework if I skipped dinner. I couldn't cry because if I did, I wouldn't stop.

There are too many teenagers in this world today who become stuck in this never-ending cycle of doubt. I was lucky enough to realize what I was heading towards before it worsened, and with the help from family, I managed to escape. Though I may not have come even close to the full extent of the mental health disorder, that feeling of complete loss is ingrained into my memories forever. There is no way I can simply walk away without sharing my story, and my hope

is that it may encourage peers experiencing the same struggle to look for a possible solution in the surrounding community.

The long-dreaded winter term has arrived again, notorious for the number of students whose moods begin to mirror the bleak weather. Since we are at the prime of our educational career, our brains are set to take in as much information as possible. We are not prepared—in fact, nobody is—to fight off that inner mental battle. Since I arrived on campus last fall, I've noticed that Andover students do not talk much about their mental suffering and difficulties. Yes, it is widely talked about in E.B.I. and other programs across campus, but I can say from firsthand experience that for some reason, we do not talk about it to each other.

I think the main explanation for why we refrain from doing so is because we are constantly being told to not spread negativity. I agree, but only to some extent. Andover can be a stressful environment at times, so we are encouraged instead to support each other mentally as friends and as peers. However, we are forgetting one crucial aspect that makes every one of us humans; we can feel lost and miserable as well, and if those emotions are kept bottled up, we will all eventually explode.

Dr. Nance Roy, a clinical professor at Yale University, emphasizes the importance of “promoting social connectedness.” Dr. Roy claims that “feeling connected to campus, family, and friends” is proven to help students cope with loneliness. She phrases it in a way that does not mean we must always be positive and cheerful, because

that would be quite impossible. Instead, the best method is to develop connections with people you can easily contact, and feel trusted enough to confide your emotions in them.

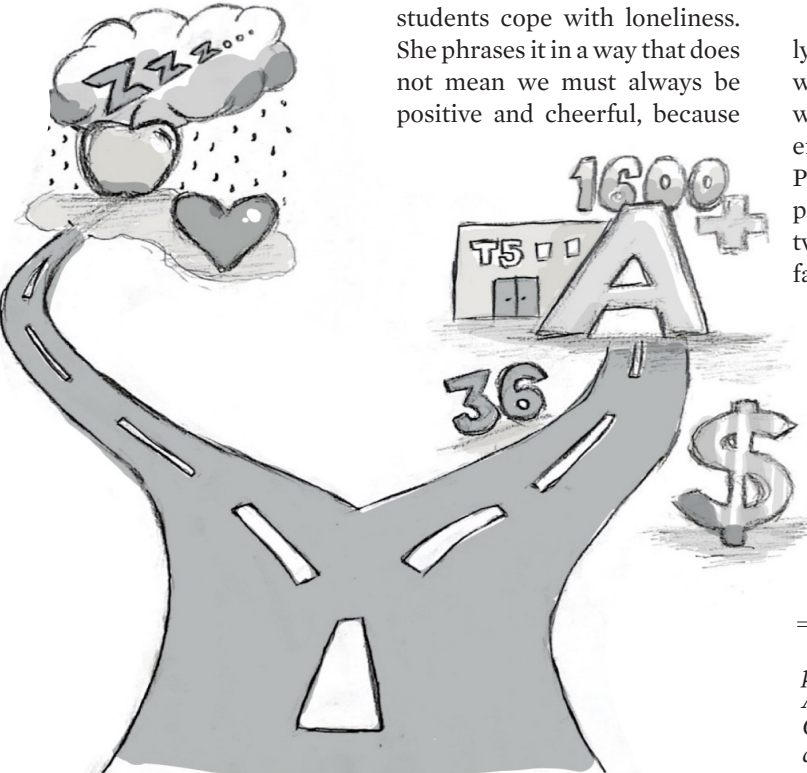
Know why you are putting in so much effort before you actually do it. Pick that 90 percent over the 95 percent if it allows you to sleep two more hours and eat breakfast.

My friends around the world, my family back home, and my counselors on campus all helped me through this period of time. Why am I at Andover? Why did I choose Andover? It's because of the people. When I experienced that mental suffering last winter, it is because I almost failed to see that the solution was the reason why I came: Andover's people. The community's diversity, intelligence, and maturity—this is what makes Andover prestigious and memorable.

Next time you're feeling overwhelmed by the weight of schoolwork or stress, don't attempt to lock up the demons inside of you, because they won't go away. Find a close friend, teacher, family member, or someone else you trust to invest your emotions and thoughts in.

On your own, too, think deeply about how much your actions will impact your future. Know why you are putting in so much effort before you actually do it. Pick that 90 percent over the 95 percent if it allows you to sleep two more hours and eat breakfast. Look forward to every activity in life as a means of mental and physical growth, because it is and will be. And never forget that not only are we all struggling together, we will walk out of it together, too.

Emma Fu is a two-year Upper from Northville, MI and an Arts Editor for The Phillippian. Contact the author at efu21@andover.edu.



EMMA FU/THE PHILLIPIAN

The Phillippian welcomes all letters to the Editor and Copy. We try to print all letters, but because of space limitations, we enforce a 500-word limit. Copy reserves the right to edit all submitted letters. Letters must be responses to articles already published by The Phillippian. Copy will not

publish any anonymous letters. Please submit letters by the Monday of each week to phillippian@phillippian.net or to our newsroom in the basement of Morse Hall. To subscribe, email subscribe@phillippian.net, or write to The Phillippian, 180 Main Street, Andover, MA, 01810.

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CORRECTIONS:

The Eighth Page failed to correctly attribute a graphic. Jimin Lee created the graphic Sports failed to report the correct Andover Wrestling Scores in the title and box. The correct score was 60-0. Sports failed to attribute an article correctly. The Captain feature on Matteo Whelton was written by Jay Aziabor. Commentary incorrectly stated that Sophia Lee was an Arts Associate. Sophia Lee is a News Editor. The Phillippian regrets these errors.

To Everyone Who Didn't Listen at ASM



SOPHIE GLASER

ARIANA WHITE /THE PHILLIPIAN

DR. ALBERT SILVERSTEIN, a Holocaust survivor and professor who fled his hometown of Graz, Austria in 1938, presented at All School Meeting (ASM). Dr. Silverstein's talk combined history, personal experiences, and current events to stress the importance of learning about xenophobia and historic events. As a member of the Jewish community, it was especially empowering for me to see the school acknowledge Holocaust Remembrance Day with such an impactful speaker.

And yet, rather than focus on Dr. Silverstein's talk and important message, I noticed that a significant amount of my peers decided that they would rather nap, do homework, or be on their phones during ASM.

When people sit back, don't take the initiative to educate themselves, and allow for learning opportunities to pass by, hate thrives.

When I looked behind me about halfway through the speech, it was hard to miss the heads facing downwards and bored stares of my peers. As Dr. Silverstein discussed the xenophobia his family faced that caused their separation from one another and

flee their hometown, with only the faint hope of being reunited one day, students decided to spend their energy playing iPhone games and checking the time every five minutes.

I understand that ASM can be long and tedious. I understand that people are tired. I understand that some people weren't "in the mood" for a talk like that. But to the peers who decided that it was not worth giving a Holocaust survivor their undivided attention, I ask them to consider what their actions imply. If you aren't willing to listen during one ASM, how can the Jewish community expect you to stand up for us, make the effort, and listen to the struggles we go through? To put it bluntly, it is awful how people were not willing to make an effort to respect Dr. Silverstein. When we decide that our personal conveniences are more important than educating ourselves about horrible historical events, we run the risk of being unprepared when the time comes to stop the rise of another. When we decide the fact that we are tired, or "not in the mood," is more important than the issues at hand, we allow for xenophobia, oppression, and hate to continue. All of these issues thrive on complicity.

When people sit back, don't take the initiative to educate themselves, and allow for learning opportunities to pass by, hate thrives. Allyship is incredibly important in creating change and fighting hatred. However, allyship requires you to be willing to step up,

even if you aren't energetic or "in the mood" at the moment. So, while it may seem like a flippant and unimportant decision in the moment, paying attention to Dr. Silverstein was a crucial display

If you aren't willing to listen during one ASM, how can the Jewish community expect you to stand up for us, make the effort, and listen to the struggles we go through?

of allyship and solidarity by the Andover community (or, lack thereof). Had one paid attention to Dr. Silverstein's talk, they would have learned about the rise in intolerance

that led to the Holocaust, prompted by nationalist and xenophobic ideas. They would have heard about the people who forced him to flee his country, but also the people who supported him as he started a new life. They would have heard about the incredible courage of his mother and father, who left everything behind in hopes of safety. They would have heard how hateful attitudes lead to injustice, and that, in the face of this injustice, solidarity leads to powerful change.

It's more important than ever to remember that anti-Semitism still exists. There are people who deny that the Holocaust ever even happened, or downplay its significance and the effect it had on the world. Attacks on Jewish people occur almost every week, and a recent report from the Anti-Defamation League highlights the apathetic notions people have towards anti-Semitism and issues related to the Holocaust. According to the ADL, about 1 in 5 Americans believe that "Jews still talk too much about what happened to them in the Holocaust." 61% of Americans believe at least one anti-Semitic trope, such as "Jews have too much power" or "the media is run by Jews." In addition, 11% of adults "harbor deep-seated anti-Semitic attitudes, believing in at least 6 classic stereotypes about Jews." Andover students have a responsibility to combat this kind of hate in the world, starting with educating themselves and being willing

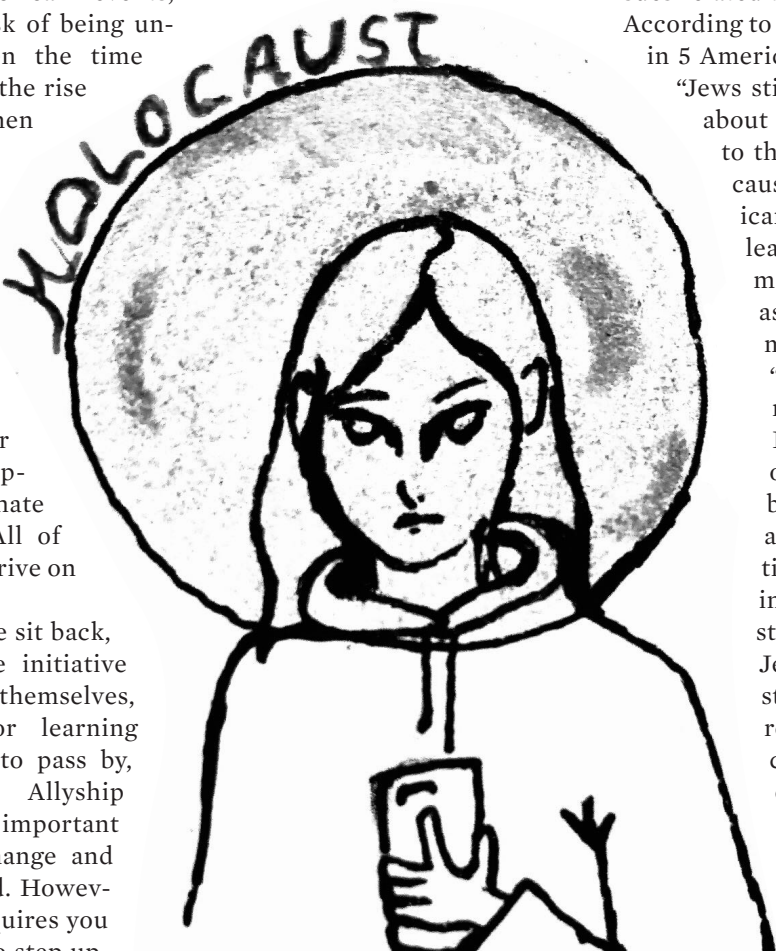
to give up an hour of their day to simply listen to someone whose story matters. To do this, students have to put their personal conveniences and comfort aside to show up for the Jewish community. For too long, ignorance and apathy have fueled the hatred levied against marginalized communities. One of the most powerful ways to combat that is by educating ourselves, and that starts by listening.

I'm frustrated with the disrespect that a large portion

Had one paid attention to Dr. Silverstein's talk, they would have learned about the rise in intolerance that led to the Holocaust, prompted by nationalist and xenophobic ideas.

of the Andover community showed Dr. Silverstein last Friday. The number of living Holocaust survivors is dwindling, and we have to take the opportunity to hear from them and hear their stories while we can. So, to the Andover community, I implore you: Educate yourselves about anti-Semitism. Take one hour off from looking at your phone to be attentive and alert, so that you can hear the words of someone who has endured so much trauma and pain. Be allies as we struggle to make Jewish voices heard, and step up when we ask you to. And, perhaps most importantly: Listen.

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LAUREN LEE/THE PHILLIPIAN

The Human Side to Coronavirus



CHRISTY WEI

ARIANA WHITE /THE PHILLIPIAN

AS A CHINESE CITIZEN, I find it heart-breaking to watch the events brought about by the coronavirus epidemic, and even harder to receive news of racism towards Chinese people and indifferent political commentaries toward the Chinese government. As we discuss this event as a community, it is important to remember that these are actual human lives whose experiences we are speaking of, and we should bring less judgement and more sympathy to the people of China.

Both Chinese citizens and foreign media have called out Chinese Authorities regarding its media cover-up of the epidemic and the inadequate medical supplies inside Chinese hospitals. However, I believe that this is not the time to focus our effort on political commentaries against the Chinese government. As I write this article, tens of millions people are quarantined under lockdown in Wuhan while millions more are forced to quit all daily activities, including my own grandparents, uncles and cousins in Beijing. I don't remember a Chinese New Year filled with more uncertainty

and desperation than the one we've just had—it is precisely because of the administrative flaws of the CCP that makes the situation all the more difficult for the people of China. More than anything, they need the world to abandon its political agendas towards a government whose decisions they cannot control, and support its people with sympathy and aid.

The virus is not a "Chinese virus"—no one has a choice in being infected, and assumptions and prejudices within our communities will only fracture us before the disease even comes.

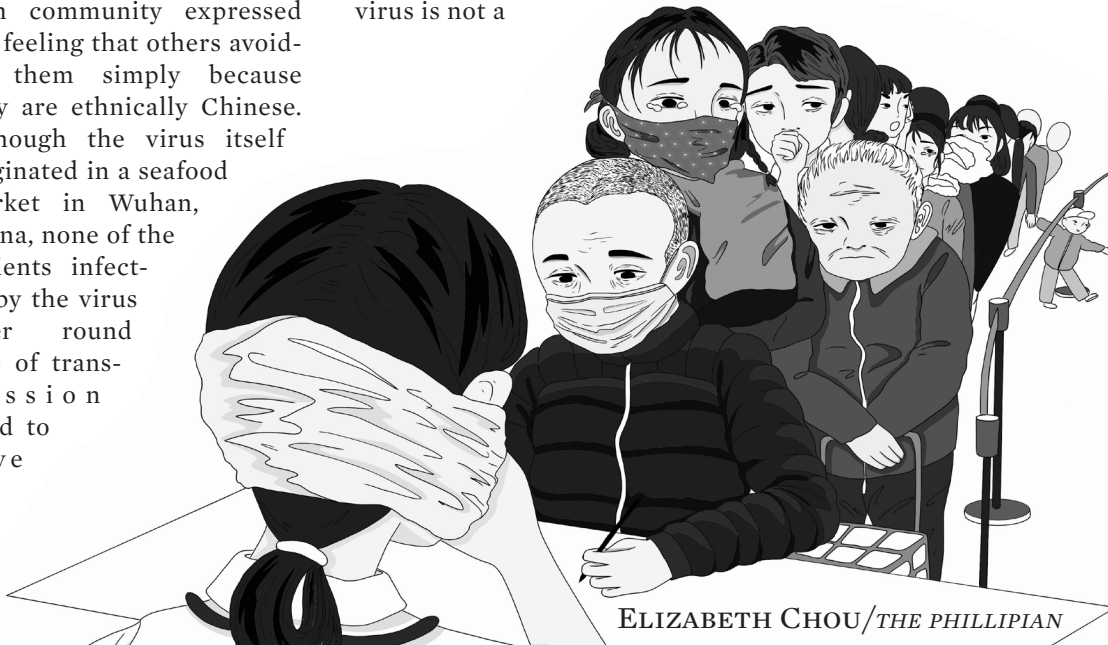
There are videos online capturing hundreds of patients lined up miles outside of the hospital door, waiting for a single diagnosis. The doctors and nurses of Wuhan work over 20-hour shifts under make-shift protective suits and facemasks comprised of saran wraps they've torn from hospital beds, with no food, no bathroom breaks, and deep rubber band scars carved onto their faces. Some people spoke critically of the three bodies left unattended in a Wuhan hospital, but what they miss is that there are thousands more who are living, waiting to be seen, jammed so tightly into emergency rooms that there are no chairs left for them. For the medical staff fighting

on the front line inside Chinese hospitals, every second is a matter of life and death. Entire families in Wuhan have passed away in the span of two weeks over Chinese New Year—these events are traumatizing, personal, and deserving of solidarity from people all around the world.

The last thing we can do is to falsely associate coronavirus with race. In the past week, several students in our own community expressed the feeling that others avoided them simply because they are ethnically Chinese. Although the virus itself originated in a seafood market in Wuhan, China, none of the patients infected by the virus after round two of transmission need to have

come in contact with the market --or even Wuhan-- at all. Like any other virus, the risk of being infected by the coronavirus is dependent on geography, human transportation and physical contact. Whether instances of racism indeed took place on campus or simply infiltrated our minds through recent media reports, it is an issue we should be aware of and sensitive towards. The virus is not a

apartments. A young vlogger in Wuhan documented a restaurant owner who has been sending free meals to hospitals since the first day of lockdown. On a sunny day last week, an elderly woman was pictured practicing Tai-Chi out in a park in Wuhan while couples brought their children on a stroll with face-masks. These are the people who refuse to be defined by



ELIZABETH CHOU/THE PHILLIPIAN

Entire families in Wuhan have passed away in the span of two weeks over Chinese New Year—these events are traumatizing, personal, and deserving of solidarity from people all around the world.

"Chinese virus"—no one has a choice in being infected, and assumptions and prejudices within our communities will only fracture us before the disease even comes.

Finally, is China without hope? Quite the contrary, ordinary Chinese citizens of all ages and walks of life are coming together to defy the consequences of coronavirus. Volunteer groups formed all over the country to buy face-masks, protective suits and send necessities to families who are quarantined in their

the virus, people whose courage and integrity we should respect. I hope that reading the experiences of these people—my people—takes away some of the fears and assumptions that our community has had, so that we can stand in solidarity with those around the world who are affected by this epidemic.

Christy Wei is a two-year Upper from Flushing, NY. Contact the author at ywei21@andover.edu.

Robinson to Pursue Open-Minded Leadership As Department Head

Continued from A1, Column 1

of a larger picture and understand the relevance of what they're learning," said Newell.

To Ash Cohan '20, Robinson's passion for science, teaching style, and unconventional perspective brings a different energy to his classes. These combined elements reinforce Cohan's positive opinion of Robinson as a teacher, and she thinks they will aid his job as the Biology Department Chair.

"He is very dedicated to the sciences and works very hard to make things digestible for people. He cares about climate change, [and] he brings in a lot of real life [examples]

when he talks about it, which makes it easier for people to understand... I think that having a realistic view of the sciences is refreshing because a lot of what we learn is very human-centric," said Cohan.

Although Robinson is looking forward to his time as the Biology Department Chair, he hopes to model the traits he felt made Holley's tenure successful. According to Robinson, Holley's attentive and open-minded leadership in department meetings allowed the faculty to explore new ideas and pursue change within the department.

"He's a really great, calm presence. He does a great job of listening to what we have to say in department meetings. I think that's really important,

to make sure that we're hearing from all of my colleagues and what they feel is important. His willingness to go out and let [the faculty] explore and try things has been great and that's [something] I'd love to keep up," said Robinson.

Newell finds Robinson's promotion to become the next Biology Department Chair particularly exciting, because he hopes that Robinson will be able to influence other instructors with his style of greater-picture teaching.

"I don't really know, entirely, what the role of the chair is or how much influence they have, but if it means that his style of pedagogy is more widely adopted, I think that's one of the most exciting things that could happen," said Newell.



BECKETT MCKEE/ THE PHILLIPIAN

Robinson hopes to implement sustainability as a core aspect of the Biology Department.

The People of the Paper: CXLII on the Newsroom

Continued from A1, Column 5

The masthead of vol. CXLIII's Upper Management has slightly changed from last year, with the addition of a Managing Digital Editor, Stephanie Yang '21, alongside Executive Digital Editor Shira Wolpowitz '21.

Wolpowitz, a former Live Associate, hopes to incorporate digital elements into print sections to streamline the workflow of the paper.

"The biggest idea I wanted to implement was just to make the digital and print sections work together more because something that happens a lot that I've noticed [as] a Live Associate [is] that the print sections kind of work independently, and then the digital sections have to kind of chase after them...I just wanted to streamline it more," said Wolpowitz.

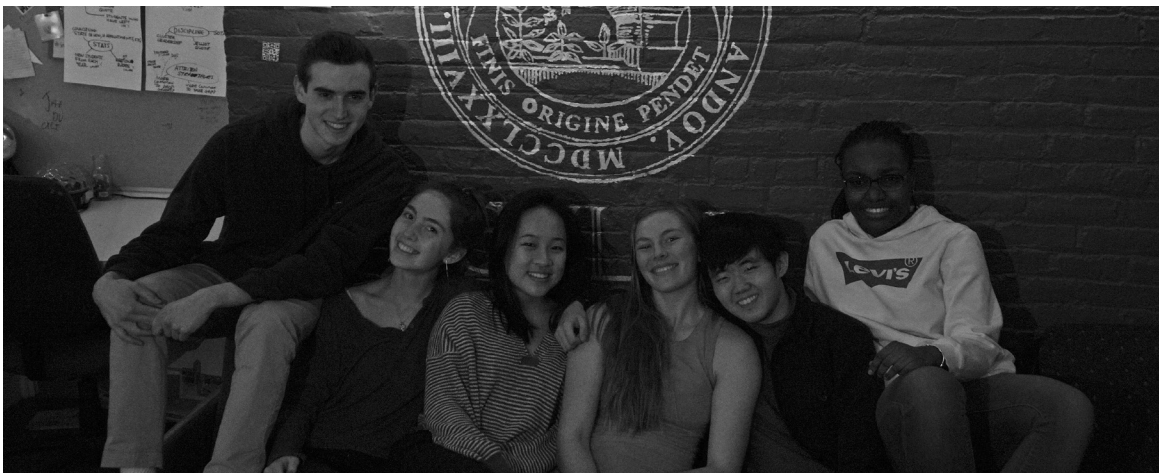
Henrique Chamon '21 replaced Aissata Bah '20 as Chief Financial Officer (CFO). Chamon seeks to promote inclusive attitudes through his tenure as CFO, incorporating equity into his business strategy.

Chamon said, "I was just excit-

ed to be able to have this position to have the opportunity to be [part of] such a high level of *The Phillipian*... It's not just [to] make it more financially stable. [It's] also [to] have it reach a broader audience, become more equitable for everyone so that everyone gets an equal opportunity to join and be a part of the paper and have their voice heard. Not just in the business section, but I want to try and see if I can work with other sections in making that possible."

Andrew Cohen '20, former Managing Editor, worked to reduce the feeling of hierarchy in the Newsroom to promote cross-section dialogue and communication with contributors to the paper. The Upper Management of CXLII established Writers Hour on Tuesdays, eradicating the old rule that writers were not allowed in the Newsroom.

Cohen said, "I think something that I really tried to do, specifically as a member of UM, was to try and make the Newsroom a more fun space, a more inclusive space, because I felt, at least when I was a younger student here, that *The Phillipian* was very hierarchical, and there's a lot of separation between—and even I felt this as an



COURTESY OF SAMSON ZHANG

CXLII established Writers' Hour in the hope of making the newsroom a more inclusive environment.

Associate—Upper Management, Editors, Associates, and writers. So when I became a member of UM, at least in the Newsroom, I wanted to try and make it a more fun space and tried to just be friends with many people, both Editors and Associates."

Cohen, who worked alongside former Managing Editor Junah Jang '20, will pass the torch on to Managing Editors Megan Vaz '21 and Emily Huang '21. Jang reflected on the little moments and tradi-

tions that defined her experience with the Newsroom community.

"On Wednesday night, we do this thing called the cathartic scream, which is something that I started when I joined Upper Management. And, we turn off the lights at that time and I tell everyone to scream out all their frustrations on the count of three. And just having that moment of all the people who are left there, being there together and having that moment together is something that I think I'm really going to miss," said Jang.

Vaz hopes to continue traditions started by vol. CXLII during her tenure while also promoting changes within Newsroom culture.

"Cohen always sat on this huge spinny chair in the Newsroom that leans back really far—we call in the Throne. And now I like to sit on it. Working with the last UM was really fun, but there's a lot more we want to do moving forward... I think having me, a woman of color and underrepresented minority, as a Managing Editor can sort of help to shift our focus toward making the Newsroom a more accepting place where people can feel more comfortable," said Vaz.

Former News Associate Zach Moynihan '21 will succeed Alexandra LeBaron '20 as Executive

Editor. Moynihan hopes to channel LeBaron's hard work and attitude as he assumes his position.

Moynihan said, "I got to know Alexandra in the News section when we were both writers, and I consistently looked up to her for her work ethic, as well as for her creativity... I saw that those same qualities came into play in her work as Executive Editor, so I'm looking to not only channel that same work ethic, but also to connect with the people in the Newsroom."

LeBaron expressed her fondness for her journey with the paper and for the relationships she and other members of the CXLII board cultivated during their time in the Newsroom.

LeBaron said, "This is cliché, but I'll miss the people a lot...it really has been my community on campus. And for the past year of my life, I've spent every single week night in there for at least two hours. So it takes up a ton of my time, and it really is my life here... It's a very grounding thing for me and something that's very consistent in my life. So I'll definitely miss having that community and having this space to share with my fellow board members."



COURTESY OF SAMSON ZHANG

CXLII was the first board to implement a weekly Live show. Thank you for everything, CXLII—you'll "Live" in our hearts forever.

Davis Barrow '20 Flies High With His Pilot's License



COURTESY OF DAVIS BARROW

Davis Barrow flies a Cessna 172R, pictured above. When he's not flying, it's stored five minutes away at Lawrence Airport.

AMBER TING AND MAX GUAN

While some students will drive or take the train in order to get out of Andover, Davis Barrow '20 has a different method of transportation: his plane. Barrow has been a certified pilot since last spring, and stores his Cessna 172R at the Lawrence Airport when it's not in use.

Barrow has been interested in aviation since elementary school and has only become more invested in the piloting community since then. This is partially due to Barrow's older brother, who is also a pilot and whom Barrow flies with to the Outer Banks and the First Flight Airport in Kitty Hawk, N.C., Barrow's hometown.

In an email to *The Phillipian*, Barrow wrote, "I've always been inspired by the beautiful engineering of aircraft. Since I was in kindergarten, I've dreamt of having my pilot certificate. Once my brother became a pilot, I witnessed what a tight-knit and loving community it was, and I simply couldn't wait to join."

Barrow has flown numerous times in the Andover area. His favorite place to fly his plane is Martha's Vineyard, and he has occasionally invited friends onto his aircraft. According to Barrow, he tries to spend as much time in the air as possible, with a yearly range of 50 to 100 hours.

At the beginning of the school year, Barrow was able to fly through the "Hudson Exclusion Zone." He described how this independence was particularly impactful while crossing the Hudson River.

"Earlier in the school year, I flew through New York City to visit my brother in Philadelphia. Over the Hudson River, there is a stretch of airspace called the 'Hudson Exclusion Zone.' In this corridor of airspace, pilots can fly right over the Hudson River without talking to air traffic control. It is a special experience that demonstrates the incredible freedom we Americans have as you fly right next to the Statue of Liberty and directly over George Washington bridge," wrote Barrow.

Andy Zeng '20, a good friend of Barrow's, said he was "shocked" when he first discovered that Bar-

row had his pilot's license, as Zeng didn't even know how to drive a car at the time. However, he now flies with Barrow around once or twice a term and claimed that Barrow's focus and attention to detail provides reassurance to his friends when in the air.

"I've flown with him multiple times. The experience was eye-opening. You get to see Boston from afar and Andover from above. Although the seats can be a little tight, it is all worth it for the view...I really appreciate the way Davis treats everything so seriously, so meticulously, and it allows us to feel safe and relaxed while he's flying," Zeng said.

Even though Barrow enjoys several aspects of piloting, including learning from his brother, having fun with his friends, and flying around different cities, safety is always his top priority. Becoming a good pilot is a learning experience that does not simply stop after certification, Barrow explained.

Barrow wrote, "Flying, while extremely safe, is quite unforgiving of carelessness and foolish mistakes. To address this reality, we rely on numerous checklists. Before every flight, I use a checklist to examine the aircraft. Once in flight, I again use a checklist to ensure I've completed every necessary task...Additionally, pilots are always learning. The examiner who gave me my certificate told me, 'Son, this is a license to learn.' I've seen how that is a very true statement—I'm constantly presented with new situations and tasked with studying new regulations or policies to ensure the safety of my passengers."

Another friend of Barrow's, John Michael Kinney '20, was in-

spired by Barrow to get his own pilot's license through Barrow's recounting of his own experiences with flying. Kinney recalled a particular day where Barrow flew to a frozen lake in Maine. Like Zeng, Kinney also expressed an appreciation for the caution Barrow exercises during flights. In particular, Kinney admired Barrow's rigorous preflight safety ritual before flying.

Kinney said "It's a great experience to fly; it really gives you a new perspective on everything from the air. It's interesting to watch Davis do all the preflight planning and checks, and I'm glad that he takes it all so seriously."

Being a pilot is something that requires a lot of training and experience, which are difficult to pursue during busy school weeks. When asked about the advice he would give to Andover students who are aiming to explore more challenging extracurricular interests, Barrow wrote that he believes all students should make an effort to chase after their dreams.

"Sometimes, at Andover, it's

easy to get caught up in the day-to-day hustle and forget [or] ignore pursuing personal activities. I've found that making time to accomplish my personal goal of becoming a pilot has been incredibly beneficial in my school and business work. The necessities for precision and being meticulous in flying have definitely helped me make fewer careless errors in class. I would advise other students to make whatever sacrifices necessary to pursue their passions, as they will return dividends in the long run," Barrow wrote.

Zeng expressed admiration for Barrow's free spirit and how his flying helps him to take advantage of time with his friends.

"Our trips can be pretty spontaneous... Davis knows that the time we share on this earth is limited, and if you don't take journeys with the people you love, then you are not living life to the fullest. His carefree lifestyle is something I envy deeply," said Zeng.



COURTESY OF DAVIS BARROW

Davis Barrow smiles from the cockpit of his plane.

Drink Wholesome: Jack Schrupp Creates All-Natural Protein Powder

HANNAH JUSTICZ

Uncomfortable with the idea of ingesting traditional protein supplements packed with additives and highly processed foods, Jack Schrupp, Teaching Fellow in French, contrived his own protein powder in college to enhance his performance in ski racing. Last month, after developing his own natural formula for a year and a half, Schrupp unveiled his new company, “drink wholesome.”

“drink wholesome’s” two flavors of powder, “pb coconut” and “mocha,” are free from artificial flavoring, emulsifiers, stabilizers, and thickeners, as such additives can increase the risk of chronic diseases like obesity, heart disease, and cancer, according to drinkwholesome.com. After discovering that others were interested in his product, Schrupp experimented with various ingredients to fine-tune his recipe.

“I tried an insane number of different things, and they all tasted so bad. I can’t even begin to tell you how bad the first iterations were. I tried things that really shouldn’t be in a protein powder. It took a really, really long time and a lot of soul-searching before I was actually able to formulate something that tasted good and performed like conventional protein powder, meaning that it was soluble and creamy and didn’t settle out after ten seconds,” said Schrupp.

According to Schrupp, the process of becoming an entrepreneur and learning how to build a company has been a new, but rewarding, experience.

“I had a phone call today with this big beverage, news, and consulting company that does marketing and consulting for beverage companies... It was just an interesting conversation, one that I never anticipated having. If you asked me a year ago if I would be having that conversa-



BECKETT MCKEE/THE PHILLIPIAN

Jack Schrupp hopes to alter the male-centric perception of protein powders with his brand “drink wholesome.”

tion today I would have said no,” said Schrupp.

As a coach of Andover Nordic, Schrupp has inspired the team with his business endeavors, according to Kate Pfister ’21.

“It’s really inspiring to see one of our coaches living his best life, and we have really built some team camaraderie around [Schrupp’s company], and it’s really inspired some of us to race hard with our whole heart. That’s what Coach Schrupp puts into his company,” said Pfister.

Eli Newell ’20, Co-Captain of Andover Nordic and Proctor in Stuart House, has enjoyed witnessing both Schrupp’s business pursuits and his commitment to developing a natural formula.

“It’s been really inspiring for me to watch Mr. Schrupp over the past year and a half, in [Stuart House] and on the team, build drink wholesome from an idea into a marketable product and brand. It’s been pretty exciting to watch that process,” said Newell.

In the future, Schrupp hopes to expand drink wholesome’s market by selling vegan products and embracing clients beyond what Schrupp sees as the hyper-masculine culture associated with protein powder.

“drink wholesome is coming out with a plant-based protein soon. [With] chickpea protein, the flavor will hopefully be matcha, trendy. So for all you vegans out there, that will be an attractive option, I think. drink wholesome currently uses egg whites, which are a great source of protein but not vegan,” said Schrupp.

He continued, “Protein’s pretty masculine, right? It has that hyper masculine vibe. Girls do drink it, but it’s not as marketed. Until very recently, it was not marketed towards women at all... I think everybody needs protein, and I think [drink wholesome is] a great protein for someone who is looking to eat clean.”

Regional Dance for Charity Organized by Abi Ndikum ’20 Reinforces Community Spirit

Continued from A1, Column 3

ing my speech at the ASM. I really wanted to pursue another project that would give back to the organization because they were so kind to me during my stay in Ghana. They really transformed my way of thinking and really just transformed my own self-confidence. So, I wanted to find a way that I could engage the student body so that we could give back to them, because again, the Lorant Fellowship wasn’t a single person adventure, it was something that the entire school should be able to learn and grow from,” said Ndikum.

Mothers Heritage International is a nonprofit organization based in the Volta Region of Ghana that provides support to at-risk women and children. According to the organization’s website, they are focused on providing refuge for mistreated women in the area, a variety of educational and medical missions, and vocational education programs. According to Ndikum, most of the funds raised at the dance will go into the medical missions.

“The money that I fundraised is going towards these medical missions because when I was talking to the COO, she said that it takes about \$800-1000 to hold these missions. I really wanted to help out so I planned to make enough to support one of these missions. We’re still waiting for the final number to come at the end of the dance.. but luckily, we still met our initial goal of \$1000 and will be able to support one of these medical missions,” said Ndikum.

Lohi Ehimiaghe ’21 spoke to how palpable Ndikum’s passion in organizing the regional and her project was. Ehimiaghe also noted the importance in celebrating the accomplishments of Ndikum’s fellowship.

“I really support everything Abi’s doing. She is such an awesome person and you can just tell, the passion she put into this whole dance and the regional, and how she puts 100% into everything she’s doing, you can tell how passionate she is about her project, it’s awesome. Also, I think the regional [dance] was super important, because it brings people together from different schools and we’re all

able to celebrate one thing,” said Ehimiaghe.

Students from surrounding schools, including Phillips Exeter Academy, Middlesex, Noble and Greenough, and Cushing, attended the dance. Ndikum was overjoyed by the high energy of the dance and expressed how it went exactly as she had planned. She described how, despite fears of low turnout, the dance surpassed her expectations.

“I admit that in the beginning, I was extremely nervous about the turnout because it is February, people had school, it was a long weekend, [and] people had to go home. But because of scheduling conflicts, I couldn’t push it to any other weekend in the month. But, so many people from other schools came, and the DJ was just terrific. People danced in the center; there was line dancing, people were forming little circles of celebration, people just dancing themselves off. It was such a good time and honestly just such great vibes,” said Ndikum. People who attended the dance fundraiser also felt the lively energy that Ndikum described. Olwethu Ngubo ’21 mentioned her love of the music and the connections she made with other students at the

dance.

“I thought it was so much fun. It was an Afro-Fusion dance, so they played a lot of Afro songs, and Afropop and Latinx songs, so it was very enjoyable. There were a lot of people from other schools. There were at least five schools, and it was mostly people of color... People were dancing together and even people who didn’t know each other; like I was dancing with a girl who I just didn’t know and had just met that night. That was the atmosphere of the entire dance,” said Ngubo.

Ngubo also articulated her admiration of Ndikum’s efforts in extending the impact of her Lorant Fellowship.

“I think that Abi is amazing, she’s a queen. I admire her so much and when she gave her speech at ASM, I was just so amazed by how much she had done for the organization. And the fact that she’s still continuing to put time into this cause and that she didn’t just stop there, that she hasn’t forgotten about her experience and the people that she helped, and that she’s still taking specific steps to help them, is just incredible,” said Ngubo.



ASHLEY VENSEL/THE PHILLIPIAN

As the recipient of the Class of 2019 Lorant Fellowship, Abi Ndikum ’20 planned the regional in order to add onto the work she did over the summer.

NEWS IN BRIEF

Reporting by Phillip Ko

THIS WEEK

Saturday, February 1

Mindfulness instructor **Matthew Hepburn** held a **daylong mindfulness workshop** titled “Equanimity: The Art of Deep Balance” in Davis Hall on Old Abbot Campus. The workshop began at 10:00 a.m. and focused on the incorporation of mindfulness into our daily lives.

Sunday, February 2

The **Andover Chinese Student Association** held an **Interscholastic Lunar New Year celebration**, with attendees from boarding schools such as Governor’s and Phillips Exeter Academy invited to participate. The event was held from 11:00 a.m. to 4:30 p.m. in several locations on campus and featured a multinational buffet, a talent show, Chinese calligraphy and games held in the Snyder Center.

Monday, February 3

Dr. Amy Patel, Medical Director of the Rebecca M. Sykes Wellness Center, sent an email to the Andover community explaining that **a student suspected of having the novel coronavirus**, 2019-nCoV, at the **Yale Model United Nations** conference held the week before, had **tested negative** for the virus. However, an individual in their twenties at the **University of Massachusetts Boston** recently **tested positive** for the novel coronavirus.

COMING UP

Friday, February 7

At 6:30 p.m., **CAMD Scholar Jeffrey Steele ’20** will be presenting “The Digital Mirror: How Minority-Focused Casts are Revolutionizing Representation in Television” in CAMD. Steele will explore positive representation for minorities in media and why it should matter.

Tuesday, February 11

The PSPA Speaker Series will continue in Kemper Auditorium. Co-sponsored by Sykes, from 6:30 p.m. to 9:00 p.m., Andover guest resident **Lynn Lyons** will be **discussing how to prevent anxiety and depression among teenagers**. Lyons is an internationally recognized psychotherapist as well as a distinguished author of several books revolving around anxiety in children.

Friday, February 14

Professor Angela Davis of the University of California will come to Andover to discuss her activism and scholarship as a prominent figure in various social justice movements, including the Black Power movement. Her talk will take place in the Cochran Chapel from 7:00 p.m. to 8:00 p.m.

CATHERINE NGUYEN/THE PHILLIPIAN

HERE AND THERE: THE WORLD RIGHT NOW

Staff Report

The following selected domestic and international events provide an image of the world in brief.

CULTURE

Jennifer Lopez and Shakira Perform at Super Bowl LIV

Jennifer Lopez and Shakira performed at the halftime show of Super Bowl LIV, making history as the first Latina duo to ever headline the show. Lopez performed some of her most popular songs, such as “Jenny on the Block,” “Ain’t It Funny,” and “Get Right.” She closed her set with “Waiting for Tonight.” Shakira opened with “She Wolf,” then performed a medley of her most popular songs, including “Hips Don’t Lie.” Their performance sparked online conversations about how the performance industry’s fixation with youth may be waning, as both Lopez and Shakira are over the age of 40.

Coronavirus Spreads

HEALTH

Chinese officials estimate that the latest death toll of the coronavirus is at 563, with 28,018 confirmed cases in China alone. In the United States, the virus has been confirmed in 12 states. Novel coronavirus (CoV) is a larger family of illnesses that are zoonotic, which means that the virus can be transmitted between animals and people. A new strain, 2019-nCoV, is causing world-wide panic as it has not been identified before in humans, according to the World Health Organization.

POLITICS

U.S. Senate Acquits President Donald Trump on Both Articles of Impeachment

The Senate voted on Wednesday to acquit President Donald Trump on both articles of impeachment—abuse of power and obstruction of Congress—that arose after the investigation of Trump’s conduct regarding his relationship with Ukraine. The vote was split along party lines, with only one Republican, Senator Mitt Romney (R-UT), breaking partisan barriers by voting to convict Trump on abuse of power.

France and Turkey At Odds With One Another in Libya

WAR & CONFLICT

French President Emmanuel Macron said on Wednesday that Turkey breached the terms outlined in an international agreement to uphold a United Nations arms embargo and halt interference in the region, as Turkish warships accompanied by Syrian mercenaries were found arriving in Libya. The Second Libyan Civil War is an ongoing conflict that began in 2014; currently, Turkey backs the UN-supported Government of National Accord in Tripoli, whereas France assists a rival government aligned with the Libyan Arab Armed Forces.

Today in *The Phillipian*’s History:
Ping-Pong Play On In Commons (February 7, 1942)

CATHERINE NGUYEN/THE PHILLIPIAN



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ARIANA WHITE/THE PHILLIPIAN

10 Questions

with

Ms. Sripad

REPORTING BY ROBERT NICOLAS

Chand Sripad, Chemistry Lab and Safety Supervisor, is responsible for monitoring the safety of chemistry labs as well as setting them up. She will have worked at Andover for 28 years this April 1. Originally from Roorkee, India, Ms. Sripad has been a citizen of the United States for 38 years now. She is an Andover resident.

1

What was your childhood like?

I was born in a city called Mysore, which is in [the] south of India, and I was raised in a place called Roorkee...It was a small town, [but] it has now grown. It's at the foothills of the Himalayas, and that's where I grew up—actually, where I did my schooling and my master's as well, because there's a big university there. That's where I got my master's in Chemistry, too.

2

What is one thing you've learned during your time at Andover?

I think over the course of the time that I've been here, I've learned to adapt very quickly [to] accept changes that people want, and to be patient with all of that, because patience is really, really important. [It's] key... to working here because

you have to be ready, because people will ask for different things. You have to be able to deliver and... not be worried about it or anxious about it. It has taught me a lot of patience, this job.

3

What is it like working with students from all different Chemistry levels?

The teachers here do a wonderful job of meeting the students at whatever level they are at, and they are so helpful. I try to do the same if they ask me for something, because usually even [Biology] kids come up sometimes to request material, or to use the balances, or some cross work that they are doing, and I like to be available to them. I like to work with all levels of students. Today, we had a [Chemistry-580] class which I was setting up for yesterday, and it all seemed to go very well. It's a complicated lab, and it...seems like they're handling it very well.

4

What are some things you want students to know about working in chemistry labs?

The most important things when one is working in the [chemistry] lab is to be mindful of safety, mindful of [the] lab partner whom usually they pair up with, mindful of their space, respectful of the equipment that they are using, and respectful of their [classmates] and their teacher in their interactions.

5

What is your favorite thing to do off campus?

I have always been involved since I was six years old—that far back—in Indian dance and music. I've actually been part of a group in the local area. I don't perform that often, but I know a couple of classical dance forms, and I've performed them all. So, I would say Indian dancing and music is predominantly big... in my life. It has been for a long time, and [I have shared] that passion with the community here. I [have] brought in folks to perform here, [like] dancers and musicians as a part of Abbot [Academy] grants. I got three Abbot grants to do that.

6

What is your favorite branch of chemistry?

We teach mostly in organic chemistry, so you know it's just organic at the school level. [Chemistry-300] is a college-level course. [Chemistry-550] and 300, they prepare you for college very well, really. I mean, sometimes when you go to college, you have to repeat level one of chemistry there as well, but I majored in analytical chemistry, so it helps

7

If you could go anywhere on vacation where would you go?

Oh my gosh. The bucket list is so long...I'm trying to work them [out], but I would really say that...if I could hike Kilimanjaro, that would be great. My family and I have hiked other places, and I think that would be just amazing. Close following is Machu Picchu, which is just as wonderful, so I think I would put Kilimanjaro as number one, because then you get to go to [the] Serengeti.

8

What is your favorite sport?

I don't have a favorite sport. Growing up in India, I played badminton a lot. I played at college level, and cricket is the big thing in India... My dad used to play, my brother played, so I'm still involved in cricket and I still love to watch cricket. I subscribe to channels and watch it, especially when the World Cup is on. I did play basketball [and I also] love to watch basketball. I love to watch tennis, [too]. I wouldn't say there's one favorite, but I would say that I like to watch sports.

9

What is your favorite book?

Different books come into play when you're younger, but...Kahlil Gibran's "Prophet" still remains today one of my [favorites]. I read it every now and then, and I [get] a lot from it. I think as I'm moving on in my life, I seem to get more out of it.

10

What is your favorite part about the job?

[My] favorite part about my job is [getting] to come here... It is to troubleshoot, make things work for [students] and the teachers, [and] to see the smooth running of the lab program. I also interact with work duty students. Usually I have quite a bit of them because I do require their help in the labs, and they do a marvelous job for me... I love interacting with them. It's a space where they chit-chat and have conversations, so I've come to know a lot of kids that way.

Albert Silverstein on the Importance of Community

ESTEE DABBOUS

Andover welcomed Dr. Albert Silverstein, Holocaust survivor and Professor Emeritus in the Department of Psychology at the University of Rhode Island, for All School Meeting (ASM) on Friday, January 31. Silverstein, originally from Graz, Austria, was in the Kindertransport program during World War II when he was a young child.

Silverstein began by recounting the historical context of his evacuation from his hometown and later his escape from Austria following the German invasion in 1938.

"When I was three and a half, the government of the nation I was born in, which was an independent republic then as it is now, was overthrown... Austria was essentially invaded by Germany in the year 1938... We were told to evacuate, and [I went to] live with a friend of my mother's, and shortly after that, I was able as a child to escape Austria and its strongly anti-Semitic and largely anti-parliament attitude on a program called the Kindertransport program," said Silverstein.

The Kindertransport program served to relocate Jewish children from Germany and Austria to various places in Europe. When Graz was invaded by German forces during the annexation of Austria in 1938, Silverstein was placed on a Kindertransport train. After arriving in London, England, he was

taken in by the Walsh family, who fostered him for over three years.

"The Kindertransport association, which was an international program founded particularly for Britain and worked with by the Jewish communities of Germany and Austria evacuated [more] than 10,000 Jewish kids from the three major cities of Germany and Austria...I was one of those kids who got on one of those Kindertransport trains and traveled all the way across Austria and Germany, into Holland, up to the English Channel...At that point, the transportation of cars were put on a ferry that went across the channel rehooked up with an English locomotive. The termination of that journey was at Liverpool Street Station in London."

Silverstein expressed his gratitude to the Walsh family for their role in sheltering him during the war. He remains in contact with the family, whom he grew close to, particularly the children.

"[The name Walsh] was always sacred to me, because I lived with them for, pretty close to, well more than three years. They saved my life, and they were good to me...and they weren't Jewish, so there was no ethnic obligation for them to do this...I have been in touch, on very intimate terms, with the surviving Walshes," said Silverstein.

According to Silverstein, his mother was able to meet him in England before they reunited with his father by volunteering as a chaperone for the last Kindertransport train out of Austria. In

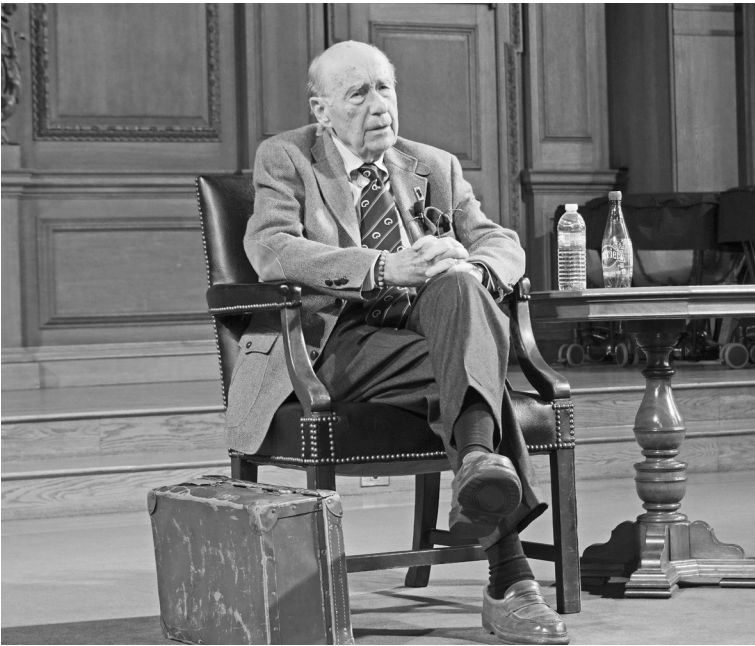
October of 1940, the Silverstein family moved to America.

Despite not being too familiar with the speaker before ASM, Sophie Glaser '22 appreciated Silverstein's talk in how he shared both personal and global history.

"Going into this week's ASM, I actually didn't know a lot about the speaker, so it was hard for me to have a clear idea of what he would talk about. I was really interested in hearing his story, and I liked how he combined history and his own life experiences to provide context for the terrible events of the time. I also was not expecting him to tie it into current events as much as he did, and I thought the points he made about xenophobia and oppression were really poignant," said Glaser.

Glaser continued, "I was sitting next to a friend who was also Jewish, and we were able to support each other as we listened to Dr. Silverstein's words that brought us a lot of grief and brought these horrific events to the forefront of our minds. There were definitely times I cried, but I think Dr. Silverstein also reminded me of the strength and the resilience of the Jewish community."

Thomas Fritz, Instructor in History and Social Science, shared his insight regarding the importance of learning about events like the Holocaust. He was inspired by Silverstein's story and believes that in keeping students educated, they will be equipped with the skills needed to confront these issues.



TYLER WEI/THE PHILLIPIAN

Dr. Albert Silverstein, pictured above, with the suitcase that he took with him on the Kindertransport trains.

"It is important to remember, as Dr. Silverstein reminded us, the European concentration camps were liberated 75 years ago. While that may seem like ancient history for many, it is still an event [that] survivors can recount. And while we would like to think horrific genocides ended when those camps were liberated, we know otherwise. Even in the twenty-first century, atrocities are being committed against groups solely based on ethnicity or religion," wrote Fritz in an email to *The Phillipian*.

Silverstein concluded his speech by emphasizing why he

continues to travel around the world to speak with both schools and philanthropic organizations about his experience during the Holocaust and World War II.

"The Holocaust [is] the most egregious, and alas, successful example of this kind of bigotry...I am so horrified by this, and I know that the only alternative, the only medicine that can oppose this is education. It is the only hope, this kind of education for suppressing and curtailing the type of hatred that is so very common in human existence, and as I said, exists still today," he said.

Students and Faculty Organize Forum on Grading and Assessment at Andover

Continued from A1, Column 1

grading within the humanities, such as participation and effort. In order to reduce this vagueness, Sahibousidq believes that teachers should specify areas of improvement for students.

Sahibousidq said, "The conclusion that I came to with the group is that midterm grades, especially for humanities classes that grade out of pass and fail, should be reformed to give a one-to-six scale. That would allow students to know where they are coming into the midterm, what they can improve on specifically. So much of the grading in those classes depends on subjective measures like participation and effort, and it's really hard for students to calculate their own

participation without teacher input. So we thought there were teachers sort of lacking in providing that input to students, so that they can better understand their grade."

According to Kimura, another area of discussion included the potential replacement of the number grade system with alternate suggestions such as percentage-based grades. While Senior class representative Ugo O'Gonuwu '20 argued that the implementation of a new percentage-based system might induce more anxiety within the student body, he also noted that the current number grade system does not accurately reflect a student's effort in classes.

"I think during our small group discussion, one person shared her experience going to a percentage-based school. But then I worried that there would

be some kind of cut-throat atmosphere, like the students trying to get from 91 percent to 92 percent. So even the smallest advance over someone else or on a test will matter too much to students who are already competitive," said O'Gonuwu.

He continued, "But I think a system in which there is a clear difference between a low and a high five is important because of such a large disparity of how much work you put in. So you get a 92 percent in the class and get a five and 93 percent and get a six and it's not really reflective of your effort, because you can get an 85 percent and still receive the same grade."

The forum concluded by allowing students to share personal classroom experiences that they found to portray a fair grading system. Though facing opposition from other participants,

Sahibousidq found that the submission of writing assignments without student names was a fair method of verifying an instructor's objective standards.

"I know a lot of students had mixed opinions about anonymous grading, a system in which you submit assignments without the without your name on it. So the teacher doesn't know it's from you, and then they grade it. So a lot of people are for that, a lot of people are against that. So it's kind of hard to say what is fair and what is unfair. I guess that's the point of all forums and student feedback, but I guess there's just a difference among the student body," said Sahibousidq.

According to Sanchez, immediate changes in grading policies are unlikely due to profound disagreements among the participants. Sanchez believes, however, that the forum was a

considerable start for students and faculty to understand each other's perspectives regarding a more equitable and consistent grading policy.

Sanchez said, "As of right now, a lot of participants agree with certain aspects of grading, while still heavily disagreeing in many other specific details. This will likely lead to further discussion of the topic, rather than implicating immediate changes to the system. However, I think both the students and faculty members got to learn a lot of each other's opinions on the topic. I think we should take each other's criticisms with a grain of salt and work towards the common goal of creating an equitable educational experience that follows our school values."

THIS ONE’S ALSO FOR KOBE.

The Phillipian

The oldest preparatory newspaper in the United States. Founded 1857.

Vol. CXLIII
Phillips Academy

BANANA <i>Amy Klobuchar 9 Months From Now</i>	Arts & Leisure Fu Fighters “Moose” Suitcase Boy	Layout Class Rep #2 yEaRbOoK CEO/FO/OO of Baking Club
Token White Male <i>Managing Micro-Manager</i>	Commentary “Hockey” “Player” Kokick Ur A\$\$	Live <5 Youtube Views Unnamed Cameraman Forgettable Reporter Esteban Julio Ricardo Montoya de la Rosa Ramirez
Shira WOAT-powitz <i>Executive of Useless Resources Drain</i>	Copy Tessa Wannabe Nile River But Vertical Mrs. Abrishami Quirky! Mr. 2nd Time Around	Multilingual Sk8erBoi Theo Fuhgeddaboutit
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Unbranded Alcohol <i>(Here on a Technicality, But) CFO</i>	Illustration Class Rep #1 The Last Pez	Video Griffin Clout Vlogger Lieutenant Owyang
	Advertising sToNkS	Business New QuoteMan

• • • • •

“That’s a little preten-
tious coming from you,
Hudson.”

• • • • •

“When is Khan
Academy’s application
deadline?”

• • • • •

“No grape Lifesavers? Well,
there goes Bio for the day.”

OVERHEARD
ON THE
PATHS

• • • • •

“I need to go to
the LCG for
conference.”

• • • • •

“Ooo, wintergreen over
cinnamon! Who’s the
lucky lass?”

• • • • •

“Oh, New Hampshire?
Where in SoHo is that?”

• • • • •

THE WEEK’S TOP HEADLINES

- *Visiting Empathy Master Wonders What Selfish People Feel Like*
- *Mr. Ventre’s Prom Date Is Actually Just Him In a Wig*
- *Student Who Fakes Sick to Sykes Diagnosed With Coronavirus*
- *Upper Management Tensions Affecting Nobody Outside of The Phillipian*
- *Couple Always Making Out in the Den Expelled, Thank God*
- *Day Girls Cast On MTV’s “Jersey Shore: Pomp’s Edition”*

Yet Another Request For Personal Time

(seriously, what is up with everyone’s time management?)


Dear Dr. French,

I know that our History-310 Paper is due in fifteen minutes, but I would really appreciate personal time for class today. I was finishing up my paper last night in my room when I saw the glint of something shiny on the floor in the hallway. As one does, I went out to see what all the hullabaloo was about. I came to find the shiny object to be a quarter from 2011 with the Gettysburg National Military Park on it, which really piqued my interest because I was under the impression that the Gettysburg quarter only came out in 2012. So, after spending about an hour and a half or so pondering this dilemma, I went down and got my coin-collecting book from its hiding spot in the kitchenette. Turns out the Gettysburg quarter actually came out on January 24, 2011—who’ da thunk! So, anyway, I go back up three whole flights of stairs only to see the door to my room locked, both my computer and my key still inside. Since all of my house counselors had decided to all go up to Portland to see Third Eye Blind together (on a Tuesday? really?), I got my proctor to call PAPS for me, but they had to take some other girl to Sykes first. Eventually, at about 12:45 a.m., they finally arrived, and I was able to start my paper. I understand if you can’t grant personal time to me, but in that case, I will be taking the cut. Thank you and have a great day!

--Shnily Shrademacher


WE KNOW YOU MET THESE PEOPLE AT YOUR SUPERBOWL PARTY

Karen




Her 14-year-old son just got sent to his bedroom for punching his brother when he was skipped in Monopoly. Karen has no idea what is going on but likes to yell “go team!” and say weird facts about player controversies and their wives.

Myles




A 9-year-old ball of fury. He constantly calls you inappropriate names and gives you wedgies. Also thoroughly enjoys making fun of your bachelor status and throwing things at you.

Susan



Only there for the commercials and to show off her spinach artichoke dip. Talks WAY too loudly during the game and asks people to explain the jokes behind commercials she does not get. She told her husband to leave the room during the halftime show.

Larry



Goes hunting three times a week and is rooting for the Niners because he met his first love in San Fran. Legally changed his name from Billy because he owed too much money to his bookie, so keep it on the DL that he came.



The Phillipian SPORTS

Volume CXLIII | Number 1

8:40 pm. it's
CXLIII time.

February 7, 2020

BOYSSWIMMING&DIVING

Andover Defeats Deerfield in Final Dual Meet Before Easterns

CHRISTINE MICHAEL

SATURDAY	
Deerfield	44
Andover	140

Marcus Lee '21 placed first for a season best in the 100 Freestyle with the time of 47.25 seconds. Lee's hard work in addition to the 32 other season and personal best records set by Andover Boys Swimming & Diving assisted the team in its win against Deerfield with the score 140-44 on Saturday, maintaining an undefeated record.

According to Ralph Lam '22, Andover stood out during this past weekend's meet because of the new records set by numerous swimmers on the team.

Lam said, "This meet was special because we've had more in-season and all-time bests. I know that Hank Yang ['22] and Brendon Fang ['22] went best times this meet. That's just an expression of the hard work that they've put in. The meet was a great indicator for what we will achieve at Easterns. I think that everyone performed really well and that overall the team was looking really strong."

Andover hopes to use Saturday's meet as an example

for what the team must do to achieve its optimal outcome at Easterns, according to Yang.

"All the races were pretty memorable, and we can use all of them as good examples to learn from them and prepare for our championships. We have a really strong and fast group of swimmers, but I think the most important thing is that we [supported] each other and we didn't let anything distract us. We didn't worry about the outcome of our races. We just went in and did our best and tried to swim fast. The fact that we were able to focus on our own swims and not get distracted by anything is what really helped us in doing well at Deerfield," said Yang.

Yang continued, "Every meet is kind of a challenge because it's all a rehearsal for our eventual championships, so going in and being able to stay focused and swim fast is always a challenge. There weren't any surprises at Deerfield, though. The way we approached the meet was a bit different because when you have a home meet, you have your home crowd. It's fun to swim in front of people you know. Going into a place where people are not exactly cheering for you, it's a little bit different, but I think that just brings our team closer to each other because it's just you and your teammates."

The team anticipates a slight shift in its usual practice routine to prepare for Easterns, according to Trey Wolfe '23 and Yang.

Wolfe said, "Right now the focus is just Easterns. I feel like we've been doing a great job preparing for Easterns. I speak for everyone saying that we would all follow [Head Coach David Fox] to the end of the earth. We have a lot of trust in him, and a lot of the older guys on the team say that what they've done that has worked in the past is going to work now. The team has a lot of trust in our coaches, and we just need to do what they put in front of us. Right now moving into taper season, it's going to be a lot of speed work. We're just trying to get up and go, and that way we'll be ready to race at Easterns."

"These two weeks will definitely be focusing on bringing our volume down and but keeping our intensity up. We'll definitely be more aware of how we sleep, when we sleep, what we eat to make sure we are fully equipped to swim fast when it comes to it next week," added Yang.

Andover will compete at Easterns in two weeks.

Editor's Note: Ralph Lam '22 is a Video Editor for The Phillipian.



MELINDA ZHANG/THE PHILLIPIAN

Co-Captain Arnold Su '20 out-touched Co-Captain Sam Donchi '20 by 0.62 seconds during the 100 Meter Butterfly.

GIRLSSWIMMING&DIVING

Andover Girls Swimming & Diving Defeats Deerfield in Preparation for Eastern's



BECKETT MCKEE/THE PHILLIPIAN

Andover's 400 Freestyle Relay finished in a time of 3:45.25, marking its fastest time in the event this season.

IZZY ALVAREZ & AVA SULLIVAN

SATURDAY	
Deerfield	82
Andover	96

Andover Girls Swimming & Diving swept the top four places in the first individual event of the day, the 200 freestyle, beating the closest Deerfield swimmer by 3.08 seconds. This past Saturday, the team traveled to Deerfield and clinched a 96-82 win. The team's record now stands at 4-2.

Despite missing two swimmers, Andover dominated Deerfield and had swimmers place first in 9 events, according to Grace Hwang '22.

Hwang said, "Two of our swimmers [were out]. One of our swimmers was sick and the other [was busy], but I think our whole team did a really good job making up for that even though our team got a little smaller. I think we did a very good job compensating for that."

According to Gwen Empie '21, the team's goal for the meet was to maintain high levels of

energy before it starts preparing for Eastern's.

Empie said, "Our goal for this meet was just to give it everything we got. Looking at scores going into it, we knew it was going to be less competitive than some of our other meets so we set our lineup up to do what we needed to do to maximize both points and efficiency for our team.... Going into Deerfield, we had a little bit of a higher intensity week because we are going to have to start lowering our intensity going into Eastern's."

According to swimmers Daphne Edwards '23 and Empie, Veronika Kisova '23 and Graeleigh Jones '21 have demonstrated their strengths as swimmers through their versatility.

Edwards said, "Veronika has been a very strong swimmer this whole season and she is really good [at] switching from her five hundred right into the relay, which is special."

"I think Graeleigh has been a really strong asset for our team—both her individual events and her contributions in our relays are very helpful.... Also, she is just a great teammate. She is always the first one to congratulate you after a race and she's just a great person to have around," continued Empie.

ie.

Andover Diving also won against Deerfield on Saturday. Both teams supported each other this weekend, especially when divers competed with new dives, according to Sophia Blaine '22.

Blaine said, "The energy throughout the meet was stressful but exciting. It always made me super happy when someone did a new dive and came out of the water and both teams were cheering. We were really supportive of each other because we know what it feels like to try a scary dive and not know how it will turn out."

Divers going to Eastern's must prepare eleven dives for the meet. Within the next few practices, the team will work on maximizing the degree of difficulty in dives, according to Ingrid Appen '22.

"The next meet is Easterns, so it's four days long and [we have] eleven dives. We have to work on a lot more dives and try to get some more challenging skills. The meet is in Pennsylvania, so two of the days are just on the bus, [since] it is a nine hour bus drive," said Appen.

Andover Girls Swimming & Diving will compete next at Eastern's in Pennsylvania.

GIRLSSQUASH

Girls Squash Extends Its Win Streak to Six Matches

SARAH KARLEN & INDI WAGNER

FRIDAY	
Andover	6
Groton	1
WEDNESDAY	
Brooks	1
Andover	6

Top seed Mariam Elkhesh-en '21 narrowly returned an angled shot to score a point against Brooks's top player, sealing her third game and ending the match in straight sets. The win propelled Andover Girls Squash to a 6-1 win over Brooks on Wednesday, its second 6-1 win of the week. The team's record now stands at 7-1.

In the matches against Groton, Chelsea Cho '21 stood out in her quick defeat of her talented opponent, according to Kennedy Ndiaye '22.

"Towards the top of the ladder, it gets a lot harder. I would say [Cho played well] because she had one of the tougher matches and still won really quickly," said Ndiaye.

In preparation for the matches on Friday, the team focused on controlling the middle of the court, according to Ndiaye.

"Last week, we practiced having tight drives. We were working on our straight drives and making sure nothing came into the middle of the court, so we did a lot of practice with 'no middle' games," said Ndiaye.

The team also worked a lot on its fitness over the course of last week in preparation for its games against Groton, specifically taba-

tas to increase stamina and explosiveness.

"We did tabatas, so a lot of high intensity interval training [so] that we could improve on our strength and endurance. That [way], it wouldn't be an issue when we played Groton, so I think that was good. We had good stamina for those matches because of that," Ndiaye.

Moving into its second match of the week against Brooks, the team focused more on its aggressive play and shifter shots, an aspect of its game that improved quite a bit, according to Captain Skyler Spaulding '20 and Mafi Pinot '22.

"We have been working a lot on our offensive game, so we did a really good job on taking opportunities when our opponent hits a loose ball...We are hitting the ball to the front and making it hard for the opponent to return," said Spaulding.

"We were keeping our focus and playing our basic game, and knowing how to attack and when to defend. So, I think it went pretty well for all of us," said Pinot.

In order to prepare for its competitive match at Deerfield and Nationals the following week, the team has been practicing unique drills in different courts to improve versatility, technique, and fitness. This varied training also helped the team in its match against Brooks, according to Pinot.

"[Those drills were] very helpful for this match, because we were more aware of the shots we were playing and when to play them," Pinot said.

On Wednesday, the team will play Middlesex on its home courts, hoping to extend its winning streak to seven matches as it continues to work on its fitness in preparation for the end of the season.



COURTESY OF GIGI GLOVER

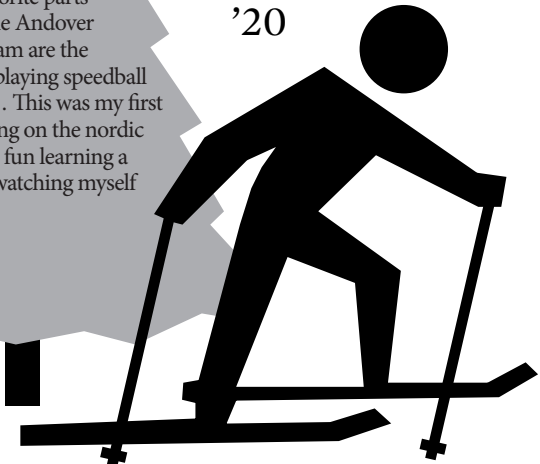
Gigi Glover '20 is Andover's 10th seed and joined the team her Upper year.

NORDIC

Reporting by Preston Whitehurst

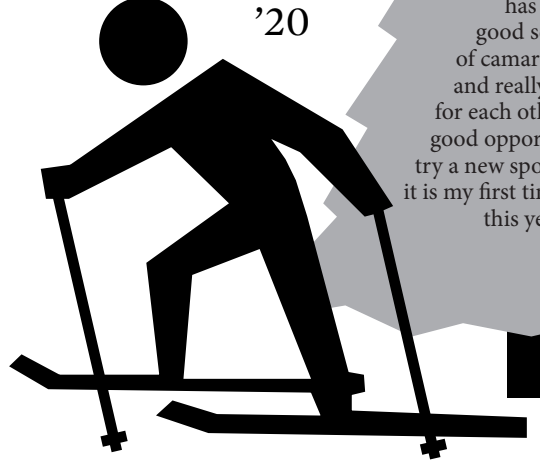
My favorite parts about the Andover nordic team are the races and playing speedball on Fridays... This was my first year competing on the nordic team, so it was fun learning a new sport and watching myself improve.

Harry Whitman '20



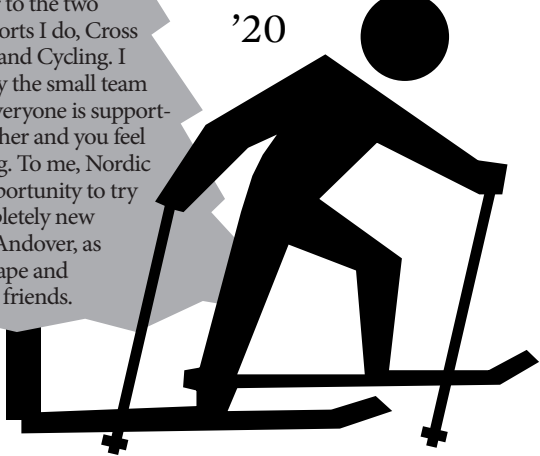
The team really has a good sense of camaraderie and really cares for each other. It's a good opportunity to try a new sport because it is my first time trying it this year.

Tyler Yung '20



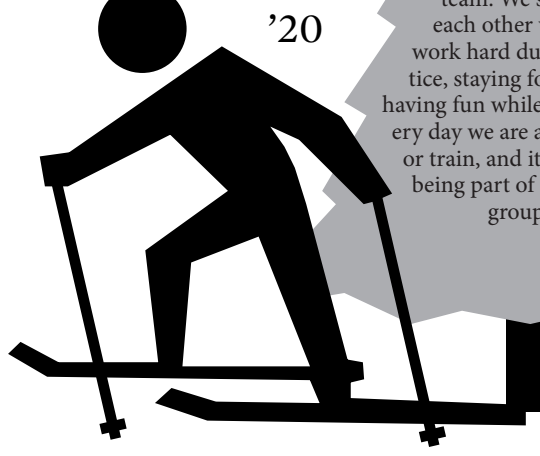
I'm new to the Nordic team this year, but in many ways it's similar to the two other sports I do, Cross Country and Cycling. I really enjoy the small team dynamic: everyone is supportive of each other and you feel like you belong. To me, Nordic has been an opportunity to try something completely new in my last year at Andover, as well as to stay in shape and spend time with friends.

Samson Zhang '20



My favorite part of Nordic at Andover is the community of the team. We support each other well and work hard during practice, staying focused and having fun while doing it. Every day we are all ready to ski or train, and it has been great being part of such a dedicated group of people.

Henry Hearle '20




Senior Reflections

GRAPHICS BY TULIO MARCHETTI

Head Coach Keith Robinson '94 Coaches With Emphasis on Technique as Nordic Enters Latter Half of Season

CHARLIE FERGUSON



BECKETT MCKEE/THE PHILLIPIAN

Head Coach Keith Robinson '94 joined Nordic while at Andover as a low-impact way to cross-train.

After attending and completing a teaching fellow year at Andover, Head Coach Keith Robinson '94 works to fine tune the skiing mechanics of the Nordic Ski team during his 18th year as Head Coach. Robinson looks to lead the team to success in the last four upcoming races, all taking place at other schools. Due to Robinson's extensive experience as a skier, the team has noticed an upward trend in performance throughout its last four races, according to team member Remy de Saint Phalle '23.

"I think Coach Robinson's coaching style is very productive, and it helps us improve our skiing. He has a lot of experience in skiing, and I think that really contributes to his prowess. I think he is very good at instructing people and helping beginners," said de Saint Phalle.

How long have you been a Nordic Coach?

It's my 18th year coaching the

team here. I actually raced at Andover when I was a student here in the 90s, and that's where I learned how to do it.

What do you love about skiing?

I like getting outside in the winter when everyone else is inside. It's really pretty out there, and there is [nothing] better than when you have fresh snow, and you're just outside and it's quiet. It's just really pretty and great.

What is your background in Nordic skiing?

I did downhill [skiing] recreationally. When I was at Andover, I was actually running Cross Country, and the trainer suggested that I try Nordic, because that's a little less impact, and so I tried it. I love the sport. It's a great mix of endurance and being able to be outside in the snow.

What are your goals as a coach?

Probably the biggest thing is being able to teach the kids a sport that they can go out of here and do, and [to] teach them to love getting outside and working hard.

What do you focus on during practice and what does a practice look like?

It obviously depends. I think over the course of a week, it's structured to have recovery days built in, longer endurance days, [and] days where we're working on technique—balancing things like that. I think also over the course of the season, that's true as well. And weeks...where there is no snow on the ground, that can take different forms. Bounding, running, things like that. Some days will be harder, some days will be easier, but just trying

to work on fitness and then technique.

What are some challenges of being a coach of Andover Nordic?

Well, the biggest one is I don't control the weather. Sometimes there is snow, and sometimes there is not; it doesn't really listen to me. So, we have to make do with what we are given. In December, it was great, and we were out skiing repeatedly. Right now we are doing a lot of dry land, and there is not a lot of ski practice to be had.

What is unique about Nordic at Andover?

Well, it's a co-ed team. The practice is all together, and there are only a couple of those [types of teams]. And I think the other thing is pretty much all of our meets are away, so we spend a lot of time together as a team in transportation, and that is a pretty fun team bonding [activity].

How has the team progressed throughout the season?

I think we are doing well. A lot of the beginners have [progressed]. I think the fact that we were able to get out on snow pretty early in the season helped. And now, it's about continuing to translate what we have talked to them about technique, and get better and better every time we are on snow. Our top skiers are doing well. In particular, [Co-Captain Eli Newell '20] and [Sam Gallaudet '23] had a really great finish where they had second place out of about forty teams in the race two weeks ago.

Andover Nordic Skiers Place Second, Fifth, and Sixth at Proctor Academy

SARAH KARLEN

Despite the wet snow and changing temperatures, Andover Nordic skiers Co-Captain Eli Newell '20, Sam Gallaudet '23, and Co-Captain Posie Millett '20 placed second, fifth, and sixth place, respectively, resulting in some of the best combined results of this year's season.

Andover traveled to Proctor Academy on Wednesday to compete with over five teams in a 1.3-kilometer race, one of the shortest distance events. In the competition, Andover placed second in the girls race and placed fourth in the boys race.

According to Millett, the team adapted to the heavy conditions which slowed the pace of the race.

"It was really warm at the beginning of the day, so the snow was mushy, which is tough especially around one hill because you would go around a tight turn and then have to go up a hill, and there isn't room to go faster, but everyone adapted pretty well. Although the snow was slow in that area, by going faster on the downhill it was easier because it got faster as the day got colder," said Millett.

According to Newell, a possible source for the team's exceptional times was a workshop run by Lani Silversides, Academic Skills Specialist.

"[Gallaudet, Millett, and I] produced Andover's best collection of individual results that I can remember from my time on the team. I suspect part of why we did well was our good physical training and coaching, but also the mental training we gained in Coach Lani Silversides' 'Performance Under Pressure' workshop. The mental game is especially important in a sport like Nordic, as so much of good performance is about the ability to push oneself further

than they think possible, into the deepest pits of the pain cave," wrote Newell in an email to *The Phillipian*.

With the competition consisting of three different races, Andover's coaches highlighted the importance of the first race because it dictated the following heats, according to Amelia Vinton '22.

"In terms of the racing, our coaches told us to really get out in the first race because that determines what bracket you go into. If you didn't have a good first race, it was hard because then you were stuck in a bracket that wasn't at your level," said Vinton.

According to Newell and Vinton, the recovery time between each race is crucial to performance later on in competitions.

Newell wrote, "We've done a lot of uphill intervals in practice lately, which is great training for high-cadence, high-power efforts with little time for recovery between heats like today's sprint tournament."

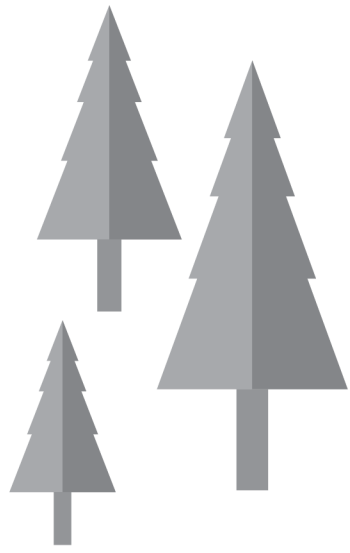
Vinton added, "We had to be sprinting and then recovering quickly and well. They were all 30 to 40 minutes apart which were basically all out, so it was pretty difficult in that sense."

Andover will continue training on foot to improve its endurance until more snow arrives, according to Millett.

"We are going to keep doing hill work because we can't ski in Andover because we don't have any snow, but training on our feet... is really good to work on our endurance to help with our access to those bursts of energy. Next week, we have a longer race, so we will do more endurance this coming week," said Millett.

Andover will travel to Vermont Academy on Wednesday to compete in its last race before the Lakes Region Championship.

ANDOVER NORDIC



ELI NEWELL '20 (C)
LINCOLN, MASS.

SAM CAPOBIANCO '21
NORTH READING, MASS.

NIKITA MUROMCEW '21
JACKSON, WYO.

CLAIRE DE SAINT PHALLE '21
KETCHUM, IDAHO

POSIE MILLETT '20 (C)
EDWARDS, COLO.

VICTOR TONG '22
VANCOUVER, BC CAN

HENRY DINGES '23
ANDOVER, MASS.

MAYA TANG '23
TALLAHASSEE, FLA.

TYLER YUNG '20
GREENWICH, CONN.

CHRISTINA LI '21
HAVERHILL, MASS.

REMY DE SAINT PHALLE '23
KETCHUM, IDAHO

GEORGIA HORNSBY '22
PUTNEY, VT.

HARRY WHITMAN '20
LOCUST VALLEY, N.Y.

AMELIA VINTON '22
PALO ALTO, CALIF.

LUC BOESCH-POWERS '22
CAMBRIDGE, MASS.

HENRY HEARLE '20
BOSTON, MASS.

NICO VON ECKARTSBERG '23
SAN FRANCISCO, CALIF.

JEREMY ZHOU '21
SUGAR LAND, TEXAS

KATE PFISTER '21
WILLIAMSTOWN, MASS.

SAM GALLAUDET '23
ANDOVER, MASS.

HANNAH JUSTICZ '22
STOW, VT.

SAMSON ZHANG '20
NEW YORK, N.Y.

MELISSA DAMASCENO/THE PHILLIPIAN

Co-Captain Eli Newell '20 Leads Team With Experience, Work Ethic, and Charisma



ELINA CHOI/THE PHILLIPIAN
Against Proctor, Co-Captain Eli Newell '20 finished second, the highest finish for the boys this season.

Andover Nordic Co-Captain Eli Newell '20 began skiing in sixth grade and has been an integral part of the team ever since joining as a Junior.

According to Victor Tong '22 and Head Coach Keith Robinson, Newell is a charismatic presence both in and out of practice, and his teammates can always go to him for advice.

Tong said, "He leads by example because he has the most experience. We have a lot of [Juniors] on the team this year so he is a guy who others look up to. But off the slopes, he's a really charismatic guy and he's really involved in aspects of school life other than skiing. He's really involved in climate cafés and climate curriculum so he helps talk and lead the discourse after practice by encouraging us to go to climate café or to talk about other stuff that's not just skiing."

Robinson said, "I think in the locker room, he's really good about knowing everyone on the team. He knows a ton about skiing and he's willing to spend the time to share that with anyone that wants advice or needs help waxing their skis."

While one of Newell's most notable attributes as a captain is how he helps his teammates, both Robinson and Co-Captain Posie Millett '20 recognize his lighthearted attitude as an additional way in

which he leads the team.

Millett said, "Eli is a really good captain in that he's a really friendly and positive presence on the team. I find that he is always so enthusiastic and I think that makes him an incredible motivator. He's always really incredibly passionate and kind of leads by example that way."

Robinson added, "I think one of the other things [about Eli] is getting to know everyone on the team, and his sense of humor and willingness to make everybody laugh and have a good time at practice as well...[He] definitely [knows] when to work hard and... when to relax and have fun."

Even though Nordic is not as team-based as other sports, Newell still focuses on developing a strong team mentality and a sense of closeness amongst the skiers.

Newell said, "One of the most important qualities for me is realizing that this truly is a team sport. Even though in most of our races, we're scored individually and then our scores are compiled into a composite team score, cultivating a sense of teamwork and camaraderie is of utmost importance."

According to Newell, experiencing what made previous Nordic captains special has helped him improve as a teammate and as a mentor to the other skiers.

"Being on the team for my whole time here has helped me think about my role as a captain. Partially, just from being on the team for that time but also being able to ski and be on a team with some great captains who I continue to look up to as role models, like Aditya Krishnamachar [17], Spencer Davis [18] and last year, Neil Thorley [19] was my Co-Captain. So just from being on the team throughout my time here, I've had some really great role-models to look up to," said Newell.

Robinson admires Newell's work ethic and believes that it helps him stand out on the slopes.

Robinson said, "I think in terms of racing but even more so practicing, when he's out on the field and out skiing he gives it his all and does what he's supposed to do to improve. He won't take shortcuts, he works hard to get where he is."

Dual-Captain Posie Millett '20 Appreciates Physical and Technical Challenges of Nordic



MAYA LAI/THE PHILLIPIAN
Co-Captain Posie Millett '20 was in the G2 boat during last year's Crew season.

Posie Millett '20 joined Andover Nordic her Junior year because of Andover's lack of an alpine skiing team, with which she had been familiar in Colorado. Her background in cross country running eventually led her to both run and ski for all four years at Andover; Millett also served as the Captain of Andover Girls Cross Country in the fall.

Millett said, "I skied with my hometown's alpine skiing team, and when I came to Andover, there was no alpine ski team, but I've always ran cross country at home, so I figured nordic skiing was just the combination of the two and it just made sense to try it out when I came to Andover."

Millett's favorite part of nordic skiing is how it combines the need

for physical endurance with technical challenges.

"I think that it's a really good combination of cardio work, like working yourself up the hill, but also the exhilaration of getting to ski down the hills and technically stay on your feet as you're going down the hills, which are often-times icy and untracked," said Millett.

Millett looks to her Junior year captain, Aditya Krishnamachar '17, as a role model for her own leadership style.

"He made me feel really welcome on the team as a [Junior] and was always really encouraging. He would invite us to sit in Lower Right for team dinners, and he was just a really enthusiastic and kind captain. His leadership was something that really introduced me to the team and introduced me to how great both your relationship with your nordic teammates and your relationships with your coaches [can be]," said Millett.

Millett also hopes to help her teammates also establish positive relationships with the nordic coaches.

Millett said, "I also want to help everyone make a connection with the coaches, because I think that we have a really incredible coaching staff and we're really lucky to get to interact with them everyday."

According to Hannah Justicz '22, who was also on the cross country team, and Co-Captain Eli Newell '20, Millett is able to unify the team, and her positive energy keeps the team motivated during

practices.

Justicz said, "I think she's really good at connecting with people... I think that [the] connection of everyone to our captain brings our team together to make some really great team camaraderie and unity. She has really great energy that she brings to the sports, especially for running and nordic, because sometimes it's like 'Ugh, we're going for a run,' but her positivity really gets everyone excited," said Justicz.

Newell added, "It's so much fun being [Co-Captain] with her, and she brings this great energy to the team and connects with the skiers really well."

Millett is supportive of all of her teammates at meets. She also serves as a role model through her dedication and continued effort during races, according to Claire de Saint Phalle '21.

"Posie's always cheering people on at meets and leading by example. She tries really hard during races and always does well because of it, and I think I look up to her in that aspect," said de Saint Phalle.

With many new members joining the team for the first time this season, Millett hopes to share her love of nordic skiing with them and make the most of the snow.

Millett said, "One of my primary goals is to get people out onto skis and show them how much fun it can be to be outside in the winter when everyone [else] is in the gym and enjoy the outdoors even though it's cold and the sun sets a lot earlier."

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NORDIC

Athlete of the Week: Experienced Nordic Skier Sam Gallaudet '23 Aspires to Make Junior Nationals

JUSTIN HARDY



ETHAN QI/THE PHILLIPIAN

Sam Gallaudet '23 had his season best against Proctor where he placed fifth.

Bringing four years of Nordic Skiing experience to Andover Nordic this year, Sam Gallaudet '23 has already established himself as a top skier and reliable teammate on Andover's Nordic team this season, according to Sam Capobianco '21. Capobianco said, "Sam's a really good teammate. He's always talking to all of us and making sure that we know what we're doing and what the plan is for the race, and he's always a very determined person who goes out there and leaves it all on the course. Sam has gotten progressively better throughout the season... He's becoming a better skier. He's very proud of his performances." Gallaudet's hard work and determination have earned him

the title of The Phillipian's Athlete of the Week.

How were you introduced to Nordic?

My dad did it, and so we found this place that made their own snow near our house four years ago. That's when I started Nordic.'

What's your favorite memory from your Nordic skiing career?

In the past, I was on this club team, and we [went] to Bretton Woods, and we stayed in a team house. It was really fun.

Do you have any pre-race rituals?

I have a mantra that I say to myself before each race, and that's really all.

What is your favorite part about Nordic?

I really like after the race, after your finish. That's my favorite part.

Is there a professional Nordic skier that you look up to?

[Johannes Høsflot] Klæbo, he's Norwegian. He's insanely fast, so I wish I could be as fast as he is.

Who is your role model on the team?

[Co-Captain] Eli Newell ['20] is a good role model for me.

What are your goals for your career in Nordic skiing?

I would like to eventually go to Junior Nationals for Nordic Skiing.

Do you have any pets?

Yes, I have one dog named Rosie.

Athlete of the Week: Hannah Justicz '22 Has a 'Contagious Smile' and 'Shows Up Ready to Work Hard'

JUSTIN HARDY



COURTESY OF HANNAH JUSTICZ

Like Co-Captain Posie Millett '20, Hannah Justicz '22 joined Nordic after running Cross Country.

Having participated in alpine skiing for most of her life, Hannah Justicz '22 began Nordic Skiing this year after also joining the Girls Cross Country team this fall. Justicz has already established herself as a competitive member of Andover's Nordic Ski team, according to Posie Millett '20.

"Hannah was on the cross-country team this fall and that is where I really got to know her. She has a contagious

smile and such a fun and enthusiastic spirit. She shows up to practice every day ready to work and encourage others, no matter the difficulty or length of our workouts. It has been such a pleasure to get to know Hannah even better this season, and I am so excited to see how she grows as a leader as the season progresses," wrote Millett in an email to The Phillipian.

Millett continued, "Because she has a background of both alpine skiing as well as cross country running, I think it has been pretty natural for Hannah to translate those skills into the Nordic skiing. She works incredibly hard in practice and is always asking the coaches on advice for what she can do to improve. It has been really fun to see how Hannah has taken to Nordic so quickly and so well, a sport that can be kind of difficult to get a hang of. I can't wait to see how she continues to improve over the course of the rest of the season."

Justicz's hard work and determination have earned her the title of The Phillipian's Athlete of the Week.

What's your favorite part about nordic skiing?

My favorite part about nordic

skiing is getting to be on skis and be on the snow because before I came to Andover, I was an alpine ski racer, so that was a really big part of my life. I lived in Connecticut, but I went to Vermont every weekend for four years, starting in fifth grade. My whole life I went to Vermont on the weekends, but I started racing every weekend in fifth grade. When I was in eighth grade, I moved to Vermont for five months just to ski race, so getting to have that part of my life at home, at Andover, is really special.

How were you introduced to Andover Nordic?

I didn't do it last year. I was on the diving team last year. After doing Cross Country this fall, a lot of people on the team do Nordic, so they kind of encouraged me to do it, and also I wanted to be outside more and in the snow.

Do you have a favorite memory from skiing?

After races, my coach took a van of us back to our club and we usually stopped and grabbed snacks from a gas station. We would just play music

and talk, and it is one of the things I miss most about my old team. My coaches always played songs from this Vermont band called Phish, so we all memorized those songs and sung them.

Do you have any pre-race rituals?

We have to get on the bus really quickly, so I eat two grilled cheese sandwiches, and a cup of rice with soy sauce, and grab a bunch of saltines before the race. It's not the healthiest or best choice, but it's what I can get on the go.

Is there a professional skier you look up to?

When I was Alpine Ski racing, I always looked up to Mikaela Shiffrin. This is a weird reason, but when I was younger, the doctor said I was going to be five foot seven and Mikaela Shiffrin is five foot seven, so when I was in fifth grade, starting out I was like, 'I want to be like Mikaela Shiffrin.'

Do you have a role model on the team?

Both our Co-Captains have been great role models for me.

Posie [Millett '20] started Nordic skiing at Andover. She was also an Alpine ski racer, so we have similar roots in terms of skiing, and Eli [Newell '20] has been a really great mentor because he's a very experienced skier.

What type of music do you listen to?

I like a lot of different music. My dad gives me a lot of song recommendations, so his kind of music. A really great song, for example, would be 'Heart of Glass' by Blonde.

Do you have any goals in Nordic Skiing?

I definitely want to keep improving. I'm new to the sport, so my goals are to just keep improving and to have some fun.

Do you have any pets?

Yes, I have a dog. Her name is Brylan. She's an Australian Lab, she's great, she's bred to be a therapy dog, so she's really chill when she wants to, but when we want to play or run outside, she's down for that too.

WRESTLING

AOTW: Colin Nugent '23 Brings Experience and Vigor To Andover Wrestling

CHRISTINE MICHAEL



MACSEN ELKOUH/THE PHILLIPIAN

Colin Nugent '23 finished the Class A league tournament in Maine last week with a 3-0 record.

Earlier in the season at the Tabor tournament, unseeded Colin Nugent '23 wrestled against the number-one seed in the first round and pinned him four times, securing his championship win. As a Junior, Nugent brings discipline and years of high-level experience to Andover Wrestling, according to Co-Captain Eamon Garrity-Rokous '20.

Garrity-Rokous said, "Colin is a very dedicated wrestler. He's been around wrestling his whole life. He has great technique and moves that he is good at and that he routinely hits [and] hits well. He does a great job of having a good mindset when going into a wrestling match. He's going out there to wrestle, he's going out there to win, and he is very aggressive. He does a great job of that."

Due to his skill and dedication, Nugent has earned The Phillipian's title of Athlete of the Week.

When did you start wrestling and how were you introduced to the sport?

I started wrestling when I was four because my dad wrestled in high school and college,

so he wanted me to try it out, and I really liked it. My older brother also wrestled.

What's your favorite part of the sport?

I like how wrestling keeps me in shape and gives me a lot of mental and physical toughness. It's a really fun and rewarding [sport]. At Andover, I like the team. It's similar to a little community. Everyone's there for you. I'm able to represent my school on the mat.

Do you have a favorite memory from this season so far?

My favorite memory from this season has been winning Class A's because it's a pretty big tournament, and I was really excited to win it as a freshman.

Do you have a role model on the team?

My sister, [Co-Captain Marisol Nugent '20], she's one of the captains and also one of my role models. Also Eamon, the other captain. Eamon and I keep in touch about wrestling. We go to the team clubs. Eamon is a really aggressive wrestler, so I try to mirror his aggression on the mat. My sister is really technical, so I try to keep up the same technique as her.

What's your favorite team tradition?

Just being with the team on a bus trip is really fun and almost like a bonding experience. We do a lot of homework and help each other with homework, which is a good thing to do. We play music, just get into the right mentality for the matches.

Do you have a favorite wrestler?

I like Daton Fix. He's on the Worlds team.

All-American Wrestler and Co-Captain Marisol Nugent '20 Embodies Fierce Leadership

LUKE BOSHAR & NICOLE LEE



MACSEN ELKOUH/THE PHILLIPIAN

Co-Captain Marisol Nugent '20 earned three-time All-American status after placing third at the 2018 Nationals.

In October of 2018, Co-Captain Marisol Nugent '20 claimed her first national title after winning the Super 32 National Championship in Greensboro, North Carolina. As one of the best wrestlers in New England for her weight class and a major advocate for women's wrestling, Nugent started her wrestling career in third grade. Nugent's father inspired her to pursue the sport further, leading her to join the Andover team.

According to Nugent, experienced wrestlers and coaches like her father and Head Coach Kassie Archambault '06 have influenced her journey as a wrestler.

"My dad was my coach for the longest time, so when I went to wrestling it meant I got the chance to hang out with him. The tournaments that we did together were always the best things and I always wanted to make my dad proud too and do well at these tournaments for him. For a while, it was that relationship with my dad that drove me. I wanted to do well to impress him and keep travelling together," said Nugent.

While attending Andover, Nugent's relationship with Archambault has given her more exposure to wrestling and pushed her to continue.

She added, "I would say the thing that makes Andover wrestling worth it for me is my coach. I primarily came to Andover because of Kassie Archambault '06, she was what drove me to Andover and my relationship with her changed my life. [Our relationship] gave me the opportunity of attending Andover, and she has also brought me all over the country to travel and compete. She's just been a very important figure in my life so at the end of the day, her as my coach makes everything worth it."

According to Nugent, wrestling's competitive nature is what compels her to continue and drives her to win matches.

"The intensity of the sport is my favorite part. I am a person who is incredibly competitive, I know I have tunnel vision and that's why me and wrestling work so well together. When you step out on the wrestling mat it is just you, there's no one there to save you if you're losing... It's just six minutes of everything you have and that's what I love about it. It's a hustle... It's physical. You go out there and you have to be tough and tenacious, you can't let anyone push you around," said Nugent.

As a technically talented wrestler, Nugent utilizes her vast skill set to lead as both a personable and hard working captain, according to Archambault.

"Everybody respects her tremendously for her vast knowledge of the sport. She's a really strong technical wrestler, she has some of the best technique in the room and she loves wrestling. She can be very intense and focused about wrestling, however, she also knows when to lighten the mood and when to make sure that people are also having fun. [Nugent gets] to know people outside of wrestling because when we're in there for 90 minutes we're focusing on wrestling, but she makes sure to ask people questions about their day, their hobbies, about things they love that make them feel more connected to the team," said Archambault.

According to Co-Captain Eamon Garrity-Rokous '20 and teammate Somen Chakraborti '22, Nugent's positive and experienced

leadership has led the team to success over the course of the season.

"She brings a lot of good ideas and energy and vigor to the program. She definitely adds a fun balance to the team and its leadership. She always comes and asks about team bonding activities that we can do as a team and I think she definitely drives a lot of the energy that we see grow in the wrestling program," said Garrity-Rokous.

Chakraborti added, "She's a really strong leader on the team and she has a strong leadership presence because she's really experienced. She's been wrestling since she was really young so she knows what's going on at tournaments and dual meets because we have a lot of less experienced players on the team, myself included. We have lots of [Juniors] and [Lowers] on the team so it's important to have a really experienced person like Marisol."

As captain, Nugent tries to implement messages she learned from her old club, like perseverance and determination, into practices.

Nugent said, "The one thing I always tell the team is don't quit. I never want to see a kid give up in the middle of a match or in the middle of practice. The club that I train at has taught me a lot about perseverance and determination on and off the wrestling mat... I don't care if you're losing the match, but I don't want to see you stop wrestling."

Nugent has worked hard to put female wrestling on the map in New England and looks to continue her work for Andover and the Prep league in the future.

"I help run a women's wrestling club in Lowell and all of the New England women's wrestling social media and organization so I'm very involved in the women's wrestling community. I'm hoping that any New England Independent School Wrestling Association starts adding more girl's wrestling opportunities. In regards to our program, I hope we develop more year round wrestlers and that people become more committed to the sport going forward so the room is more competitive as a whole," said Nugent.

WRESTLING

Head Coach Kassie Archambault '06
Leads Team with Passion
Developed as Andover Wrestler

CASSIDY SADOWSKI



JESSICA XU/THE PHILLIPIAN
In addition to coaching Wrestling, Kassie Archambault '06 is also Head of the Russian Department.

Head Coach Kassie Archambault '06 participated in Andover Wrestling throughout all four years of her time as an Andover student. According to Co-Captain Marisol Nugent '20, one of Archambault's best qualities as a coach is her willingness to look out for the health and wellbeing of her athletes.

Nugent said, "My favorite thing about Kassie is just how personable she is and how much she interacts with her athletes off the mat. She is always checking in on us about our health and schoolwork, just talking to our teachers to see how we're doing. When I tore my ACL, she was always checking in on me even though I wasn't an athlete competing on the team... She was always invested even when she didn't have to be. That relationship and investment to the team is so important in a coach."

What has been your path to becoming a wrestling coach?

I joined the Andover Wrestling team when I was a [Junior]. I had had no experience wrestling before. Growing up, I had done dance and gymnastics, and as you know, we always have to do a sport this term here and there was no gymnastics team here so I thought well, the wrestling team is cool. I could give that a try. I had always roughhoused at home with my brother, so I thought wrestling would give me the advantage there, and then I absolutely fell in love with it. I loved the sport. I loved the team. I loved the support from the coaches and my teammates, and so I wrestled for four years here, and as soon as I came back to Andover to teach, eight years ago, I joined the coaching staff with the wrestling team. It's always fun to coach a sport that you love and be part of a team that meant so much to you when you were a student.

What do you feel is your most important role as a coach?

I'd say there's a number of things. There's, of course, teaching technique so the refs know what to do whenever they get into a certain situation in a match. Wrestling is a really challenging sport, and I think not everyone decides to put themselves through those challenges, so it's just supporting the athletes in general, helping them listen to their bodies and figure out the difference between being hurt and sore. You get sore a lot in wrestling, so just supporting them, their physical wellbeing, their mental wellbeing,

and their emotional wellbeing during a match [is important]. It would [also] be coaching them through different scenarios, [and] making game-time decisions about who to put out on the mat in different classes. I think there's a lot of different aspects of coaching, but first and foremost the health and wellbeing of my athletes come first.

What has been your main focus of this season?

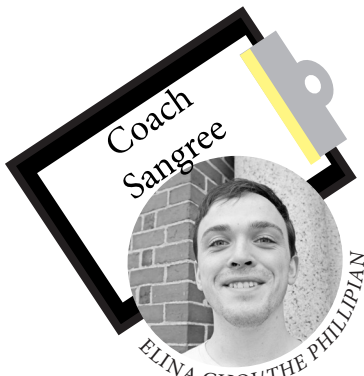
Our main focus of the season has been staying in a good position, or if your opponent gets you out of position, how to get back into a good scoring position. That's from all three positions, whether you're on your feet, on top, or on bottom, always wanting to stay in a good position will enable you to score.

What are your aspirations for the team moving towards the end of the season?

Now we're in what we call the postseason tournaments. The dual meets are done. We don't have anymore one-on-one competitions with specific teams, so we ended our dual meet record 10-5 which is a big improvement for us. Now, at the tournaments if you place within a certain margin... then you qualify for the next tournament. We had eight wrestlers qualify for the next tournament, which will be in two weekends for the New England Championships. Now any wrestlers that place top six there will qualify for Nationals, so it's really just helping our athletes get prepared for those tournaments and helping them place top-six so that they can qualify for the next tournament.

Reflections on the Sport

Reporting by Preston Whitehurst



Coaching wrestling at Andover is fun because I get to work with athletes from a wide range of ability levels – some wrestlers at Andover are highly experienced while others are total novices. Coming out a college program, I feel comfortable drilling with and coaching the better wrestlers, but I'm still young enough to recall the (many) mistakes I made as a novice wrestler, which informs how I instruct the beginners. Shifting between thinking about the sport in advanced and basic terms keeps me sharp and engaged.



I love coaching wrestling because it is a sport that rewards hard work, and teaches humility. Being successful at wrestling does not require special athletic ability, or special equipment. Athletes can begin wrestling at any point, and if they work hard at it, can find success. Wrestling also teaches humility - there is always something to learn, and ways to get better.

Co-Captain Eamon Garrity-Rokous '20
Brings Commitment and Technique to Andover Wrestling

LUKE BOSHAR
& NICOLE LEE



ARIANA WHITE/THE PHILLIPIAN
Eamon Garrity-Rokous '20 is a two-year captain.

Recently winning the Class A championship at 170 pounds, Andover Wrestling Co-Captain Eamon Garrity-Rokous '20 qualified for his fourth-straight New England Prep School Championship. Garrity-Rokous has competed with

Andover Wrestling since his Junior year after starting the sport in sixth grade.

According to Head Coach Kassie Archambault '06, Garrity-Rokous has been a key member of the team since his first year and has evolved into a leader and mentor.

"Eamon has been a four-year varsity starter for us. He joined as a [Junior] and immediately made a huge impact on the team. He's always been a very strong, consistent wrestler and for us. His growth has been in his leadership for the team. He's been really supportive and really pushes everyone in the room to work hard. He brings an intensity and focus to the team," said Archambault.

On the mat, Garrity-Rokous's best skill is his ability to move his lower body, according to Archambault.

Archambault said, "Eamon is very strong on his feet in the neutral position, so he's very good at getting his opponents out of position and taking them down to the mat."

According to fellow Co-Captain Marisol Nugent '20, Garrity-Rok-

ous is a genuine person whose leadership abilities extend beyond wrestling.

"Eamon is my best friend. He's definitely my rock. At the end of a tough day, we can always confide in one another and just talk about how we're feeling or what's going on... Wrestling is an intense sport, and it's hard to find people who understand the physicality of it and how demanding it is, so when you have another person who knows what you're going through and can relate, it's always good to have," said Nugent.

Garrity-Rokous aims to lead the team with his sharp focus and infectious attitude.

"I'm definitely very hyper-focused. Hopefully that focus spills over to the other guys on the team and they see how focused I am in practice and how focused I am in matches as well as how much I remind them to think back on why they started wrestling: to go out there and have fun and to go out there and win. Once I remind them that vocally and show them how I care on the mat, hopefully they get the message and then they realize

what the sport is all about and how to improve in the sport," said Garrity-Rokous.

Other teammates look to emulate Garrity-Rokous's work ethic as he tries to push others to succeed, according to Somen Chakrabortti '22.

Chakrabortti said, "During workouts and things like that, [Garrity-Rokous] works really hard, and you can tell because he's sweating and he's embracing the grind. That motivates the rest of us to work as hard."

"He's such a good technical wrestler. He's always happy to work with athletes and show them what they could be doing better, what they could improve upon. He'll work with anyone in the room while we're drilling and then really motivating and pumping up the team to do well and to bring one hundred percent," added Archambault.

According to Nugent, she admires Garrity-Rokous's ability to excel in both athletics and academics.

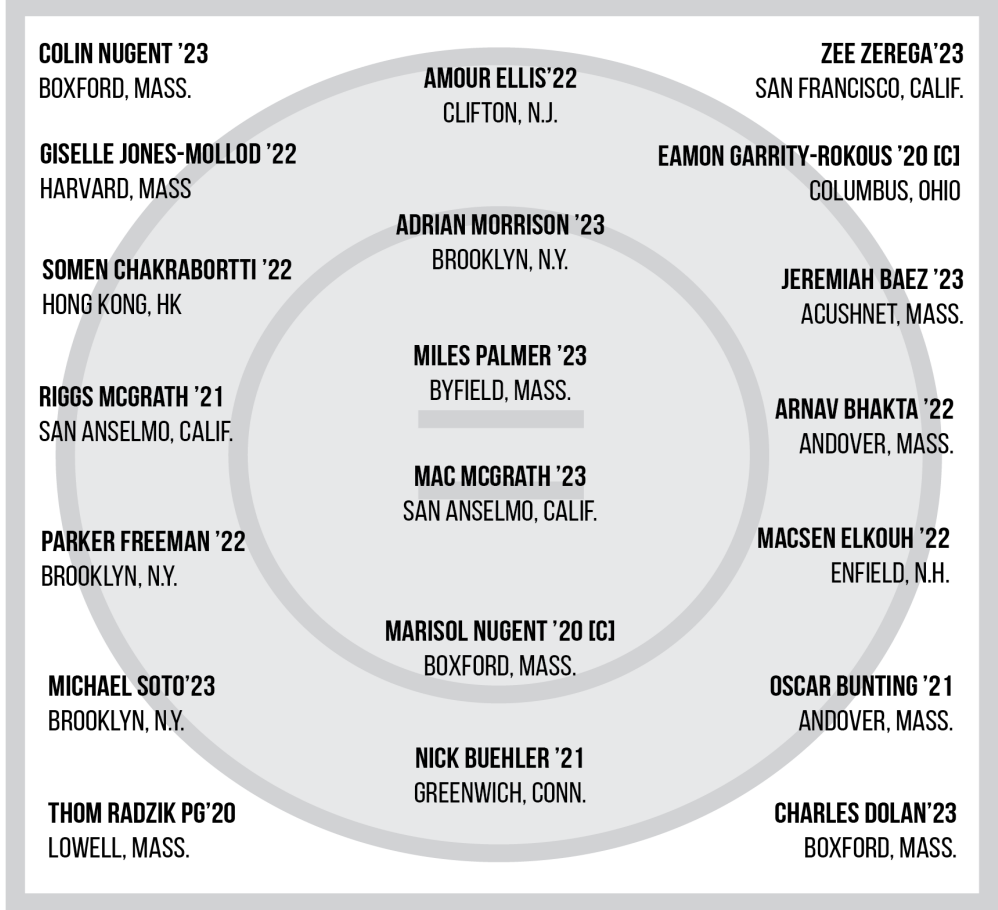
"When [Garrity-Rokous] is in the zone, he's in the zone, so I think

that's one of the things he does as a leader, which is just show kids how a wrestler is, how they act in the classroom. He leads by example, and on top of that, the fact that he is so smart as well is a huge thing because he shows kids how it's possible to balance both," said Nugent.

Garrity-Rokous is thankful that his experience at Andover has allowed him to grow as a teammate and a captain.

Garrity-Rokous said, "Being a member of the Andover Wrestling program has, over time, refocused my wrestling mentality. Sometimes you feel as a wrestler that wrestling is more of an individual sport and you forget the team aspects of it. I think the Andover Wrestling program reminded me and refocused me on why I started wrestling in the first place, and that was to have fun and challenge myself. And so now when I'm wrestling... I tend to focus more on others and the team aspect of things and that we're all out there just to have fun and be challenged."

ANDOVER WRESTLING



MANAGERS



WRESTLING

Wrestling Places Fourth at Interschols, Looks to Win at New England Championships

NICOLE LEE

With 14 wrestlers sent to the Class A Interschols tournament, eight members of the team finished the day qualifying for the New England Championships. Andover Wrestling placed fourth out of 12 schools, bringing the overall season record to 10-5 and Class A league record to 6-2.

The team's varsity starters performed well, putting up two first place victories from Co-Captain Eamon Garrity-Rokous '20 at 170 pounds and Colin Nugent '23 at 126 pounds. Miles Palmer '23 and Arnav Bhakta '22 also placed well, earning a runner up position in the 113 pound and 120 pound weight categories, respectively.

According to Garrity-Rokous, Andover was able to showcase its strength and improvement, especially through the younger members of the team.

"We... performed pretty well. I think that some of our end matches or in some of our tougher matches, we were a little more timid than I would have liked. Overall, I think a lot of our wrestlers performed very well, and I think we went up there to kick [butt], and I think we did that in a lot of aspects. We showed that Andover Wrestling is a very deep program, and we're going to hopefully be a very strong wrestling team in the near future," said Garrity-Rokous.

The Interschols Class A tournament this Saturday determined the setup for the New England Championships, where in two weeks, the eight wrestlers chosen will compete for a chance to move onto National Preps. Due to the all-female tournament hosted by Andover, New Englands will also feature a new women's division. In these next weeks, the team looks to continue its hard work as well as touching on small adjustments, according to Somen Chakrabortti '22 and Garrity-Rokous.

"Everyone has their own little things that need adjustments, but I think that one thing I noticed late in matches, like in the third period, when we're all out of gas, we tend to relax and not keep a good stance, and keeping good position is pretty important," said Chakrabortti.

Garrity-Rokous added, "It defi-

nately gave us a lot of perspective on what we need to improve on. We have nearly two weeks until New England's. All of our eight wrestlers who have qualified and are going, that will definitely be the focus of practice, on those eight guys, that we're all prepared for New England's. We'll definitely be working on a lot of stuff that we saw in our matches that we can improve on, but I think that we're in a good place right now."

On January 26, Andover hosted 74 female wrestlers for its annual all-female tournament for the seventh year, featuring a clinic from two-time Olympian and World Champion Elena Pirozhkova.

According to Co-Captain Marisol Nugent '20 and Head Coach Kassie Archambault '06, this tournament allowed for the New England women's wrestling community to grow and support each other.

"For us to have schools like Andover hosting these big women's wrestling events is so empowering for all these girls who normally don't have opportunities to compete against each other. Wrestling is an incredibly male-dominated sport, like most of the girls who you talk to that do wrestle are on a boys team and never get to wrestle against other girls. It's such an incredible feeling to also compete against someone of the same gender, because I know for a lot of these girls, when we wrestle against these guys, we are physically impaired," said Nugent.

Archambault said, "It's a co-ed sport, but sometimes girls don't get the opportunity to show how good they are until they get the opportunity to be wrestling against other girls, so that's something we've done for seven years. Unfortunately, none of our wrestlers participated in it, because they were all sick or injured for that day, but it's still an amazing event. The female wrestling community is really small, so people [were able to] make friends. Especially if they're the only girl on their team to see that there are 74 other girls in this room that all wrestle and understand what it's like to be a wrestler on a boys team, there's a real sense of camaraderie and sport."

Andover will travel to Hartford, Connecticut in two weeks to compete in the New England Championships.

BOYSINDOORTRACK&FIELD

Josh Seiple '23 Boosts Andover to Victory Over Exeter

KIERA SUH

Josh Seiple '23 dove over the finish line to secure a time of 6.92 seconds, setting the Junior school record in the 55 meters race. Seiple placed second behind Alex Schimmel '22, who held the previous Junior record of 7.09 seconds. These strong finishes contributed to a final score of 90-51-8-8-3, with Andover Boys Track defeating Phillips Exeter Academy in the team's annual ninth and tenth grade meet.

According to Glen Cahilly '23, watching Seiple shatter the record and the improvement of other teammates boosted the overall energy of the meet.

Cahilly said, "It was really cool seeing Josh Seiple break the freshman 55 meter record. I know his goal going into this season was to break 7.09 seconds and he absolutely destroyed that goal. He ended up running 6.92 seconds, which was incredible for him. It was really positive all around."

According to Charlie Benjamin '23 and Leverett Wilson '23, the atmosphere of the meet was incredibly uplifting and positive, even without the presence of the upperclassmen.

"I was just a volunteer, so I was helping some kids out. Today I had to mark the pole vaulting scores and Alex wasn't feeling super confident before he vaulted, so I made sure I was really loud when I cheered for him and made sure that he got loud for everyone else," said Benjamin.

Wilson added, "I feel like the energy today was almost tangible. Everyone was really psyched to be here. It was a little hard because we didn't have as big of a crowd... only Lovers and [Juniors

competed], but I feel like everyone was really happy with their performances today."

According to Coach Louis Bernieri and Cahilly, the annual lowerclassmen meet serves as a starting point for the newer team members to set personal records, as well as to get a sense of what Andover-Exeter athletic competitions feel like.

Bernieri said, "The kids are awesome. They work so hard every day and you can see their improvement throughout the season. This meet gives a nice feel to the young kids, the Juniors and the Lovers, to see what [Andover/Exeter] is like as they move ahead."

Cahilly added, "Moving into Andover/Exeter, people are trying out different events to find what they're going to be competing in. They're doubling up or tripling up on events and doing a lot more than usual. It was a great workout day for some people and a great race day for other people. We had a lot of [Personal Records], too."

According to Mike Garbarino '22 and Wilson, the younger half of the team hopes to continue the progress they have made thus far into the final Andover/Exeter meet next Wednesday.

Wilson said, "It's really exciting to see the potential of the lowerclassmen and get a chance to see what the competition's like for people in our own age range. We also get a chance to see where we are in comparison to Exeter. We're all doing well and just trying to get fully amped up for Andover/Exeter."

"We saw a lot of improvements from everybody, so hopefully that continues into Andover/Exeter," Garbarino continued.

Andover will compete in its final meet of the season against Exeter at home on Wednesday.

GIRLSHOCKEY

Girls Hockey Suffers Overtime Loss to Tabor After Win Against Deerfield

TIFFANY TANG & CHARLIE FERGUSON

FRIDAY	
BB&N	3
Andover	0

SATURDAY	
Andover	4
Deerfield	2

WEDNESDAY	
Tabor	2
Andover	3

Olivia O'Brien PG'20 scored a quick goal during an explosive power play this past Saturday against Deerfield. Andover Girls Hockey went on to defeat Deerfield 4-2 after suffering a 3-0 loss to Buckingham Brown and Nichols (BB&N). This past Wednesday, the team faced off against Tabor and suffered a 2-3 loss in overtime. The team now has a 11-6 record.

According to Indi Wagner '22, the team fell short on crucial op-

portunities to score despite displaying a strong offense overall, which contributed to the loss against BB&N.

"I think there were a bunch of opportunities that we could have scored on, like a ton of rebounds in the third period that were really opportune chances. I feel like we let the other team have a few breakaways and our goalie still did really well saving most of them, but a few of them got through, which was unfortunate," said Wagner.

Against Deerfield, the quick pace of the game gave Andover momentum as the game progressed, according to Rachel Neyman '22.

Neyman said, "I think we came out really fast that game, which I think really [helped], because I think we tend to start out pretty slow, but in that game particularly, we came out with a lot of energy and we all really wanted it because we knew this was a big game for our season."

According to Wagner, the team sought a rematch after its loss against Deerfield last season and O'Brien was able to put these sentiments into action.

"Last year we lost to Deerfield, which I think was a really tough game for us... I think we definitely could have won by more, but the goals that we did score were really beautiful. Olivia O'Brien had a goal in the power play where it was like

tic-tac-toe, just one touch passes that got them completely discom-bobulated," said Wagner.

Anna Bargman '21 scored a clean shot against Deerfield in a set play, with the goal upping the overall team energy, according to Gwyn Lapp '22.

"It was towards the end of the period... our coach set up a play, put a couple players out there. The whole goal was to win the puck back to Kylie Quinlan who would then shoot it backdoor for Anna Bargman. Our energy was so great after this play, especially since it did work and Anna did everything our coach wanted her to, and everyone was just super hyped so the energy was all there," said Lapp.

According to Linda Bibeau '20, the team had a high energy and performed well despite the loss to Tabor on Wednesday, responding quickly to Tabor's goals.

"We had really great energy, definitely probably the best all season going in and we sustained it throughout. Everytime Tabor scored—they scored twice, once in first and once in the second—our energy didn't go down and we answered both their goals. The first goal we answered in under a minute and a half, and then we answered in the third," said Bibeau.

The team will face off against New Hampton at home this Saturday.

GIRLSINDOORTRACK&FIELD

Girls Indoor Track & Field Impresses at Annual 9th and 10th Grade Meet

According to Charlotte Whitehurst '22, the team's success at the meet demonstrates its promising potential and depth.

Whitehurst said, "I think my major takeaway [from the meet] is that the future of the program looks really bright. There are a lot of ninth and tenth graders, and they make up the majority of the team. We definitely crushed this meet, so we have lots of pride in what we did today, and we also have lots of hope for the coming seasons."

In addition to the team's impressive performance, both Siddiq and Whitehurst believe that the team's camaraderie and support for one another were two of their most notable strengths.

Siddiq said, "I feel like as a team, and particularly for relays, we were very good. There is no bad team mentality or anything. I feel like our teamwork is especially strong this year because we have a lot of newer people. It's very supportive and non-hierarchical, and it's not seniority-based, so I feel like we have good team spirit."

"I think one thing that we do really well is cheering each other

on, especially at the end. We bring our energy to every event, which is great," added Whitehurst.

According to Smith and Izzy Alvarez '23, the meet stood out due to the excitement behind the Andover-Exeter rivalry.

Alvarez said, "Andover-Exeter is obviously a huge rivalry, but for me, what differentiated this meet from the rest was the energy. I think the energy was very high, and everyone was looking forward to having a great meet."

"I think there was more giddiness and anxiety because it's [the ninth and tenth grade meet against Exeter], and the runners are the least experienced on the team," said Smith.

According to Whitehurst, the team's eagerness and anticipation made the meet a memorable one.

Whitehurst said, "There was just lots of energy and lots of excitement and definitely higher stakes. People got a lot of [personal records], so that was great."

Andover's full team will be back at the Snyder Center on Wednesday to compete against Exeter.

GIRLSBASKETBALL

Andover Falls to Brooks After Weekend Triumph Against K.U.A.

CASSIDY SADOWSKI

SATURDAY	
Andover	47
KUA	46

WEDNESDAY	
Brooks	69
Andover	41

With one minute left on the clock, Kiley Buckley '23 got a steal on defense scored a fast break layup, putting Andover Girls Basketball ahead of Kimball Union Academy (K.U.A.). Andover clinched a one-point win against K.U.A. to defeat the team 47-46. Later in the week, Andover faced Brooks and suffered a 69-41 loss. The team's record now stands at 7-9.

After beating K.U.A., Andover's loss to Brooks was especially hard to take. Since it was an away game, the team was unenergized and missing players, according to Co-Captain Claire Brady '20 and Brooke Hannan '23.

"I think since it was our first

away game in a while, we felt less energetic without really realizing it until the game started, and a lot of our team is sick right now. There's just a cold going around. That didn't help us start the game well," said Brady.

Hannan added, "We weren't playing our best. I know our passes weren't great. We kept throwing the ball away, and our defense wasn't great. We weren't helping much, and we could've been communicating more," said Hannan.

After a motivational chat from its coaches and captains during halftime, Andover began to pick up some of the slack, according to Hannan.

"At halftime, we had a talk which gave us more confidence. We didn't really restart the game, but we played much better after it. They said we had to forget about the first half and get it together so that way we could play to our full potential because we were not playing that way throughout the first half, and they knew we could do better," said Hannan.

Going forward, the team looks to improve its mental toughness, especially while fighting for a playoff bid, according to Maya Shkolnik '21.

"Something that is important for us to do is be mentally tough. That's something our coaches have been saying a lot. If we want to go to playoffs, we need to be mentally tough, and a lot of our games have come down to the very last few minutes...so that's a key issue we've been having," said Shkolnik.

A lack of defense was one of Andover's greatest faults against Brooks, according to Summer Seward '21.

"We can't let people just drive by us. We need to work on our help-defense, not fouling on the help-defense and getting in front of the person driving because these girls are fast and they will attack the basket," said Seward.

Looking ahead towards the end of the season, Brady sees potential in the lowerclassmen on the team.

"We have a really young team this year, so I think setting a baseline for what their potential is for the years to come is really important. Being a senior, as much as I want to have an amazing season this year, I also want the team to be doing well in the long run, so starting that now is important to me," said Brady.

Andover will next play Middlesex at home this Saturday.

Read More
Game Coverage at
phillipian.net

ARTS&LEISURE

DAVID ZHU/THE PHILLIPIAN

Christopher Carter Performs Interactive Mentalist Show

NATALIE CHEN

Christopher Carter, a mind-trick magician, stood with two silver coins placed directly over his eye sockets, which were tightly held in place by multiple layers of duct tape and a blindfold. He instructed everyone in the audience to pass in an index card with four things on it: name, a personal fact, a meaningful number, and a burning question. Then, with the index cards crumpled up in his hand, he went from audience member to audience member, correctly guessing what each person had written.

Tiffany Li '22 was one of the audience members whose index card was picked. Carter had guessed everything she had written on her card in exact detail: her name, how she had three dogs but was actually scared of dogs, her mother's birthday, and her question: "Will I live in Shanghai when I'm older?"

"I was so shocked. I literally gasped... For me, the index card trick was the most impressive. I was like 'Holy cow, what the heck?' I was with my

friends the whole time, and they can attest that I did not talk to him or make any contact with him, so there was no way he would have known the information beforehand," said Li.

Carter performed his mentalist act in two shows in Tang Theater this past Friday. According to Carter, the part of the show he loved the most was directly after his index card trick, when he ripped the duct tape off of his eyes and could hear everyone in the audience cringe. Carter explained why the index card trick was his favorite and his reaction to the audience.

"The whole thing with the index cards and working with the audience, that's what I'm most known for, and it's definitely my favorite. I just loved the energy from the crowd. They were laughing at all the good spots, and that's what makes it fun for me," said Carter.

In another trick, Carter asked four participants to memorize a random card from a stack, and then he proceeded to ask them questions about their cards while watching their body language. After only about a minute, he correctly guessed the cards

of all four participants. One of the participants, Jennifer Wang '22, described the disbelief she felt when he correctly named her card.

"I chose the five of spades, and he basically asked if it was a high or low number, if it was a face card, and what color it was. You would look at him and somehow signal to him what it was as he was saying it. He said that he saw my eyes twitch and I leaned forward at some points, and I felt like that contributed a lot to how he guessed what my card was. I was so shocked. I felt in part kind of violated, but it was really crazy. It was really fun," said Wang.

Audience member Sabrina Codrington '21 commented on how the atmosphere of this year's show was better than it has been in previous years, in part due to the location difference.

"I think there was definitely more energy in the crowd, and I think that having it in Tang [Theater] versus in Kemper [Auditorium] or in [Susie's] made it a very different experience, yet everything was equally as impressive," said Codrington.



While last year's mentalist show was held in Susie's, Tang Theater provided a bigger venue for this year's performance .

AMARA NEAL/THE PHILLIPIAN

Interfaith Game Show Aims to Bring Different Faiths Together

ARIANA VELASQUEZ

Karsten Rynearson '22 slammed his hand against the buzzer. "C-E-M-E-T-E-R-Y!" he spelled. His correct response earned him 200 dollars and a roaring cheer from the audience, which gathered in Kemper Auditorium for the Interfaith Gameshow. The event was made possible by an Abbot Academy grant and organized by Zach Moynihan '21, President of Catholic Student Fellowship, in partnership with Jewish Student Union, Muslim Students Association, and Christian Student Fellowship.

The game show, held on Saturday night, aimed to commemorate Interfaith Week, a period of time which celebrates the different religions of the world.

Katie Wimmer '21, Vice President of the Catholic Student Fellowship, thought that the event was a good bonding opportunity for students of faith at Andover.

"Interfaith Week is just a week to celebrate all the different religions of the world and the peace that can come between them. So, this was just such a good way to bring people of different faiths and then bond over something together," said Wimmer.

Attendee Maggie Kalkstein '23 also voiced her appreciation for the opportunity, specifically appreciating that the religious event was open to the whole school.

"I thought it was a good way to get different faith communities involved on campus and [at] Andover where we don't like to talk about faith a lot, or religion. [So it was good] to make [faith] the purpose of an event, but still have fun," said Kalkstein.

At the end of the night, the top four teams chose a representative to compete in the final round. Rynearson was among four finalists who competed for the ultimate prize. He expressed how surprised he was by the sense of community he was able to form with his teammates.

"Obviously, my teammates are really cool people, but I didn't know them as well at the beginning of the night. But by the end, we were all just screaming and going crazy as we threw our \$200 into the air," said Rynearson. "The community that we formed—I think that's what I wasn't expecting."

Sylvie Archer '23, another finalist, learned about world religions through the trivia.

"I've never been extremely religious, but I've also never been opposed to learning about other people's religions. I walked into the event wanting to learn something about different beliefs around the world, and this event definitely fulfilled that," said Archer in an email to *The Phillipian*.

Newaz Rahman '20, Co-President of the Muslim Student Association, believed that the event was meant to provide all participants with new knowledge and considerations, regardless of personal faith.

"Especially in a place as diverse as Andover, [interfaith] really means an appreciation of the world's religions and the world's faiths. And also, it's an opportunity during this week to learn more about different religions and deconstruct different misconceptions you might have about each religion," said Rahman.

Editor's Note: Zach Moynihan is the Executive Editor of The Phillipian.



Student leaders of Andover's faith groups worked together to create questions for the interfaith game show.

COURTESY OF KATIE WIMMER



DAVID ZHU/THE PHILLIPIAN

Of Minuets and Motets: A Look at Baroque and Renaissance Music

By Somin Virmani

"April is in My Mistress' Face"

In your history classes, you have probably learned about the Renaissance period and its shift in thinking towards the arts and literature. Knowing this, it makes sense that music thrived throughout the Renaissance and into the following period of music: Baroque. In this column, I take a look at the musical gems of the Baroque and Renaissance periods and learn about their musical functions in context. Throughout my ten-year musical experience, I have been involved with Baroque and Renaissance music. Whether it was performing in intimate Baroque chamber ensembles at the New England Conservatory or participating in masterclasses with leading Baroque/Renaissance musicians of the Handel and Haydn Society of Boston, I have absolutely enjoyed my experience with this genre of music. So, I wish to share this with you, and I hope you will read on! I assure you, what's below will bring music to your ears!

"April is in My Mistress' Face" is a madrigal written by Thomas Morley in 1594. For reference, madrigals are secular vocal pieces composed during the Renaissance. They are polyphonic, which means that each vocal part—such as soprano or tenor—has its own rhythm and shape. Madrigals are also sung without accompaniment. "April is in My Mistress' Face" is set to an Italian text that resembles a poem, in which a woman is described with seasonal references. The text reads as follows:

“April is in my mistress’ face
And July in her eyes hath place
Within her bosom is September
But in her heart a cold December”

Pairing the metaphorical descriptions of this mistress, or love interest, with the musical phenomena that are present, this madrigal comes to life. The piece opens in a minor key, and the first line of the text is sung in every voice part until the voice parts meet on a long tone chord. After this, the parts repeat the same line of text, this time staggering their entrances and varying the duration of the words. Although the madrigal is set in a minor key, the mood at the opening of the madrigal is quite energetic and spirited. In this way, the music matches the first line of the text with its description of the mistress's face as pleasing and refreshing, like April. The madrigal maintains this soaring mood throughout the second line of text. In fact, the soprano line reaches a mini-climax as it flies through a string of high notes. In this way, the passion and warmth of July that is described in the mistress' eyes are reflected in the music. As the seasons in the poem shift to colder, calloused months, so does the tone of the music. Throughout the portion of the madrigal that pertains to the third line of the text, there are many long, held notes. This slows down the momentum of the madrigal. As a result, listening to this section of the madrigal makes you feel like you are taking a step back and looking at a larger picture. This correlates to the text because the narrator seems to be realizing that his mistress is bleak and unfeeling within her bosom, which should be a source of nurturing and care. Finally, the madrigal moves on to the last piece of text. In this closing portion of the madrigal, the vocal parts resolve to a major chord after each repetition of this line of text. Yet, as soon as the melodies go on to repeat this final line of text, they switch back to the original minor key. This back-and-forth action heightens the minor vibe of this ending section, which in turn emphasizes the bitterness of the text and the resolution that the mistress is harsh to the core.

I recommend that all of you listen to this madrigal! It can be found on most major streaming platforms and is truly a rewarding listening experience.

MELINDA ZHANG/THE PHILLIPIAN

ARTS&LEISURE

DAVID ZHU/THE PHILLIPIAN

LOTW: Will Harmon '22 Fuses Trends with Surroundings To Create Unique Style

NOEMI ELLIOTT

Donning a green sweater over a quarter-zip and white button-down shirt, Will Harmon '22 pairs his outfit with navy jeans and white Nike Air Force 1 Types. On his wrist, Harmon adorns an Apple Watch Series 3.

"My mom always [tells me], 'Look good. Feel good,' so I kind of live by that, and I do feel better when I look good. If you look presentable, you'll usually feel better. If I feel put-together during the school day, I'll probably be better than if I'm wearing pajamas. I think this is a way to keep me focused knowing that I'm feeling alright and looking alright," said Harmon.

According to Harmon, his style is perceived as a mixture of vintage and sophisticated, as well as '90s-inspired. He visits thrift stores about once a month to source new clothing, particularly at Andover Thrift Shop.

"[At Andover Thrift Shop], I

usually look around at sweaters, t-shirts, and jackets. I go and see if there is anything I like and try it on, and if I like it and they are not too expensive, I buy them. There's also a place in Connecticut called Twice as Nice, and they have some similar vintage stuff. Twice as Nice is a little smaller than [Andover Thrift Shop]. It also has older stuff. I have multiple favorites, and [the sweater I'm currently wearing] is actually one of them," said Harmon.

Harmon typically picks his outfits the night before. Aiming for a blend of comfort and style, he tends to layer his clothing, particularly in the fall and winter seasons.

"Everyone has a different style. If you look around here, you see different shapes and sizes and all different clothes and styles of dress. Some people stay more comfortable. Some people like to dress more stylishly. For me, it's finding that balance between comfort and style," said Harmon.

After coming to Andover, Harmon has adapted his style to his surroundings. While his old

school required a uniform, Harmon is now able to pick his own outfits. According to Kate MacLeod '20, Harmon is able to fuse others' styles to create his own unique look.

"Will dresses very preppy but not in the classical Vineyard Vines way of dressing. [His style is] a lot more modern and darker, which makes him stand out... He buys a lot of things from thrift stores, which creates a unique blend of styles as well," said MacLeod.

According to Harmon, he tries to put his own spin on the fashion trends that others follow, specifically with respect to his Nike Air Force 1 Types.

"I figured I don't really want to get my own pair of Air Force Ones, as it's kind of basic. I actually got a pair called Air Force 1 Types, which are a little different colored, and they are structured kind of differently. [While] they are still Air Force Ones and have the same general style, they are a little different," said Harmon.



NATA LOUMIDIS/THE PHILLIPIAN



NATA LOUMIDIS/THE PHILLIPIAN



NATA LOUMIDIS/THE PHILLIPIAN

Will Harmon '22 says that he has a habit of checking the next day's weather, allowing him to plan outfits the night before.

Andover Inspires Former Competitive Skater Dorian Wang '23 to Skate Again



COURTESY OF DORIAN WANG

Dorian Wang '23 plans to return to competitive skating in the near future.

NATALIE CHEN

As soft music echoed throughout the ice rink, Dorian Wang '23 spun, bringing their leg higher and higher off the ground until they were twirling smoothly, one hand gripping their skate. Wearing all black, including their gloves and skates, Wang continued to glide around in the center of the rink, practicing multiple turns and jumps.

Trevor Moss '23, a friend of Wang's, recounted his reaction to seeing Wang skate during the most recent Free Skate event.

"I have seen Dorian skate during Free Skates and on their Instagram story—it's amazing. I would describe Dorian as a very persistent skater. Dorian will not stop trying to land a jump or improve a spin until they get it," said Moss.

Wang first started skating when they were four, and after moving from Beijing to the United States at eight years old, they began to enter competitions. However, about two years ago, Wang made the decision to quit skating because of how the unfamiliar competitiveness in a foreign country made them feel uneasy and pressured.

"When I moved to the [United] States, I think the culture at the rinks that I experienced was so competitive. There were some kids [in] the same session as me who were doing eight triples, which are three revolutions in the air, and I felt so intimidated. There is this culture of competition, and that was both toxic and not something that I thought would help my skating," said Wang.

However, Wang has recently picked up skating again at Andover by attending Free Skate events and paying for sessions at the rink to skate independently. Wang described how the environment at Andover has allowed them to feel more comfortable in their skating abilities, motivating them to skate again.

"I think it's just because I felt confident at Andover to really feel passionate about skating. Often times, it's not viewed as a real sport, but my friends have all been so supportive. That's really helped build my confidence and help me try new things, like be more creative in the way that I choreograph, which is something I've never done before, or try out a new spin, or stop being afraid of falling on a new jump," said Wang.

According to Wang, their return to skating the summer before Junior year motivated them to seriously consider skating competitively again, with a desire to

gain confidence in their skills and capabilities.

"I think the reason that I want to get back into competitive skating is that I want to prove to myself that I can do it. I used to think that I would never do anything in skating; I just felt so inadequate and that I wasn't good enough. I think that if I got back into competitions, it might help me prove to myself that I can do it," said Wang.

Wang is planning transitioning back to competitive skating next year. In the meantime, they hope to begin taking lessons at Andover to improve their skill. Wang explained that they already have an email drafted to one of the coordinators at Andover's ice rink, where they will request a coach.

Wang's friend Dori Rosenstrauch '23 completely supports whatever Wang plans to do with their skating in the future. Rosenstrauch described how Wang and their enthusiasm for skating has left a positive impact on her.

"I have seen Dorian skate several times, and every time I am amazed at the talent and hard work that they put into skating. Dorian is hardworking and passionate, and they skate whenever possible and have a genuine love of the sport. They are constantly challenging themselves to improve in every way," said Rosenstrauch.

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