The Phillipian

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The History of Andover's First Center for Gender Studies

TIANYI GU & WILLIAM GE

In 1996, Andover created the Brace Center for Gender Studies, a space for all members of the Andover community, both students and faculty alike, to engage in stimulating conversation about social issues regarding gender.

William Russell, an educator and parent of an Andover alumnus, addressed the Abbot Academy in 1843 on the issues regarding women's education. Predating the Andover/Abbot Academy by over 100 years, Russell's words offer insight into the very roots of important topics and organizations regarding gender equality at Andover.

"History, in the darker periods of antiquity, and in the era of feudal barbarism, is the record, exclusively, of man... An academy for female pupils, ought, indeed, to embrace, virtually, a scope of mental discipline and acquirement, equivalent to that enjoyed by youth of the other sex, not only at the preparatory academy; but at college," said Russell.

13 years after the merging of Andover and Abbot Academy and 143 years after Russell's speech, female students and faculty came together in 1986 to form The Women's Forum, an organization bringing discussions on gender issues, specifically women's issues, to Andover's campus. The initial planning committee for The Women's Forum wrote a document detailing the organization's goals. In their "Statement of Purpose," the group stressed the im-

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M.DOUCETTE/*THE PHILLIPIAN*

Today, the Brace Center for Gender Studies hosts presentations, the audience of one pictured above.

Cultural Clubs and Affinity Spaces Call For New Members

SOPHIA TATAR & ANDREW OHN

Greeted by clubs such as Classism At Phillips Academy (CAPA), Afro-Latino-American Society (AfLatAm), and more, the CaMD Club Fair gave opportunities for students to learn about different affinity spaces and clubs where they can find community on campus. The groups gathered on September 15 outside the CaMD office to speak to interested new members.

Kianna Jean-Francois '23, Co-President of Alianza Latina (Alianza), an affinity group for Latine identifying students, expressed her passion for Alianza as an affinity space. She also recognized the way affinity spaces have shaped her experience at Andover, as well as her personal identity.

"I really love Alianza. It was one of the first...affinity spaces I came in contact with when I came to Andover as a [Junior], and I built a lot of my relationships from Alianza. I still hold onto many of those connections now. Alianza, unlike some of the other groups and clubs here, is an affinity space, and you do have to identify as a person of Latina or Latinx background. The good thing about it is that the community is very strong, and we build a family inside the Andover family. It is a great way to have a reminder of home and who you are when you're in a space that doesn't necessarily look like you," said Jean-Francois.

As the Co-Founder of Southwest Asian And North African Society (SWANA), Nour Rustum '23 stressed the importance of learning about different cul-

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Pop-Up Relaxation Room Seeks to Promote Student Mental Health

JAC GORDON & ADDISON DENG

Rearranged sofas, colorful blankets, and a device-free policy transformed the Underwood Room last Thursday. Students had the opportunity to play with coloring books, Play-Doh, and destressing fidget toys, as well as meditate with mindfulness cards. Ruby Koo '23, with the aid of faculty advisor Nicole Jeter, Director of Wellness and Prevention Education, organized the first Pop-Up Relaxation Room on September 15 to shed light on mental health awareness, emphasizing the importance of slowing down during the fast-paced school year.

Acknowledging the various consequential mental health challenges of Covid-19, Koo aimed to create a relaxing space for students to unwind and destress. Funded by an Abbot Grant and the Sykes Mental Health Team, the relaxation room can be used to sleep, practice mindfulness, or simply hang out with friends.

"My main inspiration was noticing the difficult times my friends and the Andover community were going through during the pandemic. And after, I decided to make this place for people to just come and relax, to destress. It's a pop-up room, it's not just one space and it will change. For the supplies, I used beanbags,

Continued on A6, Column 1

R.NASSERZADEH/*THE PHILLIPIAN*

Aidan Porter '23 and Sebastian Valasek '24 celebrate Andover Football's win against Kent to start their 2022 season. See page B1 for the full article.

Covid-19 Cases Surge Following Opening of School

BAILEY XU & LUCAS BENARDETE

With fewer students wearing masks, the absence of plastic green boxes, and weekly saliva tests, eased Covid-19 restrictions have hinted towards a return to the pre-pandemic atmosphere. But the recent surge of Covid-19 cases on campus serves as a growing reminder that the pandemic is still among us. According to an email to *The Phillipian* from Dr. Amy Patel, Dean of Health and Wellness, Chief Medical Officer at the Rebecca M. Sykes Wellness Center, 91 students have tested positive since September 1, and 220 close contacts have been identified.

Although there have been instances of Covid-19 cases on campus throughout the pandemic, Patel confirmed that the current number of cases remains within the expected range. Due to the return to pre-pandemic campus policies and activities, an increase in positive cases is to be expected.

"One of the shifts between this year and previous years is that we know we are going to see [Covid-19]. If we don't mask every single day in all spaces, we know we're going to see transmission because we have an open campus," said Patel.

In previous years, close contacts were identified as all individuals in the same classroom and dorm as those who tested positive. According to Patel, this method was ineffective at identifying those most likely to contract Covid-19, often leading to hundreds of people being listed as close contacts when only a limited number would actually be exposed. In response, Sykes has narrowed the definition of a close contact to focus on people whom the most transmission has been observed from data collected over the last two years—namely roommates, nearby dormmates, and friends.

"We have found, especially with the Omicron variant, that the biggest risk factor for transmission is close proximity [and] more intimate or household contacts... I think it's important to note that in Massachusetts, there is no more contact-tracing program... So we ask students

Continued on A5, Column 1

ASM Speaker Haben Girma, Deafblind Disability Rights Activist, Urges Students to Take Stand Against Ableism

CONNOR GLEASON & ADELE CIOCIOLA

Followed by her guide dog, Mylo, Haben Girma took the stage to address the Andover community during All-School Meeting last Friday, September 16. Girma shared her story as a disability rights advocate and the first deafblind graduate of Harvard Law School. Girma used a braille computer to receive audience reactions and questions.

During her speech, Girma addressed her experiences during high school, college, and law school with ableist discrimination as she sought education and employment. She faced employers who refused to hire her because of her disability, even though the work she would be doing did not require sight or hearing.

"No one wanted to hire a deafblind woman. I sent in applications for job openings—employers were impressed with my grades in school, my volunteer experiences. So they'd call me in for interviews. As soon as they realized I'm disabled, they'd come up with all kinds of excuses not to hire me. These were tactile jobs. They didn't require sight—washing dishes, folding laundry in hotels. You don't need sight to do dishes or laundry. But employers still assumed, 'Nope, you can't do it, sorry,'" Girma said.

Reflecting on her personal experiences of ableism, she identified ableist discrimination as the primary obstacle people with disabilities around the world face. Girma noted that ableism arises when society fails to consider the needs of people with disabilities.

Girma said, "Ableism is the assumptions that say deafblind people—disabled people—can't do these jobs, even though we can. Ableism is a system of beliefs that treat disabled people as inferior to non-disabled people. Ableism comes up in all parts of our communities—healthcare, government, new products, and services. A lot of that is being created without thinking about disabled people, and that's ableism."

Despite many encounters with the ableist assump-

Continued on A6, Column 3

A.CHINN/*THE PHILLIPIAN*

All-School Meeting speaker Haben Girma was the first deafblind graduate of Harvard Law School.

Commentary, A3
Queen Elizabeth
Leilani Glace '25 explores why neutrality was Queen Elizabeth's greatest strength as a monarch.

Eighth Page, A8
A Faculty Weekender
Keep those rebellious faculty off the streets.

Sports, B4
Boys Soccer
Boys Varsity Soccer domination agaisnt Belmont Hill and conquering adversities presented by Milton

Arts, B8
Summer Reciepies
See what Andover students cooked up over the summer.

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Editorial

No Day But Today

Scheduling is a contentious topic at Andover. With students taking part in multiple extracurricular activities, and faculty & staff having limited time to meet with each other and their pupils, finding a schedule that pleases everyone is a near-impossible task. Within the variety of complaints that arise, a few common threads persist. First, a common sentiment among students is a desire for more Conference time and increased opportunities to connect with teachers outside of class time. Second, reports of constant busyness and burnout as a result of overscheduling and overcommitment are typical.

In particular, the Monday schedule has taken heat for its hectic pacing, where the 40-minute periods mean students rush to their classes and teachers whiz through material (with promises to "pick up where we left off next class"). But our grievances over Mondays represent more than just an inconvenience—they are symptomatic of a broader issue in our scheduling and how we structure our time at Andover.

Indeed, there is hardly an Andover student who would not identify with the word "overscheduled." Our fast-paced academics, plethora of extracurriculars, and the ups and downs that come with adolescence mean that our schedules are tight; we are caught in the rush and left dreaming of a break.

But our desire for a rest from Andover's busy pace is not isolated to campus. In recent years, discussion of burnout has become more common. Accelerated by the pandemic, rising costs of living, and growing efforts to promote self-care, the importance of rest has taken a larger role in conversations we have about productivity and work. More and more, we are stressing the importance of rest in a healthy work-life balance—the logic being, if you keep working without a break, you'll burn out, and if you're burnt out, you'll be in no shape to work.

One proposed method to address workplace burnout is a four-day work week of sorts. Having long been a talking point in labour advocacy, the number of companies, schools, and organizations that have embraced the abridged work week has increased in recent years. Proponents of the four day work week cite the appeal of a healthier work-life balance, and in turn, increased productivity.

Flexible work schedules do indeed increase workers' productivity. Google, which allows employees to structure their work on their own terms, found that giving employees control over their schedules has boosted productivity by 12 percent. Similarly, companies that use the four-day work week often report that employee happiness results in better work, more engagement, and an overall corporate gain.

But successful four-day weeks are not restricted to the workplace. For many schools in the U.S. that have instituted them, four-day weeks have shown an improvement in attendance, discipline, and most importantly, academics. In Melstone, Montana, attendance grew around 20 percent over a two-year period in a school that implemented four-day weeks. Chattooga County District, Georgia reported that discipline referral dropped by a whopping 73 percent since implementing the schedule. Lastly, as reported by Oakridge School District in Oregon, both test scores and graduation rate increased after implementing a four-day school week over a two-year period. Our very own four-day special schedule last week, with Wednesday free and classes on Monday, Tuesday, Thursday, and Friday, makes us wonder—what would a four-day week at Andover look like?

Certainly, stress levels would decrease. Students would appreciate an extra day of rest—not only as an opportunity to catch up on homework, but to pursue those things we don't have time for during the regular week. We would have another day to strengthen bonds with our peers outside of class, explore new passions we always "meant to pick up," or simply to sit back, relax, and reflect. After all, we come to Andover not only for intellectual growth, but for social and emotional growth as well. A break would help facilitate this growth immensely, from time management (a whole day, free!), to encouraging us to build healthier relationships with work, to cultivating more sustainable long-term work habits.

However, we acknowledge that this schedule would come with its own challenges. While teachers would have an extra opportunity to rest or grade on Wednesdays off, the shortened schedule would also create obstacles, forcing teachers to craft cohesive but significantly abridged syllabi. With three class meetings per week already, a reduction to two periods a week would mean that students may miss out on key material in their classes.

We recognize that, at this point in Andover's history, a four day class schedule may not be realistic for our school. However, we stand by the assertion that incorporating more time for rest and out-of-class growth and learning is important. To this end, we suggest that Andover make one small, but significant change: return to holding biweekly All-School Meetings (ASMs) on Fridays and replace our current Thursday ASM block with an extra Conference period.

With this change, students would have an additional opportunity to digest class material, connect with teachers out of class, and hopefully learn more effectively and efficiently, ultimately reducing academic stress and freeing up time in our woefully busy schedules. We hope that Andover will take this step on a long road towards helping students achieve healthier work-life balances.

This editorial represents the views of The Phillipian*, Vol. CXLV.*

To Meet (a) Fascinating Human(s)

GLORIA CHEN

T. ZENG / *THE PHILLIPIAN*

Not the typical academic fascination that we usually think of, but the fascination that comes with human interaction.

In my Religion and Philosophy class last year, I was exposed to different philosophies' beliefs regarding the meaning of life. In Daoism, the meaning of life meant following the "Way," an abstract concept that cannot be standardized. In Stoicism, it meant being dispassionate and pursuing perfection through reason. In Epicureanism, it meant freeing yourself from pain by living a relatively "horizontal" life. For me, it's fascination. Not the typical academic fascination that we usually think of, but the fascination that comes with human interaction.

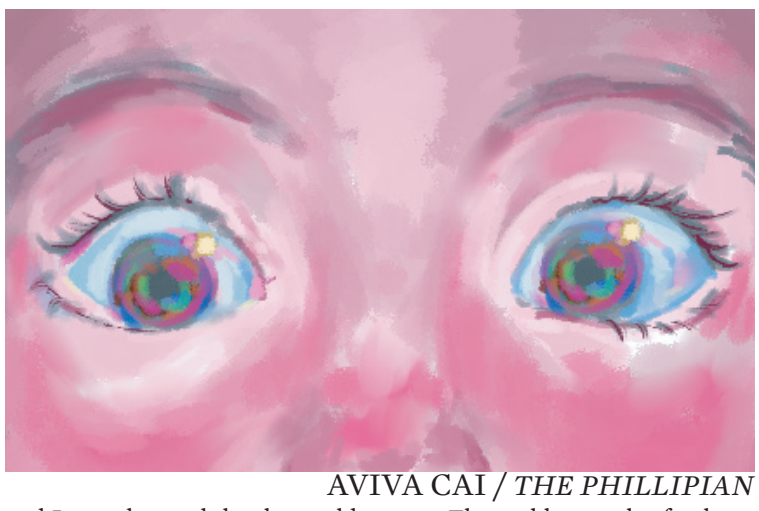
Over the course of my life, I have met many fascinating souls. These people all possessed an air of individuality that, to this day, I have not found in any others. Two of them I shall share today.

In eighth grade, I had an English teacher whom I will refer to as Ms. Mary. During the first semester of the year, our class read Charlotte Brontë's "Jane Eyre." We had daily quizzes to confirm that we had read the assigned chapters, but the frequency of these quizzes was not what would make me remember Ms. Mary forever. Rather, it was the questions on them. To this day, I still remember that Lowood Institution was 50 miles away from the chapel, and I still remember the question I missed on my final: "what color were Mr. Rochester's curtains?" Blue and golden. If you're thinking that the number 50 and the colors blue and golden held any significance in the novel, I regretfully have to disagree with you.

During the process of trying to remember all the miniscule, rather insignificant details, I admit I struggled. Even though it was always an unpredictable game of testing my memory the next day, I still feared missing an age of a character, a random distance, or the apparel of a passerby on the street. Of course, I had already learned to love this teacher, so it was never an overwhelming amount of fear, just a little tension that persisted throughout the term.

Oddly enough, I soon realized that I was fascinated not only by her unique character that previously existed out of my imagination, but also by the unexpected impact that her ways had on me. Though mildly annoying through the process, her approach had added an unforeseen joy by the time I finished the book. For the first time, I felt a certain mastery toward a book, an optimism that perhaps nobody could know more about "Jane Eyre" than the author herself and those in my class. Looking back, I now smile at those memories in the classroom. I laugh at how I could never really be mad at missing a question because of how hilariously ridiculous the question was. I guess my fascination started as early on as then, as an initial annoyance at Ms. Mary for asking such random questions would almost always immediately die down, and a new wave of ironical, inexplicable warmth—now recognizable as subconscious appreciation—would pass by.

At Andover, I met someone from my physics class whom I will refer to as Joe. Even though we were only in the same physics class for one term, that time was enough for me to befriend him. I sat behind Joe and could always see what he was doing, if I so desired. I will never forget the day I peeked in front of me and saw, on the table, one of Southwest Airlines's most distinguishable creations: their bright yellow, red, and blue-striped peanut lunchbox. Inside the lunchbox were not packets of peanuts but instead, stationery. Frankly, to see a peanut box as a pencil case from an airline—and not, in comparison, a brand like Pilot—lying on the table on a random Monday took me by surprise.



AVIVA CAI / *THE PHILLIPIAN*

I immediately took interest in Joe's passion for Southwest, and I soon learned that he could practically recite everything and anything from the airline's website. I learned all about Southwest from its choice to not assign seats, its value compared to other airlines, to the places I could go (and couldn't go) if I boarded their flights. A few days ago, when I learned that Joe wanted to become an engineer for Southwest in the future, I was not surprised and could only stand in awe of this clear goal at such a young age. I'll admit: At first, it was Joe's choice to love an airline that piqued my curiosity, yet as time went on, I realized that it was his passion that impacted me. Similar to Ms. Mary, Joe's character fascinated me because he had so positively extended beyond the scope of personalities I could imagine.

Since birth, we have read hundreds of stories and vicariously interacted with hundreds of characters, fictional and realistic alike. Every once in a while, we bump into a friend who fascinates us in the same manner as our favorite fictional character. They add a touch of color, a new vibrance, a surprise, into our lives. We become fascinated by their personalities and realize that, with their presence, we consider the most mundane objects and ideas—even a random number in a book, a peanut lunchbox—in a different light. Even with the multitude of human interactions that may convince us to believe in only 19 MBTIs, they break our expectations and exist beyond our imagination of how a character can be.

Together, we make memories with them and guard those memories in the purest places of our heart. That day when we find ourselves accidentally reaccessing those memories, we realize: how lucky are we to meet one fascinating soul, let alone many?

Gloria Chen is an Upper from Germantown, Tenn. Contact the author at ychen24@andover.edu.

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CORRECTIONS:

The photo on A1 for the News article, "Opening of School 2022-2023 Ushers in New Orientation Schedule" was incorrectly credited. The correct photographer is Julia Carmona '24.

The Phillipian *regrets these errors.*

ON THE QUEEN

C. SHEN / *THE PHILLIPIAN*

Queen Lizzie: The Personification of Neutrality and Colonial Legacy

LEILANI GLACE

Y. MANZANO-MALDONALDO / *THE PHILLIPIAN*

In a constitutional monarchy, it is a fact that the sovereign monarch has the role of Head of State, a position that is inherited from generation to generation. There are inherent contradictions of such a hereditary monarchy existing in our modern society that many democrats and libertarians constantly find fault with. To combat these reservations, the royal family must be, for the most part, non-political, serving as simply a symbol, a blank canvas that could be painted with the many colors of her people. That is exactly what Queen Elizabeth II did. She is remembered as a great monarch not because of her own individuality, but because she consistently provided the royal family with their greatest strength, namely the ability to be anything the citizenry wanted her to be. However, it is this same blinding neutrality that facilitates the separation of the royal family from its colonial history, allowing some to mourn the loss of a sensation, while others are unable to—seeing the Queen as a symbol of a legacy of theft and oppression.

In an era where everyone has an n an era where everyone has an opinion, where everyone is burning to publicly proclaim their hardships, views, and grievances, Queen Elizabeth II didn't. Though she was surrounded by the spectacle that is royal weddings, gossip, and scandals of the royal family, we never truly knew where she stood. So much so that TV and media producers have been able to associate her with whichever beliefs they please and with no one the wiser. In Lifetime's miniature franchise of Prince Harry and Meghan Markle films, the Queen is a firm ally to her grandson and the often-ostracized, mixed-race Markle. Conversely, in her interview with Oprah Winfrey, Markle had no problem disclosing that members of "The Firm," an unofficial nickname for the British royal family and its staff, were guilty of mistreatment due to her status and race, and this anti-Markle party is quick to align Queen Elizabeth II with their ideals. In The Crown, a historical drama series about the reign of Queen Elizabeth II, screenwriter Peter Morgan imagines the Queen to be more distraught when faced with the scandals of the royal family, but of course, always idolized. Queen Elizabeth II symbolized something necessary, but in short supply in the West: unity. She was not a part of any party or sector, neither left nor right, so in theory, she could be anything, both left and right, both partisan and impartial. For a hereditary monarchy to function in our modern world, the British citizenry must be willing to accept what seems almost to be fiction: the idea that one family, one monarch, can represent a whole nation and its ideals. However, Queen Elizabeth II was the epitome of just that.

But it was not only her neutrality that made her a great monarch but the stability she provided to British territories—and many others—as a constant throughout an era of change. She reigned over the last years of the British empire. She lived through the Cold War, the labor shortages of the 1970s, the birth of the internet, 9/11, Covid-19, and fourteen prime ministers. Decade after decade, whether it be an elected Conservative government or a Labor government, the first act of every prime minister was to see the queen; her ceremonial invitation embodied the ironic-but-necessary principle that dueling parties can serve the same nation. In this, it is not simply Queen Elizabeth II that has died, but her identity as the Queen, the very thread that bound British people together—not by geography or belief, but by both past and current tradition.

KIRA STEPANOVA / *THE PHILLIPIAN*

The Queen was Head of State because she just so happened to be in the line of succession. But she was accepted as Head of State, a symbol of her nation, because over several decades she saw her country through ups and downs, from empire to a democracy. She signifies the endurance of the British community and much of its history. But history is written by the winners, and just as Queen Elizabeth II acts as what seems like an unwavering and essential bridge between the past and the present that many can't live without, it is that same history that she represents which prevents others from mourning her death.

Though presidents and prime ministers of Kenya, South Africa, Nigeria, and other former British colonies have displayed their condolences for and praise toward the royal family, residents do not share the same sentiment. For many, just as the Queen represented both the British Empire and its transition to the Commonwealth, she was also the monarch of a nation that ruthlessly conquered and subjugated, a symbol of colonialism and its aftereffects. It is a common misconception in the West that colonialism is an event in our past, confined to our history books, wrapped up in a neat little bow. However, in many African countries, colonialism heavily burdens their society—it has simply adapted to modern times, simply taken on modern names. In South Africa, poverty is largely split down racial lines, where it is the citizens descended from previous British settlers that control the majority of the country's profitable mines. The same can be said about South Asia and other African countries, where many are now demanding that the royal family return the riches that were taken from their lands so many years ago.

Elizabeth II was a great monarch because she was impartial and detached. This is true. And unlike the first Elizabeth, she had no true power over the affairs of the state. But it is long past the time when the world should pretend that due to this lack of involvement in political decisions, British monarchs are faultless. They, too, bear the cross that is the history of their nation and its reverberations.

Leilani Glace is a Lower from Brooklyn, N.Y. Contact the author at lglace25@andover.edu.

Ideological Royalty

LANGAN GARRETT

I. OBIORA / *THE PHILLIPIAN*

Someone said this the other day: that in our lifetime, we will likely never have another female monarch. It wasn't a "we" in which we, as American citizens, would be directly affected by that monarchy. Instead, it was an interesting observation about how society might react in the absence of a female monarch.

Once when I was little, my mom recounted to me just how much people loved Princess Diana. I was fascinated, and my mother told me about how when Diana died, people all over the world mourned for years. Flowers and condolences mounted high at Buckingham Palace and 2.5 billion people around the world watched her funeral. She was adored—not just because of her status, but because of the way she made people feel. Diana worked hard to make the world a better place. She represented the best parts of the monarchy, and did so with grace even after she was no longer an official member of the family. Women and girls around the world could see Diana as a shining beacon of what could be. Diana was adored because she represented, and in many ways was, the ideal. She worked for the people, was presentable and organized despite personal strife and crisis, rising above the political and social fray.

CLARIS SHIN / *THE PHILLIPIAN*

Similarly, Queen Elizabeth II embodied this calmness and stability. She symbolized to her people—and to much of the world—the way in which an archaic system could adapt to a new era and was able to create a new home for the British monarchy. She was always there, always watching, making sure that her country stayed on course and maintained their position of power in the world. Her death marks a similar landmark. Yet again, a female leader has died and a male leader has taken her place. Common gender roles are yet again being upheld, and it becomes harder to visualize the possibilities for female leadership in Queen Elizabeth's absence. I am 17 years old, and September 7, 2022 was the last day that I will see a female monarch in the British royal family.

Queen Elizabeth was 96 years old, a long life by anyone's standards, and yet after her Platinum Jubilee, it felt like she would live forever. She was a constant; always there with her tiaras, white hair, and royal stoicism. She led the country through war and through a pandemic; her public addresses on Christmas reassuring her people that indeed, it was possible to maintain routine and reality in the midst of chaos. When I received the notification on my phone that she had passed away in Balmoral, I thought back to when Ruth Bader Ginsburg died. It felt very similar in that two women, who were political and social constants, had finally left this world. It didn't make sense; how could they just be gone? One day dressed in pastel-colored skirt suits, the next day, the world was mourning the loss of an iconic monarch.

Instead of focusing on the political and judicial tragedy that arose when Ginsburg died, Queen Elizabeth's death marks a moment in which, subconsciously, there is just one less female figure in power. When a woman is in power, it becomes harder to ignore issues of sexism and gender inequality, especially when the ruler of your country is a woman. The U.K. is a constitutional monarchy, and while that means that the Queen didn't actually have any say in how the government was run, laws were enacted, or wars were fought, those were all still in her name. It was the duty of the parliament and the prime minister to work on a governmental body that was socially represented by the monarch and royal family. She was the face of one of the leading countries in the world.

There is a feeling of disappointment that is startling and disheartening when looking up at the royal family and seeing Prince Charles III as king. To know that I will never again see a Queen of England is not emotionally shocking, but it has taken time for me to really understand how, subconsciously, I am affected by the lack of a female monarch. I no longer feel a stronger presence of female leadership nor see a manifestation of poise and strength in Queen Elizabeth II. I am not British, and I do not carry a British passport, but I can only imagine what the world will look like when the face of a leading country like the U.K. changes so drastically.

It is a moment of consideration for us all: what we value, where we look to for inspiration, and how we let our world affect our perception of ourselves and our place in that world. It is more than the loss of a monarch, more than the loss of person and a woman—it is the loss of an era, of psychological and political development, that we have not yet begun to mourn.

Langan Garrett is an Upper from San Francisco, Calif. Contact the author at lgarrett24@andover.edu.

Korean Diaries

J. XIAO / *THE PHILLIPIAN*

Is Kimchi Really the Talk of the Town?

ASHLEY PARK

T. ZENG / *THE PHILLIPIAN*

ANH VU / *THE PHILLIPIAN*

I visited Korea when I was around four or five. One afternoon, I saw my grandmother sitting on the floor of her small kitchen mixing vegetables in a big, metal bowl. Her hands would move in the same pattern every time. While lifting the layers of cabbage with her left hand, one by one, she'd spread spicy seasoning on each layer with her right hand. Her wrinkled but elegant palms amazed me—she was already in her 60s. I sat down next to her and gazed over the metal bowl, mimicking her hand patterns. After a minute or so, I begged her to let me help her, but that only meant more work for my grandmother after I spilled half of the seasoning on the floor. Despite the incident, I was finally able to eat my first dish of homemade kimchi a few days later. Since then, eating kimchi has been a daily habit for me and my family. Kimchi shaped the small parts of my life and kimchi was how I began my journey into Korean culture.

Before my visit to Korea, kimchi was just like any other food, but now, it's more than that. Kimchi was the only dish that emotionally helped me keep the fading memories of my great grandparents and even create new memories with my cousins. Kimchi is the kind of food that feels nostalgic, helping me remember old memories like watching my grandma make kimchi. I haven't visited Korea in almost four years, so eating homemade kimchi helps me remember the days I would play in the small playground next to my grandparent's house or help my grandfather attach small car parts at his factory. Compared to the other Korean dishes I eat, kimchi simply makes my day, and if it wasn't for kimchi, I probably wouldn't have experienced sitting around the table in Korea with my grandparents, aunts, uncles, and cousins, catching up on nearly everything that happened during the two years we were apart, or trying to persuade my little brother to try kimchi for the first time even though he has a low spice tolerance. Kimchi's a food that makes me smile and feel at home, but what is kimchi, and why is it the so-called "talk of the town?"

Kimchi, or 김치, is a very common word used in my family. "Do we have kimchi in the fridge?" "Can you get the kimchi and place it on the table?" "Do you want some of my homemade kimchi?" It's probably one of the most-used words in our household, and I'm sure that goes for most Korean families. Kimchi is a famous Korean side dish made with cabbage, seasoned with a variety of spices and fermented vegetables. It's a delicious and sweet dish but requires patience to wait for the kimchi to ferment, taking up to a month. But after the process, a big glass jar of kimchi can last up to a month. Kimchi has all the flavor and texture you would want, but just in one dish. The many seasonings and spices, like 고춧가루 (gochugaru), added to kimchi brings out the spicy and even bitter taste, but the fresh cabbage, sugar, and corn syrup highlight the sweetness and pleasant taste of kimchi.

In my household, we usually buy a jar of kimchi at my local Korean store, or sometimes, my mom makes kimchi herself. If dinner was Korean food, there had to be kimchi on the table, but even if there was no Korean food, like pasta or steak, there would still be kimchi. If there was no kimchi on the table, my mom would bring it from the fridge, even if we were almost done eating. Even though I never made kimchi alone, I would always help my mom choose the best jar of kimchi from Hmart and carefully bring it home in my hands. Not only is kimchi a central dish in our household, but a central dish in all parts of Korea. Almost all households in Korea will have kimchi in their fridge, and since the 1980s, kimchi refrigerators have become very popular in Korea. They made a fridge. For your kimchi.

When I visit my Korean friends at their house, their mother would place a big dish of homemade kimchi on the table and we would empty the plate even before the main dish came out. Or when I go eat at a Korean restaurant, the 반찬 (banchan) that needs the most refills was kimchi. So, kimchi—it's everywhere. But what's the reason? Why is kimchi so popular? Why is it the only banchan you really need? To begin with, kimchi is quite nutritious, and I could even say it's the healthiest banchan in Korea. Also, a few other popular banchan in Korea are seasoned spinach, fried zucchini, soybean sports, and 파전 (pajeon), simply a vegetable pancake. These side dishes are healthy and don't have a lot of fatty ingredients. However, these are harder to eat as they're bland. Kimchi, on the other hand, is healthy with its base food being cabbage, but it's still sweet and easier to eat with the brimful of spicy spices.

But other than its health factors, kimchi is not just a trend. Kimchi is a Korean traditional food, so it's a dish that almost every Korean loves. From watching my grandmother make kimchi for my family to placing a big dish of kimchi on the table for Korean Thanksgiving Day, 추석 (Chuseok), kimchi made a big impact on my life, because, without kimchi, I probably wouldn't have been able to create the special memories with my mom while bringing a jar of kimchi from H Mart, or spilling the seasoning all over the floor. Kimchi impacts people in different ways. Kimchi for someone might have been the first food that they ate when they visited Korea or could have even been a meal that reminds them of their relatives that passed away. Kimchi is a dish that brings my friends and family together, and helps form bonds and special memories with my loved ones, and even throughout the Korean community. Kimchi just calls "home" for me. Kimchi represents the ups and downs of my life and the moments I've cherished with my childhood friends, and my relatives I miss so dearly. Kimchi goes with almost every food in Korea, but it also goes with the long history and the formation of Korea, so it's no doubt that kimchi is the dish that changes everything.

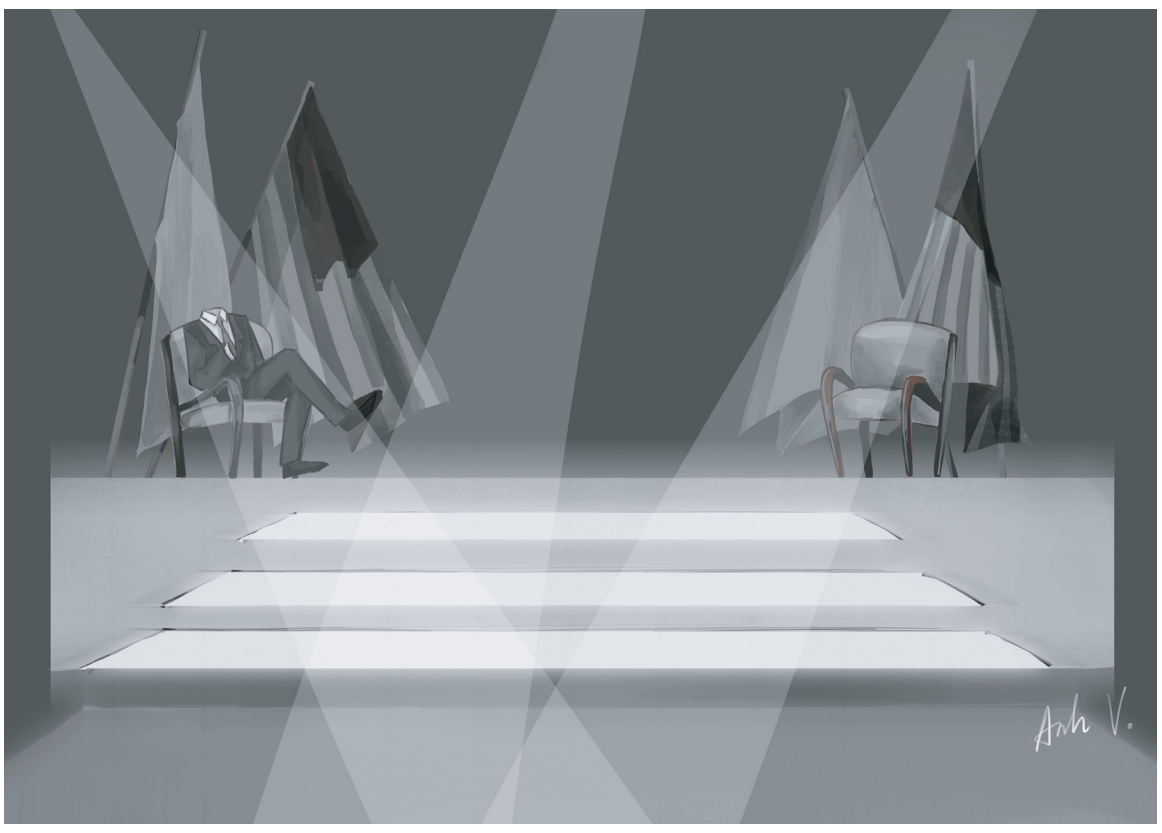
Kimchi is now slowly forming a place in my heart, and even though it's ironic to say this after 13 years of knowing and eating kimchi, I think I've finally found my love and passion for kimchi and Korean culture. The next time my mom prepares dinner, I'll be the one who takes out the kimchi from the kimchi fridge and finds a container of fresh, homemade kimchi. Kimchi. It's the best banchan on the planet. What more would you need?

Ashley Park is an Upper from Frisco, Tex. Contact the author at apark24@andover.edu.

The Most Myopic Way to See the World

WILLIAM BUEHLER

M. MA / *THE PHILLIPIAN*



ANH VU / *THE PHILLIPIAN*

When I was very young, my understanding of the political system was, of course, very basic. However, I recall that one of the most infuriating things that I had ever heard at that time was that nations should focus solely on their internal affairs. To be clear, I am not referring to military intervention, as the parameters whereunder it is permissible are far different from the more economic and diplomatic cases I mean to chiefly speak of. To make an active effort to not engage with other nations in the two aforementioned realms is absurdity. Isolationism is the most selfish and short-sighted way any singular person could view the world.

Isolationism might make sense on an extremely superficial level. After all, why should nations place themselves on a constantly shifting, perilous world stage? But removing oneself from the world stage does not mean the world stage will not affect you. Let's take the Russian invasion of Ukraine. Whether or not a nation participates in the embargoes on Russian oil is so important as to completely influence how the nation might be seen by others. If one does participate, gas prices within a nation will skyrocket. If one does not, they lose an incredible amount of international standing for continuing to trade with an autocratic, expansionist regime. That latter option will likely have deep repercussions later down the line. Thus, when it comes to world events which actually matter, isolationist nations will always be impacted regardless of their stance. There is no way to become completely separate from world politics when you are a nation; not taking a side in a conflict can mean the same thing as taking one.

Moreover, isolationism throughout the post-Westphalian period (after 1648) has completely backfired for the vast majority of nations that embraced the concept. The easiest case to view is that of Belgium, wherein their stance of continued neutrality did not save them from the two cases of invasion that they suffered in the early 20th century. Yet, if one were to argue that speaking of such a case of isolationism is unfair due to the historic ties between Belgium and the Entente/Allies or that Belgium was simply a strategic objective rather than a political one, we can speak instead of the failures of American isolationism. American reluctance to become involved in the First World War did not save the United States from the destruction of commercial ships or being targeted by the Germans through diplomatic means. If one were to argue that the Germans only did so because of our support of the British or because we were a major power, then I must first say that our support of the British was critical, but, even at its peak, still relatively minor in scale compared to what we could have sent. As for the latter point, at the very birth of our nation, we were dedicated to a very isolationist policy. But even without a great power status, we were targeted by Ottoman-sponsored Barbary pirates and shortly thereafter the British. Continually, our sovereignty was violated. Therefore, it is clear that isolationism, although ostensibly a reasonable way of preventing a state from becoming entangled in conflict, does not truly function to do so. Isolationism does not insulate you from the world, it just makes sure you strangle whatever input you might be able to have. It leaves you vulnerable to attack with its lull of false security, and, in reality, solves nothing. Never in our nation's history has isolationism worked significantly to our advantage in a way that was not immediately and heavily counterbalanced by the strains of the system itself.

Isolationism proves to be so absurd because it does not solve the issues of the world; it simply ignores them and searches for others to correct them. Nations are not always better off on their own. There are times when foreign support is necessary for a nation to prop itself up, whether that be military, economically, or politically. Consider Afghanistan following the Soviet invasion of 1979. An isolationist would argue that support shouldn't be given to the Afghan people fighting off the Soviets because that would be ingraining ourselves firmly in a conflict. But that was a war for sovereignty. If you agree that the Afghan people have the right to defend themselves from a foreign invader, but don't want to be the one to help them enforce it, aren't you just passing along that responsibility to other members of the world? Therein lies the crux of the issue. It turns its back on all the world and says, "It's not my problem."

Interventionism is abominable, there's no doubt about that, but acknowledging the dangers of both extremes of foreign policy is imperative. The United States does not have to completely withdraw from global politics, and, in fact, we shouldn't. There simply needs to be a change in approach. With the wars in Afghanistan and Iraq largely over, we have a chance to actually intervene in non-militaristic ways that are reasonable and mutually beneficial to us and whomever we are dealing with. Somewhere in between isolationism and interventionism lies a balance that we can firmly grasp and utilize to pursue our national interests in ways that are not so imperialist as in years past.

William Buehler is an Upper from Greenwich, Conn. Contact the author at wbuehler24@andover.edu.

Uppers and Seniors React to College Fair Experience

REPORTING BY MELINDA WU

Andover students looking to begin or further their college research process were given the opportunity to attend a college fair on Monday, September 19. Held in Snyder, this open event featured schools such as Yale University, Dartmouth College, Amherst College, and more—providing students with the chance to converse with representatives, ask questions, and grab informational brochures. Students shared why they attended the fair and how the event could be improved in the future.

NIGEL SAVAGE ’23

I wanted to meet the different representatives [and] gain more information about schools [to] see if I wanted to apply to any new [ones]. I like that there are a lot of different options to learn about, but I don’t like that it was very crowded and the lines were very long. [But, that’s] just a sign that people wanted to come. [Overall], I think it was very well planned and very well done. I hoped to learn about schools I haven’t really heard about before and get to talk to them, and I think I did get to learn about that.

MINH-KHUE DOBA ’24

[I went to] see what colleges had to offer, how they correspond to what I wanted to do, [and] where I want to study. I’m really looking for a school that can represent what I like to do and what I want to learn and build a community. I think that the fair would [have been] better with more people in each station. The lines are long and it would be nice having more people to talk to. Also, there’s usually only one person representing each school and that can get really stressful.

FRED JAVIER ’23

I like the openness all the admissions officers [have] towards our questions and how friendly and [willing] they are to discussing the schools they represent. They seem very approachable, so it’s not very intimidating to go up to a school that you might not know about and ask for information. My main objective was to find defining features about each school. I’ve been asking all the officers about what it is that really defines their school, what attracts people towards it, and what alumni of the school come out of it with.

VICTORIA ORTIZ ’23

I really like the setup of the event itself. I think it’s super accessible because it’s open to not just our school but people in the nearby area. There’s a pretty good flow, especially because we’re in Snyder and it’s easier to walk around and hit the schools you want to visit within the time frame. Hearing about traditions from each school is also really special. I visited the Davidson table and we were talking about different school traditions that students get to engage in with the nearby community.

BEN PEREZ ’23

I came here to talk to some of the schools I’m thinking about applying to, especially about being Hispanic. What kind of accessibility do they have for that? What kind of programs do they have for what I want to study? [But] some schools had a very long line, so it took a lot of time to be able to talk to those people. The day that it was chosen to be on was also not very optimal, especially because it was the first full week of classes. I would break the event down little by little instead of making it one day with all the schools. Maybe we could make it a week-long type of thing or program it on a day that’s not too busy for everyone.

ISABELLA MURRAY ’23

I think that the representatives that colleges choose to send here were telling of who the colleges are. I’m also behind on my college research, so I thought it was nice and fun to have them all here. I don’t like how everyone is flocking to the Princeton and USC tables because I know that we are part of an elitist society, but I think that we should all be more open-minded as to where we invest our attention. Even if we do go to Andover, there’s a bigger world out there other than Ivy Leagues.

C.BARBIE/*THE PHILLIPIAN*

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At the College Fair, students from Andover and the surrounding area were welcome to ask questions to representatives from over 100 colleges and universities. The schools above (left to right), Wentworth Institute of Technology, Syracuse University, and Villanova University, represented just a few of the many schools in attendance.

Rise in Covid-19 Cases Sends Some Positive-Testing Students Home to Isolate

Continued from A1, Column 3

who test positive to think back to the 48 hours prior to testing positive and ask [who would qualify as a close contact]... The average is about four, 3.8 actually, close contacts for every student who tests positive,” said Patel.

Students who have tested positive for Covid-19 are encouraged to be picked up by their families if they are within driving distance; if being picked up is not a feasible option, students are held in isolation at Sykes, where both their physical recovery and mental health are prioritized.

“Mental health is equally important, if not more important at this point because we have focused so much on the physical health of students... We’ve instituted behavioral health screenings so that we can ensure that we’re asking questions about student mental health when they come in,” said Patel.

According to Oliver Kim ’26, who stayed in Sykes for five days, students with Covid-19 are able to socialize regularly. Some of the activities include hosting movie nights, going outdoors, and ordering takeout.

“It’s pretty relaxed [in Sykes]... [Keeping up with classes] is definitely a lot more difficult. But so far, it’s only the second week of school... [and] after online schooling, everything is online anyways... It’s not too bad staying in Sykes if you’re not too sick,” said Kim.

Some students have expressed dissatisfaction with Andover’s precautionary protocols. Tulah Jefferson ’24 felt that with measures such as requiring testing before the opening of school, the recent surge of Covid-19 on campus could have been avoided.

“I know they did mention [that] everyone should test at home, but it wasn’t mandatory and they [didn’t require] an email of proof or anything... I feel like a lot of people are close contacts at this point but wearing masks isn’t being mandated around campus. So I think that leaves a little bit of room for people to get Covid-19,” said Jefferson.

Patel defends the school’s decision against school-wide testing. In her opinion, while in the past testing has proved beneficial, it now does not seem necessary. Students who are symptomatic will continue to be tested, and an emphasis is put on students making smart decisions about masking and testing if they experience symptoms.

“If we’re starting to find that there’s a particular event [after which] we see a spike, we would then have to evaluate protocols... We try to be preventative at all times and at some points we might see a little more Covid-19 than we really want to, and then we have to scale back a little bit. It’s going to be a constant push-pull balancing our ‘new normal’ campus protocols with Covid-19 protocols,” said Patel.

CaMD Groups Speak On Importance Of Identity Spaces on Campus

Continued from A1, Column 1

tures to be more welcoming as a community. She explained that she founded the group to foster a more inclusive and understanding environment at Andover.

“I think the more events that we do and the more opportunities people have to learn about us, the better we can get our events to be. People will learn more about who we are, which is the biggest goal that we have. Something that I think is super exciting to think about is what if we had a belly dancer. Those are so much fun. We have so much fun music and parties in our culture, so I would love for that to happen before I graduate,” said Rustum.

Echoing Rustum, Sarah Romai ’23, Co-Head of International Club (IClub), also believes that joining CaMD clubs is a great way to find community. She emphasized the responsibilities the club holds in order to support international students at Andover.

“During the year, we have a bunch of meetings, we hang out, and we organize events. We usually organize a [New International Student Orientation (NISO)] reunion and IFest, where we order food from international restaurants. We have done meetings with arts and crafts, but other times we do more serious meetings. IClub is a bit different from other clubs I am a part of because we are one of the few support systems for international students, so in a way, we have a bigger responsibility to provide a space where everyone can come in and talk. But also, it’s just really fun and nice to have a community where all of the international students can come together. Our club has been doing these same things for as long as I can remember,” said Romai.

Advocates For Diverse Abilities is a club dedicated to fighting ableism on campus. Amelia Vinton ’23, a board member of Advocates For Diverse Abilities, reflected upon the growing awareness of ableism on campus and hoped to continue this effort.

“I identify as having dyslexia and dyscalculia, which are two learning disabilities. I became more outspoken about it during my Upper Year, so I wanted to be a part of a group that can create a space that I didn’t have in my first few years at Andover. I was able to advocate more about learning and ableism and the history of disabilities and the issues that our community faces. We are hoping to put on a lot of events. We have a really exciting [All-School Meeting (ASM)] speaker this week: Haben Girma. In the next few years, I envision more meetings, events, and open discussions. Having more meetings with people who are willing to learn about the diverse ability community would be great,” said Vinton.

Relaxation Room Provides Safe Space For Students to Destress

Continued from A1, Column 1

bags, blankets, Play-Doh, and little destressor items. We applied for the Abbot Grant and received money to buy those items," said Koo.

Andrew Massicotte '25 enjoyed his time in the relaxation room and supports Koo's positive initiative on student mental health. Although few students showed up last week due to the 50-minute window of the pop-up, Massicotte appreciated the opportunity and hopes to see the project continue.

"The relaxation rooms are a good resource but are only as helpful as they are used by the students. I was a little shocked to see a few students taking advantage of the space. I enjoyed this lack of students, a feature that would likely not translate into a permanent iteration of the room. I think that providing students with a space to destress will have a positive impact on the mental health of the community," wrote Massicotte in an email to *The Phillipian*.

Following the turnout of last week's pop-up, Koo envisions a permanent relaxation room on campus. Koo believes that a student-run mental health program could help establish clearer mental health policies and related courses of action on campus.

"One thing I took away from yesterday's experience was that it's better to open during either protected time or a period where most of the students don't have classes or other priorities. Around 15 students came yesterday. It was nice to see everyone truly working on themselves and not worrying about anything. It might be possible in the future, but I think it's difficult to really dedicate the pop-up room to one place. We will definitely give it a try," said Koo.

Arthur Wu '25 agreed with Massicotte's sentiment. Recognizing Andover students' busy routine, he appreciated the opportunity to distance from the calamity.

"I actually really enjoyed the pop-up room because it was just really calming and fun. I liked the tiny squishies and I also really liked the bean bags they put down because I could just lie down and relax. I feel like this is definitely going to be great for Andover students because it's just a relaxing time where you don't have to constantly look at your phone or be thinking about something in particular. This is especially great for the Andover community because sometimes students can get a lot of pressure and just need to relieve some stress.... It can be improved by setting up more comfy chairs because there were only a few in total," wrote Wu in an email to *The Phillipian*.

Jeter applauded Koo's work and progress throughout their partnership. Over the summer, the two worked together on layout design and purchasing supplies for the room. Moving forward, they hope to set up more advertisements around campus to attract a greater number of students.

Jeter said, "I was very impressed with her sense of initiative and leadership. She would reach out to me to review her work and give her opinions on items she would like to order, and it was all student-run. I was only there to support her. She was willing to ask questions, and she was also open to changing things and really wanted it to be a student centered program. We would also want even more advertisements. Putting up flyers everywhere, in the bathroom, on the windows, and more.... But I loved seeing students there, and everyone that was in there seemed like they were more relaxed after walking out."

Haben Girma Focuses on Inclusive Communication to Combat Ableism

Continued from A1, Column 3

tions of others, Girma also described moments when people gave her the chance to show that she was capable of doing the things they doubted she could do. Friends made an effort to accommodate her needs during group activities, a gym manager agreed to hire her, and a surf school agreed to try teaching her to surf. The way to fight ableism, Girma suggested, was to avoid making assumptions and instead ask questions about and solve issues of accessibility.

"When I've been included, it's because people ask: how can we make this more accessible? How do we remove the barriers and then listen to the responses? It's an ongoing process and conversation. Asking yourself, what can I do to make my community more inclusive? How do we create full inclusion?" said Girma.

Will Lucas '24, said Girma's speech helped him and other students learn how they should interact with people with disabilities, learning how to distinguish between being patronizing and being helpful.

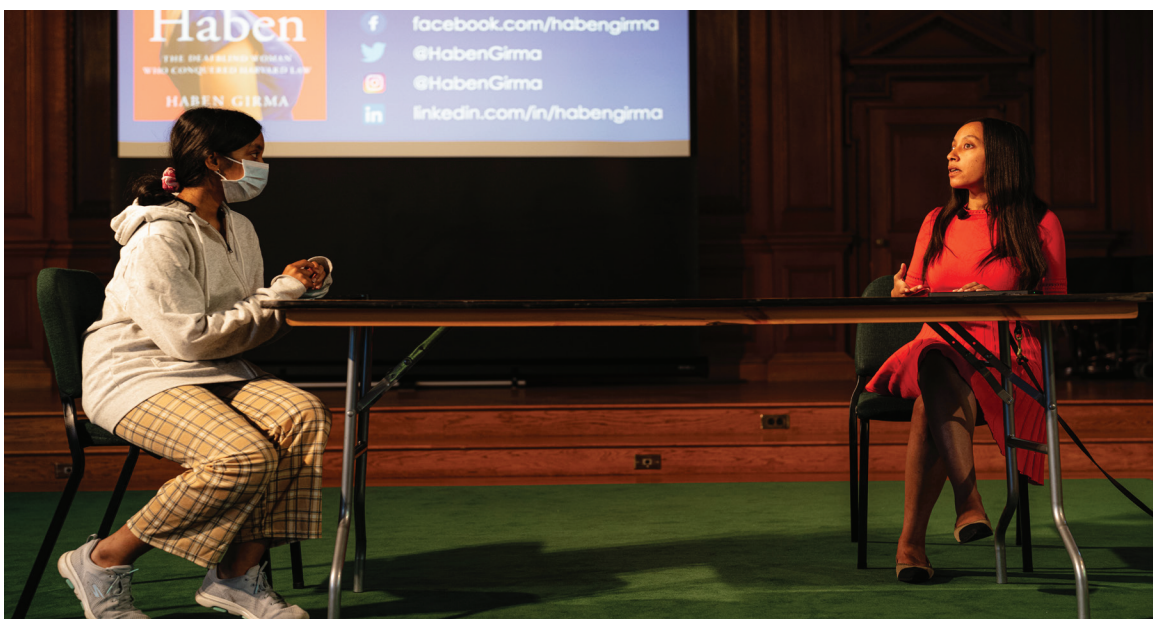
"Be more considerate when you're talking to people. Be sure to ask them how you can help them instead of just assuming that they need your help. Like [Girma] said, the biggest thing that faced her was ableism, not being deaf-blind, so just keep in mind that not everyone needs your help. It's nice to still help anyone anyways because I think that it's good practice for people to look out for each other, but always ask how you can help," said Lucas.

Lily Williamson '25, resonated with Girma's point that rather than her disability, ableism was the ultimate source of her struggles. She also said she came away from Girma's speech with new insight into how to challenge ableism.

"A lot of the time things aren't built necessarily with the idea of them being accessible for everyone. It's really important to make spaces accessible for everyone. Like when you're a job interviewer, having an unbiased perspective and not these false presumptions about people and their abilities just based on the disability they have. She stated that it's really the ableism that holds people back and knowing there are small changes you can make things more accessible is a big step in the right direction," said Williamson.

Girma concluded her speech by reflecting on her own work as an activist working to combat ableism. Acknowledging the diversity that exists in any community, Girma emphasized the importance of understanding and accommodating differences within student communities.

"We need to make spaces where people celebrate different kinds of voices. Maybe someone's not comfortable with eye contact. Maybe someone needs to move and stretch when they're paying attention. So, I want us to always think about what's best, what are the different ways we can connect and communicate, and make sure we're not unfairly judging people. All of you can help in noticing ableism and working to remove it from our communities," said Girma.



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During the question and answer section of her presentation, Girma invited students to ask her questions by typing them to her on stage.

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I Iodine
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No carbs, Low calorie
SUPERFOOD SEAWEED

NEWS IN BRIEF

REPORTING BY JULIA FOX

This Week:

The Addison Gallery of American Art hosted an opening party on September 16, celebrating the opening of a new exhibit by American photographer Rosamond Purcell: "Nature Stands Aside." With Purcell present, the event included refreshments and a tour of the exhibit, featuring over 150 photos. It is the first ever retrospective of Purcell's work and will be on view until December 31.

A booster clinic was offered for the bivalent Covid-19 vaccine at Snyder Center on September 17 by the Rebecca M. Sykes Wellness Center. The Centers for Disease Control and Prevention (CDC) recommended the use of the bivalent booster for people ages 12 and older on September 1.

The Fall Carnival event was hosted in the Flagstaff Courtyard for faculty families and students on September 17. The event included an ice cream truck, caricatures, a mechanical bull ride, a bouncy house, and other outdoor events.

The **first Senior Tea of the year,** a snack break for Seniors, kicked off on September 19, serving fruit, tea, coffee, hot chocolate, and apple turnovers. Cinnamon rolls were served at another Senior Tea held on September 21.

Phillips Academy Sustainability Coalition (PASC) hosted an introductory meeting in Kemper Auditorium on Friday, September 16. The event featured introductions to the various clubs within the group, cheese pizza, and a screening of "The Lorax."

Looking Ahead:

Sykes will host a **seasonal influenza vaccination** on October 14.

Two upcoming events, **Hampton Beach Andover Days and a Fall Coffee House**, are currently tentatively scheduled for September 24 and September 30 respectively, with dates subject to change.

Brace Center for Gender Studies Evolves as Space of Inclusivity

Continued from A1, Column 1

portance of urging both men and women to discuss current events and build connections in the Andover community.

"The Women's Forum's purpose is to support and encourage the discussion of women's issues and gender issues on campus. Most of all we hope that we can build a strong sense of shared purpose and mutual support within the community of women at [Andover], and we hope we can increase the entire community's awareness of the importance of gender and women's issues," wrote the Women's Forum planning group .

In November 1995, Kathleen M. Dalton, previously an Instructor of History and Social Science, requested start-up funds from the Abbot Academy Association to fund the Brace Center for Gender Studies. With preexisting involvement in the Women's Forum, she hoped to build upon the foundation the forum formerly established.

"One of the most obvious needs of the current [Andover] community is for the Center to serve as a source of information and support for faculty and students on campus who are interested in learning more about gender, women's history, and the dual heritage of Abbot Academy and [Andover]," wrote Dalton in her proposal.

With the work of Dalton and a team of community members, the Brace Center at Andover opened its doors to the Andover community. Dr. Moore, a previous Director of Organization, said the Brace Center aims "to provide resources to enhance and strengthen [Andover] as a coeducational and multicultural institution by providing a place to examine complex issues relating to gender, sexuality, race, and ethnicity."

Today, over 15 years later, the Brace Center continues to address these issues. Sakina Cotton '24, who is a member of the Brace Center Advisory Board, emphasized the board's efforts to make the center a welcoming and safe place for discussing and challenging social constructs that have become deeply ingrained in us.

"Overall, it's a very welcoming and challenging space. We want to make others feel welcomed and make others learn more. . . . I definitely think it's influenced a lot of my thinking—how we think about gender, how we think about sexuality—it's definitely expanded my own thinking about how do we challenge or break social constructs," said Cotton.

Despite its distant location from Andover's central campus, many students are still drawn to the Brace Center as a potential safe space or established community in the deep Abbot cluster. Max Berkenblit '24, who is also part of the Brace Center Advisory Board, hoped that the center could continue to be a space and resource available for everyone.

"I really hope that the Brace Center serves as a resource for a lot of people. . . . I think it is a really important educational hub as well as just a gathering space for students to either during study hours or during events, to hang out, talk to each other in a comfortable space and meet other people with similar interests," said Berkenblit.

Palmer Simpson '23, another member of the board, discussed his own experience and how the Brace Center impacted his learning. Because of the Brace Center, Simpson was able to quickly become educated on important topics on gender studies. He also noted the importance of the Brace Center to the Andover community, as well as how its influence spreads beyond the school's lines.

"One of the things that I have started to find more important is [an] inclusive community. It's also made me really think about being intentional with my actions and being more accepting and open to everyone. I think the fact that Andover has a place like Brace, shows that while Andover is not perfect, there's progress being made," said Simpson.

10 Questions with Fred Javier '23

Fred Javier '23 is a Senior from the Bronx, New York. When he is not cheering at games as a Blue Key Head, helping to organize events for Alianza Latina, or stargazing with Astronomy Club, Javier resides in Morton House.

REPORTING BY MYCA BISHOP

N.NAZAR/*THE PHILLIPIAN*

1. Why did you decide to join the Andover community?

I wanted to join the Andover community mostly because of the amount of opportunities and reserves that are out here, especially coming from a public school in New York City. There weren't a lot of resources there, and it was frustrating to not be able to get involved with anything. There are more communities here and many different ways to meet people besides just classes. I think the best parts of the school are not just the school itself, but the people that are layered here with you when you're struggling, the people that are with you when you're doing well, and those who are always there to support you.

2. Why did you decide to become a Blue Key Head?

In freshman year, I always wanted to become a Blue Key Head because of the people performing. The people are what inspired me to become one, and it is the lineage that I'm a part of right now. The Blue Key Heads who came before me inspired me to have school spirit, to be a very energetic person, to dance around, be social and bring up the energy wherever I am. And looking at it, it's the perfect job to be able to be at different sports events and be able to have an excuse to yell.

3. How has Andover changed since your first year here?

There's definitely been a lot of small changes that have happened here and there. Because my middle years at Andover were through Covid-19, there's also a kind of skip. I think the fact that we're seniors and in leadership roles without really getting much time to be the people who are being led was the main thing that changed for me. Having to adapt was difficult but I think I definitely have a different outlook on it, rather than the school being drastically different. I think there's just a different perspective, especially after Covid-19.

4. What advice would you give to other Andover students?

To lowerclassmen, I'd say enjoy your time here. Do things for yourself especially as you're coming in. Give yourself the liberty to explore the things you want to do, and explore yourself. Rather than hopping right into things, which is the culture at Andover, it's better to work towards your own self-growth. For upperclassmen, patience will be a good skill to have, especially these past few years. Upper year was obviously a very hard year for everyone, and it was definitely hard for me. There were points in time where I wasn't sure if I was gonna make it through the week. I was feeling really down and feeling really unmotivated, and that's gonna happen to everybody regardless. But I think hanging on and hanging in there, and focusing on the positive parts of your time here, at least for me, have kept me going through every year.

5. What is your favorite place on campus?

I'm always at the library. I think it's like my default place to be because it's the perfect place to pretend to be doing work but also just try to be social. I just love being around other people, so I feel like the library is a good place where everyone congregates in but sometimes does work. And when you get work done in the library, it feels even better.

6. What is your favorite meal in Paresky Commons?

I really like pepperoni pizza. I would get in line for as long as it takes for a few slices, so it's definitely in my top three. When they have Mexi-rice with pulled pork and plantains, that is probably my favorite combo. Whenever they have those, I just go for seconds.

7. What is an important lesson you learned during your time at Andover that you'd like to share with the community?

Giving yourself time to do things. [Junior] year, I jumped into a lot of things because there's so many opportunities that you have and so many things you can go into. It's obviously a good experience, getting into a lot of different activities and meeting a lot of different people to those groups. Being involved in things isn't necessarily bad. But I think the most important part after that is being able to manage and prioritize different things. I think sometimes you can get a little carried away with your commitments, and then academic work sort of trails behind. It's a particularly good skill to have to be able to know what it is that you want to spend most of your energy and time on.

8. What is your favorite thing to do on the weekends?

On the weekends, I really love going to whatever big events that are going on. Even if it's something a little silly or strange, I think as long as you have a fun group of people with you, there's always something you can make out of it. And if not, there's always the backup plan of going downtown. Just being there with other friends and being with any company that you enjoy.

9. What is one challenge you faced at Andover, and how did you overcome it?

One challenge I faced is probably managing commitments as well as my free time properly. Coming from a school where there's not much independence, it feels like so much of your schedule is managed by you. There's so many different things, so many meetings to go to, and so many events to plan. It can be a little stressful and you can get very carried away very easily, but you don't really want to miss out on anything. I remind myself that it's okay to miss out on something and what's helped me is prioritizing things that are gonna help me out the most. Every once in a while you have to step back and try to organize yourself.

10. Who or what has inspired you here at Andover?

The main people that inspire me are probably just like the older students who came before me, especially in the leadership positions that I hold. I think it's seeing their passion for doing those activities and things they do outside of that. They really inspire me to do better and to really commit to my positions as well. I saw all these genuinely good people who came before me and I'm a part of their lineage. Just seeing their wisdom, seeing them grow has helped me grow as well. They're never truly gone. I'm always thinking "how would my prefect from [Junior] year do this?" "How would [the previous] co-head of the club I'm in do this?" I take the lessons from what I learned and apply it to how I live my own life.

THE EIGHTH PAGE

(FOR THE EASILY MISLED: THIS IS A JOKE PAGE)

Alumnus From Class of '69 Appalled When Revisiting the Academy

NED THORNTON

This weekend, I had the pleasure of revisiting one of the best chapters from my days as a youngster. As the great phallic Bell Tower emerged from behind the trees, I was transported to a simpler time. Instantly, scenes from my past flickered to life, images of the annual football game and those special, once-a-term occasions, when the Abbot girls would be allowed over the wall to visit us. The look on their faces as they got to see what a real school looked like was priceless. There is nothing like the feeling of being a true non-sibi man.

I parked by the old Borden Gymnasium and what they call the "Admissions Center." It's funny, I don't recall there being such a bureau during my time at Andover. All I had to do to attend was show up! As I strolled across the pavement, I was startled by the clamor of foul music. I looked up to see an approaching hoard of youths, clad in outlandish attire and loud to the point of breaking my hearing aids. I quickened my pace and gripped my wallet. Naturally, I was surprised to hear my own grandson's voice among the throng. "Grandpappy? You're here early," he said. This gang, he explained, were called the "Blue Key Heads," a less attractive group of cheerleaders.

Asking no further questions, my grandson and I decided to duck into the "Wellness Center" so I could see what all the fuss was about. Almost immediately, I regretted my decision. In plain sight, on the coffee table in the center of the room, rested a jar of prophylactic condoms, nearly empty. I suppose these blasphemous contraceptives are everywhere these days, and sexual favors given out like Halloween candy and gold stars. What's next? Satanic cult pamphlets?

Feeling unwell indeed, my grandson and I left the Wellness Center. Glad to see a familiar sight, we crossed the street toward Commons. Above the entrance to the hall was the word "PARESKY" in rather offensive capital letters. I was shocked that an Eastern European surname was plastered across my former place of dining. The communists had come. Infiltrating our institutions, slowly laying waste to fine American ideals, the Soviets had apparently outsmarted the Academy, flying the Hammer and Sickle in the form of a generous donation. Genius, I suppose, but horrifying all the same.

I had certainly lost my appetite, and, not wanting to tarnish my view of such hallowed grounds any further, I decided to part ways with my grandson. I had to rush to the bank to cancel my check to this communist education. On my walk to my car, those great elms seemed to sigh in the early-autumn breeze, longing for freedom and a fair capital gains tax. Even the grass seemed less green than I remember. Oh the sixties!

WEEK'S TOP HEADLINES

- *Faculty Discuss Allowing ASM Aisle Patrollers to Carry Batons For a "Visual Threat"*
- *Constipated Student Not Sure How to Answer Teacher's "I Don't Know, Can You?" Response to Bathroom Request*
- *Dr. Kington to Take Public Speaking Classes from Commons Bill*
- *If Republicans Win Control of the House, They Can Finally Do the Cooking and Cleaning*
- *Senior Tea Isn't Compensation for Four Years of Academic Trauma and Despair*
- *"She is so Hot"–Uh Yeah, She Set Off the Fire Alarm for the Third Time This Week*
- *Life Hack for When Your Fifth Amendment Rights Are Deprived: Take Your DC Hearing in Silent*
- *In Effort to Be More Inclusive, the Academy to Accept Stupid People*

OVERHEARD ON THE PATHS

"Actually I can't go to the library. I'm working on my mystique."

"The walls are so thin that I know my house counselors' safety words."

"I want to write for the Eighth Page!!"

"There aren't any lakes in the Hamptons; I would know."

"I wrote my identity paper on the cultural importance of my mullet."

"I feel like I should carry a tip jar when I walk up Morse stairs in a short skirt."

"I'm a waste of my legacy."

Colleges That the Freshmen Might Have Missed at the College Fair

URL: University of Rejected Legacies. If your grandfather will never respect you, same here.

Beige University: Founder was Brown's cousin but with an extra toe due to keeping the bloodline.

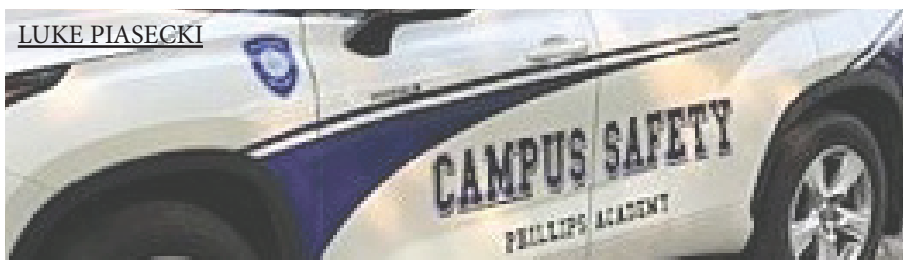
"I Go to a School in Cambridge" University: Use your degree to transform the world… in private equity

FU: Fraternity University. Founded by fraternities who seceded from their university because their god-given right to party with high school girls was threatened

ACC: America's [one and only] Conservative Arts College. Favorite courses include Alt-Right Meme-Design, Snowflake Psychology, and Naked Portraits of the Perfect Domestic Wife

THE GRUELING TRAINING IT TAKES TO BECOME A CAMPUS HERO

LUKE PIASECKI



With their sleek Toyota Hybrids, dapper uniforms, and expected sex appeal, PAPS officers command as much respect as any Top Gun pilot. However, without a blockbuster movie in their name, it's clear that Andover's sole protectors don't get the attention they deserve. To change this, the Eighth Page has decided to feature the intense training that it takes to become a PAPS officer.

The PAPS rigorous training program would make Navy SEAL Hell Week look like summer camp. First, the new recruits are blindfolded, spun around, and forced to make eye contact with a passing student. This simulates a necessary part of the job that can be difficult to do when one is dizzy from the g-forces they experience while steering their Hybrids at high speeds of ten mph.

Recruits are also starved throughout the process. That's right — due to PAPS officers' long hours and a strict boycott on DoorDash, meals are often skipped. Thus, for all of training, officers must endure a strict ration of only six donuts an hour. Once they pass this stage, they are allotted a full dozen.

Of course, PAPS officers must be in shape, ideally in the form of a retired lineman. This is tested in an endurance portion in which recruits are forced to spend an entire night in a PAPS car, staring ahead into the endless darkness. PAPS officers often push the limit on how long the human body can remain completely still, burning as little calories as possible to maintain the donut bulk.

This is followed by a test of technical skills, in which recruits painstakingly drill their right turn, a crucial maneuver for making the loop around campus. You'll notice most PAPS officers have an enlarged right forearm. PAPS officers are encouraged to use their left hand to bust open doors in Graves.

Those who overcome these daunting trials are admitted into the PAPS program as officers. Their training may seem over-the-top, but it's the only way to ensure that we are protected against an army of evil 11:31 p.m. DoorDash drivers and students involved in salacious activities. Due to the officers' bravery, our students can feel safe amongst the perils of Andover.

The Phillipian
SPORTS

ballin so hard call me scottie plippen

Volume CXLV | Number 17

September 23, 2022

FOOTBALL

Football Surmounts Kent in Final Minutes with 80-Yard Kickoff Return

MEG STINEMAN

SATURDAY	
Andover	25
Kent	19

In the final minutes of the game, Co-Captain Joe Carrara ’24 weaved through Kent players and into the open field for the game winning touchdown against Kent. With a final score of 25-19, the team’s record stands at 1-0.

Head Coach Trey Brown emphasized the togetherness he witnessed from the team this past weekend. Despite the constant back-and-forth of the game, the team managed to keep its composure.

“What we did really well was thinking together as a team. I think it is super easy in a game where it’s up and down to get on each other, get on a teammate, and point out their flaws. But our guys stayed positive, stayed together, and believed in one another throughout the whole game. One of the values for our program is family and we stuck together as a family and I’m really proud of our guys for that,” said Brown.

Co-Captain Aidan Porter ’23 praised the team’s ability to constantly overcome challenges throughout the game. Despite losing some composure when Javeon Talbot PG’23 suffered a dislocated elbow, the team found ways to recover.

“Every time we seem to make a mistake or every time Kent seemed to punch us in the mouth, we found a way to bounce back. We had a number of setbacks. Javeon Talbot got injured early, we made a couple of mistakes defensively, [but] we always found a way to bounce back whether that was going on the field and scoring or a big play.... We just really found a way to bounce back,” said Porter.

Starting quarterback Davian McDonald ’25 highlighted the resilience the offense showed despite two turnovers that could have weighed the team down.

“I’d say we did a good job controlling the game. It was our first game of the season and we made a lot of mistakes, but even when we made the mistakes we bounced back and we did a good job not coming down on ourselves. We had a fumble and an interception, but we kept our heads in the game and still came up with the win,” explained McDonald.

Porter described what the team can improve on after the performance. While tackling was a weakness throughout the game, he said that mental errors weighed down the team.

R.NASSERZADEH/*THE PHILLIPIAN*

Davian McDonald ’25 and Co-Captain Aidan Porter ’23 celebrate during their game against Kent on Saturday.

R.NASSERZADEH/*THE PHILLIPIAN*

Thomas O ’Brien PG ’23 is committed to play football at Harvard.

“Even though we did win, we are not satisfied by any means. We made a lot of mental mistakes in our games. We know that intangibles are there and everyone’s skill levels are where they need to be and now it’s just fixing the little things and fixing the mental mistakes going forward and being more of a cohesive unit,” said Porter.

McDonald also highlighted Carrera and praised the efforts of KJ Edwards ’23. Edwards had a one handed touchdown grab for the first score of the game, as well as an interception.

“[Joe] had the game-winning kick return, he played both sides of the ball, and he also had an interception and I think he did really good. I think KJ as well, he had a touchdown pass. He also had an interception and you know it’s his first game with Andover and I think he did really good with us,” said McDonald.

According to Brown, the goal for this season is to set the tone for future Andover football teams. Beyond winning games, Brown hopes to establish a productive and cohesive team environment.

COURTESY OF PHILLIPS ACADEMY

KJ Edwards PG’23 makes a one-handed catch before scoring a touchdown.

“Obviously we want to win games, that should be a goal for any team, but I think more importantly this team is really at the pivotal point of the program turning around. I think for myself, as a newer coach, I see this program being turned around by this group because of their commitment to one another, their commitment to the sport, to the game of football. And I think they can really set the standard of what’s expected for future players and [they’re] putting in a lot of work and a lot of effort,” said Brown

Andover will play away at Loomis Chaffee on Saturday.

GIRLSVOLLEYBALL

Girls Volleyball Undefeated in Double-Header Against Taft and Hotchkiss, Sweeps Brooks

STAFF REPORT

SATURDAY	
Andover	3
Taft	1
SATURDAY	
Andover	3
Hotchkiss	0
WEDNESDAY	
Andover	3
Brooks	0

Andover Girls Volleyball hosted the season’s first Quad Meet this Saturday with Taft, Hotchkiss, and Phillips Academy Exeter. In a double-header against Taft and Hotchkiss, the team lost only a single set, despite facing readjusted lineups. Later in the week, Andover proceeded to another sweep over Brooks, putting its record at 4-1-1.

According to Saraya Angbazo ’25, the outcome of Saturday’s games relied heavily on the team’s energy level. Initially, the team matched Taft’s slow pace-of-play, causing Andover to lose the first set. However, the team bounced back quickly to find its rhythm.

“Taft was first and Hotchkiss was second. In both the games, the beginning was a rocky start. We had low energy, but as the game went on. We powered through, and the team came together and brought up the spirit. That’s what got us our wins,” said Angbazo.

However, after gaining momentum from the win over Taft, the team’s starting setter had to be subbed out due to Covid-19. Despite changing its entire formation on the spot, the team adapted well against Hotchkiss, according to Lena Ciganer-Albeniz ’25. Additionally, Ciganer-Albeniz gave accolades to the team’s concentration until the last point.

“For the second game, we tried a completely new lineup. Instead of playing five-one where there’s one setter who sets both the front and back row, we had two setters. So a six-two formation... Drew [Nelson ’24] and Yanna [Dorotan ’23] were the two setters, and we also did that formation for our game against Brooks today. They especially, but the entire team, did so well adjusting to such a new lineup that we had never tried before. And because it was a new lineup, we were more focused and conscious,” said Ciganer-Albeniz.

Additionally, Angbazo also noted the team’s relentlessness in spite of challenges they have faced recently. Despite difficulties, the team played dynamically, shifting around and covering when needed, resulting in a sweep over Hotchkiss.

J.CARMONA/*THE PHILLIPIAN*

Wendy Wang ’24 sets the ball.

Angbazo said, “Our mindset going into the Taft game was not to repeat [last Wednesday’s] BB&N game, where we were in a situation where we had to really come together in the last few sets and in our last few opportunities to win. So because of that, once we realized that set one went poorly, we had to pick up the pace and clean it all up, and I think we did that really well.”

Furthermore, Ciganer-Albeniz mentioned the hardships of playing a double-header. Even though the games got strenuous, in combination with the team’s stamina, players utilized various tactics to maintain steady pressure on the opposing team.

“I think that even though we were pretty tired, the team played pretty smart obviously. We know that we play our best when we were jumping high and swinging hard, but it’s difficult to do that near the end of a double-header, so when hitters weren’t able to get up to the ball as much as they’d like, they were tipping or pushing the ball instead, which were really smart plays that led to a lot of winning points,” said Ciganer-Albeniz.

In Wednesday’s game against Brooks, Jaedyn Ford ’24 noticed that the team employed similar offensive tactics to the double-header, which contributed to its victory. Specifically, she credited the team’s defensive line, which helped Andover to take the victory by more than seven points in all three sets.

Ford said, “We always really succeed in our defense, and we are always getting balls up. We always fight for every point...And we also were able to be smart with where to put the ball on the court and just work together as a team.”

Andover Girls Volleyball will play away at Loomis Chaffee on Saturday and host Noble and Greenough on Wednesday.

C.BARBIE/*THE PHILLIPIAN*

Girls Volleyball is led by Co-Captains Dagny Bingham ’23 and Michelle Brunetti ’23.

BOYSCROSSCOUNTRY

Co-Captain Aidan Lin '23 Leads Boys Cross Country With Values Of Family and Respect

STAFF REPORT

Though he ran cross country throughout middle school, Co-Captain Aidan Lin '23 initially decided to play soccer during his first year at Andover. However, after running frequently during his Lower Year, Lin decided to switch to cross country for his Upper Year. Swayed by his friends and positive team environment, Lin now heads into his second year on Andover Boys Cross Country.

"I guess my favorite part [of the sport] is, funnily enough, the team aspect. Obviously, it's an individual sport, but on our team, it's different... I don't know if this is the case with other cross country teams, but it's definitely [the] case for ours. I don't know, it's like a family," Lin said.

Lin found part of that team aspect through the Cross Country team's traditions. He felt as though the practice right before interschols brought a unique sense of community to the team dynamic.

"The highlight of my time as a Cross Country Runner was the last course run before Interschols. There's a tradition of passing a stick around as we run through the sanctuary and only the person with the stick can talk. Everyone says a few words with the stick in hand. The camaraderie I felt in those moments was unlike anything I had experienced before," said Lin.

According to Co-Captain Rohan Kapoor '23, despite only running on the Andover team for two years, Lin has shown immense growth and talent in cross country. Since he began his Andover experience as a soccer player, Lin has grown into a model athlete for everyone on the cross country team.

Kapoor said, "He joined our team only last year, because he used to play soccer and he's just hit it right off the bat.... He's one of our top three runners, I think right now, which is just insane. [Plus, he's] only been there for two years. And he's an awesome leader too. He is someone who I look to, learn from, and someone who just has a personality. People want to be friends with him and want to be led by and appreciate who he is. He's shown a lot of growth in running."

As Co-Captain, Lin leads Boys Cross Country by emphasizing the core team values of being a family and respect, not just of one another, but of themselves. Given that the team has one of the largest rosters on campus, it is faced with difficulties of bonding together as one. However, in his new role as one of the leaders of the team, Lin hopes to unify it by implementing these values and using his outgoing nature.

Lin said, "I think that my biggest strength is being outgoing... [Since there are many kids on the team,] I've been trying to get to know everybody... As a big team, we had a bunch of runners come back for preseason. We had a couple of sessions just talking about what the values we wanted to cultivate on the team [were]... Family is one of them and respect is definitely one of them as well. Not just respecting each other, but also respecting your body and yourself. That's a big part of cross country because it's a really taxing sport."

The team's family bond, however, is not formed automatically. It takes fostering and togetherness, something Lin said has been built not just through team events, but through little things outside of Cross Country.

"We do do team dinners and occasional captain's practices on Saturdays, but that's not what necessarily makes us a family. I think it's the bond we have with each other knowing that we're in this together, whether it's in a race, in a workout or school work. I remember last year a Senior helped me with my [Computer Science] work when I really needed help. He probably didn't think it was a big deal, but it meant a lot to me. That's the kind of team we are and I'm grateful that we have so many people on this team that embody this energy," said Lin.

Boys Cross Country Head Coach Patrick Rielly emphasized Lin's ability to connect with his teammates. With an outgoing nature, Rielly feels as though Lin works to ensure that he gets to know each and every one of the runners.

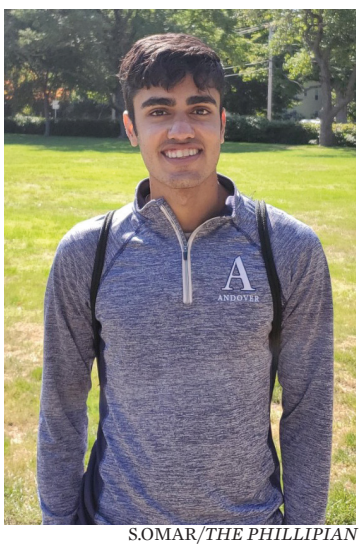
C.MURPHY/*THE PHILLIPIAN*

Coach Rielly said, "Aidan I think really connects with everyone on the team. I think he makes it a priority to connect with everyone on the team. And especially this season, to connect with all the newer runners on the team. I think that's really important as a captain."

Co-Captain Rohan Kapoor '23 Leads with Attention and Integrity

STAFF REPORT

Andover Boys Cross Country Co-Captain Rohan Kapoor '23 has displayed commitment and growth throughout his four year career on the team. Starting as a Junior in an unknown environment was challenging for him, but his dedication and determination as a runner was noticed by many members and coaches on the team. Now, it is his role to become the support system for new runners as a co-captain.



S.OMAR/*THE PHILLIPIAN*

"I'm excited, a little, like a full circle kind of moment, because I remember being the freshman who had just walked onto the team. I had not really been serious. Before, I did a little bit of [cross country in] middle school.... I remember being welcomed by Alex back in 2019 to the team. Those are like some of my core memories in freshman year; being here. So it's a little bittersweet, but it's fun," Kapoor said.

Boys Cross Country Head Coach Patrick Rielly appreciates Kapoor's attitude of open-mindedness and positivity towards new runners, as well as returning runners who are experiencing setbacks. Given Kapoor's extensive experience as a runner, Rielly believes that he is a good leader for the team.

"I think Rohan is also someone who's really invested in everyone's feeling[s] as though they're an important member of the program. And I think he's someone who has dealt with some injuries in the past and sort of knows what it means to be in the program in different ways. I think he's really invested in making sure that everyone feels that they're an important member of a team and contributing to the team," said Coach Rielly.

According to Kapoor, one of the obstacles he's faced during his four years on the team is staying healthy throughout the season. Some of his goals for this season are to remain as healthy as possible and to provide a welcoming environment for new runners, similar to the one that greeted him with open arms during his first year on the team.

Kapoor said, "I unfortunately had a pretty [bad] injury Upper year. [I want to] get healthy and stay healthy and be able to run well in our varsity sevens and kind of continue our progression as a team.... Honestly, I want to help build the community with Aidan [Lin '23 so] that every runner is going to be like I remember my freshman year, how impactful the captain was. And I want to try to be that for freshmen coming in."

According to Co-Captain Aidan Lin '23, Kapoor's ability to remain a present figure on the team while being injured is extremely impressive. His strong, persistent work ethic has turned him into the strong runner that he is now, and even while unable to run, he is still always one of the last runners to leave practice.

Lin said, "Rohan's great. I've known him since freshman year, we were in the same dorm. We're stacking right now, so we're really close aside from being on the team. And, even though he [has been] injured sometimes, he's always there for the team, always staying until the end of practice, even if he's not able to train with us."

Boys Cross Country Head Coach Patrick Rielly Aims to Cultivate an Exciting, Inclusive, and Respectful Team

STAFF REPORT

Head Coach of Andover Boys Cross Country Patrick Reilly initially began his coaching career at Andover as an assistant coach after distance running competitively throughout high school and college. Since then, he has taken on the role of Head Coach and has worked each season towards creating a space where everyone is "excited to get the most out of themselves."

According to Rielly, the camaraderie found in a cross country team is what drives his love for the sport. He values the fact that everyone on the team is working together to achieve the same exact goal.

"The thing that I love about the sport is that you get together [as] a large group of people who all have the same goal to get faster over the 5k. And regardless of experience coming into the season, or training beforehand, the goal is the same, as we're trying to get a little bit stronger, a little bit faster, every day. That, to me, keeps me coming back every year," said Rielly.

This year's team includes 60 runners, many of whom are new to the team and sport. For Rielly, team success is not just measured by performance in workouts and races, but also, whether or not everyone on the team feels included and excited at practices.

"A successful team, of course, has to do with training, but I think even more importantly, it has to do with the people who are involved with it. My goal as a coach in the program is to really cultivate an atmosphere and a space in which people feel really excited to be there and excited to get the most out of themselves and help their teammates get the most out of themselves as well," said Rielly.

New to the team, Mario Calvo '24 appreciates Rielly's consistent communication and care for every runner on the team. According to Calvo, Rielly ensures each person is taking the steps necessary to take care of themselves, since distance running is both physically and emotionally demanding.

"He'll always ask me how I think I did during the workout, how I feel directly after a workout, and how I'm going to approach recovery. And I'm also very appreciative of that because in both harder days and easy days, I can be someone who's always pushing themselves to the limit, and Coach Rielly always helps to put a check on that competitiveness and makes sure I'm always trying to aim for the end goal, which is to be both a good teammate and a good runner," said Calvo.

Co-Captain Aidan Lin '23 shares similar sentiment to Calvo, valuing the fact that Rielly is approachable and prioritizes the athlete's health over their performance. According to Lin, Rielly is understanding of any factors that may affect one's ability to run, in and outside of practice.

"Coach Rielly is obviously a great coach, but also a really great person on campus. He doesn't just care about our performance and our improvement, he really does care about our well-being. I know last year sometimes when I didn't get enough sleep, he just told me to go back to my dorm and take a nap rather than [go to] practice. It really showed me that he cared for me as a person first, and me as an athlete second," said Lin.

According to Rielly, the fundamental value for his team is respect. However, Rielly also believes that respect is more than just treating teammates with kindness.

"We have to respect each other and everything we do. I think that that sort of leads to all the other values. Thinking about compassion for one's teammates, thinking about integrity as an athlete, and I'd say perseverance as an athlete as well," said Rielly.

In between big races, Rielly continues traditions like "push-ups and poets"—where the team completes push-ups while naming poets on top of Holt Hill—and the annual intrasquad Springbok Gazelle Race. However, with a team so big, Rielly realizes that it may be a challenge for everyone to have equal opportunities to race.

Rielly said, "The major goal I have for that for the season is that everyone on the team gets a chance to wear the blue and race this season. Get on the line and run hard over 5k hopefully multiple times. But if we can get everyone in the program to race this season, that would be a really great thing."

THE PHILLIPIAN

ANDOVER BOYS CROSS COUNTRY

ROHAN V. AGRAWAL '26
CHEON IL ALLADO '24
MAX R. BOESCH-POWERS '24
ROBERT BUDZINSKI '26
LUNDEEN B. CAHILLY '24
MARIO E. CALVO '24
BRYAN C. CHYU '23
EVAN J. CURTIN '25
ABDIASIS M. DAAUUD '23
MANNY B. DEANGELIS '24
ANTHONY DIAZ '25
VANCE M. FABRIZIO '24

CO-CAPTAIN ROHAN KAPOOR '23
LUKE B. FRANCIS '25
MIKLOSH F. FRUSZTAJER '26
TAM A. GAVENAS '25
CALEB C. GERAKARIS '24
VINCENT P. GIANCOLA '26
JONAS H. GIANNONI '25
BRANDON H. HORNE '25
MAX P. HUANG '24
MAGNUS G. JULIN '25
YIFAN KANG '24
ARUN KAPOOR '25

CO-CAPTAIN AIDAN LIN '23
MICHEAL D. KAWOOYA '26
HWISOO KIM '25
LAERDON Y. KIM '24
CONSTANTINE T. KRENTERAS '24
JAKOB KUELPS '25
MAXWELL LANGHORST '25
JOSH J. LEE '24
SEBASTIAN R. LEMBERGER '25
NATHAN A. LIANG '25
AVERY LIN '26
ETHAN J. LIU '26

BRIAN J. MASSE '23
NATHAN A. NEU '26
ERIC NIE '26
THOMAS R. NORDAHL '26
LEO W. PETERS '24
LUKE C. PIASECKI '24
ARNOLD E. PRINCIPAL '24
ETHAN QI '23
AVIN I. RAMRATNAM '24
NIGEL C. SAVAGE '23
ARJUN R. SHAH '25

DAVID H. SONG '26
RYAN SQUERI '24
SAMI N. TOKAT '26
HENRY T. TY '24
MATTHEW D. WASILEWSKI '24
ELLIOT WEIR '26
ADRIAN M. WERNER '25
LUKE L. WILLIAMSON '25
JAMES R. XIAO '25
CONGQING YANG '26
ZHOUCHEN ZHANG '23
JESSE J. ZUNIGA '26

GIRLSCROSSCOUNTRY

Ashley Song '23 Leads Girls Cross Country With A 'Loud And Vibrant Personality'

MOUMITA DIGHOL

For Andover Girls Cross Country Captain, Ashley Song '23, running stride-for-stride behind Claire de Saint Phalle '22 in last season's championship race is her favorite cross country memory to this day. This season, she hopes to cultivate a team with similar support systems, where runners of all levels have inclusive teammates to run alongside.

Song began running in sixth grade on her middle school track team; however, she made the switch to cross country just a year later, mostly for the more noticeable team environment. Despite her extensive running experience, Song still empathizes with the newer members of Andover's team.

"As a leader, I do well by connecting with people and making people feel included. My biggest thing is inclusivity. Reaching out to people saying 'hi,' even though you don't know them very well, especially with the freshmen and the lowerclassmen. Because I've been in their place before, I know what it's like, and I'm willing to step out of my way to try to make them feel more comfortable by striking up a conversation with them," said Song.

Though only being on the team for two weeks thus far, Dilnawa Kizghin '25 has found her transition to the new environment smooth, in great part due to Song's constant presence. Specifically, Kizghin appreciates Song's approachability.

Kizghin said, "Well, I haven't been on the team for long, but from what I can see, I think that she's very welcoming, and she's very nice. I definitely do feel comfortable around her. And I am willing to work."

According to Song, one of the challenges that comes with being the only captain of the team is the immense energy and action she must put into the team. Though she realizes being tired is a natural response, she hopes to become more comfortable leading a team of 30 runners throughout her captaincy.

Song said, "I never realized that I had a social battery. I thought that it was unlimited, but it's draining. I get tired after practices now.... I guess I'm just not the kind of person who could give an endless amount of energy."

Amelia Vinton '23, however, believes one of Song's greatest strengths is the amount of energy and enthusiasm she brings to practice everyday. Vinton shares similar sentiment to Kizghin, highlighting Song's care for every person on the team.

"Every day she shows up, and is there to run, and is checking in with people.... She's a very loud and vibrant personality, which I think is really good for a cross country captain because sometimes it can be a really big program. And so being like, a loud person can help with that. But she's also very compassionate. She genuinely cares what's going on and she just wants to make sure that everybody's okay and is having a good time. She's always been the one cheering the loudest in the past seasons and she cheers for every single person. I think it's just kind of her spirit," said Vinton.

Song acknowledges that many members of the team are trying cross country for the first time. Despite the wide range of experience and commitment levels on the team, Song strives to create a joyous community for all.

"I think the quality I try to uphold as a leader because I think it's so important is to foster a community because not everyone comes [to Andover with] cross country experience. Like many try it for the first time and not all of them are coming to be very competitive. Some people just want a community, they just want a group to stick with. I want to be able to provide that for them," said Song.

A.HE/*THE PHILLIPIAN*

Editor's Note: Ashley Song '23 is an Illustration Editor for The Phillipian.

Head Coach Keri Lambert Emphasizes Inclusivity and Steady Improvement in Girls Cross Country Team

EVAN CURTIN

After the team's third place finish at Interschols last season, Andover Girls Cross Country Head Coach Keri Lambert returns once again to create a welcoming environment for students varying in running experience, fulfilling the variety of goals team members may have.

D.BLAKER/*THE PHILLIPIAN*

Home to 35 runners, members of the team come with a range of experience in running. According to Lambert, her priority is to cultivate an inclusive and friendly team environment.

"As a coach, I strive to meet students where they are so that Cross Country can be as welcoming a sport as possible, no matter a person's fitness level or experience with running. Team members come into the Fall Season with a vast array of goals; some hope to attract interest from college coaches, others hope to simply race their first ever 5k and make good friends along the way," wrote Lambert in an email to *The Phillipian*.

According to Captain Ashley Song '23, Lambert's commitment to the team is evident, whether that may be through emphasizing team values or initiating separate conversations with runners.

Song said, "During preseason, we did a lot of work talking as a team about what we want in this shared space between the Girls and Boys teams...Coach Lambert took the time to take notes during the Girls team conversation/meeting and typed up summary notes afterward, which I've kept. I think it speaks to her dedication not just to the sport but to the community and team."

With half the team being lowerclassmen, Lambert wants to create a space where everyone feels comfortable expressing themselves and showcasing their talents. Lambert hopes to further develop the depth of the team in order to place at the championship meet at the end of the season.

"This year PAXC [Phillips Academy Cross Country] has a ton of young energy and talent, so I'd like to nurture that and help these new team members establish good habits and mindsets that will serve them and the team well in years to come. Competitively, this is a rebuilding year for the Girls team, so I hope to see folks commit to getting a little bit stronger every day with the hopes of finishing in the top three at our championship meet in November," wrote Lambert.

Lambert continued about the diverse community of runners in PAXC, and how there is something for everyone in the sport. According to Lambert, being on a cross country team can help one develop healthy habits and skills crucial to life outside the sport.

"No matter the person and their aspirations, though, I hope that what they're taking away from the sport is a strong sense of the importance of balance—balancing hard workouts and recovery runs, balancing having fun and staying focused, balancing academics with athletics, balancing being competitive while not taking yourself too seriously, balancing being ambitious without tying your worth to your successes or times, etc. So much of being a good Cross Country runner is learning how to listen to and respect your body (and soul!) in order to balance its many needs and wants," wrote Lambert.

Song elaborated on Lambert's care for her runners. At the end of the day, Lambert prioritizes health over performance, according to Song.

"Coach Lambert has been making sure we stay on the safe side, always trying to keep small injuries small. I'm glad that she's been so sensitive and receptive about this side of things," said Song.

In the future, Lambert is looking forward to seeing both Boys and Girls Cross Country teams unifying as one program. She hopes to see both teams grow stronger not separately, but as one team together.

"I hope that PAXC continues to merge its Boys and Girls teams so that we are one more united program. I really believe that all-gender athletics spaces can be profoundly beneficial in a ton of ways, so I'm committed to seeing our athletes embrace working together and supporting one another as much as possible," wrote Lambert.

ANDOVER GIRLS CROSS COUNTRY

ISABELLA ALVAREZ MARTINEZ'23
LEXINGTON, MA

TASHA P. BOHORAD'26
ORWIGSBURG, PA

SUHAILA I. COTTON'24
CAMBRIDGE, MA

VANESSA FAN'23
ANDOVER, MA

KEVIN I. FLORES BLACKMORE'23
MEXICO CITY

SOPHIA GENG'25
OAKVILLE, ON

CAROLINA GOMEZ RECIO'23
COLMENAR VIEJO

WINNIE GONG'26
NORTH READING, MA

EMMA E. HAGSTROM'25
READING, MA

LILA A. HERNANDEZ'25
WINNETKA, IL

CHLOE A. KINDANGEN'23
JAKARTA, ID

DILNAWA D. KIZGHIN'25
LINCOLN, NE

KATERINA KOKKOTOS'25
NORTH ANDOVER, MA

REBECCA A. KOLETH'26
ANDOVER, MA

KENNEDY C. LEACH'25
PHOENIX, AZ

AUDREY E. POWERS'24
ANDOVER, MA

NAIMA L. REID'25
KILCHBERG, CH

EMILY E. RYAN'25
RUMSON, NJ

ALISON SCHNEIDER'26
ANDOVER, MA

SERAFINA B. SHIN-VON NORDENFLYCHT'25
SEATTLE, WA

ASHLEY W. SONG'23 (C)
LEXINGTON, MA

CHLOE H. SONG'26
LEXINGTON, MA

SOPHIE M. STAII'25
ANDOVER, MA

MAYA L. TANG'23
TALLAHASSEE, FL

YASMINE TAZI'24
CASABLANCA, MA

KENDALL E. TOTH'24
SALEM, NH

PATRICIA A. TRAN'24
GLENELG, MD

AMELIA H. VINTON'23
PALO ALTO, CA

ZOE A. VON ECKARTSBERG'26
SAN FRANCISCO, CA

LILY V. WILLIAMSON'25
SANTA MONICA, CA

EVIE M. WOOD'25
ANDOVER, MA

EMILY H. WU'25
BEIJING, CN

EMELIA K. YANG'24
SACRAMENTO, CA

Field Hockey Begins Season with Wins at Thayer and Lawrence Academy

HENRY HE

With the score tied 1-1 in the third quarter against Thayer, Andover Girls Field Hockey had a chance to take its first lead of the game with a corner. After two quick passes, Lucy Parker '26 sent the ball across the circle to Ava Murphy '24, who scored the winning goal. The team built on the 2-1 victory on Saturday with a 1-0 win on Wednesday against Lawrence Academy, putting its record at 2-0 to start the season.

Parker credited Co-Captain Shea Freda '24 as one of the key components of the team's success against Thayer. In particular, Freda's versatility assisted the team on both sides of the field.

"Our center back, Shea Freda, is very good at getting the ball up the field, and is always in the play, always helping out attacking and defense. She was a very strong element to both of our goals," said Parker.

Prior to both games, Freda explained that the team has had many opportunities to bond and build chemistry. The tight-knit relationships within the team off the field are crucial to play on the field, according to Freda.

"Our team has built a lot of chemistry by cheering each other on at practice, hanging out outside of field hockey, and forming friendships. We definitely have a really close team bond which will help us keep building our trust on the field," said Freda.

In the practices leading up to Saturday's game, the team focused on developing connections and improving passing through a variety of drills. According to Parker, the team was able to translate its practice into success on the field.

"A lot of our practices are about working as a team, and passing as a team and as a unit, and a lot of our drills are team centered drills, so either a lot of passing or a lot of overlap runs. So, being able to play the next day and see it all happen is really cool. I feel like we have a lot of good times in the game where we did see those drills translating," said Parker.

According to Quiana Bell '26, the win on Wednesday against Lawrence was the result of the team playing as a cohesive unit. Specifically, Bell emphasized the team's communication and passing, as well as the pace of many of its players.

"I think it was all about moving the ball. I think we're really good at communicating with each other, and communicating what's going on in the game, how we can do better and overall how we can work better as a team. And also everyone's just pretty fast. I would say we have some nice speed, so that really helps in the game," said Bell.

Looking forward, Freda hopes the team will continue building upon its long-standing success on top of individual improvement. Last year, the team ended its undefeated season as NEPSAC Class A Champions, thus providing a strong foundation for this season ahead.

"I think our main goal for this season is to reach the potential that we know we have. It will take every single person's dedication and energy. There will definitely be bumps along the way but we know we have what it takes to get there," said Freda.

Andover will have its home opener against Brooks on Thursday and play Loomis Chaffee away on Saturday.

BOYSSOCCER

Boys Soccer Sweeps Belmont Hill in the Season Opener, Meets Its Match Against Milton

ANGIE LUCIA

SATURDAY	
Andover	5
Belmont Hill	0
WEDNESDAY	
Andover	1
Milton	1

Co-Captain Ellis Denby '24 sent a low, driven cross from the 18-yard line straight to Paul Gichana '25 on the back post, feeding the ball past multiple defenders. Gichana knocked the ball in and scored the first goal in Andover Boys Varsity Soccer's 5-0 win against Belmont Hill. On Wednesday, the team played a close game at Milton, ending in a 1-1 tie. Its record now stands at 1-1-0.

According to Gichana, the team's ability to work together in the season opener greatly contributed to its success. With only seven lowerclassmen on this year's team, Gichana highlighted the chemistry amongst both new and returning players.

"I think last year, we were a really young team, but this year we have more experience with each other, and we also have some new players coming in with us, so that's really good," said Gichana.

Co-Captain Gio Pagliuca '23 also credited the team's off-the-ball movement for the victory. Throughout the 90 minutes, the team's offense moved around consistently, which revealed weaknesses within Belmont Hill's defensive line.

"I mean, any game where you score five goals you can say the offense was definitely on top. I thought we were pretty fluid with our movement off the ball. A lot of players were kind of interchanging into positions, moving around all over the pitch, occupying different spaces, so I feel like our movement kind of allowed us to get those five goals," said Pagliuca.

According to Pagliuca, Gichana's goal on Saturday wasn't just the first goal of the game, but also, the first goal of the team's season. Pagliuca emphasized that starting off strong was important to the team's mindset for future games.

"Honestly, for me, I'd say the highlight of the game was just the first goal. I think obviously coming into the game everyone is nervous, excited, just a ton of emotions, and just kind of wanting to kick off the season in a positive direction. I think once we got that first goal, early on in the game, it set the tone for not only a positive game, but a positive season," said Pagliuca.

Gichana mentioned how crucial goalie Jack Alexander '25 was against Belmont Hill. Alongside the team's dominant offense, Alexander's clean sheet maintained the team's momentum, according to Gichana.

"We were up 1-0, and I think the game was fifty-fifty at its best, [but those saves] really made sure that we were in a good position to play," said Gichana.

After Saturday's game, the team wanted to work on maintaining possession and passing the ball well. Elijah Robinson '25 noted how well the defense played in its game against Milton.

"I think some of our biggest strengths are playing through the middle. I thought we did that pretty well, but we probably need to work on our attacking third. Our defense was pretty sound, we were able to park the bus," said Robinson.

In stark contrast to Saturday's game, Andover was challenged when playing against Milton, as evident in the tie. Though only the second game of the season, Robinson recognized that the team's energy played a major role in the pace and outcome of the game.

"At the beginning of the game, it was very fast paced. As it cooled down, they scored, but then we scored a goal later in the half, and our energy went back up for a while, and that was good. In the second half, it was just back and forth. Good energy," said Robinson.

Andover Boys Varsity Soccer will play away at Loomis Chaffee on Friday and at Holderness on

COURTESY OF PHILLIPS ACADEMY

Andover Boys Soccer has nine home games this season.

L.BENARDETE/*THE PHILLIPIAN*

Gio Pagiluca '23 is co-captiain alongside Zane Matraji '24 and Ellis Denby '24.

GIRLSSOCCER

After Stalemate Against Rivers, Girls Soccer Sweeps Middlesex 4-0 in Home Opener

ELISE MINOR

SATURDAY	
Andover	1
Rivers	1
WEDNESDAY	
Andover	4
Middlesex	0

Despite dominating the field for the first forty minutes of Wednesday's game against Middlesex, Andover Girls Varsity Soccer struggled to find the back of the net. During the final minute of play in the first half, Co-Captain Emma Robinson '23 whipped a free-kick outside the box to Emily Mara '25 on the back post, and with a tap, propelled the team to another three goals in the second half. The team's 4-0 win against Middlesex and 1-1 tie against Rivers on the previous Saturday puts its record at 2-0-1.

According to Jazzy Cormier '24, the team entered the game on Saturday knowing it would be challenging and aggressive. However, Cormier believed a speedy offense allowed the team to outpace Rivers.

"Our team kind of revolves around pushing up the field and putting a lot of pressure on the other team. Basically the whole game was us trying to force them into our offense by using our really fast front runners, such as Wiley [Roosien '26] and Emily [Mara]," says Cormier.

Kate McCool '23 shared a similar sentiment to Cormier, highlighting the team's focus on applying pressure to Rivers' defensive line. According to McCool, although the pressure allowed the team to formulate numerous goal-scoring opportunities, only one of the opportunities was actually converted.

"Just like the game we played against Groton, our offense was pressing high in the final third on the field, which was very successful. We had a lot of great movement in the attacking third and a lot of crosses, which eventually resulted in Jazzy Cormier's goal," said McCool.

Under the leadership of Co-Captain Kelly Bu '23, the team's defensive line was able to withstand Rivers' aggressive offense. The backline against Rivers consisted of Bu, McCool, Ava Davey '25, Emily Decker '26, Myranda Lu '23, and Lily Keim '25, alongside goalie Alejandra Alicea '24.

"Our defense was very well led by one of our captains, Kelly Bu. She kept us in good shape through the entire game, and I think we really held our composure in the back," said Cormier.

In contrast to the fast-paced game against Rivers, the game against Middlesex felt much more relaxed, according to Davey. Thus, Davey noticed that the team had more time to make decisions and passes, which allowed them to dominate possession.

"Our first touch on the ball was really good. We attacked the ball very well. We were the first team to the ball almost every time, [and] the ball was on their side of the field around 80 percent of the game," said Davey.

Although the team's persistence resulted in a sweep, Davey believes that the team still has much to improve on. For instance, she suggests that the team improve on its communication, especially when shifting the ball from one side of the field to another.

Andover Girls Soccer will play at Loomis Chaffee on Saturday and face Worcester Academy at home on Wednesday.

C.BARBIE/*THE PHILLIPIAN*

Jazzy Cormier '24 travels up the field, evading her Middlesex opponent.

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Questions? Email Ms. Marcelle Doheny, AAF community liaison, at mdoheny@andover.edu, or Ms. Belinda Traub, AAF assistant, at btraub@andover.edu. All applicants should schedule an appointment with Ms. Doheny to explore their ideas or plan to attend an AAF Grant Information Session. Start dreaming today!

AAF GRANT INFORMATION SESSIONS

Sunday, October 2
11 a.m.–noon
Paresky Commons (upper left)

Thursday, October 6
5:30–7:30 p.m.
Paresky Commons (upper left)

Scan for AAF grant application and examples of past projects and initiatives

WRITE FOR SPORTS!

contact ptran24, mkathika24, and nnazar25

BOYSWATERPOLO

Boys Water Polo Takes Note of Areas of Strength and Weakness After Losses To Hopkins and Exeter and A Win Against Loomis

ANDRE WU

SATURDAY	
Andover	6
Hopkins	10
WEDNESDAY	
Andover	8
Exeter	21

After drawing a penalty to put Andover in a six-on-five situation, Zach Godsey '25 received a pass and fired the ball to the back of the net against Phillips Exeter Academy. Hosting two teams this past Saturday, Andover Boys Water Polo defeated Loomis Chaffee 16-8 but lost to Hopkins 6-10. On Wednesday, the team fell to Exeter 8-21, bringing its record to 1-2.

According to Sam Lee '24, the team implemented techniques it adapted from Saturday's double header into the Exeter game, but lost due to their limited experience. Lee also noted a lack of movement around the perimeter, leading to predictable and ineffective offense.

"The past two practices we've actually been focusing on drives and picking up drives. So what that is, is creating movement around the offensive perimeter, and setting some people up in posts sometimes to create some confusion in the defense, because if everyone's just sitting still then it's pretty easy to see what's going to happen. So the more splashing of the water there is, the more moving there is, the more unpredictable you become," Lee said.

R.NASSERZADEH/*THE PHILLIPIAN*

caption

Co-Captain Marcel Montemayor '23 echoed Lee's thoughts, elaborating that the team identified places for improvement from Saturday. Montemayor added that much can be learned from the loss against Exeter.

"We're pretty static outside the perimeter. We're over relying a lot on what the center is doing, if he can get position, and if he can't it sort of shuts down the entire offense. We struggle to find that movement outside the perimeter and that's something that we could keep improving for Wednesday against Exeter," Montemayor said.

According to Godsey, Andover had strong fundamentals, but Hopkins was still a difficult team to beat. He noted that despite the loss, the team's season is off to a productive start.

Godsey said, "As a team, I think we had good counterattacks and we had good speed, especially the first game, I think we got a little more tired in the second team. We had good offensive plays, we had good defensive steals, I think our press defense worked well especially in the first game.... [However,] the second team was definitely the more difficult team, but there's definitely a lot of stuff we need to work on like spatial awareness and getting back on defense. We needed more offensive motion I think, so [those are] points to work on for the next game."

Daniel Seong '25 highlighted Godsey's individual performance during the game. According to Seong, Godsey was able to consistently place himself in areas to score.

"I'm going to shout out Zach Godsey, Class of '25. He played very well, and he scored. Very good person and player, and good individual. I think Zach was able to get open a lot of times and create a lot of space for a lot of good shots," Seong said.

According to Lee, despite the two losses, the team has learned a substantial amount. Under the leadership of new Head Coach Howie Kalter '07, the team is working towards adapting various new strategies.

Lee said, "We're definitely improving, even just looking back at our last game, we've improved a lot in the two practices from the Loomis' game and the Hopkins' game.... We got a new coach this year and so [we're] trying a lot of new things. We're thinking of water polo in a fundamentally new way, so it's definitely going to take some getting used to, but we're trying our best and we're applying everything that we can."

Andover will face Deerfield and Westminster away in its double header on Saturday.

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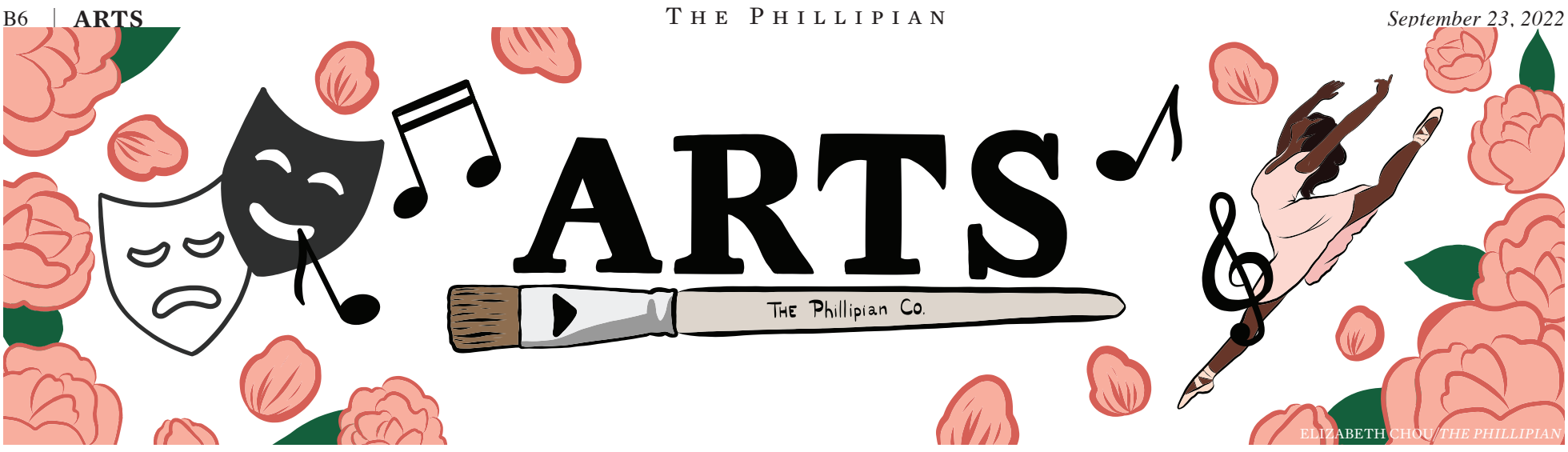


ELIZABETH CHOU/*THE PHILLIPIAN*

Behind the Curtains: Andover's Dance Groups Share the Highlights of Auditions and Hopes for Fall Term

REPORTING BY MOLLY MACKINNON

Over the weekend, the Andover dance community was reunited to host their auditions for the 2022-2023 school year. Ranging from Blue Strut (Strut)'s jazz to the hip-hop of Hypnotiq (Hypno), students new and returning competed for spots in the diverse selection of student dance groups that contribute to the campus's dynamic performance culture. This audition season, dancers reveal their reflections on tryouts and anticipations for Andover's dance scene in the following months to come.

Jac Gordon '25 (Blue Strut, Hypnotiq)

"The auditions last weekend were really fun; there were a lot of people, almost 40. There was a lot of really good energy in the room, and everyone was really supportive of each other. Everyone was applauding each other and making sure that it was a positive environment, even though they were auditions. I would definitely say that getting involved in dance at Andover is the best thing you can do, even if you aren't an experienced dancer, just go for a fun time."

R.NASSERZADEH/*THE PHILLIPIAN*

Blue Strut performed at Club Show last spring.

M.DOUCETTE/*THE PHILLIPIAN*

Fusion delivered a powerful performance at Grasshopper 2021.

Mia Pao '24 (Blue Strut, Fusion)

"I think Fusion is a lot about energy and how you present yourself on stage. It's not really about how good of a dancer you are, it's more about how much life you can bring to the choreography and how much you can interact with the other members, because Fusion has quite a lot of partner work too. And I think Strut is just as they say at every audition, it is about how much sass you have and confidence you have in your movements."

Sarah Zhang '24 (Slam, JVNE)

"This sounds super cliche, but it is the people who are involved in dance at Andover that make it as special as it is. I feel like even though there are a lot of different groups, a lot of people are parts of a couple of them, so the whole community feels really interconnected, and that is what makes it super special. Everyone is super supportive of each other and their groups, and the atmosphere when you perform is like no other."

J.CARMONA/*THE PHILLIPIAN*

JVNE performed at the Earth Day Festival last spring.

I.OBIORA/*THE PHILLIPIAN*

Hypnotiq at last year's Grasshopper.

Jacob Kaiser '24 (Hypnotiq)

"Honestly, the audition process was just a ton of fun. I think there were a lot of people who showed up not with the serious intent of auditioning, but just with the idea that they were going to have fun, so that actually helped in relieving a lot of stress or nerves throughout the audition process. Hypno usually kills every performance, so I just want to keep killing [it]."

Annalisa Urena '23 (Hypnotiq, Slam, Blue Strut, Fusion)

"I have to say I am excited for Grasshopper. I am also a producer, so I am behind the scenes putting the show together, and I am also in the show choreographing. I just started choreographing for Hypno and Fusion this year.... It's a lot of fun, and I am able to create with the other co-heads, and then we get to teach that to everybody.... The clubs really like it, and they really get into it."

R.NASSERZADEH/*THE PHILLIPIAN*

Annalisa Urena '23 (left) is one of the co-heads for Hypnotiq this year.

R.NASSERZADEH/*THE PHILLIPIAN*

Kelly Yang '24 (second from the left) is one of the Co-Captain of Blue Strut.

Kelly Yang '24 (Blue Strut)

"As for Blue Strut, we were really looking for energy. It didn't really matter that much if you couldn't hit the moves as sharply as other people did, or if you couldn't do a high kick or the splits. It was really just if you have the attitude that Blue Strut embodies.... I think we were really just looking for energy and stage presence, on who could perform the best, and stand out from the rest."

Fall Carnival 2022: Students Eat, Dance, And Get Thrown off the Mechanical Bull

JORGE BRIONES SAUSA

Complete with music, bouncy castles, ice cream, and a mechanical bull, the Flagstaff cluster hosted its annual Fall Festival on Saturday evening. Organized by Christopher Capano, Director of Student Activities, and Stephanie Cormier, Student Program Coordinator, the goal of the Fall Festival was to create a space where students could enjoy the community during the first weeks back.

"We just wanted to do something that is very easy for kids to come. There's no pressure, you don't have to be dressed up, you don't have to be fancy. You just come as you are, come with your friends, hang out for a little while. You can stay for ten to twenty minutes or you can stay for two hours, works either way—just have fun," said Capano.

Boasting a high attendance, the festival created an opportunity for students to meet new people, play games, and eat ice cream. Georgie Harpole '25 commented on her favorite aspect of the event.

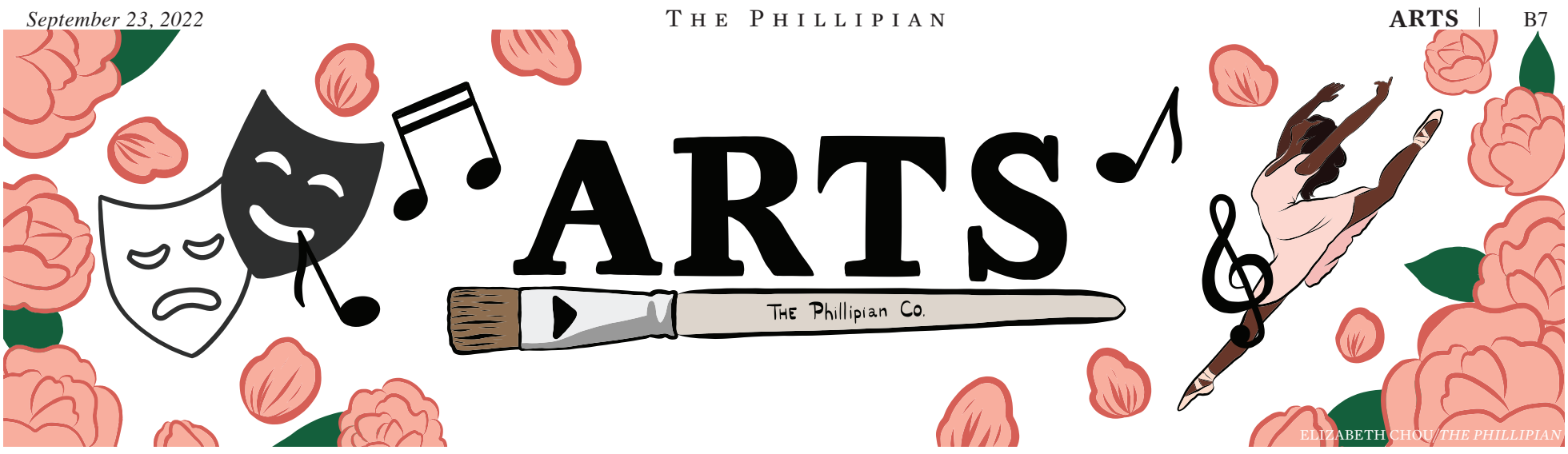
"I decided to come here because it's a carnival and there should be a lot of games, and because it's always nice to spend some time with your friends. There's a mechanical bull... I think that it looks like everybody is having a good time. It's good to see everyone together and happy," said Harpole.

Despite its lack of extensive planning, this year's Fall Carnival retained aspects from previous years' iterations, such as rides, food, and a DJ.

"Our board has only really met once this year so far because we're just getting into school. So adults kind of planned this one and we've usually done a Fall Carnival in the past and it has been popular. We knew we had to get a DJ, some fun rides, some food, and go from there," said Capano.

New students, like Marisol Tang Rasmussen '26, also enjoyed their first Fall Carnival with ice cream, spending time with friends, and watching people fall off of the mechanical bull. But Tang Rasmussen also expressed that she would have changed a few aspects of the event to make it more engaging and enjoyable.

"Something I would change is the music and more things to do that aren't just bouncy houses. Maybe like something they had last weekend—cacti, donuts, fried donuts, the customized sign, and the guy who was making the customized name signs," said Tang Rasmussen.



ELIZABETH CHOU/*THE PHILLIPIAN*

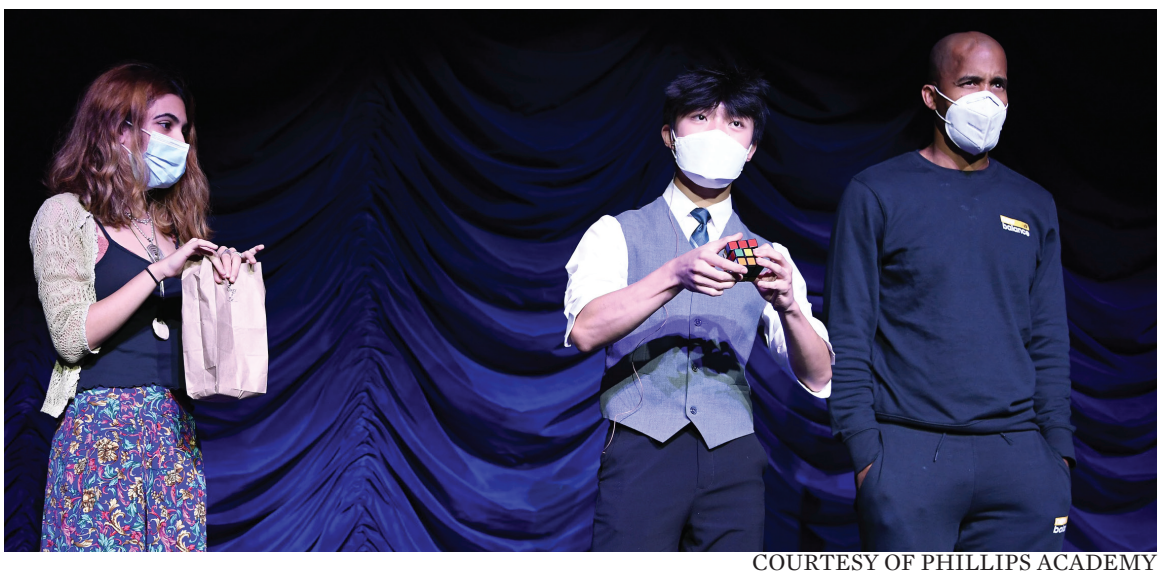
Magician Eddie Lou '24 Captivates Audiences With Humor and Unconventional Acts

WENDY YING

Magician Eddie Lou '24 hadn't always immersed himself in the world of illusions and sleight-of-hand. Rather, Lou's dedication to this hobby of performing tricks came unexpectedly in what he once considered a disappointing holiday present: a magic set his sister gifted him for Christmas in fifth grade.

"[That] was the first year where I didn't get Legos, so I was kind of upset. Then I actually played around with [the magic set], and I was like, 'Oh, this thing is actually cool' ... A year later, I saw Shin Lim perform on 'Penn and Teller Fool Us.' It was a magic show. It was a clip on YouTube, and this was before he blew up...I think right then and there, that's when I actually started getting into card magic," said Lou.

Specializing in close-up magic, Lou performs with cards, coins, and other smaller handheld items. He explained that he especially enjoys defying convention by using Rubik's Cubes, helping to create a uniquely unpredictable experience with every trick. For example, in his recent performance at the Class of 2024 meeting, Lou pried apart a Rubik's Cube to inexplicably pull out the same card a volunteer, Amelia Quintero '24, had previously chosen at random.



COURTESY OF PHILLIPS ACADEMY

Eddie Lou '24 mesmerizes the audience with his magic at Grasshopper 2021.

"He took a Rubik's Cube and had my card in there and I thought I had figured it out...I didn't, so I was amazed. It was pretty cool," said Quintero.

Another important component Lou weaves into his performances is humor, which he feels is a natural part of his personality. Striving to do more than just surprise a crowd, Lou's inclusion of comedy hopes to connect with the audience on a deeper level.

"Humor is a really, really powerful weapon for not only captivating people, but also making them engaged in something. I already think magic is a pretty engaging art form, so when you're able to combine multiple things, it's even better," said Lou.

According to Lou's friend Karen Wang '24, magic was a passion of Lou's that he nurtured to become a unique aspect of his identity. Wang also highlighted the energy Lou brings into every performance, as well as his engaging interactions with the audience.

"I feel like [magic] was where Eddie found his place...He's really able to go off of how the audience is reacting and then adjust to their reactions live on stage, which [is] really cool. Also [he's] just a really energetic performer, which makes him interesting to watch," said Wang.

According to Lou, his favorite part about learning magic is seeing the ingenuity of the secrets behind each trick. In addition, especially in the current era, Lou feels that a seemingly infinite base of knowledge is often just a click away. As such, the awe of not knowing creates a rare curiosity, which he wants to foster within his audience through magic.

"When you're giving a person something where they don't know the actual answer to, it gives them a childlike wonder that they probably haven't experienced in a while. So giving them the feeling of not knowing something can hopefully spark more curiosity and growth," said Lou.

At Andover, Lou has performed at numerous events including Grasshopper, Class of 2024 meetings, last year's CelebrAsian talent show, and more. During the pandemic, he also performed magic at senior citizen centers for residents. In addition, Lou created a magic club on campus, which he plans to further advertise and grow this year.

"[Grasshopper 2021] was the first time I performed at a really, really, large-scale venue, at school at least...This year, hopefully, I'll be in G-Hop again, and then hopefully next year. I already know what I'm going to do next year is going to be even better, but I just hope that I can get it this year too," said Lou.

C.BARBIE/*THE PHILLIPIAN*

Editor's Note: Karen Wang '24 is a Video Associate for The Phillipian.

Addison Party Celebrates Two New Exhibitions: "Four Stories" and "Nature Stands Aside"

SERAFINA SHIN-VON NORDENFLYCHT

As students entered the second floor of the Addison Gallery of American Art, they were welcomed by a photograph of a monkey skeleton. The photograph, portraying the intricately structured ivory bones, seemed as if it were a three-dimensional structure. Along with this photograph, last Friday, the Addison officially opened the gallery for the school year, showcasing its two new exhibitions: "Four Stories" and "Nature Stands."

"Four Stories," by photojournalist Harry Benson, was showcased on the first floor of the Addison. After receiving several loans from Benson, the Addison now has many of his pieces from the 1960s. Benson is an award-winning photographer who has demonstrated a wide range of monumental historical events in his work, such as the Civil Rights marches, the Watts Riots, and the last 13 U.S. presidents, from Dwight D. Eisenhower to Joe Biden.

"Building on the Addison's holdings of works by Benson and amplified with loans from the artist, this exhibition focuses on four powerful photo stories from the 1960s: the building of the Berlin Wall, the Beatles' first American tour, the James Meredith March Against Fear, and the assassination of Robert F. Kennedy. These photographs not only catapulted Benson's career, but also incisively capture defining moments of this tumultuous period in history," said Gordon Wilkins, Robert M. Walker Curator at the Addison.

On the second floor was "Nature Stands Aside" by contemporary photographer Rosamond Purcell. Throughout her career, Purcell has collaborated with paleontologists, anthropologists, historians, and a variety of other professionals to explore the shifting boundaries between art and science. Breaking the barriers of logic and reasoning, Purcell's exhibition pushes forth her unique interpretations of humanity.

"Rosamond Purcell: 'Nature Stands Aside' takes up the entirety of the second floor. That exhibition looks at... the way in which she's thinking about the overlap between art and science and questions of where we draw the line between the two, the differences between the manufactured and the human made, questions of what is sublime and what is beautiful. What do we collect? How does that help us to think that we understand the world?" said Jamie Gibbons, Head of Education at the Addison.

From the new exhibitions, Wilkins hopes that students will be inspired by interacting with Purcell, who will serve as an Edward E. Elson Artist-in-Residence this term, and the prevailing connections of Benson's work to modern day.

"Purcell's work fundamentally altered the way I look at the world through its embrace of associative thinking and the way in which it breaks down barriers between art and science and the manmade and the nature—my hope is that it will impact students in a similar fashion... [and] while these photographs in 'Harry Benson: Four Stories' tell a powerful story about the historic 1960s, we hope visitors will find a continued resonance in these images," said Wilkins.

Continually working to challenge and inspire its visitors, Wilkins explains that the Addison's primary goal for this year is to expose its visitors to new artists and ideas that have influenced America. For students, the works of the Addison may provide additional sources of information that go beyond what they learn about history in textbooks.

"One of our primary goals is to continue to expand the canon of American art through the acquisition and exhibition of important artworks by LGBTQIA+, Black, Indigenous, Latinx, and Asian American identifying artists. The work, of course, never ends, but I believe we've made and will continue to make great strides this year and beyond," said Wilkins.

E.LEE/*THE PHILLIPIAN*

Rosamund Purcell's exhibition "Nature Stands Aside" explores the intersection between art and science.

Looking ahead, on October 22 at 5 p.m., Benson will host a Q&A session in Kemper Auditorium. At 6 p.m., the Addison will host another reception focused on the Harry Benson exhibition.

"For students who are interested in hearing [Benson] talk about his work... he's photographed for Life magazine... [and] for Vanity Fair...The list of places that have published... is enormous," said Gibbons.

Bradford Seymour '00: New Theater and Dance Department Chair Emphasizes Student Support and Collaboration

ALICIA ZHANG

As a student at Andover, the first theatrical production Brad Seymour '00 ever worked on was a schoolwide performance of "The Nutcracker" in 1998. After graduating from Andover in 2000, Seymour went on to receive a masters degree in theatrical production and performance, with a focus on lighting and set construction. He returned to Andover as a teacher in 2018 and now serves as the Chair of the Theatre and Dance Department.

K.WANG/*THE PHILLIPIAN*

"My favorite part about teaching is working directly with students, and I think my favorite part of being the department chair is having the opportunity to look at all the different things we're doing in theater and dance and figuring out 'what are we really good at?' and 'where are we having a positive impact on our students?' and 'how do we focus on that?'" Said Seymour.

In addition to the administrative responsibilities of being a department chair, Seymour's theater-specific roles include working as producer and technical director for performances. He also teaches several courses regarding theatrical production—Lighting Design (Theater 320), Scene Design (Theater 325), and Stage Craft (Theater 380). Seymour feels that while department leadership is important, the collaborative nature of theater and dance should also be emphasized.

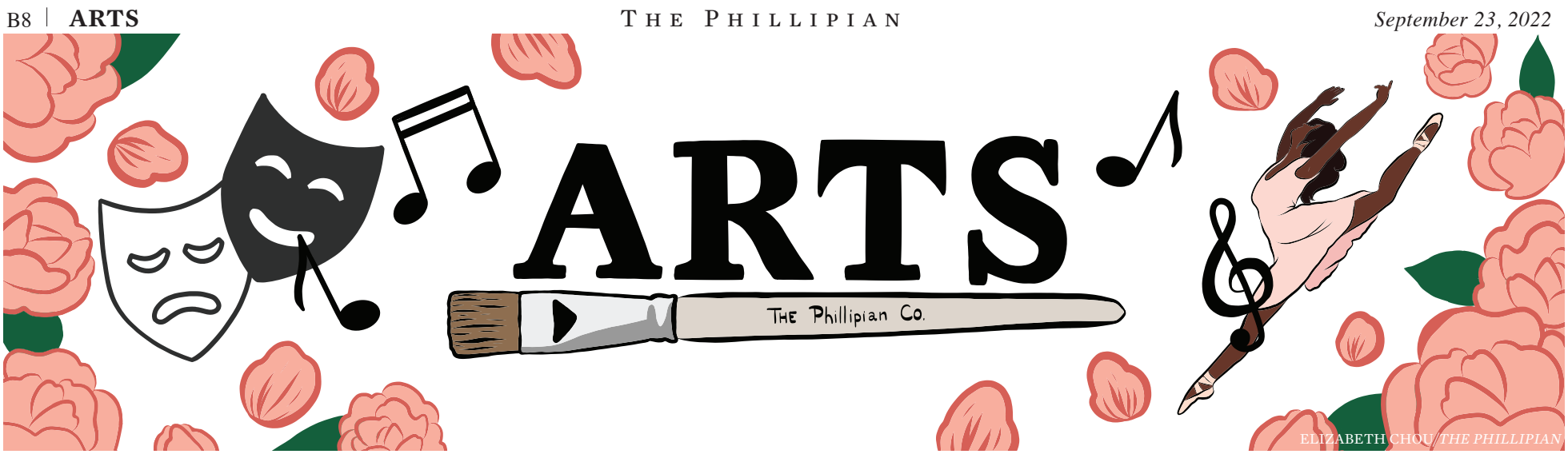
"It's exciting to be the chair, but one of things that's most important about theater and dance is how collaborative of an art form it is—to put on a show requires a large amount of people to work together.... We are a collaborative department so whoever is at the head of it is only a part of that. It's really a full team effort for running our program," said Seymour.

According to Seymour, there will be no significant changes to the Theatre and Dance department this year. The Theatre and Dance course offerings will remain mostly consistent from last year with a few new design-related courses. Overall, the department will continue to focus on ensuring that all students feel supported and have adequate resources in their theater and dance endeavors.

"I think planning wise, there's a number of things we're looking at making sure [of]: working on aligning all of our courses around a common set of goals, developing those goals, focusing on what we do really well and making sure that we have a lot of student impact. Other than that, it's a lot of the day-to-day planning about when our shows happen.... We try to plan at the end of the year before the next school year," said Seymour.

Looking forwards, one anticipated change coming to the Theater and Dance department will be the opening of the Pan Athletic Center next year, a new athletics and dance building. Seymour hopes that Pan Center will allow the theater and dance program to offer more performance opportunities to dancers, as well as expand the department in ways that were previously not possible.

"I think [the Pan Center is] going to give a lot of opportunities to celebrate the work that our dancers are doing— in their sport, in their classes and their clubs.... In a similar way to, in the theater classroom, there's always DramaLabs going on throughout the year and I'm hoping we get a similar cadence and vibe going around dance," said Seymour.



ELIZABETH CHOU/*THE PHILLIPIAN*

Look of the Week: Sebastian Cynn '24 Embodies Spring With Pastel Outfits

JORGE BRIONES SAUSA

Sporting a light turquoise shirt with matching purple shorts and his trademark hat, Sebastian Cynn '24 centers his fashion around a light springtime palette, no matter the season.

Having preferred softer colors over dark or intense hues since childhood, Cynn hopes to brighten Andover's campus with his style, building his outfits around pastel color schemes.

"I generally try and stick with pastels as a theme, keeping to bright springtime colors.... Projecting brightness into the world is something I've always wanted to do, and since I've been able to pick my own outfits I've been keeping to lighter colors. [I've] been becoming more deliberate about my choices and my style," said Cynn.

One major component of Cynn's fashion inspiration stems from his goal to spread positive energy across campus. Graham Burtle '24, a friend of Cynn, has expressed that Cynn's outfits are not only eye-catching, but also embody his upbeat personality.

"His clothes are always really fun to see around on this campus. When I see him he really brightens up my day. [Sebastian's] a really kind and bright person and I think that his clothes truly reflect that," said Burtle.

When getting ready in the morning and picking out a new outfit, Cynn mainly focuses on creating color combinations that can be found in nature. He begins by drawing ideas from spring-inspired imagery, then carefully considering color coordination and harmony.

"A lot of what I base it on is springtime colors. What I generally try and do to match things in the morning is look at the flowers in a springtime field and see if these colors would clash together or would be visually aesthetic," said Cynn.

In terms of accessories, Cynn's collection of hats is a centerpiece of his wardrobe. While he initially turned to them to disguise a bad haircut, Cynn came to realize that they complemented his light, springtime aesthetic.

"One thing that is a relatively new addition is my hats. I started wearing hats about three years ago just before I came to Andover.... I just started wearing it and I realized that it added to the pastel aesthetic massively. Over the years through [Covid-19], it's been sort of a fixed point. It's become an aesthetic I've grown super attached to, especially over the course of Andover where I'm known as someone who wears hats," said Cynn.

J.CARMONA/*THE PHILLIPIAN*

Having experimented with darker palettes, Sebastian Cynn '24 ultimately decided that he was most comfortable with springtime colors.

Campus is Cookin': Five Favorite Recipes From the Summer

REPORTING BY LANGAN GARRETT

With the official end of summer on September 22, The Phillipian *interviewed students on their favorite summer recipes. From casual delicacies to your next big meal, these recipes will give you the splash of summer your fall term needs.*

Andie Shim '25

"The food is a strawberry-lime summer drink. It's [got] a hint of strawberry, and a hint of lime, and ginger ale.... No special ingredients, just fresh fruit [that] really makes it taste good. I enjoy cooking this dish because it allows my creativity to shine... I like cooking mostly over the summer when I'm at home, or whenever I have chances to make this drink."

COURTESY OF ANDIE SHIM

Ingredients:
3 strawberries
1 oz. lime juice
1 oz. simple syrup
7 oz. ginger ale

Muddle strawberries in the bottom of a shaker. Add one ounce of lime juice and simple syrup. Place a few ice cubes in the shaker and shake. Pour ginger ale into the shaker and strain into a rocks glass with ice.

Max Huang '24

"My food is 炒年糕 (chao nian gao), which is basically salted rice cakes. Growing up my grandparents and my mom would cook it all the time, so I really like cooking it, especially if it's with them. It connects me back to my culture in China, in Taiwan. The food, it's a blend of everything in your mouth, because the rice cakes are sticky, chewy, and sweet, but you also have the bok choy, or cabbage, and then of course, oyster sauce, which has a very distinct taste."

Please visit phillipian.net for the full list of ingredients.

Marinate the julienned pork with the water, light soy sauce, sesame oil, white pepper, vegetable oil, and cornstarch. Allow to sit for 20-30 minutes while you prepare the rest of the ingredients. Rinse the rice cakes and drain. Thoroughly wash the baby bok choy. Drain, shaking off excess water. If using baby bok choy, separate into individual leaves. If using napa cabbage, cut the large leaves into smaller bite-sized pieces. Also prepare the garlic and scallions. If using mushrooms, slice them thinly. If using dried shiitake mushrooms, save the soaking liquid. Place your wok over high heat until it begins to smoke lightly. Add the vegetable oil to coat the wok, and add the pork and garlic. Cook until the pork turns opaque. Stir in the scallions, bok choy/cabbage, and Shaoxing wine. Stir-fry for 30 seconds, and move everything to the center of the wok to create an even "bed" of vegetables and meat. Distribute the rice cakes on top (this prevents them from sticking to the wok). Add water (or mushroom soaking water for extra flavor). Depending on how hot your stove gets, you can add 1/2 cup to 3/4 cup. Cover, and cook for 2 minutes to steam the rice cakes and cook the vegetables. Remove the cover, and add the sesame oil, dark soy sauce, light soy sauce, oyster sauce, white pepper, and sugar. Stir-fry everything together for 1 minute over medium heat. Taste, and season with additional salt if necessary. Continue stir-frying until the rice cakes are coated in sauce, cooked through but still chewy. Plate and serve!

Carly Hopkins '24

"I love making lemon/olive oil cake. I think baking is very relaxing and calming, and the flavors are very light.... It's like summer flavors, and it's fun to make. I use Greek olive oil, which is my Grandpa-approved, because being Greek, he's always told me the benefits of Greek olive oil, and I use it in pretty much every dish. It makes baking dishes really flavorful and fragrant."

Please visit phillipian.net for the full list of ingredients.

Preheat oven to 350°F. Prepare a 9" springform pan by greasing the bottom and the sides well, and lining the bottom with a circle of parchment paper. Wrap the outside with foil to prevent leaks. In a large mixing bowl, whisk together the olive oil, eggs, and sugar. Add the vanilla, lemon zest, and lemon juice. Whisk briefly to combine. Sift together the salt, baking powder, baking soda, and flour. Alternating with the milk, add the dry ingredients to the wet ingredients in a couple of batches. Try not to over-mix, just enough to combine everything until no streaks of dry flour remain. Pour the batter into the springform pan. Sprinkle 2 tbsp of granulated sugar evenly over the top. Bake for 50-55 minutes. The cake should be risen and starting to turn a bit golden brown on the top. Remove from the oven and allow to cool for about 10 minutes in the pan. Then gently remove the cake from the springform pan and allow to cool completely on a baking rack. When cool, dust the top with powdered sugar, if desired.

Editor's Note: Hopkins's recipe is from The View From Great Island online. https://theviewfromgreatisland.com/lemon-olive-oil-cake/

Mateo Schneider '24

"The recipe is grilled chicken skewers and kale caesar. I really love caesar salad, but the one that they sell at the place closest to me is really expensive, so I make it myself. I just love how light it is, and how it's very easy to make. It's very refreshing."

Ingredients:
2 lemons
1.5 lbs. boneless skinless chicken breasts
Kosher salt and pepper
8 thick slices baguette
1 clove garlic, halved, plus ½ small clove garlic, finely grated
1 large egg yolk
1/2 tsp. Dijon mustard
1/3 cup olive oil
1/4 cup grated parmesan
5 oz. baby kale

Cut 1 lemon in half. From the remaining lemon, finely grate 1 teaspoon zest, and squeeze 4 tablespoons of juice.
Cut chicken into 1.5-inch chunks; thread onto skewers and season with 1/4 teaspoon each salt and pepper. Grill until cooked through, 3-4 minutes per side. Grill 1 lemon half, cut side down, until charred; squeeze over chicken. Grill bread until toasted, rub both sides with garlic halves, then cut into cubes. In a large bowl, whisk together lemon zest and juice, egg yolk, mustard, grated garlic, and 1/2 teaspoon salt. Slowly whisk in oil. Fold in Parmesan, then kale and croutons, and season with pepper. Serve with chicken.

Ella Kowal '25

"The food is shrimp scampi. I think what makes it special is the white wine sauce; it adds a good flavor combination. It's basically a spaghetti with a little hint of cooked-over white wine, with some chili flakes, and then it has a strong seafood and shrimp flavor. It's very buttery."

Ingredients:
12 oz. linguine
1 1/2 lbs. extra large shrimp, peeled and deveined
3 tbsp. extra virgin olive oil
3 tbsp. unsalted butter
4 garlic cloves, minced (4 tsp)
1/2 cup dry white wine*
Salt and freshly ground black pepper
1/8 tsp. red pepper flakes (optional)
2 tbsp. fresh lemon juice
1/4 cup chopped fresh parsley

Cook linguine according to package instructions. Reserve 1/4 cup pasta water before draining in case you'd like to thin the dish later. Meanwhile, melt butter with olive oil in a 12-inch skillet just over medium heat. Add garlic and saute 1-2 minutes until just lightly golden (don't brown or it can taste bitter). Add wine and simmer until reduced by half, about 2-3 minutes. Add in shrimp in an even layer season with salt, pepper and red pepper flakes and cook until shrimp turn pink, about 1.5-2 minutes per side. Stir in lemon juice and a parsley then toss shrimp and sauce with pasta. Thin with pasta water as needed. Serve immediately.

*Editor's Note: Kowal's recipe is from Cooking Classy online. https://www.cookingclassy.com/*shrimp-scampi/#jump-to-recipe