

Olympic Medalist Andrew Wilson '12 Redefines Success at ASM



ASM speaker Andrew Wilson '12 shared his experiences with mental health as an Olympic swimmer. K.MA/THE PHILLIPIAN

NICCOLO LEE-SUK & KAI OBATA

Andover alumnus Andrew Wilson '12 returned to campus to speak about his journey to winning gold as an Olympic swimmer and his relationship with "success" at last Friday's All-School Meeting (ASM). During his time at Andover, Wilson swam, played lacrosse, and was captain of the water polo team.

Wilson's talk centered on reconsidering success. He explained how feeling successful wasn't a consistent feeling, and early on in his life, he had defined success by accolades, praise, and achievements.

"For me, my focus always remained on the medal that I didn't have, the time standard that I had achieved, or the people who were beating me... I tended to view the next medal or record as the solution to problems not just in my swimming, but in my life more broadly, as if all of my challenges would magically dis-

appear if I were just a little bit faster... I was defining success the wrong way, and as a result, I was defining myself the wrong way," said Wilson.

Wilson then emphasized the importance of embracing the process towards progress as a tool to measure success. He instilled that no matter the outcome, one should feel proud of their grit and motivation rather than their results, which are often the result of external, uncontrollable factors.

"The key is to define success so that you control whether it happens. And also to define success so that you can feel successful almost every single day. For me, this comes from embracing the process and the work. If I define success through the smaller, less visible goals and steps to performance, then I can feel successful. I control my success, and I also will have maximized my chance of achieving that more visible goal," said Wilson.

As a swimmer, Rosalyn Pan '28 resonated with Wilson's sentiments. She explained how his

story inspired her, encouraging her to concentrate on her own work and improvement rather than competing with others, and helping her feel more comfortable about her struggles.

"I'm a swimmer. He's also a swimmer, and we're both breast-strokers. A lot of the things he said about trying to get from one thing to another, one cut to another, one time to another, related to me because I do that too in swimming. [Wilson's talk] helped me focus on myself, not how I do in relation to others... It was reassuring to hear that even the best suffer from not feeling good enough. It's not just me, everyone feels that. It was nice to know I wasn't alone," said Pan.

After the ASM on Friday, students on the Andover swim teams had the opportunity to meet Wilson and receive guidance and advice from him. Chloe Ru '27 commented on her inter-

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Head of School Dr. Raynard Kington Holds His First School-Wide Munch

STAFF REPORT

Dr. Raynard Kington, Head of School (HOS), hosted the first HOS munch of his tenure, in the Falls Music Center on Wednesday. Kington's HOS munches will continue to occur twice a month for the rest of the year.

On January 24th, *The Phillipian* published an editorial inviting Kington to connect with students more, for example, by hosting munches in Phelps House. The editorial cited State of the Academy (SOTA) data from 2024, which indicated that 82.2 percent of students did not think that Kington connects with the student body. Kington said that establishing a connection with the student body had been difficult since the pandemic, and the editori-

al was a contributing factor to instating these munches.

"[An issue the editorial highlighted] was contact with students. That's been a running issue. I started during the pandemic, during the lockdown. It's been a complicated process of hitting the right rhythm, partly because my travels picked up more and we have these intense periods. During January, I went to New York, Bangkok, Hong Kong, Seoul, [and] San Francisco," said Kington.

While Wednesday's munch replaced the regular cluster munches, Kington said in the future the two will coexist with a schedule of HOS munches aligning with his travel schedule.

"[The HOS munches will]

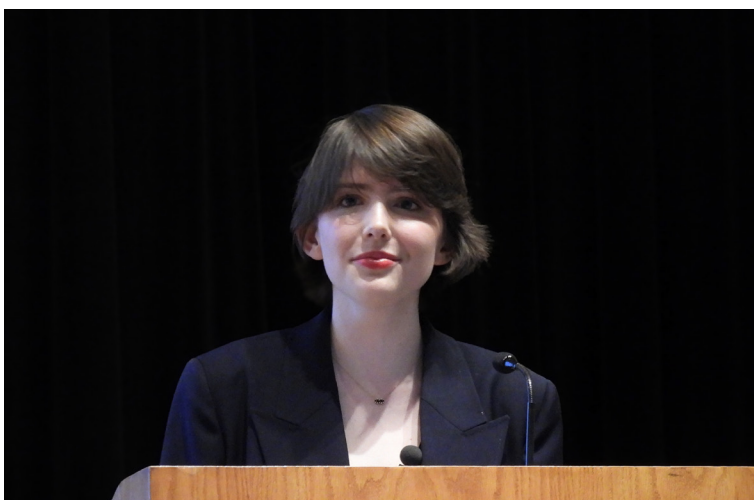
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K.MA/THE PHILLIPIAN

Students attended Dr. Kington's first Head of School munch

CaMD Scholar Olivia Isacson Discusses the Impact of Book Banning on Teenagers and Minorities



L.PADMAWAR/THE PHILLIPIAN

Olivia Isacson '26 explored the recent surge of book bans in the United States.

KRISTEN MA & IAN S. KIM

Olivia Isacson '26 presented her Community and Multicultural Development (CaMD) Scholarship Presentation titled "Unveiling the Oppressiveness of Book Bans and Their Impact on Teenagers" last Friday in Kemper auditorium. Drawing parallels between historical censorship and the recent surge in book bans, she highlighted the profound and harmful effects these restrictions have on young readers and marginalized communities.

In her presentation, Isacson highlighted that 40 percent of banned books are censored due to LGBTQIA+ themes and protagonists, while another 40 percent are banned for featuring protagonists of color. She underscored the disproportionate impact on marginalized groups, emphasizing that banning such books limits awareness, silences important narratives, and restricts access to diverse perspectives.

"The importance of actually

having books and encouraging students to read is so important, especially given the fact that reading for teenagers is at an all-time low. When you're restricting a book, you're restricting a story. Books allow for the raising of ideas and the raising of concepts. Censorship has been used to get rid of themes that challenge the way we think about issues today, and in doing so get rid of marginalized communities and their stories. Black authors are most at risk for book banning," said Isacson.

Isacson spoke about the pivotal role books play in shaping adolescent lives, especially for those grappling with aspects of their identity. Coming from a multi-heritage family, she explained her personal motivation in advocating for literary access to younger generations.

"I grew up reading a lot. What pushed me [through teenagehood] was just having characters that I can identify with. I come from a family with a bunch of different

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No Conference Day Before Finals Week in Winter Term

NIKI TAVAKOLI & CHRISTIAN ESTRADA

There will be no conference period days before finals week in Winter Term this year and next year. In addition, some subjects, including Mathematics and World Language, will use mass testing blocks.

Andover's Academic Council makes the end-of-term schedule every year, with faculty being consulted about major changes. In previous years, one full day at the end of both Fall and Winter Term was dedicated to conferences, allowing students to meet with their teachers before their final projects and exams. Caroline Odden, Dean of Studies and Instructor in Physics, explained that due to the shortened Winter Term, the Academic Council that makes the finals schedule chose to prioritize class time over conference day.

"Due to the placement of Labor Day, Thanksgiving Day, and Memorial Day, our Win-

ter Term is compressed this year (2024-2025). In order to maximize classroom time during the Winter Term, no conference day was scheduled for this winter. The academic calendar looks much the same for next year (2025-2026) – we will have a conference day in the fall, we will not have one in the winter, and the Monday of the end-of-term week will be free as it usually is in the spring," wrote Odden in an email to *The Phillipian*.

Clyfe Beckwith, Instructor in Physics, former Dean of Studies, and former chair of the Academic Council, shared that the partial removal of mass-testing blocks over the past decade aimed to reduce student stress and allow for varied assessment formats.

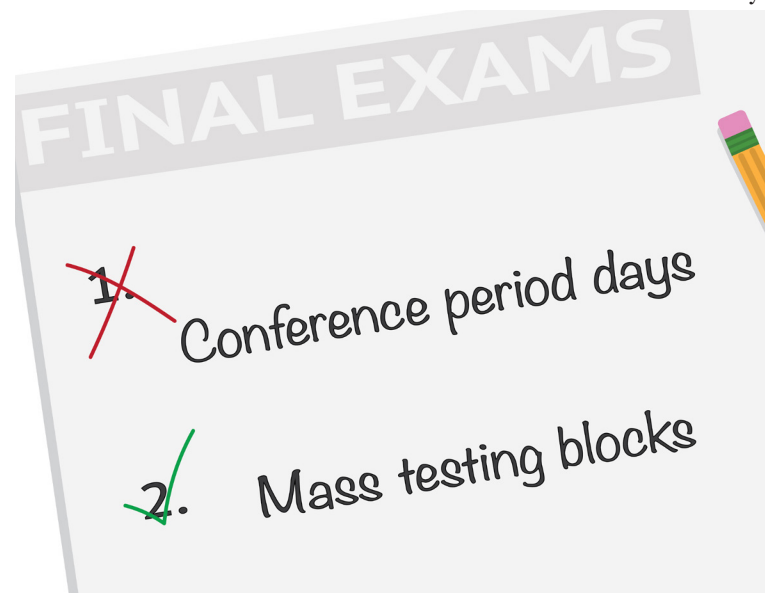
"The schedule has changed... roughly every ten years. If you go back 30 years, finals were scheduled in large subject-based blocks, such as science, math, and english. Each subject had a designated time slot, and students took their exams en masse at locations like the Smith Hockey

Rink and the Borden Memorial Gym, with about 400 students in a room using small desks," said Beckwith.

Beckwith continued, "At some point, the schedule shifted. In the mid-2010s, we changed to a period-based schedule, meaning teachers could give exams in their classrooms. Along with this, the allotted exam time was extended to 80 minutes, allowing for two different benefits. First, students who required extended time could complete their exams in 120 minutes. Second, teachers gained more flexibility in assessments, allowing for more creative formats like one-on-one discussions about final papers."

Currently, the finals week schedule varies in length from term to term due to the dual presence of mass-testing blocks for certain subjects and regular assessment blocks for each of the schedule's seven periods, lengthening the duration of finals week. Paul Murphy, Instructor in Mathematics, Statistics, and Computer Science, supports using mass testing blocks and common assessments for subjects that use an exam, as opposed to a project, for their final. He noted that mass-testing blocks provide increased consistency and test security across sections.

"If you teach Math 330 and you teach two sections, you could be giving the same test to kids on a Monday and Thursday. That just seems weird, mainly for cheating purposes. There's a test security issue and math and science are often the only ones that are really testing... I love the idea of everyone taking the same test, not only everyone in



L.HEYD/THE PHILLIPIAN

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Nonchalance

In "The Toxic Culture of Excess Nonchalance," Jeannie Kang '28 encourages students to stay enthusiastic about the world.

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Stack Application: Phrench House.

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Celebrating The Seniors

Andover Swimming and Diving celebrated its Seniors in a triumph over Deerfield, marking the end of a successful regular season.

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DramaLabs Showcase

Read about the recent DramaLabs showcase of original student-led plays No Refunds by Jeannie Kang '28, and The Rabbit by Ashiq Kibria '26.

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Editorial

Is Ignorance Bliss?

As February rolls around, Andover commences programming for Black History Month—a dedicated time to appreciate Black peoples’ contributions and accomplishments throughout U.S. history. Student clubs burst into activity, hosting dances, cultural celebrations, speakers, and many other events designed to engage students in Black history and culture. However, amidst this month of celebration and remembrance at Andover, a shift has occurred on the national and political stage: United States President Donald Trump, shortly after his inauguration, issued executive orders aiming to terminate diversity, equity, and inclusion (DEI) policies.

Andover, as a diverse community boasting “Youth From Every Quarter,” has historically prioritized community values of diversity. Accordingly, Andover regularly provides numerous opportunities for students to engage in conversations about diversity and equity, including Martin Luther King Jr. Day-On and a range of All-School Meeting speakers. However, it’s important that we do not take these educational opportunities for granted. Shielded by the Andover Bubble, it’s easy to feel insulated or immune to the implications of changes in our political environment and turn a blind eye to what’s happening beyond campus.

Despite the wealth of opportunities accessible to us, students are not receptive or proactive enough in attending events. As students who balance academics, extracurriculars, athletics, and countless time-commitments, we are often dissuaded from seizing unique learning opportunities on campus due to busy schedules. However, we should recognize

that we are immensely fortunate to be at an institution that proactively celebrates differences. Andover, as a private, non-profit institution, is uniquely privileged in its ability to organize programs that promote and uplift communities, particularly historically marginalized groups, despite national political changes. At a time when programs celebrating Black History Month are facing intense political scrutiny, it’s more important than ever to foster open and honest conversations about current events and recognize the profound impacts of wider political changes like the reversal of DEI. Embracing conversations about current events and actively engaging in broader discourse is a small, simple, yet critical step that we can take. Enter with an open mind, engage in unexpected perspectives and stories, and actively seek out educational opportunities.

We have a responsibility to both understand the reversal of DEI — challenging decades of social justice efforts — and recognize the broader social implications of those initiatives being taken away. At the end of the day, the Andover Bubble is only temporary. As we enter external institutions and become global citizens, we will directly experience the impact of the DEI reversal and other social and policy changes. Blissful ignorance is a dangerous privilege.

This editorial represents the views of The Phillipian, vol. CXLVIII.

LETTER TO THE EDITOR

Although Rania Ali-Svedsater ’26’s Commentary piece last week raised some good points, it ignored a fundamental aspect of Sweden’s purported neutrality: they weren’t really neutral at all, especially during World War Two and the subsequent Cold War.

During the disastrous Second World War which saw all of Sweden’s neighbors get invaded and the destruction of much of Europe, Sweden escaped relatively unscathed. This was not a result of neutrality but rather cunning manipulation of both sides of the conflict. Due to strong economic and cultural ties between Sweden and Germany and a powerful eugenics movement in Sweden, there

was Swedish sympathy and even support for the Nazis. Several Swedes went so far as to volunteer for the Waffen-SS, Hitler’s paramilitary death squad.

However, the biggest blow to ostensible Swedish neutrality was the continued shipment of crucial iron ore and ball bearings that were vital to the Nazi war machine. These materials helped facilitate the slaughter and invasion of Europe by providing precious raw materials to Nazi Germany.

Meanwhile, the Swedes allowed German troops to use Swedish railways to fight in Finland and invade Norway. The U.S. State Department estimates that German soldiers made over 250,000 trips

through Swedish territory, and the Swedish Navy even escorted German warships through the Baltic Sea. Particularly cruel is the betrayal of Norway. German troops circumvented Norwegian defenses by traveling through Sweden, treachery that the Norwegians never really forgot. How can these actions be considered the actions of a neutral country?

Sweden’s supposed neutrality also had effects on the Holocaust. Although Sweden was generally a safe haven for Norwegian and especially Danish Jews, there is a darker legacy. If you have ever visited Germany, you have seen “stolpersteine” small brass plaques interred in the ground that commemorate

people who had been kidnapped from that location and then murdered in the Holocaust. The harrowing thing about Sweden’s “neutrality” is that there are stolpersteine in Stockholm, remembering Jews who had escaped Nazi-occupied Europe to Sweden only to be deported back to Europe, where they would later die in concentration camps.

All of these programs which helped the Nazis stopped when the tide of the war shifted. Under duress from the Allies, Sweden forbade German troops moving through Sweden in 1943, and later in the war would allow the Allies to train Danish and Norwegian troops there. As Winston Churchill report-

edly said, Sweden “ignored the greater moral issues of the war and played both sides for profit.” This Machiavelian strategy was worse than simple passive neutrality, but it was not neutrality, no matter who tries to claim that.

Signed by:
Thiago Jollon ’27.

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CORRECTIONS:

The News article “Author Cristina Henríquez Discusses The Panama Canal and Her Recent Book” should have been credited to Ian S. Kim and Niccolo Lee-Suk.

Plastic Illiteracy: Our Indifference Towards Poisoning Ourselves

MELODY OH



S. MA / THE PHILLIPIAN

Looking back, no one, except my parents, educated me on the dangers of plastics. My plastic literacy was homeschooled since most people treated it as a luxury, a miniscule concern compared to the notorious effects of smokes, drugs, malnutrition, and inertness. Andover is no exception: while the school provides resources and classes on substance, nutrition, and physical exercise, we rarely get any information on the potential side effects of using plastics. In fact, our freshly-cooked daily meals are served in plastic dishes, the very dishes students use to heat up food in the Paresky Commons (Commons) microwave. Hot and cold beverages are filled in plastic cups, and plastic utensils are provided for special desserts like ice creams or cakes. Even outside of Commons, students are frequently exposed to plastics from DoorDashing their meals or microwaving food in their dorms.

Unless thoroughly educated on the topic, people generally believe that plastics are safe to use because it's so

readily available and widely applied. They might have minor knowledge on relatively well-known topics like microplastics, but it's difficult to fathom the full extent of plastic-induced harms on human health, especially as new research about the health effects of plastics continues to emerge. For instance, in October 2024, a study from Toxic-Free Future and Vrije Universiteit Amsterdam discovered high levels of carcinogenic and endocrine disrupting chemicals in black plastic products, including kitchen utensils, sushi packagings, electronics, and toys used by children. The toxic chemicals had come from the flame retardants used to strengthen the durability of black plastics, which even included a high concentration of a banned substance deca-BDE. However, just a couple days ago, I received black plastic utensils from my

It's difficult to fathom the full extent of plastic-induced harms on human health, especially as new research about the health effects of plastics continues to emerge.

Uber delivery order. On my Sunday dinner at Commons, I was given the option to eat ice cream with black plastic spoons. If I hadn't randomly come across the study results of black plastics, I would have

used those plastics habitually and ignorantly.

We are often encouraged to assume that plastic products out in the market are tested by credible agencies, and thus safe. However, a CNN report in March 2024 found that out of 16,000 known chemicals mixed to produce plastic, at least 4,200 are known to be "highly hazardous," with only 980 of them being regulated by global agencies. This means that we are exposed to over 3000 "highly hazardous" chemicals freely roaming around the plastic products we use. Why are we not sufficiently informed of such a common health hazard? It's troubling how we have little assurance on the safety of a chemical we've been using day-to-day for more than a century.

We gratefully have campus initiatives such as the Phillips Academy Sustainability Coalition and the ongoing Green Cup Challenge that encourage us to reflect upon human impacts on the ecosystem, but we currently lack recognition of how we are poisoning ourselves along with the rest of nature. Of course, it's nearly impossible to get rid of plastics as a whole, and Andover most definitely cannot and should not force students to shun every plastic use from their lives. The problem lies in how we are unadvised to avoid using black plastic utensils, microwaving food in plastic dishes, and DoorDashing hot foods in plastic containers. We have not been told that microwaving food releases millions and

Andover most definitely cannot and should not force students to shun every plastic use from their lives.

even a billion plastic particles per square centimeter, even while using a microwaveable plastic container. We have not been told that those miniscule particles can flow into our blood system and mimic our hormones, disrupting our endocrine system, metabolism, and brain development. We have not been told that even BPA-free plastics – used to avoid the regulated carcinogenic and disease-inducing chemical – may use substitutes that have similar harmful effects on the human body.

Due to the ubiquity and familiarity of plastics, many people might not recognize it as a candidate for significant health harms. However, as a home away from home, Andover needs to be more responsive to the consequences of plastic use. Plastic literacy is not a luxury for student well being.



MIA WALKER/
THE PHILLIPIAN

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The Invisible Blue Book

IAN KIM



COURTESY OF PANET

The bottom left of Paresky Commons (Commons) is reserved for upperclassmen, while the Oliver Wendell Holmes Jr. Library (OWHL)'s basement exclusively hosts Juniors. Overworking is often praised and looked up to, and self-deprecation after an exam has settled as a norm here at Andover. The peculiarly common characteristic of these actions is that there are no written rules to enforce them. The Blue Book does not have limitations on where lowerclassmen or upperclassmen sit, nor does it enforce self-deprecation before and after exams. Yet, these "norms" are consistently enforced and frowned upon when disobeyed. The actions on campus contrast with the school's vision for its students. Andover, in many ways, strives to encourage independent thinkers and students: those who are willing to see above the ordinary and reject normalcy for creativity. Yet, passionate and talented students from all over the world give up parts of themselves to become an ideal "Andover student." This obsessive drive to fit in breeds a culture of conformity.

The idea directly opposed to social conformity, civil dis-

obedience, is best summarized by Henry David Thoreau in his book *Walden and On the Duty of Civil Disobedience*: "I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not when I came to die, discover that I had not lived... I wanted to live deep and suck out all the marrow of life."

Yet, these "norms" are consistently enforced and frowned upon when disobeyed. The actions on campus contrast with the school's vision for its students.

When Thoreau published this book, he had indeed chased a life inside the woods. In the most literal sense, Thoreau went to live in the woods to escape the rules and regulations of the world. More metaphorically, many who transgress social conformity are often looked at similarly to Thoreau: an eccentric who lives in isolation and refuses to interact with normal society. Why do we frown upon living in the woods?

Behaviors of conformity can be linked to how students identify themselves. Focusing personal identity on the environment around us, we tend to gravitate and mimic the behaviors of our friends. As a result, a sense of belonging to the community is as important if not more than individual expression. Belonging is only reached when we give up a part of ourselves: when we leave the simplicity of the woods to join the civilized society. Under this understanding, social conformity boils down to the perception

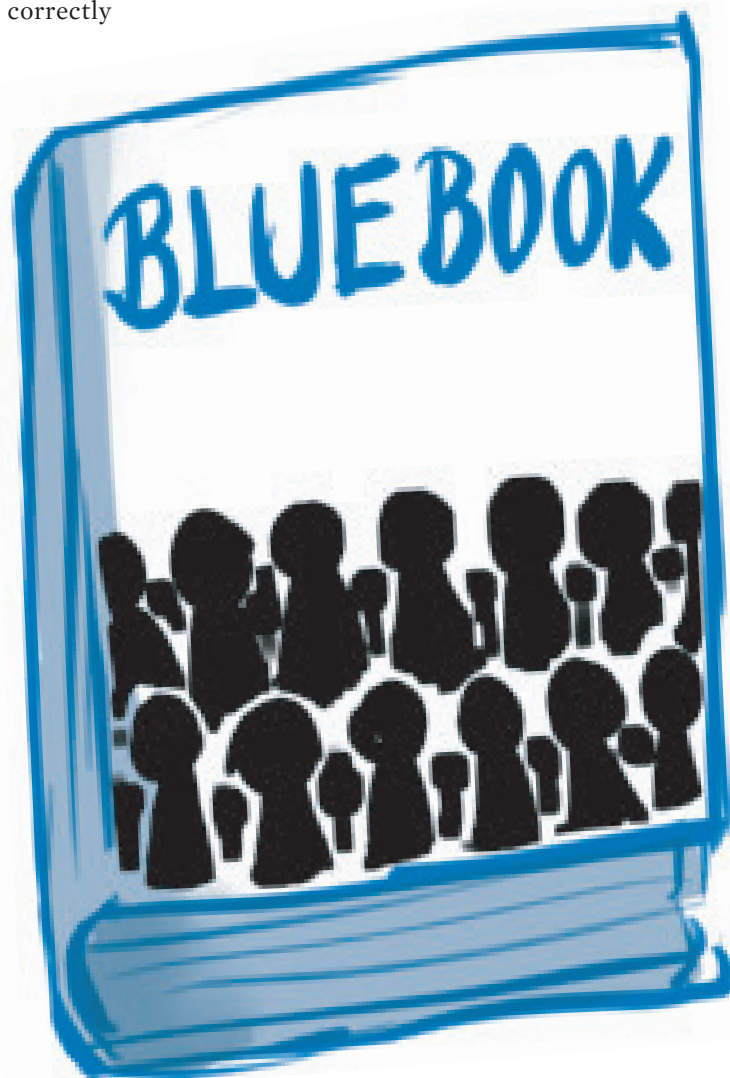
of self and the perception of society. The acceptance of oneself and positive self-perception hinges on acceptance from friends and adults, and social conformity is the most convenient way to get there. We cater to how society perceives us: wearing brands our friends like and sitting with our friends in assigned places in buildings. Too often or not, this desire to fit in also fuels a culture of blame. The crux of social conformity then clearly becomes fear. The perpetuation of social conformity, funny enough, is driven by ourselves. The same students who complain about their lack of independence ensure that these systems function correctly

because of fear. To disobey conformity and jump into civil disobedience is too scary for us because of the imagined backlash. We imagine that we are made fun of and mocked. Fear is the great enemy of civil disobedience. Civil disobedience, though, provides room for unparalleled experiences and imagination. Additionally, the most celebrated creations are formed by bending the rules of how things are "supposed" to function. To think and act differently, to live in the woods, offers fresh perspectives on the most ordinary of occasions.

However, I still suffer-

As a result, a sense of belonging to the community is as important if not more than individual expression.

fer from conformity, and I still imagine the backlash and mockery without having any conclusive evidence that my thoughts are grounded in reality. I still struggle to leave my talents behind and join a new club I have no experience in, try a different sport, and simply bring out a new idea in class. These small decisions have provided me with the comfort of fitting in, but also with the numbness to pursue safety. However, I adopted a mindset: if not today, when? If today is not the day to confront mindless comfort in search of imaginative expression, then no other day will be sufficient. Facing my fears doesn't happen suddenly, but there is always a chance it will never happen if I keep dodging them. The only pole sustaining conformity, in our heads, is fear. When I disobeyed, nobody seemed to care. Today has to be when I start to talk to myself, to ensure that civil disobedience, a life in the woods, isn't as bad as I thought it was. Today has to be the day, when we all, collectively, do something a little different. Participate in civil disobedience. Overcome numb comfort. Live a life in the woods.



ANGELA GUO / THE PHILLIPIAN

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The Toxic Culture of Excessive “Nonchalance”

JEANNIE KANG



K. MA / THE PHILLIPIAN

Tilting a head slightly upwards to substitute a “hello,” maintaining a calm and composed, even a cold face before a finals exam, refusing to let out an excited scream after receiving an honors grade on a paper: these actions come to mind when one hears the word “nonchalant.”

Calling someone “nonchalant” is a subtle form of praise, yet the culture’s popularity has manifested into people’s personas. Presently utilized as a replacement for “cool” or “chill,” being nonchalant is often deemed a positive personality attribute. Perhaps this is true – an unbothered friend may not keep others on their feet, an unenthusiastic boyfriend might not “unnecessarily” call his partner so often during breaks, and an imperturbable teammate can reduce the anxious energy in the classroom before a major exam. Living amongst individuals with partial nonchalance provides much-needed

stability in our lives. Despite the benefits, the excessive glorification of nonchalance has crafted an unenthusiastic and ingenuine generation that finds it awkward to reveal one’s thoughts and live true to oneself.

Ever since I began attending Andover, the “nonchalance” culture slowly seeped into my life. Walking in the hallways of Samuel Phillips Hall, waiting in a long line in Paresky Commons, or buying food in Susie’s, people barely acknowledged each other and refused to throw in a simple, cheerful “hello.” In contrast to my previous school where lots of the break time conversations revolved around our aspirations, in Phillips Academy, many students were unwilling to discuss their passions. The “nonchalance” culture has resulted in an environment wherein students must hide behind the veil of “numbness” and pretend as though they are not interested in anything.

Nonchalance has further affected our intrapersonal relationships. In order to appear attractive or likable, young generations have been pretending as though we do not care much about others, even if they are our friends or partners. The truth of a “likable” individual, however, is quite different from what societal standards appear to be. Humans naturally strive for affection and affirmation in



ALEXIS LEE / THE PHILLIPIAN

relationships. The glorification of nonchalance in social media platforms and within pop cultures has encouraged people to refrain from speaking their true thoughts. Rather, reacting enthusiastically to your friends’ comments and expressing our love and care towards others can establish a trusting relationship. This applies to students with a hectic “Andover” lifestyle – nonchalantly walking to Silent, listening to Coldplay music in the common room, away from the visitors, and preferring seclusion over communication have dominated the lives of many students here. Though piles of work may sometimes demand alone focus time, leaving room for cheerfulness

after such tasks can enable a healthier, happier life with friends and families.

Living an enthusiastic, caring life deserves much more credit in well-being and success. Though it may be easier to immediately resort to an unpassionate, numb attitude, reflecting on our passions and actively expressing our desires can allow us to attain a better understanding of who we are and enjoy your relationships with those around us. Not only can we form deeper connections through opening up, we can further learn how to be sincere to ourselves. In truth, however, we, the youth, are living through an age wherein lack of care for others and ourselves is celebrated as an

attractive character attribute. As nonchalance permeates our daily lives at Andover, it is good to remain engaged in the small moments of our lives: asking friends about their days, offering to try out their hobbies, and knowing how to express our emotions. Our little actions travel a long way to brighten others’ days and assure that they are loved and cared for, regardless of what the “nonchalant” world may tell them.

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The Power of Our Spiritual Core

ALEXANDRA LIN



N. AMIN / THE PHILLIPIAN

On a windy Thursday evening, I was lost in thought as I listened to Dr. Lisa Miller, a guest speaker invited to the annual Interfaith Week: a week dedicated to strengthening interfaith relations. She spoke on the connection between spirituality and neuroscience. Not long after, as swarms of students pushed out of the chapel and rushed into the drizzling weather, I found myself contemplating once more on Andrew Wilson ’12’s — a retired collegiate and Olympic swimmer — All-School Meeting speech. You may be wondering, what does an Olympic swimmer have anything to do with a psychologist and researcher? Wilson spoke of how, in the past, he defined himself solely as his abilities and successes, tying his self-worth to factors that he couldn’t control, and the negative effects that had on his mental health. Meanwhile, Dr. Miller discussed how the presence of a spiritual core, a strong spiritual mindset, could shift our perspectives, helping us view ourselves as what we were inherently worth instead of our achievements. I realized that students at Andover could benefit from a stronger spiritual core, as it would pull us away from the negative habit of seeing others and ourselves for their abilities alone.

In just the two terms I’ve spent at Andover so far, I feel like I’ve learned more than I have in the two years or so prior. I’ve become adept at managing my time, waking up early to get work done, and more

motivated than ever by the peers around me. In spite of this, however, the more winter term has dragged on, the more I’ve felt like I wasn’t doing ‘enough.’ I began seeing myself as just my academics and my extracurriculars: my lower math level compared to those of my friends, the six-level questions I got wrong on my chemistry test, or my lack of writing awards that somehow everyone else seemed to have. It didn’t matter that I aced my tests, or that I wrote because I loved to write. By the time midterms rolled around, I was exhausted. I felt like no matter what I did, I just wasn’t good ‘enough.’ everything I was doing was wrong, and any free time I had was wasted. I felt lost. As Wilson related his own experiences during his speech, I realized I wasn’t alone in this feeling. He noted that many people in high-achieving communities such as Andover had felt like this.

This brings me back to that windy Thursday evening, as I closed my eyes, steadied my breathing, and listened to Dr. Miller’s words. She instructed us to imagine sitting at a table. First, we invited those we loved and trusted, then a wiser version of ourselves, then our high power to sit with us. In that instant, something in my heart spoke to me: “Hey. You are loved, and you are guided. Don’t ever forget that. You are going to be okay.” Though at the time I hadn’t exactly placed what caused me to feel so lost, I felt that confusing, twisting feeling that had plagued me to dissipate. That feeling of warmth in my chest was what Dr. Miller defined as spirituality. Though spirituality often went hand in hand with religion, they were two separate things. Everybody had the innate ability to experience spirituality, and it could be practiced and improved. Those with a weaker spiritual core were more susceptible to defining themselves as tangible achievements, such as how fast they could swim or a 6.0 GPA, as I have done.



CARINA PAIK / THE PHILLIPIAN

As I stared at those that I trusted and loved from across the imaginary table, I heard them say, “We’ll love you whether you win this thing or not, so you should too. It’s amazing that you’re ambitious, but you aren’t just your resume. What you achieve is part of who you are, but you’re so much more than that.” Then, I turned to see... myself. The imaginary version of me spoke, “Why would you beat yourself up over something as trivial as the level of your classes? Am I defined by what I have or haven’t learned? Stop it. We’re all so much more than that. Stop seeing other people for their knowledge and skill

alone, and you’ll be kinder to yourself too.” Finally, I looked over at the third seat, and invited God to the table. I heard a voice say, “Do you not trust me? Everything that happens, happens for a reason. It will all be okay in the end.”

Afterwards, I felt calm, in control, and awed by the power of spirituality: it only took a few minutes and my imagination, but it helped me break out of the negative perspective I’d been spiraling into. As I mentioned before, spirituality can be practiced and improved, but it can also spread. As winter term creeps on, and we continue to brave the cold and harsh winds, I believe we should in-

roduce spirituality into our conversations. Let’s remind each other that we are so much more than just test scores, medals, titles, and awards. Together, we can transform spirituality as a way to ground ourselves, uplift one another, and find warmth in something deeper than achievement.

Alexandra Lin is a Junior from Singapore. Contact the author at alin28@andover.edu.

Wilson Hosted a Training Session For the Swimming and Diving Team



COURTESY OF DAVID FOX/THE PHILLIPIAN

Eric Nie '26 wore Andrew Wilson 12's Tokyo 2020 Olympic Gold Medal.

Continued from A1, Column 3

action with Wilson and how productive the training session was.

"It was really nice to have him be at our training session that afternoon, the next day, and also just him being there at the meet giving us advice and answering questions... We had a forty-minute pool-side chat with him, and we just threw out random questions... It was a really intimate conversation and it was really rewarding as well to have some time with him and just the swim team alone so we could ask some more swimming-related questions," said Ru.

Jeff Domina, Instructor in English, taught Wilson in English 100 while he was a Junior. He reflected on Wilson's character as a student and praised Wilson's openness to discussing mental health in his ASM talk.

"He had this sort of hunger, even for learning to write better, that I think probably served him well in becoming the excellent super accomplished swimmer he is. [in his speech] he was very matter of fact about [mental health] and acknowledged that

these are challenges that most people deal with in some way in their lives and especially students at Andover face pressure that can affect [mental health]. I think his perspective on what we value about ourselves was really wise and helpful. It's hard to do, but as students and faculty, if we can do that better, we'll take better care of ourselves," said Domina.

Malcolm Tolbert '26 is one student who has experienced struggles similar to those discussed by Wilson. Hearing Wilson's candid advice helped him shift his mindset. He realized that thinking only about results can detract from one's appreciation of their progress.

"I've kind of struggled with quantifying my success or allowing my sports success or athletic performance to affect my self esteem... I had to learn over time to keep enjoying what I do despite the actual result and focus on the results. So I think that kind of resonated most with me, his talk about focusing less on results and more on the process and enjoying what you do," said Tolbert.

Alfonso Gonzalez-Cano '27 was inspired by Wilson to re-

flect on his past successes with Wilson's words in mind. Gonzalez-Cano realized that Wilson's ideas applied to all aspects of his life.

"[The speech] definitely evoked a lot of reflection, reflection not just in my sport life, but also every other factor of my life, my own hobbies, my own relationships with my friends and other important people in my life. It really made me think back to all those situations and really see if I had really attained the level of success I was wishing [for], and if that success was based off of something that was within my control," said Gonzalez-Cano.

Wilson concluded his speech with a declaration to Andover students, urging them to slow down and relax. He asserted the importance of valuing one's Andover journey, rather than getting lost in the stress of student life.

"If you're still with me, let me be clear. You're doing a good job. Take a deep breath, and enjoy your time in this special place just a little bit more, so you have more memories to look back on down the road," said Wilson.

Students Shared Their Sentiments About Conference Day

Continued from A1, Column 5

Mr. Murphy's class but everyone in Math 590 for instance. Professionally, it makes us get together and meet and talk about these things, which is really an important conversation," said Murphy.

Additionally, the placement of conference day has shifted this year. Though there was not usually a conference day in the spring, Winter Term finals week will also not have a conference day. Emerson Buckley '25 highlighted the importance of conference blocks for subjects that use tests, as well as projects and presentations.

"It's a pretty negative thing because a lot of students, includ-

ing myself, use those times to feel more comfortable and more prepared for our final exams, or [it] could be the blocks in which you retake an exam. It cuts down some of the time and the resources students have to prepare and feel ready to take their exams. Even for presentations, it's a good time to review with your teacher, so I think [conference day] is resourceful for every class," said Buckley.

Pointing out the frequent changes in the end-of-term conference schedule, William Ogle '26 expressed how he found the finals schedule stressful due to its inconsistency across terms and the added pressure of taking exams outside of familiar settings. He further emphasized

the importance of having a conference day to support student preparation.

"I'm not really a fan of how inconsistent the schedule is or how it varies across terms. I know that's partly due to holidays and special circumstances, but it causes undue stress on students since we're not able to establish a strong rhythm during testing. I also heavily dislike [re-moving conference day] because it's the culminating week in the Term and often the most difficult one. Getting some expertise or even minor clarification from my teachers is really appreciated right before such a stressful time. With that being taken away, I feel less equipped to perform well," said Ogle.

Non-Profit Business Promotions Introduced in the Weekender

ANDY GAO & SAKETH LINGISSETTY

New promotions for businesses in Downtown Andover have recently begun appearing in The Weekender, a weekly infographic featuring student activities happening over the upcoming weekend. These promotions, however, are not for profit and are, instead, freely incorporated for the benefit of both students and local businesses.

While The Weekender remains dedicated to promoting Andover-specific events, the idea of promoting small businesses, by offering students discounts, arose from a casual visit to Uptown Gelato and Boba. Christopher Capano, Director of Student Activities, elaborated on this encounter, explaining how their decision would benefit these stores.

"It happened kind of accidentally. [Stephanie Cormier, Student Program Coordinator,] was going to get a boba tea, and she was wearing some Phillips Academy apparel, so the [salesperson] asked her if she worked there and said, 'Oh, we'd love to do something where we let the kids know that we exist. They're trying to get the word out that they're

there and that they'll give a deal to some Phillips Academy kids. Ms. Cormier [said], 'Yeah, sure, we'll do that for you.' It seemed like just a nice way to be a good neighbor to a small business," said Capano.

He continued, "We're not trying to be in business with these businesses. We don't take advertising — we're not looking to make a dollar off of this at the cost of making The Weekender or running student activity events. We're not actively looking to try and find a way to have a revenue stream or anything like that... Our number one thing is promoting the things that are happening with our students on campus. But if we have some room to add something else to [The Weekender], I think we would."

Devika Hajarnavis '26, who used the "Buy One Get One Bubble Tea" deal from Uptown Gelato and Boba last Friday, noted how the promotion incentivized her to visit this store with her friends. She expressed hopes for the Weekender to encourage more of these deals in the future.

"I thought it worked out pretty well. My friends and I all enjoyed the boba. Overall, it was a good experience. I didn't go in with too high expectations. I've only

had the boba a few times, but my friends told me about the deal, and we all went together. I didn't even know the 'Phillips Fridays' deal existed. We thought it was pretty good. These promotions should be continued and advertised even more," said Hajarnavis.

Even though Andover offers many events for its students, living in the town of Andover brings added benefits. Capano explained how small businesses and Andover can mutually benefit each other by encouraging students to take advantage of Andover town.

"While Phillips Academy is a really cool place, we're also a part of the town. So just having a better relationship with town events gives some kids an awareness of something else they can do. The Weekender's whole point is to let kids know what's going on. It doesn't have to be just things that are going on on campus. We've promoted 5Ks that happened in town or Clown Town, [the] carnival they do down the hill in the spring... Ms. Cormier and I are both from Andover. We have a little bit of knowledge of the town, so we just try to spread the word," said Capano.

Hundreds Attend HOS Munch

Continued from A1, Column 4

be a greater chance of random connections. I actually think random connections are good. In broader society, there's a lot of evidence that people are not connecting as much as they used to. In almost every way imaginable, you're seeing this contraction of social networks. And we're seeing that [at Andover] too," said Kington.

Kington later added in an email to *The Phillipian*, "I had been thinking about doing something along these lines off and on for a while, but the editorial certainly helped nudge me, along with conversations with my sons."

Hundreds of students attended the munch, with the line of students almost stretching out of the door. Along with allowing the student body to engage with Kington, Kaylee Xie '28 noted that a schoolwide munch provided a targeted opportunity for kids to gather and socialize with each other.

"Other than [Paresky] Commons, there are not many places where people come together as a school community. This munch is kind of incentivizing people to come together and hang out with a lot of people," said Xie.

Xie continued, "Even though we have normal munches, [this] allows for the community to come together more as a whole rather than clusters. In general, that is what munches should be:

coming together and having fun for a little bit."

On the other hand, Nathan Ramani '27 said he preferred the less crowded cluster munch environments. He elaborated on the unique challenges that high turnout posed in terms of attendee experience.

"The line was just insane, and they had to change the rules about how many churros and empanadas people could get, and so towards the end of the munch, it just got really inconvenient. In my opinion, cluster munches are more about building community whereas this is not really about building community. This is about getting food and getting out of the crowds," said Ramani.

Ramani continued, stating his appreciation for Kington's participation at the event and encouraged Kington to continue casually engaging with the student body.

"It's not the events that will increase the engagement with students, it's [Kington] actually interacting with students. While he was in the line, he was talking to a bunch of kids just about how stuff is going, and that's the way to increase engagement. [Munches are] a good idea," said Ramani.

Editor's Note: Four members of The Phillipian contributed to this article, including Editor in Chief Micheal Kawooya, Executive Editor Kate Rodgers, Staff Writer Niki Tavakoli, and Vedant Bajaj.



K.MA/THE PHILLIPIAN

Hundreds of students wait in line for empanadas and churrros.

Isacson Examined Present Day Censorship

Continued from A1, Column 2

heritages, and having heritages that express an accurate experience of what it is to be a teenage girl or being Jewish, or growing up in a Hispanic family was really important for me... Queer topics are a big theme in censorship, and [it] is really important to have an outside perspective sometimes. Books and other media play a really crucial role in discovering your identity," said Isacson.

Cases of books being both challenged and banned have surfaced in various states, with Massachusetts coming in at fourth for the highest number of books challenged. Camille Torres Hoven, Director of the Oliver Wendell Holmes Library (OWHL) and Isacson's faculty advisor, discussed the impact that book banning has on the Andover community.

"As a director of the library, I get all sorts of books on the shelves. When you're in [Andover] you get to take out these books, but when you go home to your communities, you might not be able to... The job of a library, especially a public library, is to have a wide range of books available for the community. Also, a bookstore is not going to have as many books as libraries. It can't physically hold as many books and it's going to have more bestsellers and new books, too. It's really important to have free access in public libraries... We happen to attend a supportive school, but books are being banned in private schools, unfortunately," said Torres Hoven.

Isacson emphasized the importance of advocacy in combatting literary censorship, highlighting a stalled bill in Massachusetts aimed at preventing book bans. Torres Hoven shared ways to combat book banning and encouraged students to take action by calling legislators and demanding

progress.

"[Olivia] talked about a bill in Massachusetts that is stalled that's trying to stop this kind of censorship. If the students were calling and saying, 'Hey, why is this bill stalled? Let's get it passed,' that would make a difference. You can also go talk to Memorial right down the streets and see if you can help get those books back, because readership does increase them being not taken off the shelf. There are also a lot of organizations like the Massachusetts chapter of the [American Civil Liberties Union (ACLU)] that you can volunteer for," said Torres Hoven.

Moreover, Isacson's presentation shed light on how book bans are often driven by parental and administrative challenges rather than librarians or literary experts. Alex Lin '28 raised concerns about the lack of defenders for challenged books, particularly in schools without dedicated librarians.

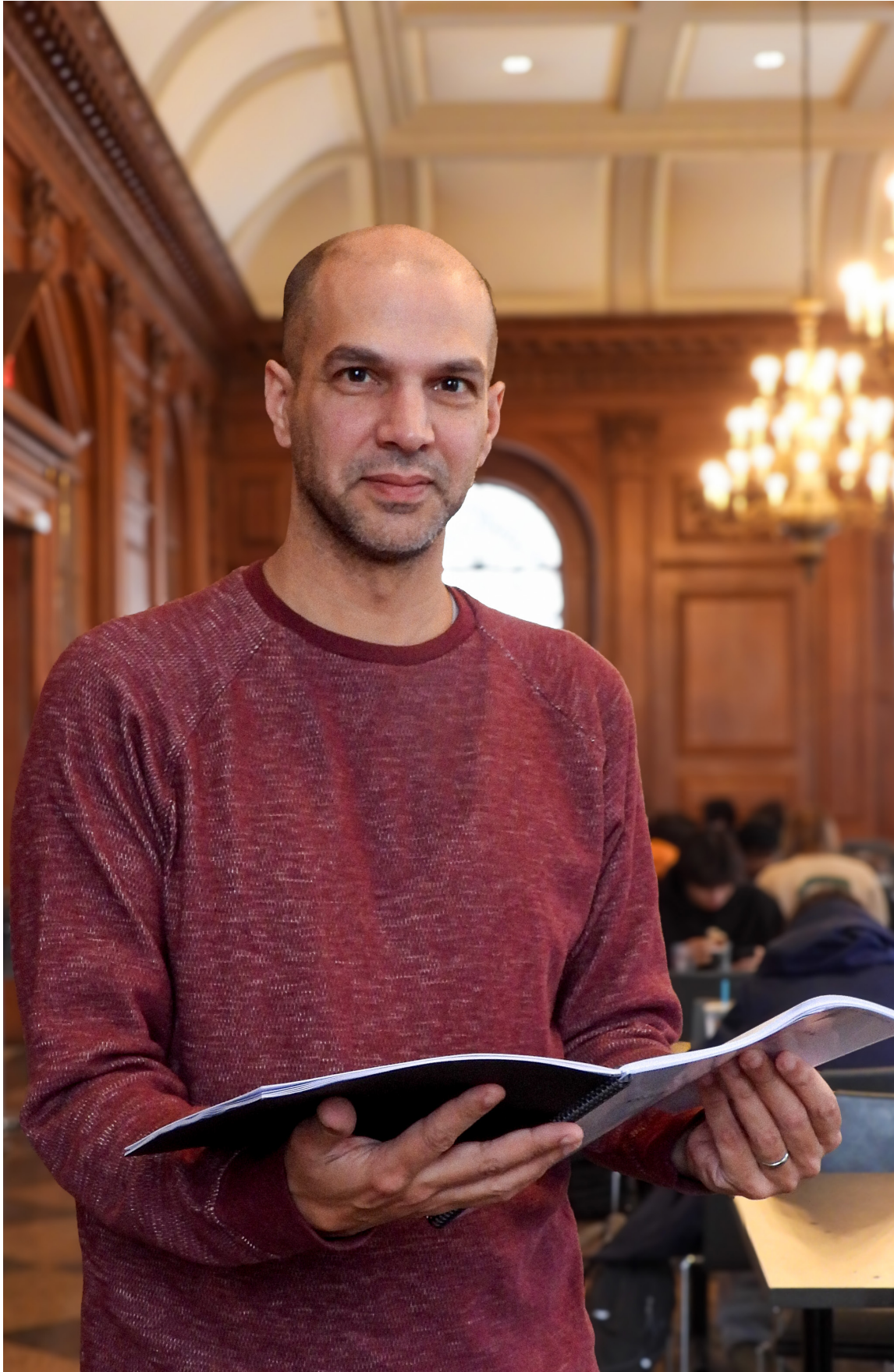
"I did a little bit of research before going to the talk. There were 700 banned books in Florida. Olivia made me realize that these banned books aren't being banned by librarians, but by parents who challenge the books and school administrators. Also, a lot of these schools or systems don't have librarians to defend the books in the first place. It's not fair because if a parent doesn't want their child to read a book, that's fine, but they shouldn't have the power to stop everybody from reading said book, which is what is currently happening right now," said Lin.

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10 Questions With Christopher Jones

REPORTING BY SAKETH LINGISETTY & ADELYNE LIU

Christopher Jones is an Instructor in History and Social Sciences, Assistant Coach for Girls Basketball, and a complimentary House Counselor in Whitney House. He was previously the Chair in History from 2014 to 2020 and took a six year interim to pursue a PhD in history at Brown University before returning to the position. In his free time, he enjoys bird watching, playing board games with friends, and spending time in nature.



I.PADMAWAR/THE PHILLIPIAN

Where did you grow up and how did that shape your interests?

I was born in Cincinnati, Ohio, and I grew up there until I was nine. [I] then moved to Connecticut, and I've been in New England ever since. I spent a lot of time growing up being influenced by my older sisters. I had two older siblings who were very invested in some of the things that I became invested in, like reading and literature and storytelling, but also music. [For] lots of younger siblings, you try to emulate your older siblings a lot of the time when you're young and little, and I naturally took up the kind of things that they took up, because I was copying them, and lo and behold, I loved that stuff too. Growing up with two older siblings is probably the thing that influenced me the most. They ended up going in a route more toward English and English literature, and I found my way to history, but I think that the notion of storytelling at the heart of that is what connects it all. They're probably the most important influences on me growing up.

What is your favorite part of teaching history at Andover?

One favorite part is working with students. Another favorite part is engaging with really interesting, sometimes provocative, sometimes troubling, but complicated ideas that emerge [from] studying the past, and it's intellectually really stimulating. I also love working with my colleagues. [Andover] is a great place to work, to have colleagues that are as talented and smart and love history as much as I do.

What interests you about the Civil War era?

Initially, you get drawn into something that's so disruptive, so catastrophic to a society because it's just full of phenomenal human stories about how people cope with enormous amounts of change, enormous amounts of bloodshed, enormous amounts of tragedy, and to study elements of human resilience in those moments can be very compelling. Particularly, the African-American story in the Civil War is [what] would otherwise be a long story of bloodshed, and gives it a real sense of meaning beyond simply battlefields or politics, but something about human dignity and what the meaning of freedom is.

Why did you decide to pursue a doctorate in history at Brown, and how did it impact the way you teach?

I just wanted to dig more into history. It's great to be a student, and it's easy to take that role for

granted when you're a student all your life... And then as soon as you're not a student, you realize how amazing it is to be a student because you get to study and investigate. In graduate school, you get to investigate things that are particularly important to you. I wanted to pursue American history, especially nineteenth-century American history, and I was lucky enough to get an opportunity to do that with some great professors at Brown. It really enriched my understanding of history but also how I think about teaching, and how I think about texts, how I read. I was lucky to be able to do it, and to be able to return to teaching afterwards, where my graduate work has changed the way I approach things in the classroom, hopefully for the better.

You've worked on various committees at Andover, including the Strategic Planning, Challenging Histories and Head of School Search Committees. What did you gain from them?

Working on committees is really rewarding, because you get to connect with

teachers from across the school. I spend a lot of time working with my colleagues in the History Department, which is wonderful, but when you work on larger committees or school-wide committees, you get to connect with other teachers who often teach you about different parts of the school that you might not necessarily know that much about. They remind you that there's different forms of teaching for different kinds of content and in different disciplines, and you just get to work with talented people that otherwise exist in different buildings and have different classes and [that] you don't just see every day. There's something very collegial and important about committee work that I really value, and it helps make us a tighter community, regardless of what happens from the committee work itself. Working with other colleagues helps bring the community together a little bit.

What do you love most about coaching Girls Basketball?

I'm the assistant coach, and I have been lucky to work with awesome,

amazing head coaches, and right now I get to work with Dean [Jennifer] Weissbach, [West Quad South Cluster Dean], the Head Coach, who's fantastic. Seeing her lead the team is amazing, so one of the joys of being an assistant coach is to watch another colleague be a leader, an instructor, and an educator in a team-oriented classroom space, which is what coaching is, and that's been really rewarding. I love basketball, and I've always been drawn to the fun of being on the sidelines and watching teams..

What is one book you think everyone should read?

It's not for everyone, but It's not for everyone, but last term with Seniors, we read "Absalom, Absalom!" by William Faulkner. It's a really difficult book and a challenging one and that was just a great experience. It's not that I think everyone should read William Faulkner or "Absalom, Absalom!" It's that I wish everyone could find a book that presents that kind of intellectual challenge and get the enjoyment of digging into it.

It [might] be Dostoevsky's "[The] Brothers Karamazov," or it might be Virginia Woolf... There's so many great, amazing authors, [like] Rushdie and [his novel] "Midnight's Children," and I just want everyone to find their way to something that is challenging and have a reading experience that they'll remember for most of their lives.

How did you get into bird watching, and what is your most memorable bird watching experience?

[Bird watching] is just a hobby of mine. I picked it up about ten years ago, and now I lead an afternoon activity in the spring, where we walk around and look for birds... The first time I saw a snowy owl in the wild was pretty memorable, and it's very memorable to be with another person looking at birds when they see something for the first time. [I] had a super nice experience last spring when I went out with a student in the morning just around campus, and we actually encountered barred owls. It was their first time seeing a barred owl, and it was right down by Rabbit Pond, so it was pretty cool.

What is your favorite board game?

Currently there's a great game called Wingspan, which combines two things I love. It combines birds [and] board games, and it's a really fun, really well-crafted game. If you have a chance to play Wingspan, you should try it. I also think one of my favorite board game experiences was playing Pandemic Legacy with a bunch of friends. Pandemic is a board game about a global pandemic, and we were playing this game before the actual pandemic hit in 2020. You're trying to control the pandemic before it overwhelms the world. That's the nature of the board game, and it's super fun.

What do you wish others knew about yourself?

Some people might know that I like birding, but I wish people [knew] that I appreciate being outside, being outdoors, being in nature in lots of different ways, and it's not that I need people to know that about me. I wish more people would enjoy that kind of experience and enjoy that, the way that I enjoy being outside. I think it's very peaceful and restorative, and so I wish that feeling for everyone.

HERE AND THERE: THE WORLD RIGHT NOW

COLLECTED BY JENNA LIANG & AZUL CABRERA

Politics: Trump Blames Diversity for Tragic D.C. Crash

United States President Donald Trump faced criticism for his address to the nation where he made remarks blaming diversity hiring policies and past Democratic administrations for the midair collision over the Potomac River on Wednesday night. According to "The New York Times," President Trump provided no evidence for his claims but argued that diversity initiatives have weakened hiring standards for air traffic controllers, stating that he has "common sense and unfortunately a lot of people don't." Despite admitting that the investigation was still in its early stages, he linked the crash to the lax hiring policies under former U.S. Presidents Joe Biden

and Barack Obama, saying that some jobs require "the highest level of genius." As the National Transportation Safety Board conducts this investigation, President Trump has already pledged to set aside movements of Diversity, Equity, and Inclusion (DEI) efforts in federal agencies.

Culture: Three Arrested for the Golden Helmet Theft in the Netherlands

Dutch police recently arrested three suspects connected with the theft of Romania's prized Helmet of Cotofenesti, a 2,500-year-old gold artifact displayed at the Drents Museum in the Netherlands. According to "The New York Times," the heist, taking place in the early hours of January 25, involved an explosion to breach the heavy access door, allowing the suspects

to seize the helmet and three gold bracelets dating back to 50 B.C. "The Guardian" reports that the loss has sparked outrage in Romania, where the helmet is a national symbol, leading to the dismissal of Ernest Oberländer-Târnoveanu, the director of Romania's National History Museum. Despite the arrests, the artifacts still remain missing, with authorities racing to recover them before they can be melted or sold illegally.

Health: New Painkiller Journavx by Vertex Pharmaceuticals Approved by the FDA

As reported by "CNN Health," the United States Food and Drug Administration (FDA) has authorized suzetrigine, the first new type of pain medication approved in 25 years which

will be sold under the name Journavx. In the "FDA News Release" for Journavx, Dr. Jacqueline Corrigan-Curry, acting director of the FDA's Center for Drug Evaluation and Research, said that as a non-opioid, Journavx "offers an opportunity to mitigate certain risks associated with using an opioid for pain and provides patients with another treatment option." According to "The New York Times," the drug is designed to block pain signals without affecting the brain, making it non-addictive compared to other opioid-based medications like Vicodin. While Journavx offers a promising alternative for acute pain treatment, its high cost of 15.50 dollars per pill may limit accessibility, according to "CNN Health." Despite these challenges, the FDA remains committed to developing non-opioid

medication options to reduce addictions.

Natural Disaster: 5.6 Magnitude Earthquake Hits Taiwan

Taiwan, an island located in the West Pacific Ocean, is known to lie around the "Ring of Fire," an area known for frequent seismic activity. On Thursday morning, a 5.6 magnitude earthquake struck Taipei, Taiwan. As reported by "ABC News," this earthquake hit Taiwan in a series of small rumbles, causing little damage to the island. However, this could possibly lead to more earthquakes and seismic activity in the future. According to "CNN," 15 people sustained injuries from the earthquake.

Best-selling Author Lisa Miller Presents on the Brain and Spirituality

SOPHIA TOLOKH & CHRISTIAN ESTRADA

Dr. Lisa Miller, a leading expert in spirituality and neuroscience, spoke to students on how spiritual awareness can transform our health and behavior last Thursday. Her presentation was titled "Your Brain on Spirituality" and was part of Andover's celebration of United Nations World Interfaith Harmony Week.

In her presentation, Miller explained that spirituality is not only innate but crucial to overall well-being, elaborating on the benefits of integrating spirituality into daily life. Miller highlighted the spiritual aspect of the four pillars of health: physical, mental, emotional, and spiritual.

"Whether one is in good spiritual health if you will, connected to your deep seat of spiritual awareness, strengthening your spiritual aware-

ness, it goes hand and hand with the other three pillars of health... Every person on earth is born with the capacity for spiritual awareness, it is a capacity for a transcendent relationship and to feel that love and kindness towards one another, both are forms of relationally spirituality," said Miller.

Dr. Mary Kantor, Roman Catholic Chaplain and host of the event, commented on the importance of spirituality at Andover, which can be ignored due to academics. She explained that Dr. Miller was chosen as a speaker to facilitate more conversations about spirituality.

"Dr. Miller emphasized the four pillars of health. I hope faculty and students recognize the importance of the spiritual pillar and its integration with the other three. Andover does a great job with intellectual, emotional, and social development but could

do more in programming the spiritual aspect, especially as many students are seeking spiritual connection even if they're not religious," said Kantor.

Reflecting on her talk, Miller was moved by students' questions. Drawing from her work at Columbia University's Spirituality Mind Body Institute, she emphasized that she was impressed with the spirituality at Andover.

"It was very profound and I felt like a number of the Andover students were on that quest to have an awakened, loving, spiritual connection with one another, with their higher power... [and] that everyone has their own world, universe, Jesus, Hashem, Allah, Source, etc," said Miller.

Miller continued, "The spiritual quest is alive and well at Andover. I was absolutely touched by the depth and profundity of the deep, heartfelt inquiry. It wasn't a

turning of the head, it was a linking of head and heart."

Miller's presentation included a call to action to be intentional in daily spiritual practices, including meditating with a breathing exercise for 90 seconds. Philip Molina '28, an attendee, explained that the presentation motivated him to be more spiritual and take time to incorporate Miller's exercises.

"I'd say spirituality [has] more of a purpose in our life but less than religion so they can connect but they're not the exact same. I would definitely like to start journaling, I'd like to take control of my own mind if that makes sense but also I would just like to take more time to reflect on things and the two exercises that she gave us when we had to close eyes were actually really moving for me," said Molina.

Christian Robinson '28, an attendee and member of the

Interfaith Board reflected on the presentation. He explained that the presentation allowed him to feel supported spiritually and admired how Miller was able to create a comforting environment during her talk.

"We were told to close our eyes, imagine a table, and bring three people related to us to that table, and two figures or someone we put above us, like God. The biggest part was realizing that nothing's really out of reach. It gave me time to focus, relax, and realize I'm wanted and supported... I appreciate how she was vulnerable and shared things that wouldn't normally be expressed in that setting. I admire her courage and devotion in showing us everything she studied and recovered from," said Robinson.



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NACHOS 15
cheddar + monterey jack, pico de gallo, sour cream, guacamole

TRUFFLE SIDEWINDER FRIES 12
truffle oil, parmesan, parsley

MAC & CHEESE BITES 8
house tomato sauce, parmesan

MEATBALLS (4) 15
beef, pork & veal meatballs, pomodoro sauce, ricotta & basil with sourdough

BURRATA 15
imported prosciutto, toasted garlic, pistachio, balsamic reduction with crostini

TRUFFLE MUSHROOM TOAST 14
wood-fired mushrooms, truffle cheese, chives on sourdough

WINGS | BONE-IN or BONELESS 15
choice of sauce:
plain, buffalo, korean bbq, garlic parmesan

SALADS

HOUSE CAESAR 15
romaine, shaved parmesan, house croutons creamy caesar dressing

ROCKET 15
arugula, tomato, shaved parmesan, lemon vinaigrette

POWER BLEND 16
baby spinach, arugula, quinoa, avocado, shaved carrot, cherry tomato, pistachios, crumbled goat cheese, balsamic vinaigrette

ADD ON'S:
GRILLED CHICKEN 8
GRILLED SHRIMP 9

PASTA

BOLOGNESE 19
orechiette with ground beef, pork and veal, creamy tomato sauce, parmesan

MAC & CHEESE 13
spiral pasta with cheddar, monterey jack, parmesan, topped with bread crumbs
add buffalo chicken 5 | add short rib 8

HANDHELDS

served with fries | truffle fries +2

BROOKSY BURGER 19
8oz certified angus beef burger with lettuce, tomato, onion, pickles on a pretzel bun

VEGGIE BURGER 17
spiced sweet potato burger, lettuce, onion, tomato jam on a brioche bun

BUTTERMILK CHICKEN SANDWICH 18
choice of honey mustard or buffalo
lettuce, tomato, onion, pickles on a brioche bun

SHORT RIB MELT 19
house braised short rib, caramelized onion, cheddar, monterey jack on sourdough with beef au-jus

GRILLED CHEESE 13
cheddar, monterey jack, honey pesto on sourdough

KIDS

drink included

CHEESE PIZZA 10 | add pepperoni 2

MAC & CHEESE 10

PASTA WITH MEATBALL 10

CHICKEN TENDERS + FRIES 10

DESSERTS

SMORES PIZZA 10
marshmallow, chocolate chips, crumbled graham cracker

SKILLET COOKIE 10
chocolate chip with vanilla ice cream

SORBET 8
two scoops, rotating flavor

WOOD-FIRED PIZZA

10 inch (4 slices, serves 1-2)
14 inch (8 slices, serves 2-4)

*all pizzas are finished with a dusting of pecorino romano cheese

MARINARA 13/18
tomato sauce, garlic, oregano

CHEESE 14/19
tomato sauce, whole milk mozzarella

MARGHERITA 15/20
tomato sauce, fresh mozzarella, basil

PEPPERONI 16/22
tomato sauce, whole milk mozzarella, cup & char pepperoni

MEATBALL 16/22
tomato sauce, whole milk mozzarella, ricotta, sliced meatballs

RED SAUSAGE 16/22
tomato sauce, mozzarella blend, crumbled sausage, banana peppers

THE MEAT 16/23
tomato sauce, whole milk mozzarella, crumbled sausage, meatball, bacon

WHITE TRUFFLE MUSHROOM 15/20
eвоo, mozzarella blend, mushroom, black truffle paste

WHITE SAUSAGE 16/22
garlic oil, mozzarella blend, sausage, mushroom, caramelized onion, spinach

KOREAN BBQ 16/24
kogi bbq sauce, mozzarella blend, braised short rib, sweetie drop peppers, scallions, arugula

CHICKEN & BROCCOLI 16/22
eвоo, mozzarella blend, grilled chicken, broccoli rabe

VEGGIE PESTO 16/22
pesto, mozzarella blend, spinach, broccoli, roasted tomato

THE REAL BROOKSY 16/25
garlic oil, mozzarella blend, lemon basil shrimp, roasted tomato, oregano, parsley

TOPPINGS

10 inch toppings +2 | 14 inch toppings +3

CHEESE
extra mozzarella
fresh mozzarella
ricotta

VEGETABLES
mushroom
broccoli rabe
spinach
roasted tomato
roasted red peppers
caramelized onions
banana peppers
sweetie drop peppers
arugula
scallions

PROTEIN
cup & char pepperoni
meatball
crumbled sausage
chicken
braised short rib
bacon
lemon basil shrimp

SAUCES
tomato sauce
pesto
garlic oil
kogi bbq sauce

GLUTEN FREE CRUST +3
9in. crust by ItaiCrust cooked in our wood-fired oven.
*may contain traces of wheat flour

BEVERAGES

REAL CITY SODA
micro-brewed in Boston

COLA 4
DIET COLA 4
PEP-UP (lemon lime) 4
GINGER ALE 4
SHIRLEY TEMPLE 4

LEMONADE 3
UNSWEETENED ICED TEA 3
BLACK RASPBERRY ICED TEA 3
APPLE JUICE 3

A'SICILIANA SODA (lemon or blood orange) 5

SAN PELLEGRINO SPARKLING (17oz) 5

please inform your server if a person in your party has a food allergy.
*consuming raw or undercooked products may increase the risk of food borne illness.

Phresh Off the Presses

Over this past long weekend, students marveled at their newfound free time. Lost without their books and Canvas assignments to guide them, they got up to some highly rambunctious activities that scientists have best described as “fun,” an unfamiliar concept to many Andover students.

As we are likely approaching another long weekend (we are just waiting for your word Dr. Kington), here are some activity ideas students left for us.

List of long weekend plans:

- Spend Monday taking advantage of the Addison's Hours (we know you've always wanted to frolic in that fountain; now is your chance ;))
- Go to a Celtics game and scream obscene words at Jayson Tatum when he misses a shot (Boston Tradition)
- Pull up to a drive-through and get up to some shenanigans
- Create a tariff plan for my UberEats driver (they pay me money)
- Post angry TikToks about politics on my secret account with 2 followers
- Educate myself by viewing insightful videos of AI
- Peter Griffin talking about a complex topic
- (Chat GPT will) Do my math homework
- Stage a Coup and overthrow my house counselor

Week's Top Headlines

- *Mavericks GM That Traded Luka Attended Exeter for High School*
- *Punxsutawney Phil Discovered to Have Ties With Skiing Industry, the Now-Infamous Groundhog is Being Held in Solitary Confinement, Without a Nearby Lightsource to Create a Shadow*
- *Forty-Seven Students Found Dead After a Student Severely Misunderstands Class Assassin*
- *Student Wearing Bianca Censori's 2025 Grammys Outfit Manages to Get the First Ever Dress Code Violation*
- *Visiting Trustee Hospitalized After Using America House Sponge*
- *Andover Football Alum Gains His Seventh Ring After Remarrying an Even Younger Woman*
- *Blue Key Heads Discovered Offering Unsanctioned Pre-Valentines Day Lap Dances Outside of Student Activities Office*
- *Student Goes Missing After Failing to Submit Mid-Year Reflection on Time*
- *Archeologists at the Peabody Museum Make Shocking Discovery After Opening the Blue Book for the First Time in Andover History*

OVERHEARD ON THE PATHS

“Goon but not forgotten.”

“Thank u mister prezident Trump, no more skool four meeee!”

“She ground on my hog till I spring...”

“Wait, so we had laser cannons this whole time?”

“If this norovirus keeps going around, they're gonna go full bird flu on us.”

“Pleeeaaaaaseeee can we have a ‘fake’ wedding.”

“That class made me want to throw a desk at someone”

Stack Application

Name: Benjamin Frederick Grant

Grade: PG (second year)

Email: thebfg@andover.edu

Roommates: refer to the JV Football PGs

Preferred Stack Location: Gelb

Second Choice: Gelb Bird Cages

Preferred Stack Counselors/ Leaders and reasoning :

Bianca Censori (will hopefully be very transparent with rules and regulations)

LeBron James (wishing him a happy belated 40th!)

(Olympian) Andrew Wilson (need we say more?)

How do you plan on building community within the dorm?

Nightly hand-holding sessions (platonic, of course)

Meet and greets with other dorms in the surrounding area, starting with Stearns

Constantly updated and active dorm X account

Anti-anti hazing events (some of us didn't sign the agreement from last year)

Evading law enforcement and criminal trial

F.R.A.T. (Fun and Remarkable Aptitude Test) Parties, Strictly B.Y.O.B. (Bring Your Outstanding Brain!!!)

Bringing down the Eighth Page once and for all (if they don't end up doing it themselves)



The Phillippian SPORTS

Volume CXLVIII | Number 2

head of school day
announced?

February 7, 2025

Girls Hockey Ties BB&N, Narrowly Loses Against Deerfield

AUDREY BAETEN-RUFFO
& CHLOE PARK

FRIDAY 1/31	
Andover	2
BB&N	2
SATURDAY 2/1	
Andover	0
Deerfield	1

This past Friday and Saturday, Girls Hockey (10-2-2) fought two close battles against Buckingham Browne & Nichols School (BB&N) and Deerfield, respectively. On Friday, Girls Hockey tied its opponent; on Saturday, it fell short to Deerfield in a late goal.

Reflecting on last weekend's matchups, Sienna Glass '27 elaborated on the team's strengths and weaknesses. Glass explained the team's emphasis on hard work in practice.

"I anticipate [Girls Hockey] will be working on playing 110 percent all the way to the third [period], we have great work ethic and hustle; however I also think we'll be focusing on winning 50/50 puck battles more often.



M.STOUT/THE PHILLIPIAN

Maggie Averill '27 passes the puck to her teammate.

Our team has also been talking a lot about discipline; not letting the other team outwork us, and striving for greatness in all areas of our play," Glass wrote in an email to *The Phillippian*.

According to Vanessa Hall '28, Girls Hockey applied strong offensive pressure against Deerfield, minimizing time spent in the defensive zone and forcing turnovers from the opponent. The

game had high levels of physicality; yet, Hall noted, referees made limited penalty calls. Players thus adjusted, adopting a simpler style of play to navigate the conditions.

"In the first period, we were very offensive. We didn't take a lot of time in the [defensive] zone and put a lot of pressure on their team. It caused them to turn the puck over. They were also playing very chippy, but you couldn't

really make a move because [the referees] weren't calling much. You had to play simple and play around it," said Hall.

Historically, Andover has seen success against Deerfield, eliminating them from the New England Preparatory School Athletic Council (NEPSAC) quarter-finals last year, 3-1. This year's matchup, according to Maya Kou '28, was tense throughout. After a late

goal by Deerfield, Andover played the last two minutes of the game without a goalkeeper, desperately attempting to gain control over the game.

Kou said, "We usually win against Deerfield. Last year, our team eliminated their [team] in the quarterfinals of the Elite Eight playoffs. The score was something like 3-1. The atmosphere of the whole game was pretty tense, but Deerfield scored a bad goal with 2 minutes left in the game. So in the next two minutes, we desperately tried to score; we even pulled the goalie."

Avery Rodeheffer '25, the team's starting goalie, was sidelined due to a concussion. Backup goalies Marie Lee '28 and Lauren Kennedy '28 stepped up in her place. The game against Deerfield was among Kennedy's first starts in the role. Kou praised Kennedy's standout performance.

"This game was one of Lauren's first starts, and I thought she did well. For a Freshman, to have had the courage to save the shots and step up when she is needed shows a lot of her character. Overall she did great," said Kou.

Girls Hockey will face New Hampton on February 7 and Austin Prep on February 12.

Sofia Jarmoc '27 Claims Fourth Place at U.S. Figure Skating Championships in Junior Pairs

DAVID SIAHAAN

This past January, Sofia Jarmoc '27 placed fourth in Junior Pairs at the U.S. National Figure Skating Championships in Wichita, Kansas. Originally starting with hockey, Jarmoc switched to figure skating to improve her skating skills. She eventually fell in love with the sport and never returned to hockey. Despite breaking her ankle earlier in the season, Jarmoc managed to qualify for her first U.S. Championships with her partner, Luke Witkowski.

Jarmoc was very proud of their performances, noting that high placement was pivotal for future qualification for domestic and international competitions.

"We were very proud of what we could accomplish. It was our first Nationals, and it was important for other assignments on the circuit. It is crucial for qualifying for international assignments, and we were lucky enough to place well enough to qualify for

an assignment in the Netherlands in a few weeks," said Jarmoc.

Although there were many great moments during their performance, Jarmoc specifically highlighted the twists at the beginning of the program, earning many points towards their final score.

Jarmoc said, "One of the elements that we are proud of are the twists at the beginning of the program. The twist is generally the most difficult. It is when the male throws the female in the air, and the female twists before the male catches her. People assume it is an easier element because it is usually done well. But, it is one of the more energy-consuming elements, and I was happy with how well we executed it and how many points we scored on it."

With the event being held in the United States, Jarmoc felt a shift in atmosphere compared to previous competitions. She noted the energetic home crowd was a welcomed change compared to competitions held in other countries.



COURTESY OF SOFIA JARMOC

Sofia Jarmoc '27 and Jakub Galbavy stand with their medals.

"The special thing about Nationals is that it is on home ice, which makes it a more electric event. When I went to France for

an assignment, it was a bit foreign, with the fans cheering for other skaters. At Nationals, you are with your friends and on U.S. ice,

so people are cheering for you. It is different from every other competition because of the lights and the good pressure, and the crowd is just rambunctious, and it has a great atmosphere," said Jarmoc.

After their performance at the U.S. Championships, the pair received an assignment on the Junior World Circuit in the Netherlands, an important event for Junior World qualification.

Jarmoc said, "We got an assignment very recently in the Netherlands. It is a huge opportunity because it gives us points for the Junior World Circuit. The more international assignments you do, the more points you get... We must gain more points so that we can be considered for the Junior World Team at Nationals. If we are selected, it would be great because, next year, we will move onto the senior level, where we can be picked for senior worlds and Olympic spots."

Girls Basketball Shows Resilience Against Kimball Union and Brooks Despite Loss

EMILY NEY

SATURDAY 2/1	
Andover	41
KUA	44
WEDNESDAY 2/5	
Andover	45
Brooks	64

Girls Basketball (7-9) faced a tough stretch of games, suffering hard-fought losses to Kimball Union on Saturday and a challenging Brooks team on Wednesday. Despite the setbacks, the team remained determined, giving its best effort throughout each game. Moving forward, it will come down to how the team can improve on the small details and work on its discipline to close out the season strong.

Saturday's game at Kimball Union was intense, with a loud home crowd creating a challenging environment. Andover embraced the challenge, using the atmosphere to fuel its energy and effort.

"It was [an] away game so Kimball Union had a lot of their home



M.STOUT/THE PHILLIPIAN

Alani Rodriguez '27 dribbles the ball down the court.

crowd there. There was a lot of cheering against us, but we still had a lot of parent support there. The energy was really high. There were a lot of people there, which is always exciting, even if they're rooting against you... We were able to feed off of their energy a lot," said Co-Captain Sophie Dandawa '25.

Emerson Buckley '25 recalled how Ava Davey '25 hit back-to-back three-pointers early on, en-

ergizing the team and setting a standard for the rest of the game. She also highlighted Laney Cafua '27 on her all-around high effort performance that helped the team on offense, defense, and in transition.

"Ava Davey had a great game. She started us off hitting two-three's back-to-back, which really set the tone for this game. She pumped us up a lot and made us want to really play hard. That was

a huge play. Also, Laney Cafua had a great game, just running all over, running the floor on offense, getting a lot of transition points, and then also playing really tough defense," said Buckley.

Dandawa was proud of how the team maintained intensity for the full duration of the Kimball Union game, and noted that its strong performance, despite the loss, should try to be replicated for the rest of the season.

"That was the toughest game we played all season. We played really, really hard and we were very consistent for the full 32 minutes so that was really good for us and I hope we keep that up for the remainder of the season," said Dandawa.

During the Brooks game, Head Coach Jennifer Weissbach spoke about the strong home support, emphasizing the lively environment and the team's appreciation of peer and fan encouragement.

"We had a lot of fans. I also coach field hockey and I know a lot of the field hockey players were in the stands today and so it was fun to see them supporting their peers and their friends. So grateful to them and also grateful for SLAM. They just really create a fun environment and it's really fun to play at home. We're very grateful to do that in front of our friends and family," said Weissbach.

Weissbach praised the team's competitive spirit, particularly its

strong work ethic and determination on every possession. However, she stressed the need for greater discipline on both ends of the court, wanting to focus on that in practices leading up to the next game.

"I'm most proud of our team is how hard we compete. The level at which we're competing and the effort [in] every single possession was there today. It was clear today and really incredible to watch and be a part of. Moving forward, we need to be a bit more disciplined offensively and defensively. Discipline is an area that we're going to work on for the next couple of games [and] the next couple of days to get us ready for Saturday's game," said Weissbach.

As the season progresses, Weissbach asserted the importance of focusing on small details, both offensively and defensively, as well as within the team.

"Continuing to focus on the little things offensively, defensively, and between our team... that matters to me and that matters to the team. How we treat each other, how we support each other, how we lift each other up. All of those things are top priority and we will continue to do that up until the very last day of the season," said Weissbach.

Girls Basketball will play at Middlesex this Saturday.

GIRLSHOCKEY

From a Backyard Pond to National Team: Girls Hockey Co-Captain Molly Boyle '25

THIAGO JOLLON

Molly Boyle '25 began playing hockey at a young age, after being inspired by her dad and older brother. Boyle went on to become Girls Varsity Co-Captain last year as an Upper, and represented the United States at the U-18 World Championships in Switzerland, bringing home a gold medal. This year, Boyle returned to the U-18 national team for the World Championships in Finland, earning a silver medal in the process. Next year, she will play hockey at Yale University.

Boyle narrated her hockey beginnings, facilitated by a familial love of hockey and a backyard pond. The good times on the pond eventually transitioned to club hockey and Andover.

"I started playing when I was five or six. I have an older brother, and he started playing when he was young, too. My dad played hockey while growing up and in college. It was in my family. We had this pond in our backyard,

and I liked to go out there with my family. I found it a lot of fun, and I just loved being out there with my brother, sister, and parents. As I got older, I started playing competitively on club teams and things like that until today," said Boyle.

Maya Kou '28 testified to Boyle's leadership, which has been crucial to the team's success. Alongside Peyton Kennedy '25, Kou shares that the two co-captains have worked together to sustain morale on the rink.

Kou said, "Along with Peyton, they're both the captains. They're really important parts of our team. Yesterday at Deerfield [February 1], it was 0-0 at the end of the second. During the intermission, Molly said that we can't give them air and feed their confidence and that we need to shut them down quickly. For that, we need everyone, so right when we're starting to struggle, she tries to pick us all up."

Boyle communicated that her leadership, rather than being loud or flashy, is rooted in her actions and hard work. She continued, describing her role as being the



M.STOUT/THE PHILLIPIAN

person that the team can rely on when push comes to shove.

"I would say that I'm someone who mostly leads by example. I'm not always the loudest person on the team, but every day at practice or in the game, I try and work my hardest and show my teammates and younger players that nothing is going to be handed to you. It's important to work hard and persevere through tough times. When our team faces adversity, being the person who can bring everyone together so that we can work through that as a team rather

er than individually," said Boyle.

With many returners on the team this year, Boyle expressed that team chemistry and culture were already strong. She stressed the importance of sustaining the team's dynamic, especially for new players.

Boyle said, "We have a lot of returners this year; so many players have played for Girls Hockey before and know what that's all about. We are trying to uphold our overall team chemistry and team culture throughout this year, obviously teaching the new players that and getting everyone for it."

Kou also testified to Boyle's fortitude and reliability on the ice. When faced with adversity, Kou shared that Boyle prioritizes including and supporting everyone on the team, rather than isolating herself.

"Molly's strong in a resilient kind of way. When times are tough, she doesn't put her head down and works by herself. She includes everybody. Mentally and physically, she stands up for her teammates on the ice. She's a strong base for all of us to build on. She provides stability for ev-

erybody," said Kou.

Reflecting on the previous three years, Boyle described how close Girls Hockey has come to a championship despite falling short each time. Although Boyle admits that it is tempting to focus on winning a championship, she emphasizes how the team holds each other accountable by prioritizing shorter-term goals.

Boyle said, "The last couple of years we've gotten super close, last year we lost in the semifinals, the year before that in the finals, and the year before that, also in the semifinals. We've been right there every year and putting it all together this year would be great. I think it's easy to have that as your end goal, but actually it's better if we focus on short-term goals so that we don't get ahead of ourselves looking to the end. I think it's important that we focus on the short-term goal, working hard every day at practice. Pushing each other is super important rather than having our eyes on the end goal, focusing on the short term."

Co-Captain Peyton Kennedy '25 Leads Girls Hockey through Inclusivity and Dedication

ASHLEY SUH

Peyton Kennedy '25, Co-Captain of Girls Hockey, leads with unwavering dedication and serves as an inspiring role model both on and off the ice. Her relentless commitment to the sport, combined with her exceptional leadership, has made her an essential player her teammates continue to look up to, both for her skill and her work ethic. Kennedy will continue her hockey career at Middlebury College next year.

Kennedy's sister, Lauren Kennedy '28, inspired the now captain to begin playing hockey. Additionally, her mom, a former college athlete, played a significant role in her decision to pick up the sport.

"I started playing when I was seven years old. My younger sister actually got me into it because she wanted to play first. Then I was like, 'Oh, I'll do it.' My mom also played in college. So that was kind of a big thing for me," said Kennedy.

Sienna Glass '27 emphasized Kennedy's role in fostering an



M.STOUT/THE PHILLIPIAN

inclusive team environment by building strong connections across all grades. Glass also highlighted that this inclusivity helps everyone feel supported and improves team chemistry.

"Considering Peyton has a freshman sister Lauren, she has experience with supporting the younger girls on the team already. She is also always there for everyone and knows how to make her teammates laugh and feel better. Having that connection to the younger girls because of her sis-

ter is also very important because they feel more included in the team culture, which is important for team chemistry," said Glass.

As a two-year captain, Kennedy reflected on the purposeful atmosphere she and co-captain Molly Boyle '25 have been able to create with more time. Kennedy focused specifically on their commitment to fostering a team dynamic where everyone feels valuable, regardless of their role.

"Molly and I were captains last year too, so we've been able to build upon what we did last year. We really want to have a team where no matter what grade everyone knows that they have a purpose, no matter what it is. If you play a lot or not a lot, everyone is valuable to the team. We really want everyone to push each other at practice every day," said Kennedy.

Molly Driscoll '25 praised Kennedy for her strong leadership and kindness. She added that Kennedy consistently checks in on her teammates personally, both on and off the ice, building deeper relationships with players.

"She is such a vocal and strong

leader and I feel like she's always checking in on people too personally not just on the ice but off the ice as well like she's a really good friend and teammate off the ice," said Driscoll.

Kennedy emphasized that energy is crucial not only on the ice but also on the bench. She noted that, with the team facing tougher opponents this season, maintaining that energy is key to the team's success.

"Because a lot of our games we're playing better teams now, so we might have to struggle on the bench, but even when that happens, the energy is always up. That's really good to hear, because we need everyone in those types of tough games," said Kennedy.

Glass praised Kennedy for her cheerful attitude and determination, noting that she leads with kindness. Kennedy's dedication at every practice and game as well as her commitment to her role sets a powerful example for the team.

"Peyton has always been a very uplifting captain, so I would say she leads through her kindness. She has also always put in 110 percent and leads by great example.

She hustles in every practice and game and never complains. She doesn't take being a captain lightly and is always a great role model for everyone," said Glass.

Finally, Glass commended Kennedy for her unwavering positivity and ability to lift the team's spirits in tough situations. Whether facing a tough game or demanding drills, Kennedy always finds the silver lining in difficult situations, and keeps everyone motivated, taking responsibility and uniting the team when it needs it most.

"Peyton has never been a negative teammate and always finds something good in bad situations. Whether we are losing a game or our coach makes us do sprints, she is right in the line cheering everyone up. She also always takes responsibility and never blames anyone for negative situations. She knows we're all a team and holds everyone together when we're not feeling like ourselves. This makes her one of our most uplifting spirits and a great captain," said Glass.

Girls Hockey Assistant Coaches: Matthew Hession and Dan Holland

ASHLEY SUH

Matthew Hession is an Assistant Coach for Girls Ice Hockey and an instructor in History & Social Sciences. He has taught and coached at Andover for 19 years, during which, from 2011 to 2017, he served as Flagstaff's Dean. Hession was initially a Boys Ice Hockey Assistant Coach and has also contributed to both Andover's Junior Varsity Hockey programs at Andover. Since arriving at Andover, coaching has been one of his main commitments, and on the ice, he enjoys working with student-athletes.

"Coaching has always been one of the most important parts of my time here at PA. From 2006 to 2015, I was the Assistant Coach with Boys Varsity team, which was awesome. I've also helped out with Boys JV and Girls JV

for a time too. I love coaching and couldn't imagine the rhythm of my day any other way. I love transitioning from the history classroom, jumping out on the ice, and working hard at whatever goals we set for ourselves that practice day. PA athletes are incredibly talented, committed, competitive, care for each other, and give 110% every day," Hession wrote in an email to *The Phillipian*.

Head Coach of Girls Hockey, Martha Fenton '83, referring to both Assistant Coaches Hession and Daniel Holland, described their interdependence as team leaders. Hession, a former collegiate hockey defenseman, specializes the team's defensive strategy during practice. In-game, he oversees the team's offense and directs its actions during power plays — when one team has more players on the ice than the other due to a

penalty.

"As a coaching unit, we each take on different responsibilities and talk about all matters relating to the team. We have been working together now for three years and I'd like to think we complement each other well. Coach Hession primarily works with the defense, and as a longtime varsity coach and former collegiate player, he brings great experience and perspective to that role. Coach Holland by profession is a skills coach and he has been invaluable working with all of our players on the more detailed aspects of the game. He runs the offense during games and is also responsible for our power play units," wrote Fenton.

Girls Hockey athlete Sienna Glass '27 highlighted her appreciation for his advice to the team's defensive line and his under-

standing personality.

"Coach Hession always provides helpful advice in practice or after a shift in a game. He knows when it's right to correct and when the players know how to fix their mistakes. He has also made great defensive drills that I personally enjoy doing in practice. He's always very supportive and a great asset to the team," said Glass.

Sports, Hession believes, are a vital piece of human development and its lessons apply to overarching areas in life.

Hession wrote, "I wouldn't be the first to say that sports are a metaphor for life. Sports teach young people how to work with others towards a common goal, how to enjoy the journey and develop lifelong friendships, and how to find resiliency through adversity. Athletics are one of the best venues for developing those



L.PADMAWAR/THE PHILLIPIAN



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values, and they extend far beyond any field, rink, or court."

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PA10
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GIRLS HOCKEY

9 C PEYTON KENNEDY '25 SUDBURY, MA	17 C MOLLY BOYLE '25 SCITUATE, MA	3 MARGOT FURMAN '25 NEW CANAAN, CT	7 ELLIE PARKER '25 ANDOVER, MA	8 MOLLY DRISCOLL '25 WATERTOWN, MA	12 EMILY MARA '25 WINCHESTER, MA
78 AVERY RODEHEFFER '25 NEW HAVEN, CT	10 SARAH POWERS '26 LYNNFIELD, MA	14 KEIRA BRUEN '26 WEST ROXBURY, MA	16 CAROLINE AVERILL '26 WAYLAND, MA	18 CHARLOTTE GREER '25 RANDOLPH, NJ	27 SARAH LACKLEY '26 WOODSTOCK, VT
23 MADELEINE GREENWOOD '26 NORTH FALMOUTH, MA	20 SIENNA GLASS '27 ANDOVER, MA	2 KIMBERLY DUPLESSIS '27 FRAMINGHAM, MA	6 LILLIAN LOUGHLEAN '27 PAWCATUCK, CT	11 MARGARET AVERILL '27 WAYLAND, MA	21 CHANEL MARTIN '27 EL CAJON, CA
29 LAUREN KENNEDY '28 SUDBURY, MA	30 MARIE LEE '28 SOUTHBOROUGH, MA	13 CORINNE SPADE '27 BALLSTON LAKE, NY	15 ALEXANDRA HARTMAN '28 BROOKLYN, NY	22 VANESSA HALL '28 SAUGUS, MA	19 LILLYANNA MCINERNEY '26 NORTH READING, MA
MANAGERS:		ALEXANDER LEE '25 ANDOVER, MA	EMILY RYAN '25 RUMSON, NJ		

A.HONG/THE PHILLIPIAN

Girls Squash Extends Win Streak by Beating Groton and Nobles

MATHEW LIU

Girls Squash (9-1) continued its impressive season, commanding a 7-1 victory last Friday over Groton and extending the momentum for the following match against Noble & Greenough (Nobles) on Wednesday, coming out victorious again with a 5-2 win. With their victory against Nobles, they extended their win streak to four games, beating their opponents a total of 29-3 through this four-game stretch.

Leading up to the match last Friday, the team knew that it needed to be both mentally and physically prepared to secure a win. Co-Captain Migyu Kim '25 recounted the team's past preparation of focusing on diversifying its shot selections.

"Each day of practice, we

focused on different shots we wanted to improve. We've been working a lot on using different patterns and sequences in our game and doing really intentional drills. I think that helped with our games and confidence," said Migyu Kim.

Rachel Levitzky '28 recounted the mental challenges she faced in her match. She noted that her worry sometimes prevented her from executing clean shots, leading to mistakes in crucial moments.

"For me, I panic towards the end of a game, and I need to remind myself to stay calm and play a clean game. That's a consistent challenge for me. Our coach told us a few days ago that our focus should be balance. We're going to work on it during our next match — staying balanced in our games. Personally, I'm just going to focus on not panicking by the end," said Levitzky.

Minnie Kim '27 also reflected on the importance of mental resilience in Wednesday's game. She also offered wisdom regarding the influx of new team members, stating that the players' focus should be to enjoy the game rather than succumbing to the pressure.

"We all had tough matches. The individual players were really good, but overall, we had to stay resilient. We can work on our mental strength. Obviously, we're really hard workers, but in matches, we need to stay in a fighting spirit. Some advice I would give to the new players would be that they should come onto the court wanting to have fun and see it as a way to let off steam rather than gaining more stress," said Minnie Kim.

Minnie Kim explained how the team can create a strong team culture and build bonds

despite the notion that squash is an individual game. One way is by cheering for teammates' matches.

"Right now, we gel really well together as a team. We can cheer each other on really well, which makes our culture so strong. In a match, you're playing alone on the court, but off the court, you have your teammates. You also have your player-coach who gives you advice during each game. You get close with everyone on the team because you're constantly coaching and supporting each other. If you're struggling, they lift you up. It's great to have people like that, knowing someone is supporting you on the other side of the wall," said Minnie Kim.

With Nationals just two weeks away, the team has set its sights for a top-five finish. Having been placed eighth last year, the team has been

refining its overall gameplay, in particular sharpening its shots, to ensure they are in peak form.

"This week, we started working on volleying and tightening up our shots to be more precise and accurate. We'll continue focusing on that and ensuring we don't settle since we've been doing well. It's important to stay motivated. This year, we have a lot of new talent and strong players. Our goal is to finish in the top five at Nationals, which is coming up at the end of the month. I think this could be a really strong season for us and one of our best finishes ever," said Migyu Kim.

This Friday, the team will face the Brooks School at home, looking to continue its strong run before the biggest tournament of the season.



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A Bittersweet Week: Boys Hockey Dominates Against Loomis but Falls to Deerfield

ALEX GODSEY

SATURDAY 2/1	
Andover	5
Loomis	1
WEDNESDAY 2/5	
Andover	2
Deerfield	3



K.MA/THE PHILLIPIAN

Liam TenHarmsel '26 skating with the puck.

Boys Hockey (11-6-2) showcased resilience and grit in an overwhelming comeback victory against Loomis Chaffee (Loomis), with all goals coming in the third period. At Deerfield, albeit a strong performance, the team lost in a physical game.

Assistant Co-Captain Charles Sabre '25 praised the team for its performance against Loomis. After giving up a goal in the second period, the team raised its energy and responded with a dominant five-goal third period to win.

"We played well throughout most of the game, we were following our systems well but we were

not able to score. It was just one of those games. They had the first goal in the second period but then in the third period we turned up the intensity and ended the game with three regular goals and two empty net goals to finish five to one," said Sabre.

Sabre highlighted Assistant Co-Captain Peyton Militello '25 for his reliability in the defensive zone against Loomis. Sabre specifically praised his strong checking, awareness, and ability to create opportunities on the ice.

"I want to shout out Peyton Militello. He is the other assistant captain on the team and I thought

he played a really solid game. Forechecking hard, backchecking hard, lifting guys sticks. He's a very consistent player in the [defensive] zone. He knows where to support the puck and how to use his teammates, very good vision on the ice and I thought yesterday he had a particularly good game," said Sabre.

On top of that, goalie Chase Anderson '25 praised Rui Han '25 for his performance in the Loomis game. In his first game back from injury, Han scored a decisive, go-ahead goal and followed up with a crucial second goal to give Andover a comfortable two-goal lead.

"[Rui] had a big game, first game back from his injury and he got the goal that put us in the lead and the third goal to give us a two goal lead as well. [Rui] Han was a big player for us in this game," said Anderson.

Sabre spoke highly of Anderson, praising both his leadership as a role model and his goaltending performance against Loomis. He described Anderson as a cornerstone of the team, providing a reliable presence in the net.

"Chase Anderson, our goalie, has been one of the role models that the younger kids look up to. He doesn't talk a lot. He's very stoic in the locker room but he's a brick wall between the pipes and he played well yesterday allowing only one goal. He's really been a backbone of our team and is playing really well," said Sabre.

Alexandre Theodore '27 commented on the game against Deerfield, commending the team's performance yet expressing the need to rebound from this in the coming weeks considering the importance of the upcoming games.

"It was a three-two game, but overall the team did play pretty well, we've been playing pretty well. We need to bounce back, we still have a couple of huge games in front of us," said Theodore.

Theodore recalled both of the team's goals. First, when he

scored off of a pass from Assistant Captain Grayden Robertson-Palmer '25, and then, when a pass from Nathan Kreppner '27, allowed Alexander Small '26 to add on another goal.

"A crucial play was [Robertson-Palmer] giving me a pass in the slot and then I just kind of buried it. But another play was by Nathan Kreppner. He had a nice pass in front of the net to Small and it was a good play in front of the net to score," said Theodore.

Sabre and Theodore both went on to describe areas the team hopes to refine in the coming weeks, including adjustments to the penalty kill, improving the defensive zone, and fine-tuning all of the team's strategies.

"We will continue to work on all of our systems. [Penalty kill] is something that we're still working on. We are shifting around some pairings for the penalty kill," said Sabre.

Theodore, added on, "We'll work on our [defensive zone], I think getting pucks out of our zone is key and getting pucks deep."

Boys Hockey will host Belmont Hill on Friday and then travel to Dexter Southfield for a game on Saturday.

Boys Basketball Faces Two Losses, Bounces Back Against Tilton

VIVIEN VALCKX

FRIDAY 1/31	
Andover	57
Loomis	63
SATURDAY 2/1	
Andover	47
Nobles	65
WEDNESDAY 2/5	
Andover	80
Tilton	70

Boys Basketball (7-9) took on Loomis Chaffee (Loomis) on Friday, Nobles on Saturday, and Tilton on Wednesday. The team fell short of their first two opponents, stripping it of its three-game winning streak, but recollected itself to triumph in a crucial win against Tilton.

Despite losing to Loomis on Friday, the team put up a strong fight. Kosi Udeh '27 commented on the two teams' strengths, mentioning the team's eventual adaptation to its opponents. He also highlighted Co-Captain Xavier Abreu '25 who scored his 1000th game point against Nobles.

"We lost the Loomis game, but we gave them a good fight. For a team as talented as they are and as a team as talented as we are, it was a really good game. We learned that we can compete in our class. Nobles was really a wake up call... but we learned a lot. Our Co-Captain [Xavier Abreu] also scored his 1000th point that game. It was a

pretty big moment," said Udeh.

Losing can be difficult, according to Hunter Peabody '27, yet the team bounces back after every loss, gradually refining team and individual skills.

"Just by getting in the gym, [and] practicing hard. We practice every day... Even through the tough times and losing games, facing that adversity and coming back and punching even harder in the next game," said Peabody.

Additionally, Udeh credited a players-only meeting, without Head Coach TI, held to improve team changes and goals.

"We had this players-only meeting. It was pretty meaningful. Without TI there, we went through... changes that we wanted to be made from each other," said Udeh.

In preparation against Tilton, Peabody the team's poor start to the season, stemming from illnesses and injuries. However, he emphasized the team's goal to



M.STOUT/THE PHILLIPIAN

David Fridia '25 shoots a fadeaway.

bounce back, hoping to eventually reach the New England Preparatory School Athletic Council (NEPSAC) playoffs.

"We started off pretty slow. We've had some injuries, some sicknesses, but we've made some great runs here and there throughout the season. We came

off two wins, and now we're in a rough spot. We [have] to play stellar to make the playoffs," said Peabody.

Boys Basketball will travel to Thayer on Friday.



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Swimming & Diving Commemorates Seniors With Victory Over Deerfield

HAOYU ZHANG

This past Saturday, Boys and Girls Swimming & Diving held their final home meet of the season, the annual Seniors Meet, and commemorated all the seniors on the team. Andover showed numerous impressive swims, winning on both the boys and girls teams and culminating a successful regular season as both teams prepared for Easterns.

Brian Lee '25 noted his teammates' heartfelt love through their posters and added that it was a great way to complete his tenure on the swimming team at Andover.

"I feel good to close off my last home game as a Senior despite only being Andover for two years now. I felt very loved by my teammates, and I was very touched to see all the messages that the team had written on the posters for us, so that was what made it extra special and made me extra motivated," said Lee.

The meet began with the 200-Meter Medley Relay, 200-Meter Freestyle, 200-Meter



K.MA/THE PHILLIPIAN

Students dive into pool, beginning the race.

Individual Medley, and 50-Meter Freestyle, of which Andover swimmers won every single one. However, Captain Daniel Seong '25 was arguably the standout of the meet. In the morning, Seong worked with Olympian and All-School Meeting (ASM) speaker Andrew Wilson '12, an Olympic Gold Medalist of the 4x100-Meter Medley in the 2020 Summer Olympics, on his breaststroke technique, translating into his afternoon swim.

"Daniel Seong, in his 100-Meter Breaststroke, came out first. He was going up against some very tough opponents and dealt with the pressure well. He came out victorious and showed great sportsmanship by shaking the guy's hand next to his lane, so I thought that was a very respectable moment," said Lee.

Following the ASM on Friday, Wilson also led a practice for Boys and Girls Swimming & Diving. That was followed by the breast-

stroke clinic Saturday morning, which Eric Nie '26 mentioned was extremely helpful.

"It was super exciting during and after ASM on Friday, where Wilson led a practice for us, which was pretty cool. On Saturday as well, he had an early morning breaststroke clinic. So, even though I'm not a breaststroker, his technique tips and drills were super useful for the meet," said Nie.

This meet concluded the regular season for the boys and girls teams, with the following week of practice dedicated to preparing for Easterns. One of the challenges many swimmers have faced so far has been staying disciplined in their daily lives.

"I could have gotten more sleep the night before. I felt like my endurance was lacking at the back of my race, and that might have been because I didn't get enough rest. But as far as the team goes, we closed the meet off very well. Just eating well, getting sleep, the little things, and paying attention to the details would be important," said Lee.

Cale Barker '28 hopes the team can continue cheering louder, especially for the smaller meets. However, he added that the at-

mosphere and team's cheers will become more enthusiastic and electric at larger meets.

"Cheering for each other more is a place we can grow. Look out for New Englands and Easterns. We cheer a lot during those meets, especially the relays, but we don't cheer as much during our dual or smaller meets," said Barker.

The team is beginning to turn their attention to Easterns, hoping to repeat their victory from last year. Nie mentioned the mix of emotions as the end of the season approaches.

"That was the last dual [meet] of the season, so we are now preparing for Easterns and New Englands. I guess a part of me is relieved because we don't have many practices left. We're tapering off, and we don't have many hard practices left, but I am also a bit nervous and excited because of Easterns. It's a big meet, so we are going there for three or four days. So it's a pretty fun experience," said Nie.

Swimming & Diving will begin to compete at Easterns on February 14.

Indoor Track & Field Loses to Exeter Yet Sees Personal, Class, and Meet Records

ASHLEY SUH

On Wednesday, Indoor Track & Field's Juniors and Lovers competed at the 9/10 Showcase Meet, racing lowerclassmen athletes from Phillips Exeter Academy (Exeter), Governor's, Wilbraham and Monson, and Marianapolis Preparatory School. The event was held at Exeter's six-lane indoor track facility. Total points across Indoor Track & Field's Boys and Girls teams placed it second, behind Exeter. Though Andover ultimately fell short, it yielded multiple event-specific victories, national-qualifying performances, and personal successes.

Ela Budzinski '28 complimented the strong efforts of the distance runners in the meet, highlighting the efforts of Charlie Gillick '27 and Tayla Stempson '27 in their mile races. Gillick won his race in 4:40.43; Stempson placed second in 5:58.11.

"Tayla Stempson broke six minutes in the mile for the first time and that's a really big milestone [and] Charlie Gillick, who ran the mile [as well,] had a really good race. He ran it very strategically and it was a really well-planned race that he executed it very well," said Budzinski.

New Balance Indoor Nationals, which is held on March 13-16 in Boston is among the world's highest-regarded high school track competitions and requires athletes to meet benchmark times in order to attend. At the 9/10 Showcase, Andover's Girls 4x200-Meter relay team, composed of Jenna Robertson-Palmer '27, Caitlin Ly '27, Julie Chan '27, and Budzinski, finished their race in 1:47.94, just under the 1:48.00 qualifying mark. Robertson-Palmer explained the work behind her relay team's success, which included hand-off practice.

"The most memorable run was our Girls 4x200-Meter relay. We qualified for nationals and that

was a huge goal of ours. We have also been working on our hand offs and everyone executed it really well," said Robertson-Palmer.

Ly elaborated on her Girls 4x200-Meter relay team and reflected on the high energy and relaxation her teammates brought to the 9/10 meet.

"One thing we were focusing on, especially for our 4x200-Meter, was getting the school record. Although we fell a bit short, I think something important to note is that we should remember we run because it's fun, and it's not always about the times. So, it was a good reminder that we should take a step back and just stay loose. Also, something important was being very supportive and high-energy, like we usually are in our meets. And especially since this was just Juniors and Lovers, and our team was a bit smaller, I think it was very important to keep the energy up, and I think we did a really great job with that," said Ly.

The mixed-gender 4x400-

Meter relay team initially won their race, beating Exeter by a tight margin. Upon a faulty relay pass, it was disqualified. Budzinski, a member of the team among Ethan Ly '27, Robertson-Palmer, and Ethan Brown '27, elaborated the team's efforts, mentioning Brown's exciting performance.

Budzinski said, "Ethan Brown [stood out] in the mixed 4x4 because he won against Exeter on the line and it was really exciting for the whole team."

Caitlyn Ly commented on the hard-earned efforts of Budzinski in today's meet. Budzinski's run in the 300-Meter, Ly noted, broke a Junior class record and meet record.

"I definitely think Ela [stood out]. She had really good performances in the 4x200-Meter, 300-Meter, and 4x400-Meter mixed relay. She ran a great leg in [the 4x200-Meter] as well as in the 4x400-Meter where she chased down Exeter and came out with the lead which really

helped the team. And then in her 300-Meter performance she got the class record and the meet record which is super impressive. Overall, she was very focused and determined throughout the whole meet, and I'm very proud of her," said Ly.

Robertson-Palmer corroborated Budzinski's performance, complimenting her work-ethic and determination throughout practices.

"An athlete that stood out to me is Ela Budzinski. She PR'ed in the 300-Meter and set the Junior class record as well as the meet record. She has been working really hard in practice and I am really proud and happy for her," said Robertson-Palmer.

Looking ahead, Indoor Track & Field will compete at NEPSA All-Comers on Saturday, February 15 at home.

Boys Squash Dominates in Key Matches, Prepares for Challenges Ahead

ALISTAIR FRITZ-GRUBER

SATURDAY 2/1	
Andover	7
Choate	0
SATURDAY 2/1	
Andover	7
Westminster	0
WEDNESDAY 2/5	
Andover	7
Exeter	0

The Boys Squash (8-3-1) team has been on a roll, sweeping each of its opponents in recent matches. The team played against Westminster and Choate on Saturday, followed by a crucial match against Exeter on Wednesday. Despite missing their injured captain, Avery Lin '25, the squad stepped up and delivered outstanding performances.

After a decisive victory on Wednesday, Jonathan Xu '28 reflected on the team's weekend success over Choate and Westminster and in its latest match against Phillips Exeter Academy (Exeter). Xu highlighted teammate Pragun Seth '25 for his performance against Exeter.

"Our match on Saturday was a joint match with two other schools, Westminster and Choate. Since Choate didn't bring three of their players, it was a pretty quick and easy match, and Westminster didn't have a strong team either, so we swept both of them 14-0 on varsity. This Wednesday, we played Exeter and swept them

7-0. Everybody played really well. Shoutout to Pragun for coming back from down 2-0. [There] was great team spirit today," said Xu.

Franklin Kozol '27 expanded on Seth's ability to perform under pressure, allowing him to pull off a challenging comeback against Exeter. Coming down to the fifth game, in front of an audience, Seth completed the team sweep.

"Pragun was down two games against a very messy player. Knowing Pragun, he loves stadium pressure. He's down two games, everyone finishes their matches, and all eyes are on him. We had about 30 kids packed onto one bench outside the court, and what does he do? He comes back and clutches up, three games to two. The fifth game was an absolute heater. The entire crowd was going wild," said Kozol.

While the team was favored in both matches, Kozol noted that they still faced difficult opponents, sharing the fighting effort by John-Jayden Luo '28.

"We just got the job done. We

were the favorites in both matches, and it was a good team win. JJ had some long rallies, tough points, and a grueling match conditioning-wise," said Kozol.

The absence of Lin left a noticeable gap in the team's leadership, but Xu emphasized his teammates' resilience as they finish the season without their captain.

"We are feeling the effects of not having Captain Avery Lin with us. He's usually such a supportive presence and a great role model. Because of his unfortunate injury, we will be missing him for the entire season, which will be a challenge for us going into Nationals and New Englands, but I appreciate all the players stepping up and playing in higher positions while still performing well," said Xu.

Luo stressed the importance of fitness as the team prepares for upcoming challenges. Due to the long period before their next match, the team plans to spend many of its practices dedicated to conditioning.

"We have a long time before our next match, about a week. Our next match is next Wednesday against St. George's. Since we're coming up on the end of the season, we're focusing a lot on fitness," said Luo. "It's hard to improve a lot in terms of skill in such a short amount of time, so we want to ensure we have the endurance to outlast the other team. We're doing a lot of fitness drills and simple exercises on the court."

Kozol echoed this sentiment and the team's need to fill the leadership gap from Lin's absence.

"Lots of conditioning. We have a gap to fill because of Avery's injury. I'm really hoping for him [to get better], but we know we have to step up," said Kozol.

With their eyes set on Nationals and New Englands, Boys Squash remains determined to build on their success and continue dominating the competition.

All-Gender Wrestling has Four Champions En Route to a Second Place Finish at Northern's

HAOYU ZHANG

This past Saturday, 15 members of the Wrestling team competed in the Northern New England Invitational Tournament (Northern's) in Bath, Maine. Andover placed second overall, finishing behind Eaglehill. Individually, Andover had four champions and eight additional placers.

The Andover champions included Julian Rios '26 at 113 pounds, Brady Haskell '28 at 120 pounds, Dani Nugent '25 at 138 pounds, and Sebastian Haferd '25 at 215 pounds.

Sean Flynn '27 praised Reece York '26 for an impressive performance in his first tournament after a two-year long hiatus due to injury. York went 3-1 and placed third in his weight class.

"Last year, [York] broke his arm and was out the whole season.

He didn't partake in any meets or tournaments. Because of that, it was very impressive that he came into his first tournament in the past two years swinging," said Flynn.

Competing in his first-ever tournament, Christian Robinson '28 put on an impressive display, finishing as the runner-up in his weight class. His strong performance did not come as a surprise to teammate Narek Hambarzumyan '26, who credited Robinson's dedication and confidence on the mat.

"He also has been working hard throughout this entire season and he showed it at the meet... It's a really great performance from him. He knows what he's gonna do, and there's also a specific move that he always does during his matches. When he comes in the match, he has that mindset of 'It's gonna work and I'm gonna win.' When you watch

him wrestle, you know that he's gonna go for it," said Hambarzumyan.

With a lot of major tournaments approaching, Flynn noted that the team will not have time to focus on physical conditioning and strength. Instead, he stressed the importance of refining technique, believing it to be more important than strength in a wrestling match.

"We could work on technique. At this moment, we are rushing into these big tournaments, and right now, we don't really exactly have enough time to work on things like physical endurance. I always say to myself that technique beats strength in wrestling. Julian Rios, for example, has a lot of technique. He's also strong, but he has proven to everybody else that his techniques shine above anybody's strength. That's why he wins tournaments," said Flynn.

Hambarzumyan emphasized

the importance of continual improvement, explaining that even small skills can make a big difference. He specifically highlighted sprawling, a defensive move to counter takedowns, as an area for further refinement.

"We have been working on some sprawling, when somebody shoots on you and tries to take your down and you sort of kick your legs back pretty much to defend it. That's something I wanted to work on personally, and maybe for the team too. We've worked on it generally throughout the season, but again, even if you've been working on it for the entire season, you can always work on it more," said Hambarzumyan.

As the season nears its end, both Flynn and Haskell expressed confidence in the team's ability to have wrestlers qualify for major events like New Englands and Nationals. Flynn also emphasized that, regardless of the outcome,

the team's focus should remain on improving for next year.

"We're doing well and I hope that the majority of the wrestlers here can qualify in Class A so that we can go to New Englands. Hopefully, next year we'll have an even better season as well. Even if some of our wrestlers do not qualify for New Englands, we should just look forward to next year, take our losses, and strive to be better next year," said Flynn.

"Everyone on the team has a really good shot of making it far this year. There's a lot of kids that can go to New Englands and Nationals. The team is looking really good right now," said Haskell.

All-Gender Wrestling is set to compete at the Class A Tournament this upcoming Saturday.

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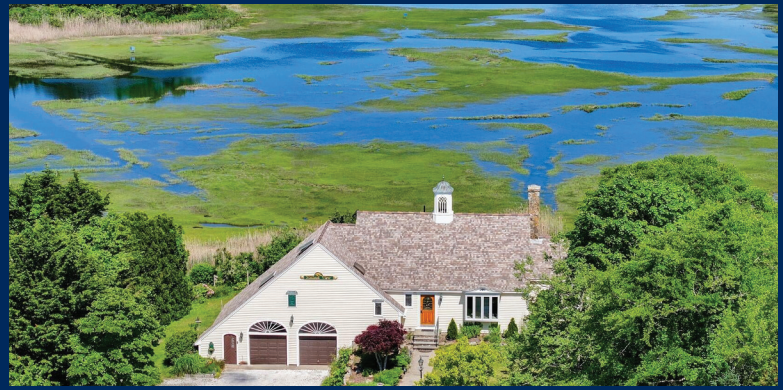
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Andover Chamber Society: Performing, Accompanying, and Collaborating in Synergy

ADEN HWANG & DANIEL LIU

Instruments, sheet music, and pencils. With these items, members of the Phillips Academy Chamber Society unite in weekly rehearsals at the newly opened Falls Music Center. Directed by Holly Barnes, Instructor in Music, the program caters to students who enjoy playing in chamber groups — small ensembles comprising a handful of musicians. Each group combines students of similar musicianship, often-times integrating different instrument families and providing members an opportunity to meet new people.

“Every term, anybody who plays strings, piano, winds, and even percussion, [has] the opportunity to join... a chamber ensemble. We build a whole community around playing chamber music and... it’s like being on a team. For those kids who already know each other and are excited to play together, it can be a really exciting thing to do. Lots of musicians tell me [that] chamber music was where they really found their friend group. My job is to put everybody into a group that is compatible with their skill level and to prepare for a concert at the end of the term,” said Barnes.

This year, the Chamber Society adopted two co-heads: bassoonist Helios Hong ’25 and violinist Sophie Tung ’25. As co-heads, the pair participate in and coach chamber groups,

organize events, and lead the Chamber Society’s social media presence. As part of their initiative to expand the program’s reach, Hong and Tung recently started a new feature series titled MEOW: Music Ensemble of the Week.

“I’ve been sending weekly emails with updates and promoting the music department, sharing concerts people can attend. [A] new initiative is MEOW, Music Ensemble of the Week. Every week starting in the winter, we feature a different chamber ensemble. We go to their rehearsals, take videos, ask them some questions, and then create a video to upload on our YouTube and Instagram pages. We’ve got an Instagram page... [where] we post pictures from concerts, weekly MEOW features, and sometimes takeovers when concerts are coming up,” said Hong.

In addition to MEOW features, Tung highlights various upcoming chamber initiatives, hoping to enhance the program’s activities and outreach with other schools. These initiatives include a chamber collaboration concert with Groton and an album of rehearsal recordings. She hopes to work with other schools more often, creating ways to give and receive feedback from peers.

“We’re considering creating a Phillips Academy album where we record our rehearsals throughout the term and release it as a yearly souvenir. Additionally, we started the Interscholastic Chamber Music



Helios Hong ’25 playing the bassoon in Falls Music Center.

A. BAETEN-RUFFO/THE PHILLIPIAN

Festival this year. We participated in one at Groton, where we rehearsed with their coaches. It would be great to have these festivals at other schools as well, kind of like varsity chamber music, where we go to learn from other groups, not to compete,” said Tung.

With the Chamber Society at a peak of participation, Mrs. Barnes acknowledges that further development in the program may be challenging. The

program has grown so much throughout the past years that the end-of-term concerts needed to be split into two to accommodate the number of groups. However, she adds that the co-presidents have made great efforts to improve the program throughout the year.

“I don’t know if [the program] can grow anymore. We’re already exploding at the seams, honestly, which is why we have two concerts ev-

ery term now, so six chamber music concerts a year. That’s a lot. What I’m super excited about this year is [that] Helios Hong and Sophie Tung are our chamber music co-heads this year. In terms of social media, they have really elevated what we do. I think it’s a great idea, and it’s been a fun thing to have. I hope the next group of co-heads will continue that,” said Barnes.

Eliza Francis ’26 Curates Style With Vintage Pieces, Bold Colors, and Personal History

ANNA TSVETKOV & NINA TORRENS

Bringing a retro style to life, Eliza Francis ’26 curates her outfits with intent, blending vintage treasures and hand-me-downs to craft a look that is authentically hers. Francis’ fashion is deeply rooted in her surroundings and personal history. Her wardrobe, largely composed of secondhand finds and sentimental pieces, tells a story of the people and passions that shape her identity.

Growing up with limited control over her clothing choices, Francis discovered freedom of self-expression through style as she got older. To her, fashion became about more than just clothing, but about honoring her family’s history while creating something uniquely her own.

“My style is a manifestation of the activities I do and the people and things I love. I tend to not fit into a singular aesthetic, but I also just try to be authentical-

ly me. I think a lot of my pieces have stories behind them. I love thrifting and I also love wearing my mother’s or my grandpa’s hand-me-downs and really treasuring those gifts and those like parts of my family and like bringing them to life in a way that is honoring them but still unique to me,” said Francis.

Francis structures her outfits around staple pieces, primarily her extensive collection of Calvin Klein jeans. She considers them the ultimate versatile item, suitable for any occasion. She points to jackets as another essential component of her wardrobe.

“Jeans are the perfect clothing item. I wear them on airplanes. I wear them for tests. I don’t think they’re uncomfortable at all. I actually think they’re peak comfort... I love jackets. A lot of that is due to me stealing from my boyfriend’s style but I don’t pick an outfit that’s complete without a jacket and that’s probably my favorite thing to thrift. I love

denim. I love big bomber jackets or ones that have random sayings on the back,” said Francis.

For Francis, an outfit is not complete without a bold pop of color. Her love for red, in particular, traces back to her years as a competitive dancer, where bright lipstick was a performance staple. Now, that signature touch has become an essential part of her everyday style.

“I love red. I do it with my lipstick too. That’s probably the one ‘out there’ component of my external appearance... I just think it exudes confidence and even if I’m not feeling it, I can look it. I’ll choose a color and I’ll see if I can make that color appear multiple times throughout my outfit, whether that’s matching the top and shoes or accessory and bag,” said Francis.

Francis’ dance career has influenced her style in unexpected ways, often blending practicality with experimentation. As a dancer, convenience plays a major role in her outfit choices, sometimes leading to an unconventional but creative look.

“I’d say my weirdest outfits honestly stem from a place of circumstance. I’m a dancer and sometimes I’m lazy so I’m not really interested in having to rush home and change. I’ll experiment with wearing leotards and bodysuits or having shorts underneath where they kind of peek through the low-rise nature of my jeans. I think that’s probably the most experimental,” said Francis.

In addition to practicality, Francis embraces seasonal themes in her wardrobe, using color palettes and fragrances to stay connected to the moment. While traditional accessories, such as jewelry, have never been central to her style, she still finds thoughtful ways to elevate her outfits.

“Honestly, accessories have never been very akin to my lifestyle. I’m a harpist so bare hands are preferable and a dancer who was told that wearing necklaces is a choking hazard all her life. So I tend to not accessorize in the traditional way. That said, I think there are implicit components of an outfit that I always



I. PADMAWAR/THE PHILLIPIAN

Francis views fashion as joyful and refrains from fitting into a mold.

consider. My lipstick, like I mentioned, is a big one but I’m also into perfume so I try to match my perfume to my outfit,” said Francis.

Francis continued, “I’d also say... I tend to dress seasonally. I try to be really grounded in life and I think part of that comes from honoring where you are in time. So this winter I’m not necessarily looking forward to summer and trying to wear bright colors. I’m reflecting what could be dreariness but what I view as beautiful and serene.”

Meara Wang ’26, a close friend of Francis’, described Francis’ style as deeply personal and rich with meaning. Wang sees Francis’ outfits as carriers of a story, making them all the more significant.

“I know Eliza thrifts a lot, and you can see a lived experience through her clothes. Each piece

has a story behind it... It’s not just something out of a factory. It’s something that’s already been worn and loved by someone else, which makes it more beautiful,” said Wang.

Looking ahead, Francis does not see herself pursuing fashion professionally but remains passionate about using style as a tool for self-expression. She values authenticity over trends, aiming to continue dressing in a way that brings her joy and confidence.

“Trends aren’t inherently bad, but if you get absorbed in them, they can turn into a negative headspace where you’re always judging yourself. I’ve done a lot of work to not use clothes to hide my body but rather to accept who I am. I hope I continue to view fashion as joyful rather than trying to fit into a specific mold,” said Francis.



I. PADMAWAR/THE PHILLIPIAN

Eliza Francis ’26 incorporates her mother and grandmother’s hand-me-downs.

Arts & Leisure

The Phillipian Co.

Fauxever Yours: ASA's Mock-Wedding Celebrates Diverse African Cultures

EVELYN MARSHALL & TAYLA STEMPSON

Rich flavors, lively music, and dazzling garments flooded the Snyder Center this past Saturday at the African Student Association's (ASA) hosting of "Faux-Ever Yours," a mock wedding showcasing and celebrating the diversity of African culture and tradition. Funded by the Abbot Academy Fund, ASA extended the invitations to the event to all students.

ASA Co-Head Leticia Nhaule '25 explained the motives behind a "mock wedding." Nhaule emphasized the unique opportunity the event presented for cultural fusion.

"We thought a wedding would be a very fun and interesting way to do this because a wedding is something a lot of people have experienced in their lives in very different ways. But the way that we do weddings in Africa is very different from in other places, as well as very central to very many African cultures, so it connects all of our cultures in different ways," said Nhaule.

The wedding was well attended by students, and community members, from all corners of campus. Attendee Ozochi Onunaku '25 mentioned his thoughts on the reasoning behind such a large-scale, intricate, and educational event.

"I'm pretty sure they wanted to show this event as a very fun, celebratory, and interactive way in which the student body can engage with African culture... It intrigues people, and it allows the ASA to have a doorway into drawing people into understanding more about different African cultures and not seeing Africa as



K. MA/THE PHILLIPIAN

Denzel Dickson '26, Wambui Nyiha '25, and Leticia Nhaule '25 shine in traditional dress.

a monolithic continent," said Onunaku.

Nhaule highlighted the goals of the event, expressing the need for an inclusive space to share and celebrate the cultural complexity among the student body. Nhaule stated this as the inspiration for the event and its scale.

"African Student Association's mission is to create a safe space where students can explore their African identities... as well as to be able to open that space up to the wider school community to [be] educated on a lot of these different cultures... The scale is very closely tied to the mission of the event because it's

that opening up to the wider school community to the fullest—to the best of our ability, creating a school-wide event," Nhaule said.

Nhaule elaborated on the event's success in educating and engaging the masses of students who attended, not just through second-hand accounts but cultural immersion. Nhaule also reflected on the moving and personal testaments shared by students.

"One of the attendees later, she posted a picture of me and her, and then she posted like a quote from a book... So that's crazy because she was saying to her, experiencing or reading about the culture was one

thing, but that was the extent of what she could do, of how much you could be immersed in it. But being at the wedding allowed her to kind of break that barrier and really experience the culture. And... I remember at that moment, kind of just sitting there and being like, wow, this is the accomplishment that I'm the most proud of in my entire life."

In addition to celebrating diverse African cultures and traditions, other students brought forth their own cultures to the event. In the wedding's best-dressed competition, attendee Ibu Hada '25 participated, showcasing her traditional Japanese dress.

"I was looking through the lookbook that they provided us and it said the dress code for this party would be either traditional clothes or formal clothes and then I constantly have Japanese clothes so I was like why not, this is one of the few opportunities that I can wear Japanese clothes. They also said that there would be a dress contest so my friends pushed me to register and that's why I'm here in Japanese dress," said Hada.

Despite the success of the evening and ceremony, the process of planning did not come without its trials and tribulations. Kwadjo Adjepong '27 briefly described the organizational aspects of the event, which at times involved coordination across the Atlantic.

"Time, effort, and dedication in general that went into advertising and the rehearsals our performers had. Also, there was a lot of communication overseas to get outfits from Nigeria. We also had to contact a DJ and restaurants that could cater," said Adjepong.

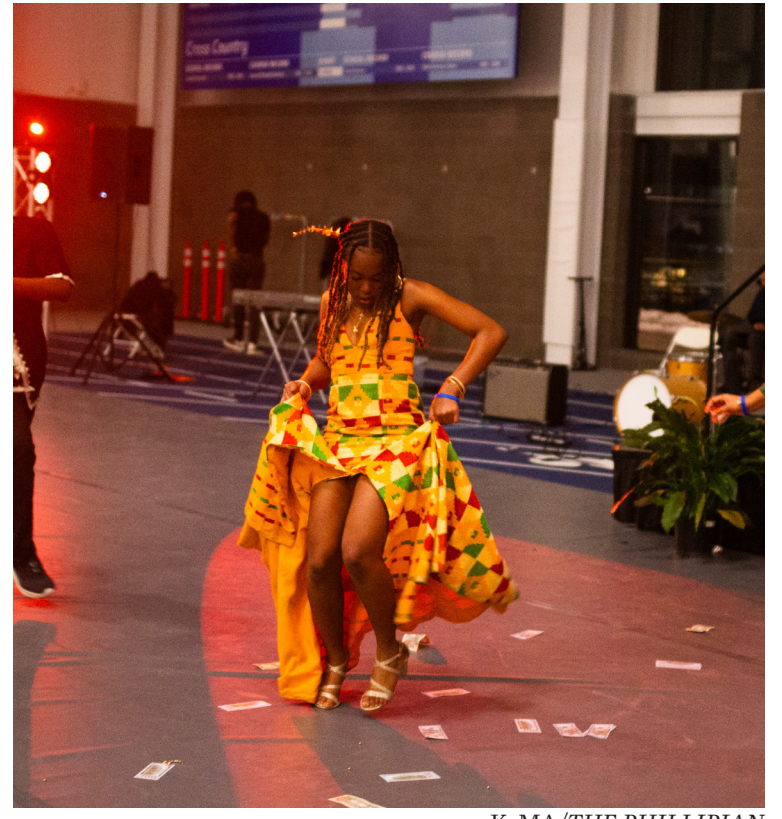
The mock wedding immersed the student body in culture through dancing, lively music, and new foods. Adjepong shared what he hoped community members took away from the wedding and the assumptions he hoped the event challenged.

"This [event] helped to break down stereotypes of Africans and of Africa. Letting everyone know how nice our music sounds, how good our food tastes, and how funny and enjoyable our events are," said Adjepong.



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Fusion members, Gracie Aziabor '26 and Mayumi Kawano '25, perform at the wedding.



K. MA/THE PHILLIPIAN

Nana Dampthey '27 in the best dressed competition.



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Wambui Nyiha '25 and Oli Ogueri '25 exchange vows.



K. MA/THE PHILLIPIAN

Students, faculty, and community members waiting for the ceremony to begin.

Arts & Leisure

The Phillipian Co.

Drama Labs Brings a Hauntingly Brilliant Showcase of Original Works

DANIEL ZHANG & ELIAS JEON

A woman barter her memories to a devil-like figure. A household unravels in lies, betrayal, and bloodshed. This winter's Drama Labs delivered a night of gripping, original storytelling that left the audience mesmerized and, at times, unsettled. The two featured plays — “No Refunds” by Jeannie Kang '28 and “The Rabbit” directed by Ashiq Kibria '26—were masterclasses of testing characters' emotional limits in eerie settings. These compelling narratives were a stage for ambitious, thought-provoking theater.

Written and directed by Kang, “No Refunds” follows Nyla Birmingham, a young woman who begins selling off memories she deems unnecessary. Throughout the story, Birmingham erases the very essence of her past, culminating in a heartbreaking moment when she wakes up without any recollection of the woman who raised her. Kang's goal

was to examine how memories define us, even painful ones, and what happens when we erase the past that shaped us.

“The message I wanted to convey was, what are good memories or not? All memories eventually form [a person's] sense of self and establish [their] identity, and therefore we should cherish them regardless of the pain that they may trigger inside us,” said Kang.

Kang's biggest responsibility while making “No Refunds,” was ensuring her characters were complex, and felt authentic for the audience. While this was the most burdening aspect of the playwriting process, in the end it was extremely gratifying to see her characters come to life.

“Another part which was slightly harder for me was the responsibility [of bringing] the characters to life... This is a world premier, the first time performing this play, which made it harder for me to determine the character's needs and their personalities,” said Kang.

She continued, “I would voice out the lines. I would be like, Emma! Jonathan! and I would speak to the characters in my heart. So it is just rewarding, exciting, but also scary as to how this will live up on the stage.”

“The Rabbit” was a slow-burning tragedy that explored infidelity, murder, and power struggles within a fractured home. Director Kibria, outlined the limited time frame in which he and Kang had to select their plays, cast them, and rehearse sufficiently.

“We had around three weeks to plan out, so auditions were at the beginning of this month. I picked my cast and I really liked them, and then I created a group chat, in which I was able to text them about rehearsals. So... I had three rehearsals in total, including tech. The first rehearsal, we went over the blocking. The next rehearsal, I wanted them to have their lines memorized, and thankfully, the cast did. And then, last one, we had tech, in which we messed

around with lighting, made sure the sound effects were good, and finally, today for the performance,” said Kabria.

For many in attendance, the performances left a lasting impression. Alex Lin '28, an aspiring Drama Labs participant, was particularly struck by “No Refunds”, and saw the narrator as a reflection of her own internal conflicts.

“I really enjoyed the part where Nyla talks to her past self. I feel like that part of the play was the most interesting to watch because there's a difference between the two. She's trying to convince her past self to not sell her memories to the devil, and personally, I've speculated about talking some sense with my past self many times before and I think it's just an interesting concept to play with,” shared Lin.

Despite the high quality of the performances, turnout was lower than expected. Lin expressed disappointment at the small audience, encouraging more students to support their peers and their production.

“I feel like not a lot of people came today. There were ten people, it was disappointing. The plays were really good! They should advertise it better because I didn't know it was happening till this afternoon,” said Lin.

With Spring Term's Drama Labs on the horizon, directed by Sebastian Lemberger '25, and Saumik Sharma '25, the stage is set for another round of fresh, daring storytelling. If “No Refunds” and “The Rabbit” are any indication, audiences can expect more captivating performances that linger long after the final bow. For those inspired by the night's performances, both directors emphasized that Drama Labs is an open space for anyone interested in acting or directing.

“[Drama Labs] are low commitment and everyone gets casted, which is so cool. So I really hope I can see more of my fellow directors and actors in the Spring Term Drama Labs,” said Kang.

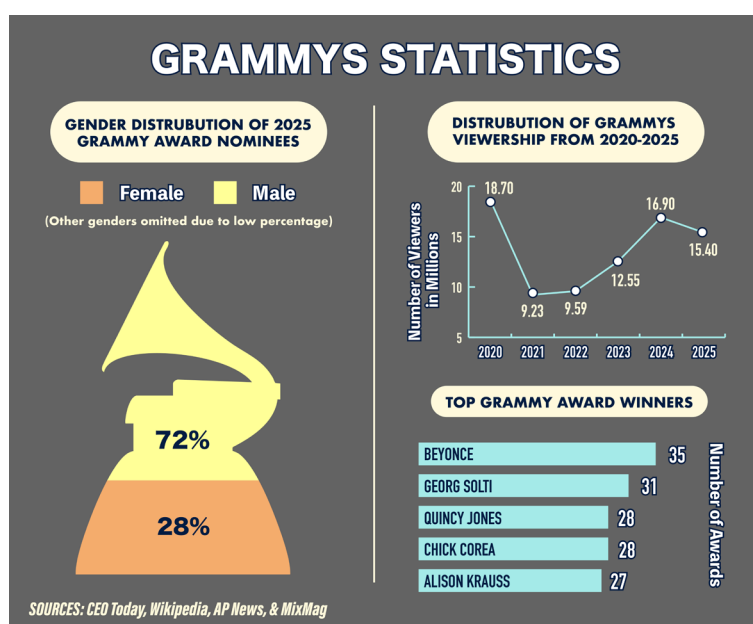
The 67th Grammy Awards: Unforgettable Wins, Bold Statements, and Fierce Controversy

MATTHEW WEI & CHARLIZE SOW

On February 2, Trevor Noah returned to host the 67th Grammy Awards at Crypto.com Arena, marking a night of historic wins, standout performances, and inevitable controversy. However, as the industry celebrated its biggest night, ongoing conversations about representation, bias, and the Grammys' broader influence on pop culture took center stage.

ALBUM OF THE YEAR: “COWBOY CARTER,” BEYONCÉ

This year, amassing to her record collection of 35 Grammys, Beyoncé received the “Album of the Year” award. Her album, “Cowboy Carter,” has cemented her as the fourth black artist to receive this honor. Despite holding the record for most Grammy wins, Beyoncé had never claimed the top prize — until now. When her name was announced, her stunned reaction quickly went viral on social media, sparking debate over the historic win.



C. WANG / THE PHILLIPIAN

REPRESENTATION OF LGBTQ+ ARTISTS:

This year's Grammy Awards saw outspoken advocacy from queer artists, most notably Chappell Roan and Lady Gaga, who spoke in support of the trans community. “Trans people are not invisible, they deserve to be lifted up. Music is love,” Roan stated.

Furthermore, Roan's performance made a statement against Trump's recent restrictions of LGBTQ+ rights, underscoring the importance of protecting trans rights. Roan continued, calling out music labels for not encouraging upcoming artists. “I know how hard it is to be queer in the Midwest and the South...

I really needed a place where people weren't going to make fun of me for how I dressed or who I liked,” said Roan.

BEST NEW ARTIST: CHAPPELL ROAN

Chappell Roan took home the Best New Artist Award, further cementing her rapidly growing success on the Billboard 200, Hot 100, and TikTok charts.

Roan's songs concentrate on queer romance and fame, and she accepted her award with a speech about access to affordable health care. Roan ended her acceptance speech by asking, “Labels, we got you, but do you got us?” shedding light on how labels profit money off of developing artists.

CRITICISM AND CONTROVERSY

Despite the celebration, the Grammys have faced immense criticism over the years, particularly regarding the underrepresentation of certain genres and artists. Though this year's celebration witnessed significant wins for rap and country fusion, concerns still seem to persist. Many argue that Latin music is still confined to its category rather than integrated into the main awards. There are additional concerns amongst music lovers that rock and alternative genres have been less prioritized than pop-heavy music. Though the Recording Academy has made strides in diversifying its voter base, many critics argue that true inclusivity means embracing a full spectrum of music.

Another ongoing criticism is genre bias and raging controversy over “stolen” wins. While Beyoncé's Cowboy Carter win for Album of the Year was historic, it also sparked a heated debate all over social media and beyond. Many fans and critics felt that other artists, for example, Billie Eilish, whose album “Hit Me Hard and Soft” dominated streaming charts and rankings, deserved the win instead. The debate over Beyoncé's victory highlights deeper issues within the Grammys, specifically the Recording Academy's method of choosing winners. While Cowboy Carter was a genre-blending statement, some argue that the Grammys awarded it as a form of overdue recognition rather than for its objective musical impact. Others believe Beyoncé's win reflects the Academy's shifting priorities, favoring cultural milestones over critical consensus.

The 67th Grammy Awards delivered a night of celebration, activism, and debate, reflecting both the music industry's progress and its flaws. Beyoncé's Album of the Year win marked a historic moment, yet it brought about discussions about the Grammys' long-standing biases and the weight of industry politics in determining winners. Yet, as every Grammy night proves, the awards are more than just accolades — they shape careers and influence broader cultural conversations. With the ongoing scrutiny over genre representation and voting transparency, the Recording Academy faces the challenge of maintaining a pulse on an industry that is constantly redefining itself. Whether viewed as a prestigious honor or a source of contention, the Grammys continue to hold a unique grip on the music industry, proving that every win, loss, and moment of recognition carries weight far beyond the stage.

SONG OF THE YEAR/ RECORD OF THE YEAR: “NOT LIKE US,” KENDRICK LAMAR

As expected, Kendrick Lamar's Drake diss-track, “Not Like Us,” won both Record of the Year and Song of the Year, piling onto his stack of five trophies from the night. Kendrick played clean throughout the Grammys, not mentioning his arguments with Drake in any of his speeches, instead giving his condolences to the fire in Palisades and Altadena. “This is a true testament that we can change and restore this city. Keep rocking,” said Lamar. Kendrick then listed off names of LA rappers and neighborhoods, showcasing his hometown pride for Compton as he accepted his award.

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