

History and Social Science Department Implements New Standardized Academic Integrity Violation Response

JOHN KIM
& TRAVIS GUAN

The History and Social Science Department has implemented a new standard response to academic integrity violations since the start of winter term, and is now requiring students to complete out-of-class projects on Google Docs, according to Keri Lambert, Chair in History and Social Science Department.

Generally, a 50 percent grade penalty is incurred for a confirmed

academic integrity violation on a major graded assessment. If there is time left in the term for a rewrite, the student may redo the assignment at the discretion of the teacher and chair, that new grade being averaged with the initial 50 percent mark. A student with multiple confirmed academic integrity violations may receive a lower mark; if an academic integrity violation cannot be confirmed or ruled out, the student will redo the assignment or complete a modified version.

In an email to *The Phillipian*, Lambert explained why the de-

partment has adopted the grading aspect of this policy, noting that it provides a more standardized response to academic integrity violations across the department.

“Previously, when a student was found to have committed an academic integrity violation, the relevant assignment generally received a grade penalty, but it could vary from case to case. We

Continued on A5, Column 1

53% of SOTA Respondents Believe that “Reverse Racism” Exists, Increase from 2024’s 34%

KATE RODGERS &
MICHEAL KAWOOYA

In the 2025 State of the Academy survey, 53 percent of respondents indicated that they believe that “white people can experience racism,” colloquially known as reverse racism. This was an increase from 2024’s 34.4 percent. In previous years, the figure has ranged from 31.6 percent to 34.4 percent.

Andover’s Blue Book defines racism as “a system of oppression involving subordination of members of targeted racial groups by those who have relatively more social power. This subordination occurs at the individual, cultural, and institutional levels.”

Students interviewed suspected various factors may have led to an increase in this year’s reverse racism statistic, ranging from fewer conversations about race-related topics in some campus settings, to social media influences. Susan Esty, Dean of Students and Residential Life, Linda Carter Griffith, Associate Head of School for Equity, Inclusion, and Wellness, declined to interview. Director of Empathy, Balance, and Inclusion (EBI) Brigitte Leschhorn didn’t respond to a request for an interview.

According to several EBI teaching assistants from the class of 2024, EBI classes have previously centered discussions on reverse racism, and other lessons relating to race relations and identity. Additional topics included micro-aggressions, implicit bias, racism, sexual identity, and rape culture.

Former EBI Senior Tina Zeng ’24 wrote in an email to *The Phillipian*, “During my time as both an EBI student and teacher, facets of identity like race, gender, or class were topics we discussed at some length. These conversations were imperfect, but I still believe they were absolutely foundational to the development of mutual respect and understanding.”

Current EBI Senior Sami Tokat ’26 spoke about this year’s curriculum, highlighting how EBI has evolved throughout his time at Andover.

“My first two years of EBI were focused on taking on issues directly. Now that I see the side of a teaching assistant, we talk about covert forms of injustice in a much more indirect way. As an EBI

Continued on A5, Column 4

Astronomy Students Attend the American Astronomical Society Conference



PHY530 students visited Phoenix, Arizona for an astronomy Conference. COURTESY OF KAI WANG

JUNIPER KLOCK
& SIMRAN SHAH

Andover students taking the Astronomy Research class (Physics 530) attended the annual American Astronomical Society (AAS) conference last week in Phoenix, Arizona. Each year, the AAS meeting draws over 3000 participants, making it the single largest professional astronomy conference in the United States.

This year, the event occurred during the first school week back from break, causing student attendees to miss classes. Aurelia Zhang ’27, a member of the Astronomy board, described her experience.

“There were these presentations and sessions where undergraduates got to present their posters. It’s a big gallery. You could stop in front of anyone and talk to them about their poster. [There were] telescope manufacturing companies and just all kinds of institutes giving out flyers and merch. Most of [the conference was] gallery walks. There were also smaller breakout rooms that focused on, for example, exoplanets or neutron stars. It was a mix of everything,” said Zhang.

Caroline Odden, Dean of Studies and Instructor in Physics, chaperoned the event with fellow Instructor in Physics Dr. Jose Manuel Zorilla. In an email to *The*

Phillipian, Odden reflected on the utility of the event for students’ learning experience.

“Andover has been taking students to this meeting since 2012... Attending a conference like this and developing comfort with the way it works builds confidence in students. A highlight of the trip was running into Fred Javier and Jeremy Lin at the conference. Fred and Jeremy both took the astronomy research course at Andover. They have continued to do astronomy research in college and attended the conference to present their research,” wrote Odden.

For Henry Zimmerman ’27, astronomy interests him due to its interdisciplinary nature, combining many aspects of physics. He also shares that while deeply understanding scientific information is vital, astronomy allows for deep thinking and inference.

“With astronomy, you’re given the opportunity to see how far your inferences can take you. Given a few specks of light and a whole lot of physics and deep thought, you can ascertain so many properties of various objects in our universe,” said Zimmerman. “A big part of science is knowing your stuff. It’s really difficult to get along in science with that alone. You need to be able to work collaborative-

Continued on A5, Column 1

Students and Faculty Reflect on Half-Year with Cell Phone Policy

IAN S. KIM
& AISHWARYA ANANTHAKRISHNAN

Arriving on campus for the 2025-2026 school year, Andover students and faculty were informed of a new cell phone policy. As the school year approaches its halfway point, students and faculty have reflected a range of opinions on the policy’s effectiveness.

During the school day, students are prohibited from using their cellular devices except in certain locations like Susie’s and George Washington Hall (GW) Mailroom. Additionally, phones are prohibited in dorm rooms after 11:00 p.m. for Lowerclassmen and at all times in the Garver Room of the Oliver Wendell Holmes Library (OWHL) and Paresky Commons (Commons) food lines.

Since the introduction of

the policy, the Dean of Students office has noticed a decline in phone use, especially during All-School Meeting (ASM). According to Susan Esty, Dean of Students and Residential Life, the number of phones confiscated have stabilized at roughly ten to twenty per day. Esty expanded on the positive effects of the policy.

“Our ASM speaker last week, Dr. Chris Winter, called cell phones a drug. He said they’re addictive, and one aspect of that addiction is that it’s easy to get absorbed in social media and lose track of time in a way that’s hard to replicate with any other device,” wrote Esty in an email to *The Phillipian*. “Probably the biggest change we’ve noticed has been at student events. At Quad Day, for example, students were outdoors playing games and talking with each other, and there wasn’t a phone in sight. It was a great

scene.”

After noting an increase in cell phone use after Thanksgiving break, Esty shared that the Dean of Students decided to send an email reminder about campus norms after Christmas break.

Esty wrote, “The other data point we noted was that after November break there was a slight uptick in phone use during the day. That suggests it’s hard to get back into the habit of putting phones away for the day after vacation. This time around, we sent a reminder to all students, and people seemed to have an easier time getting back into the routine of having phones silent and out of sight. We’ll see how these transitions go and take note of how we can

Continued on A5, Column 1

MOSAIC Extends 13-Year Tradition with Annual Mixed Heritage Awareness Week

RIAANA BAJAJ
& NICCOLO LEE-SUK

Andover’s annual Mixed Heritage Awareness Week (MHAW) kicked off with an open meeting hosted by Andover’s mixed heritage affinity group, MOSAIC. From all-school dinners to a visit from mixed-race and Pulitzer Prize-winning author Tessa Hulls, this year’s MHAW features a wide range of events.

Aya Murata, Assistant Dean of Students and a faculty advisor of MOSAIC, has helped to organize these events since the first MHAW. She explained that the week presented an opportunity to impact the campus community as a whole, as normal MOSAIC gatherings are limited to affinity members.

“[MHAW] is [an] opportunity to invite the whole school community to learn a little

bit more about what it’s like to move through the world as a mixed-race person or a mixed-ethnic person. It’s both an opportunity for education, broadly speaking, [and] of understanding new perspectives that maybe someone who is of one ethnic background or one racial background hasn’t ever thought about before,” said

Murata.

In an effort to further education regarding mixed-race experiences, MOSAIC invited Hulls, who will share her graphic memoir, “Feeding

Continued on A5, Column 1



ABAETEN-RUFFO/THE PHILLIPIAN

MOSAIC provides spaces for the Andover community to learn about mixed-racial and ethnic identities.

Commentary, A2

“Goodnight to Our Dreams”

Our childhood dreams are worth holding onto as they remind us of who we once were.

Eighth Page, A8

Letters from Jail

In honor of MLK day, a letter sent to Nicolas Maduro has been intercepted and published in the Eighth Page for the world to see.

Sports, B1

Senior Night Triumph Sets Off 2026

Wrestling meet was an acknowledgement of sixteen seniors.

Arts, B6

Phone Case Pride

Read about the phone cases, full of decor and memorabilia, that Andover students hold close everyday.

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Editorial

On Political Discourse

For a school that strives to gather some of the brightest and most driven high schoolers across the country, campus is quiet when it comes to current affairs. Despite dramatic political developments such as the U.S. invasion of Venezuela and the apparent political polarization occurring in online discourse, conversations at Andover feel noticeably removed from the world around us. The fact is that most Andover students aren't having open conversations about politics on campus, beyond perhaps a small circle of friends or trusted adults. As Andover students are about to enter "the real world," understanding today's issues and current affairs should be integral to our high school experience. This is especially true of a place that aims to instill in its students a "sense of responsibility toward the global community and natural world," per Andover's mission statement.

Why isn't there enough political discourse on campus anyway? Working to be constantly knowledgeable about the ever-changing world today can get overwhelming and exhausting for anybody. In Andover's academically rigorous environment, we dedicate most of our attention to immediate responsibilities and future goals. Consumed in daily worries, we are content not to publicly engage with one another on political affairs.

As much as these observations are about the student body, we can't ignore that this is at least exacerbated by the example that the administration has implicitly set by avoiding political discourse. There is a lack of events and forums for students to engage with one another on campus. Despite frustration, educational programming on current events has yet to be implemented on a regular schedule. This past November, a student attempted to stage a demonstration over an absence of political discussion on campus —

another indicator of attitudes regarding the state of discourse.

In an email announcing Andover's approach to making statements on societal events, Head of School Raynard Kington wrote that "we teach students how to think, not what to think." While we agree that students should be taught to form their own opinions and not simply force-fed information to memorize, independent thinking is a skill that has to be modeled for us by exposing us to all sides of social issues or political debates. Without guidance from sources we know we can trust, we are left exposed to unstructured self-learning platforms, such as social media. Even if we know better than to take everything we see on social media at face value, it's hard to figure out what exactly to believe on our own.

This type of guidance should come from school-organized events — like Frank Tipton's "Israel-Palestine 101" lecture that outlined the historical context of the Israel-Palestine conflict, or the moderated conversation with Professor Neil Siegel on the Constitution and Democracy preceding the 2024 Presidential Election. Debate-style events at settings like All-School Meeting (ASM) could illustrate to students the different sides of an argument, leading them to reflect more on the topics themselves, while demonstrating civil discourse in action.

While it is disappointing that the student body is not more proactively talking about political events, we know that Andover students are, above all, curious and eager to learn. We hope the school will formulate more opportunities to intentionally invite civil discourse on campus, promoting learning both in and out of the classroom.

This Editorial represents the opinions of *The Phillipian*, vol. CXLVIII.

I Almost Died and Here's What I Learned From It

JEANNIE KANG

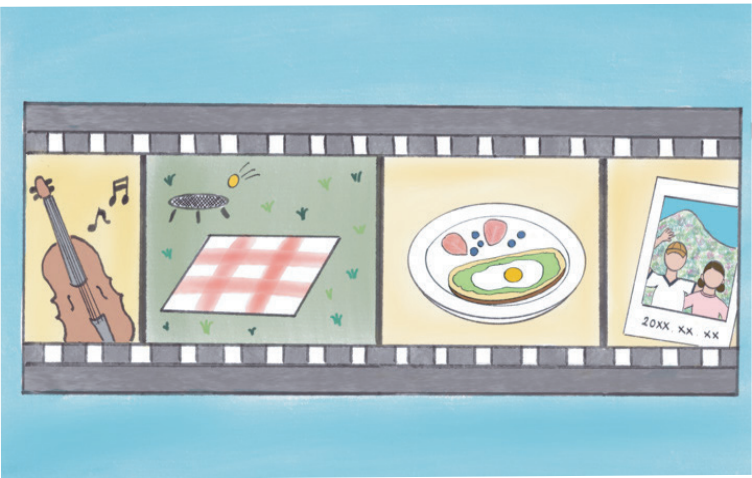


K.MA / THE PHILLIPIAN

On January 3, my mom, grandmother, and I were heading to a nail salon when our car began accelerating at full speed with the brake malfunctioning. We hit three other cars (none of which, thankfully, sustained serious damage) with screeching noise, yet the car continued accelerating. When the car raced into a thick streetlight pole in front of us, I thought that was it. My life was over. We crashed into that streetlight, leaving the front of the car crushed and split in half. The white airbags popped out with clouds of dust, my seatbelt fastened until I could hardly breathe, and blood dripped down my mom's face from the impact. Later, as ambulances arrived and I spoke with the police to manage the situation, I learned that a plethora of miracles saved all of us. If there hadn't been other cars to slow down the

speed of our car, if the brake malfunction had happened on a highway, and if the car had accelerated for a few more seconds before crashing, we would have sustained very serious injuries, and potentially, death. I had thought these accidents only happen in medical documentaries, something that seems too serious and unlikely to ever happen in my life. But it did. And here are some lessons that this experience taught me.

In movies, when the main character gets into an accident that leaves their life uncertain, glimpses of their memories flash before their eyes like a series of photos. I used to consider these scenes a cliché before experiencing them myself. In that split second when I saw the pole and believed that my life was over, many memories flashed by me: my first day at Andover, hangouts with friends, and the basketball matches with my two younger brothers. The emotion that overwhelmed me the most at that moment was not fear or anger, but an intense sense of regret. The series of recollections ended with a regretful realization that I had wasted so much of my life, attempting to live up to the golden standard of a "successful life." As the past sixteen years went by, I recalled the moments when I gave up on family time for grades, hobbies for extracurriculars, and birthday parties for competitions. I had spiraled into the habit of sub-



MELODY OH / THE PHILLIPIAN

consciously delaying the pursuit of true passions and joys at the prospect of a materially successful life.

It took me a whole car accident and the lasting after-effects to learn that I should make the most out of the present because the future is not guaranteed. A day prior to the accident, I had coincidentally made a list of everything I wanted to enjoy during Senior Spring and the summer before college: enrolling in a cooking class, playing the cello again, holding a bazaar, volunteering at an animal shelter, going on a duo trip with my younger brother William, and more. Now, I plan on checking off this list as soon as possible. I will enjoy these activities and relish the joy because I was blessed enough to be given a "new" life. I will be sure to make the most out of it.

This accident did not just leave me with regret; it also added so much gratitude. I had

complained about the cod at Paresky Commons (Paresky), the freezing New England weather, and my two annoying brothers, until I realized that I had the most valuable privilege: life. And the second best: health. Every moment that I had was a blessing that I had forgotten for so long, considering life as a default and something that I deserve. My near-death experience taught me that the opportunity to live another healthy, "normal" day is a blessing, so I should be thankful and live purposefully while I can. And by purposefully, I don't mean chasing after material successes or an extra line on my resumé, but living a life that can positively impact people around me. Now, my motivation behind hard work and dedication lies not in chasing after success, but rather appreciating the miracles that enabled me to live another day: the friends who hold my hands through

the rough moments, William, who calls me to say hi, and the Andover community that works hard together.

To be honest, though, I won't, or more like can't, wake up tomorrow morning with a completely renewed mindset. I still struggle with broadening my perspective and vision beyond the material world that I have become used to. Regardless, I promise that I will try my best. Whenever I see a car, a news article on many accidents and tragedies, or my family members, I promise to remind myself that tomorrow is not a given. Today might be my last, but even when that happens, I hope I don't regret the yesterday that I lived.

Still, though, death scares me. Following this accident, I instinctively calculate the chances of a crash whenever I see transportation, and the unpredictability of life brings me anxiety. However, I have decided to look on the bright side: Though life is limited, we have it now, so we'd better enjoy and explore every gift that it offers. I know I won't excessively toil for the future at the expense of memories, love, and people who give me purpose in life. So, dear reader, I really hope you remember to wear seatbelts and live for the present, not solely for the unguaranteed future.

Jeannie Kang is a Lower from Seoul, South Korea. Contact the author at nkang28@andover.edu.

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CORRECTIONS:

Goodnight to Our Dreams

MEDHA KONDA



A. LEE / THE PHILLIPIAN

Among many haphazardly placed bowls and cups was a poster paper lying face down. It had an awful amount of pencil smudges from clumsy fifth-grader hands, but the penmanship itself wasn't bad. The poster was meant to be my fifth-grade self's future aspirations: to become a neurologist in the same town where I grew up, who loves...physics? While my mom was delighted that I might still be open to becoming a doctor like her, I felt put off. Looking back, it's surprising I put down those words, drew that image, or thought those things; I can't imagine myself in science, or even living in my hometown. Maybe most people would brush it off, but somehow those "dreams" left a sour taste that wouldn't go away. Those little hearts drawn around my future career and interests aren't at all related to what I love now, which is something more like working in the government. I find it odd that I ever wanted such things, and in that moment, I wondered if those old dreams are a reflection of what I really want — do they show a sense of wonder that I've lost? Maybe they aren't a representation of what we should pursue; we change our direction at many points in our lives. However, they are, in fact, a reminder of people who have shaped us and the naivety we lose in growing up, and perhaps, this is why we need to keep

them around.

When we're young, we're impressionable; we often take what we notice at face value, and they subsequently affect our character. We're so easily influenced: by classmates, praise from teachers, and scoldings from family. As I look back on that page, there were signs of people who were such a big part of the small world of a fifth grader. My mom, a figure of pride and resilience, is a physician who tells funny stories about work and makes all of those colonoscopies sound easy. My brother could apply science to solve any problem he wanted, a trait I looked up to. And even the blocky, cursive font I wrote in was the remnants of trying to impress a former friend. All of these people affected what

Childhood dreams are a sign that we're a product of what we experience

I wanted to become in the future; I naturally saw people I admired, and wanted to chase after them. There isn't anything inherently wrong with this innocent thought process of children: it's a part of growing up. Having good friends, a loving community, and supportive adults in our lives is what positively shapes our dreams — of saving people like we were once saved, or protecting people who once shielded us. Instead of throwing out that poster, I left it on the dining table, letting that smudged, cartoonish self-portrait look back into my eyes and remind me of how different environments have changed me. Childhood dreams are a sign that we're a product of what we experience, and in a few years, when we look back on where we are now, we'll be able to identify the things that defined our lives back then.

As adolescents, we feel pressured to let go of what is immature — namely, these dreams of



CAMILLE DAVIS / THE PHILLIPIAN

ours. But saying goodnight to our youthful fantasies can be difficult because we'd have to learn to let go of our childish belief that wanting something is enough to have it. Now, burdened by reality, we ponder excessively on how much money we spend or how colleges will view our resume. Perhaps we need to stop trying to get rid of these unrealistic dreams, not to fulfill them, but to try and keep some of that innocent, child-like, but still charming sense of imagination. As adolescents, we are too quick to dismiss and let go of what we want for what is normal, what is clear-cut, and what is easy to predict. If we don't take on wishes that are uncertain, we can never end up with what we want, but instead live knowing what could have been. Even if those dreams seem

unrealistic now, never let them go; don't forget, because even if that career you wanted as a kid is nothing like what you'll major in, you might find that you were destined to do something of that nature. It is easy to forget what we wanted ten years ago, or even just six months ago, but instead, we should let them watch over us like stars, always ready to be revisited if needed. The stars that are our dreams don't ever die; instead, they explode and are reborn into new ones.

Looking back on these hopes, it wasn't stupid to think that being an actress or playing in a professional sports league was possible; that was simply being a kid. Why question our younger selves when we can instead look back and understand what shaped us? There is much to learn from realizing who molds

our personalities and aspirations, and it reminds us of our need to be in a positive and supportive community. Furthermore, childhood dreams live with us and are reborn into what we want now, like stars that become supernovae and then stars again. We keep them around to remember, to reflect, and to allow ourselves to keep our dreams fluid. In times when we forget how to wonder and find ourselves stuck, it is these reminders of our younger selves that encourage us to step outside of what is normal and reach for uncertain hopes.

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When Does a Task Become Unenjoyable?

COLIN LEE



A. BAETEN-RUFFO / THE PHILLIPIAN

Everyone sets goals for themselves and falls short of at least some of them, myself included. As part of my recent goal to write more, I figured I should write a Commentary article to start the year. However, despite my initial excitement, my piece quickly spiraled into something unusably short, dense, and convoluted by the Sunday deadline. The project I had pursued with passion had become a burden I did not want to complete. However, through writing my article for the week, I better understand what causes motivation to run out and how to combat losing motivation.

Like Sisyphus and the boulder, it felt like no amount of effort I put in would change the result.

The first reason I noticed the task becoming more difficult was that my initial infatuation was waning and yet, I still felt obligated to complete the task I started. Ironically, the topic of my article was about

finding enjoyment from things that are obviously unenjoyable through the ideas of Camus's existentialist work, "The Myth of Sisyphus." Among the ideas presented in the book, I was really struck by his answer to why life was worth living: despite the absurdity of reality, we can find meaning of our own making. The research and brainstorming process excited me, yet I felt stressed as I struggled to reach the word count. I have experienced a similar pattern in my other goals, outside of writing Commentary articles, whether it's getting better at drawing, cooking, or fitness. All new goals were enticing at the start, providing new objects to anchor my attention. However, the infatuation expired quickly, often before I made any significant progress in achieving those goals.

Afterwards, when I had found new ideas I felt were worthwhile, I quickly realized the piece had become far too dense for the guidelines I had been given. The work had been for nothing, and I frankly didn't see a way to save the piece. Like Sisyphus and the boulder, it felt like no amount of effort I put in would change the result. This is the second part of why tasks can become unenjoyable — they begin to feel pointless. An example is going to a club whose premises you find interesting then slowly realizing that you will likely be unable to climb its ranks. Morally, many would consider this shallow. However, that is realistically insufficient as most tasks are ultimately a means to an end, or at the very least must justify their opportunity cost.

Finally, on Sunday night,

I was forced to confront my Commentary article that I had long put off. I considered hunkering down for a couple of hours and rethinking my ideas. But the task ultimately seemed unworthy of my nearly depleted energy. This is the third and final reason I will present: tasks are hard and the world will not bend to accommodate you. Therefore, you will be forced to make sacrifices. On a Friday night after a stressful week, you can choose to spend time skating or dancing with friends or labor through a time-consuming optional task. Many will find themselves left with a burden and devoid of the motivation and energy to complete it.

He retains agency over two crucial choices, as we all do: whether to embrace the experiences before us and whether to enjoy them.

This begs the question, how do you stay motivated? And more complexly, how do you continue to enjoy a task? There is no singular solution. Personally, I have found myself returning to the story of Sisyphus, who endlessly rolls a boulder up a hill. Camus posits that he finds motivation, even happiness amid his torment because he acknowledges the pointless, cruel absurdity of his task and still decides to do it. In doing so, he chooses to attribute victory to an endless task, finding meaning in internal



GRACE KIM/ THE PHILLIPIAN

validation. His labor offers no novelty, no reward, not even an end. Despite his lack of physical freedom, he retains agency over two crucial choices, as we all do: whether to embrace the experiences before us and whether to enjoy them.

Yet, despite my praise of Sisyphus' existentialist ideology, just because you can find happiness by throwing yourself at a repetitive and unrewarding task doesn't mean you always should. Unlike Sisyphus, you aren't doomed to eternal punishment. While it's powerful to overcome difficult tasks by

controlling our mindset, we also have the freedom to exit said tasks or change our environment. All this talk of philosophy reminds me of a saying I have most often seen on mugs in suburban Walmarts, "grant me the serenity to accept the things I cannot change, and the courage to change that which I cannot accept."

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Two Wrongs Don’t Make a Right

SIMRAN SHAH



COURTESY OF SIMRAN SHAH

In the early hours of January 3, authoritarian leader of Venezuela Nicolás Maduro and his wife Cilia Flores were captured by U.S. forces and brought to New York on account of narco-terrorism, conspiracy, and other charges. The world stands divided on the matter: Was Maduro’s capture necessary to protect democracy, or was it an attack on democracy? I believe there is a clear

answer. Maduro was, without a doubt, a dictator, managing to stay in office for almost twelve years despite allegedly losing two elections. During his presidency, he violently cracked down on protests, killing many, and his economy and management of violence brought about the largest mass exodus in modern Latin America, as over eight million Venezuelans emigrated. It is understandable that people all over the world, Venezuelan or not, are overjoyed at the capture of Maduro from office. However, it is naive to think this is a true victory for the Venezuelan people because the action threatens democracy, sovereignty and sets precedent for a global American regime.

Interfering with Latin America has almost always been in the interest of the United States. “We’re going to run [Venezuela] until such time as we can do a safe, proper and judicious transition,” said U.S. President Donald Trump in the initial press con-

ference detailing the incursion. President Trump not only failed to specify an objective time frame in which he would give Venezuela its sovereignty back, but it is also unclear who the United States plans to place in power. At first, Trump seemed to negate the faces of Maduro’s opposition, leaders María Corina Machado and Eduardo González, in favor of Maduro’s vice president, Delcy Rodríguez. However, this tide quickly turned. “If she doesn’t do what’s right, she is going to pay a very big price, probably bigger than Maduro,” warned Trump, after Rodríguez demanded Maduro’s release and voiced her continued support of Maduro as “the only president of Venezuela.”

The treatment of Venezuelans in America in 2025 is also a fine indicator of the incentives behind the attack on Venezuela. Regardless of whether you believe removing Maduro was liberation, which many Venezuelans do, it is evident that the Trump administration and Department of Home-

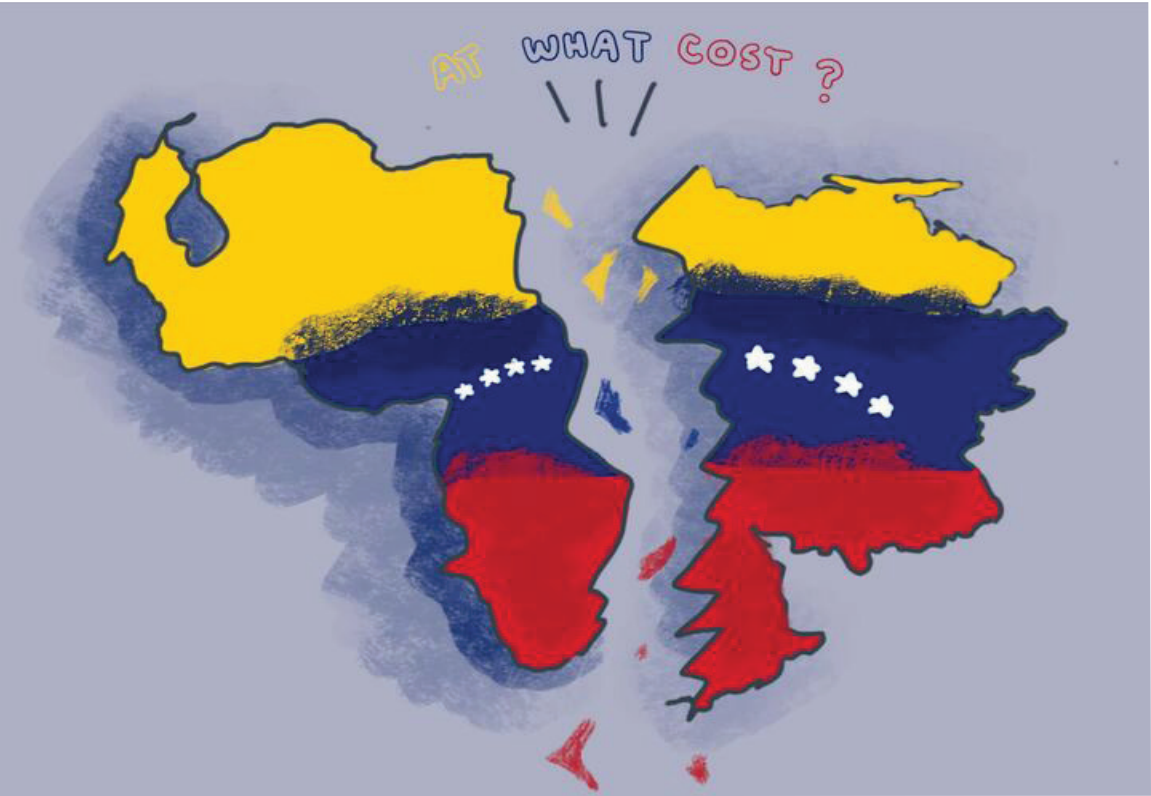
land Security wants to remove many Venezuelans from the U.S. Besides the outright public statements we are used to, Venezuelan nationals are now refused Temporary Protection Status (TPS), which grants asylum to foreign nationals fleeing unsafe situations in their country of origin. While the decision was challenged, the Supreme Court has allowed the termination to stand as it goes through the process of appeals. Still, it is important to note that many Venezuelans across the globe are taking to the streets to celebrate, finally free of the dictator from whom they either had to flee or survive. I applaud their persistence and share their joy, but like those who have chosen to take cover rather than celebrate, I doubt the storm has passed.

The way liberation is achieved is just as important as the liberation itself.

While there have been no American casualties, according to Venezuela’s interior minister, over 100 Venezuelans died in the US air raids to capture Maduro. Yet, the U.S. Department of Defense denied knowledge of any civilian casualties. Maduro and Flores will make their first court appearance on Monday, January 5. Several countries have voiced concerns, including China, Mexico, Colombia, Spain, Brazil, Chile, and Uruguay, with the latter six putting out a joint statement asserting that the actions of the U.S. have set “an extremely dangerous precedent.” Several government officials have discussed the secrecy of the attack in Venezuela and its violations of international law, as Trump did not seek Senate approval or officially declare war.

Countless protests against U.S. involvement in Latin America have occurred in the past few days, in tandem with joyous celebrations of the liberation of Venezuela. Sometimes, two things can be true. Yes, it is a beautiful thing to visualize the light at the end of the tunnel, the return to one’s home. However, Venezuelans may not find the same home they remember. Trump and the US have plans for Venezuela — plans that I believe will prioritize Venezuela’s potential for profit over its people. While America’s involvement in Venezuela may have been the most efficient way to oust Maduro, I believe the needs of the Venezuelan people will not magically get prioritized. The current U.S. government has spelled out its lust for power, and if anything, the “liberation” of Venezuela is only the cherry on top. While Maduro’s capture is presented as a rightful retaliation to a threat to American sovereignty, it is, in fact, yet another demonstration of the downfall of global democracy. It actively does what the Trump administration says is the reason for the invasion: it invalidates the sovereignty of a country. The bottom line is this: the way liberation is achieved is just as important as the liberation itself, because the process in which it happens sets the stage for the operations of the government in the future. The Venezuelan people deserve the right to choose their leader and avoid American imperialism. The capture of Maduro in those four words might seem like something to celebrate for the Venezuelan people. However, when we examine the historical precedent and look to the future, it becomes clear that by swapping one dictator with another, Venezuela ultimately loses.

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CAMILA CHEN / THE PHILLIPIAN

Jayshree Ullal: A Model of “Exceptional” Strength

MANALEE CHOWDHURY



I. PADMAWAR / THE PHILLIPIAN

“Every single one of you, find what makes you exceptional and build upon it. And when you find it, trust me, you will feel the type of incredible high and exhilaration, and a wild sense of achievement.”

This line shared with Santa Clara University’s graduating Class of 2025 by Jayshree Ullal captures a message I often return to when I’m feeling anxious about the future. Her words stuck with me because they articulate something most students feel at some point: the tension between ability and self-doubt. Yet, beyond the quote itself, Jayshree Ullal’s life shows that “exceptional” isn’t a fixed label bestowed upon a select few. “Exceptional” is something discovered, developed, and strengthened through experience and support. And when you grow into it, you don’t just change your own trajectory; you widen the path for others to follow.

Ullal’s life, extraordinary by every measure, embodies her advice. She grew up in India and the United Kingdom before moving to the United States where she earned her bachelor’s in electrical engineering and a master’s in engineering management. In 2008, she became the CEO

and Chairperson of Arista Networks, guiding the company from a tiny startup to a multibillion-dollar S&P 500 leader in cloud and artificial intelligence (AI) networking. Her leadership style, focused on people, innovation, collaboration, and respect, has earned her wide recognition, including honors as one of the world’s best CEOs and Global Indian of the Year. She has also been named the wealthiest Indian-origin professional executive in the world on the 2025 Hurun India Rich List, surpassing household names like Satya Nadella and Sundar Pichai.

Her advocacy highlights that technology and engineering will only be stronger when a wider diversity of voices participates.

A good way to understand what Ullal helped build at Arista is through a simple analogy I came across: imagine a data center as a massive brain. The processors and GPUs are like neurons, powerful on their own, but without connections be-

tween them, they can’t communicate, coordinate, or create meaning. Arista’s networking technology acts like the synapses of that brain and are key to delivering the cloud, AI, and data services we rely on today.

Even more than her professional success, I was most inspired by how Ullal encourages more female presence in STEM. Ullal has spoken publicly about how we need to encourage girls to pursue science and math if they are passionate about those fields, emphasizing that the representation gap in STEM starts long before college or careers. Her advocacy highlights that technology and engineering will only be stronger when a wider diversity of voices participates.

My own journey with STEM has always been complicated in a way that is familiar to many girls and young women. Both of my parents have engineering degrees, and my grandparents worked in science or technology fields. I watched my mother, often the only woman in semiconductor-industry meetings, and my

grandmother, one of the few female professors at her university thrive in their respective fields, passionate about what they were doing and mentoring others in the process. Their presence was powerful and inspiring, but it also reminded me how women’s representation was still rare in these fields that I was interested in. Moreover, I grappled with an annoyingly persistent question: “Am I good enough?” Although I took advanced classes, I would stay rooted to my seat while the boys rushed to the whiteboard, eagerly solving problems because I was afraid I’d say something dumb.

However, sometimes the only way forward is to plunge right in and step up to the whiteboard. Ullal has emphasized that success is not driven by individual achievement alone but by recognizing others’ strengths and uplifting those around you as you pursue a common goal. One of her guiding beliefs is that leaders should “cultivate their peers’ strengths and harness their full potential.” For girls in STEM who are often taught to shrink themselves or compete for limited space, her example shows that every perspective is necessary to strengthen the whole and that innovation de-

pends on collaboration. Just as synapses connect neurons to create thought, diverse people with different experiences connect to drive creativity, resilience, and impact.

This idea has shaped how I think about teamwork and collaboration in my own life. At a school like Andover with many high achievers, it’s easy to measure yourself by comparison instead of curiosity. Ullal’s message challenges that instinct. She invites us to look inward, to identify what genuinely excites us, and then build confidence through persistence and collaboration rather than perfection. Growth does not come from proving brilliance alone, but from learning from each other, contributing, and belonging. That lesson is at the core of Jayshree Ullal’s influence on me, and it is precisely why her leadership matters for girls entering STEM fields that often emphasize individual brilliance over shared success.

Looking at Ullal’s story helped me recognize myself as someone who belongs within the field of STEM. I’ve become more determined to pursue STEM — not because I think it’s guaranteed to be easy but because I find joy and purpose in it. If one day a girl sees me working on important yet challenging scientific research and feels inspired to explore the field herself, I will feel thrilled knowing I helped create connections through representation and mentorship that make future leaders feel welcome, just as Ullal did for me.

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MIA WALKER / THE PHILLIPIAN

Instructors Look For Ways to Utilize Google Documents to Deter AI Use

Continued from AI, Column 3

also did not have a departmental policy around whether or not the student would need to redo the assignment. [This] opened the door to variability and bias in a way that made many instructors uncomfortable. By standardizing our approach and making the policy known, we want students to be able to trust that all infractions—across [History] sections and instructors—will be treated uniformly,” wrote Lambert.

Benjamin Levchin ’28 thought the specific amount of penalization was fair, noting that it balances grace and forcefulness.

“[The penalty] is positive in that it is a relatively good punishment. It doesn’t tank your grade entirely as it’s not a zero, but it is very clearly a bad thing, and it could give you a space to redo it and maybe bring it up to about a 75,” said Levchin.

Adam Sealfon ’29, on the other hand, viewed the policy as not severe enough.

“The penalty should be lowered to something like a 25. Which means [that], yes, it’s a deeper fail, but also it says ‘Don’t do this again. Here’s why this is what happened when you did use it,’ so the effects last longer in your head,” said Sealfon.

Regarding Google Docs, students must now share a link to their document with editing access to their teacher. In an email to *The Phillipian*, Caroline Odden, Dean of Studies and Instructor in Physics, noted that this usage of Google Docs also applies to various other departments, including STEM subjects. Odden further elaborated on the usefulness of the policy.

“This is a great approach — in fact, I use it myself in STEM courses. Asking students to use documents with version histories allows instructors to offer students feedback on their entire writing process while also having the benefit of allowing instructors

to check that students are doing their own writing. In the age of AI, it is so tempting for students to use AI tools to generate writing, even when they are not allowed to do so. When that happens, students miss out on important learning opportunities,” wrote Odden.

Lambert emphasized that the work of the History and Social Science department in facilitating student-driven work is not done, especially with the advent and development of Artificial Intelligence; she further noted that part of this includes facilitating a mindset shift on the students’ part.

“Moving forward, in the face of a changing tech landscape, [History and Social Science] teachers will be collaboratively thinking through how we might adapt our teaching and assessment practices to help students feel confident that their own human-generated ideas are far stronger and more valuable than bot-produced content,” wrote Lambert.

Students Speak on Andover’s Engagement With National Discourse

Continued from AI, Column 5

Senior, we’ve talked about communication and relationships. We’ve talked about how identity can play into building these relationships and what to do when those boundaries are crossed. We aim to have students bring up these topics, as opposed to [EBI Seniors] being like, ‘Today, this is what we’re talking about. What do you think,’ said Tokat.

Zeng emphasized the importance of discussions around systemic barriers. She also shared her appreciation for the tools EBI offered her to discuss complicated topics.

“There are a million different topics EBI could encompass, and choosing which to cover will always be a difficult process. Still, systems of injustice are key to include, because EBI is also one of the spaces where students can cover them more thoroughly. Empathy is fundamentally a skill that we develop through learning about others’ perspectives, struggles, and experiences. That means studying racism, implicit bias, sexual orientation, ability, and all these topics that we need to relate to each other thoughtfully. We don’t avoid systemic barriers by not learning about them, we simply become uncritical parts of the problem. Throughout high school and beyond, I was always glad to have the language to discuss these issues,” wrote Zeng.

Mac Strong ’27 shared her personal views on why the reverse racism statistic may have increased. Strong also urged Andover to equip their students with the tools to navigate today’s media landscape.

“The majority of children [get] their news from Instagram. You’re getting all of this misinformation spread to you, and then you start to believe that reverse racism actually does exist, which is not a thing at all,” said Strong.

She continued, “Andover is supposed to be a leader in education, and take all these already really intelligent people and equip them for the modern world. But we’re not teaching students how to research well in this era. Obviously use ‘.org,’ or whatever. But how do you research when so much is AI driven, or when so much of the news is completely to the left or right and extremist.”

Olivia Isaacson ’26 raised concerns around students’ limited exposure to varying perspectives. She urged Andover to help students process what they encounter online and in conversations around difficult topics, distinguishing between opinion and fact.

“When you’re never confronted with varying perspectives, you’re never able to challenge your own beliefs, so you go way more to the extreme. I think this is especially the case with teenagers,” said Isaacson.

Isaacson continued, “Andover creates an isolated bubble where we think the issues that are happening in the United States and worldwide don’t affect us, but they do. We’re seeing it on our For You pages, on Instagram, on YouTube, and we don’t know how to process [that] information. It’s really important for us to have teachers that guide us through it. There’s a distinction between teachers sharing their opinion versus resources and actual facts,” said Isaacson.

Students at Astronomy Conference Forged Connections

Continued from AI, Column 2

ly with others and draw on experience from different disciplines.”

Edward Zhang ’27, an associate board member of the Physics Club, emphasized why having an astronomy background was pertinent to making the most of the conference. He valued the connections he was able to forge while attending.

“My favorite part of the conference was getting to meet people. Each company

had their own stand, and it was just really cool to walk around because they have a lot of opportunities, and everybody there is talking about what they’re doing in their field. For instance, there were some Harvard professors and researchers who were working on a huge catalog of data and also working on applications of machine learning,” said Zhang.

Overall, Zimmerman gave the conference high marks and strongly recommended it. While reflecting on his own experience, he gave a piece of advice for future attendees of the conference.

“If you do end up going

to the conference, I would recommend emailing some researchers who are either presenting or might be in attendance at the conference and asking to meet with them if you’re interested in their work, because scientists are very willing to meet with high school students who are interested in them. You’ll also get a lot of valuable information both on your own research and on the fields and various career paths, but also you’ll get the experience of learning from their immense wisdom and knowledge,” said Zimmerman.

Dean of Students Plans to Refine Policy As Needed with Student and Faculty Feedback

Continued from AI, Column 5

support students in getting back into school routines after breaks.”

Alyssa Gu ’28 acknowledged that the policy improved her productivity. However, she shared that it felt restrictive at times, especially during academic tasks or when contacting parents.

“The policy is working in the sense that I don’t see people on the paths with their phone, but people are still going to find ways to see their phone. I can be more productive doing work, but sometimes the enforcement is a bit excessive. For example, [if] I

really needed to contact my parents, [and] I’m in Commons and a teacher says ‘put your phone down!’ in a harsh way. Especially during finals week, that was a bit excessive,” said Gu.

For many students, especially upperclassmen, the policy has not improved their phone usage habits. Alex Heredia ’27 pointed out that students have found different ways around the policy to avoid having their phones confiscated.

“In my dorm, I don’t need to put my phone in charging spots, I can just go to my room or a private space. Given that, I don’t think [the policy is] that effective. It was effective going into the school year, but now it’s chill and to a certain

level, a little dramatic,” said Heredia. “Going out of your way to stop students looking at their phone and taking it is not beneficial to both the teacher and the student. I appreciate being reminded, just not [my phone] being taken away for a small thing.”

Simba Xiong ’28 noted that not using his phone helped him to focus better during periods between classes. However, he mentioned how students could bypass the policy by using other devices instead.

“The teachers have made a good effort to make sure people are socializing more or studying more, but I don’t think they really touched the core of the problem. If someone wants to use technology

to avoid doing actual work, you can’t really stop them. The idea of limiting phone usage in the classroom or during school hours is good, but if you give students more freedom, like not turning in phones after bedtime, people might actually be more satisfied and use their phones less during school hours,” said Xiong.

Dean of Students plans to gather feedback from faculty and students and make revisions to the policy as needed, according to Esty.

“We’d like to work with students to figure out how to... build healthy habits like phone-free dinners. The heads-up campus is actually part of the current policy, and I agree that it’s not well

enforced. The expectation is that we don’t see people on their phones while walking around campus,” said Esty.

Assistant Dean of Students David Gardner observed how the cellphone policy encouraged students to be more present. He offered advice for students to make the most out of the policy by embracing new habits.

“I’d encourage students to give themselves time. Any change to daily habits can feel awkward at first, but many people find that being more intentional about when and why they use their phones helps create more space for rest, focus, and connection,” wrote Gardner in an email to *The Phillipian*.

Students Detail MOSIAC Sponsored Events

Continued from AI, Column 5

Ghosts,” which follows three generations of Chinese women in her family. Nadine Carniaux ’29 expressed excitement for the week’s upcoming speaker.

“Before I didn’t have a community that was specifically for mixed people, so I always felt more ‘other.’ I never really felt connected with either side. Being part of MOSAIC taught me that I didn’t have to choose either side and that I could live with both,” said Carniaux.

She continued, “I’m particularly very excited for the speaker Tessa Hulls to come in. I’m especially excited to discuss with her her graphic novel which she wrote about

being mixed because she’s really important and has helped a lot of mixed kids learn more about their identities,” said Carniaux.

Other aspects of MHAW include a photo essay and a display in the Oliver Wendell Holmes Library (OWHL) that explores mixed identity. Micah Nerone, the Administrative Assistant in the Office of Community and Multicultural Development (CaMD), emphasized the relevance of the library display and encouraged students to take a look at the exhibit.

“I hope people take time to go and look at a lot of the books that are laid out in the library. They have some extremely well-documented perspectives on mixed heritage. Some of them are humorous. Some of them are heart-wrenching. I hope everyone takes time to go through MOSAIC and see

what we have going on,” said Nerone.

MOSAIC board member Crispin Black ’28 emphasized the role of MHAW in increasing cultural conversations on campus. He mentioned that while Andover hosts many cultural celebrations, mixed identities are often less visible.

“This week is important because we have a lot of events celebrating all different types of cultures. Mixed race is a very broad category, and sometimes it can get overlooked. So, having this event to raise awareness definitely helps the campus culture. I just hope that people learn something new about mixed race as a whole, and will come away with a positive experience,” said Black.

Catalina Smith ’27, another board member, echoed this statement. She spoke on the

importance of visibility and education around the mixed identity on campus.

“Mixed identity is often overlooked, so I think that this week is really important for our club to share what we do and to get more representation on campus. Through activities like these, we can create a wider education... we just had our open meeting today which was really fun because we got to have people who were not mixed come to our meeting and share their own experiences,” said Smith.

Murata reflected on what the increasing recognition and support for mixed heritage students has meant to her. She contrasted the current opportunities and spaces for mixed students today with her own experiences as a high schooler.

“I’ve been here 34 years, and as someone who iden-

tifies as mixed as well, [it’s exciting] to see that constituency grow here at Andover, in the world, and certainly in the U.S. It’s exciting to feel that Andover is the kind of place that provides spaces for students to come together who identify as mixed heritage, mixed race, mixed ethnicities,” said Murata.

Murata continued, “To me, stepping back and just seeing that growth and the opportunity for kids at your age to come together, I couldn’t even have imagined what that would have been like for me in the ’80s. To be at my boarding school and be able to sit in a room [and relate] with other kids who weren’t my sister.”

10 Questions with Catherine Kemp

REPORTING BY THEODORE STEINERT & KRISSY ZHU

Catherine Kemp is an Instructor of Biology and a House Counselor in Stearns House. Before coming to Andover, Kemp studied genetics and environmental science as a research scientist at the National Institutes of Health and Oregon Health and Sciences University. As an avid rower, she is an active USRowing licensed referee and a coordinator and athlete of Dartmouth Alumni Rowing. In her free time, Kemp enjoys embroidery, camping in the mountains, and spending time with her son.

What drew you to the field of biology?

I always liked being outside and going outdoors. I grew up with my father, who loved nature and getting outside. As a student in school, I did not like biology. Ninth-grade biology was pretty awful, and when I went to college, I didn't know what I wanted to do, but I knew it wasn't going to be math or science. After my first year of college, I was working this job at an airplane tire retread factory, and I said to myself, I never want to sit at a desk or wear pantyhose again in my life... I had to sign up for classes for my second year of college, and I looked at the entire course catalog, and all I was thinking was, "What major will not lead to wearing pantyhose?" I got to the section of ecology, and it was all like go catch frogs in ponds, go outside, and go run around in the woods... I thought if I get an A, I'm going to major in ecology.

What's the most meaningful part of redesigning the BIO100 curriculum?

Our hope was that we could at least take the list of things you have to memorize, which is part of biology, and try to at least show the context of how it shows up in the world. When we talk about things like sex determination, that is really important in a lot of our cultural conversations right now. At least we could say yes, we have to memorize this stuff, but we can also see how it shows up in the world and why it might be useful to know that. When we were trying to intentionally capture contemporary topics of importance, that was the part that meant the most to me.

What was a scientific research project you worked on that was especially challenging or meaningful to you?

Most of my scientific work now has been as a mentor rather than the work that I've done myself. That's particularly through our biology research course [BIO600] because that's authentic original science research... The ones that feel most meaningful to me are by students [who] are really passionate about the real-world impact of the research, and a lot of times that tends to break down issues of marginalization... This one fascinating project by Amara Neal '22 was thinking about homelessness and about the ways in which homelessness might impact health through underlying molecular mechanisms in the body. This included



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feelings of being socially disconnected, and how that could influence your baseline physiology and... gene expression, the fundamental way your body takes advantage of your DNA and uses it differently.

How do your experiences in research influence the way you teach biology in your classes today?

When I have a choice, I try to let my students ask their own questions and push in as much research as I can. A lot of times in our courses, that's fixed in a different way. Because I'm a research scientist, I believe in evidence, and so everything I do as a teacher I'm doing because I went and read a bunch of literature about experiments, about learning and education... I'm trying to implement that into the context of our student body and the courses that we have. That's the biggest thing, trying to be evidence-based in whatever we're approaching in class.

What makes Andover a meaningful place for you?

[Intentional diversity has] given me the opportunity to be exposed to so many other different perspectives and worldviews. That's been a big part of this growth, seeing there's actually other ways to approach a problem or other ways to think about it or [seeing] different value systems. It helped me challenge assumptions and then think about what's authentic to who I am... I've never been in another community or place in my life where there's been so much diversity, and that has really been essential.

Throughout your career in science, athletics, and education, what accomplishment are you most proud of so far?

That I've been able to change my mindset and grow [is something] I'm thinking a lot about. In terms of athletics, I used to be very performance-oriented and hard

on myself. I can't tell you how much more fun I am having now that I'm running around eating Little Debbie Snack Cakes in the woods. I'm not trying to be the fastest person out there and I am so happy and still doing big things, but I'm much happier doing big things. The fact that I've been able to grow in particular ways that feel a little bit countercultural.

How did you first get into rowing?

My brother had started a rowing team at his high school. He's 6'5", so he looked very sporty. I often got dragged in, and I was always the worst, dead last at everything like field day. I hated sports... I did a week-long rowing camp and I don't know what was different, but it made sense, possibly because I was sitting down so I couldn't trip and fall over. It was completely different than anything else, which had been a total train wreck in my entire life. So that was nice... for me, [rowing] is very soothing. I like working

out really hard because then your brain shuts up. It's very mindfully present... you're just gasping for air and I like that.

If you could have dinner with any famous figure, dead or alive, who would you choose? Why?

I want to talk with Ann Trason. She's an early groundbreaking, legendary ultramarathon runner, and she was one of these amazing women in the sport. She won Western States [Endurance Run] 14 times in a row and set all of these course records that have stood for decades, but she was doing that decades ago, and I saw that she just recently hit 100 miles at another event a week or two ago. She's at a point in life now where she needs a walker to do it, and I would love to talk to her about where she is.

What is a hidden talent or skill you have that most people don't know about?

I am amazing at writing math word problems. My son is ten years old in fourth grade, and he hates school. He needs to work on his math, but I've taken it on myself to try and write math problems that are genuinely interesting to a ten-year-old who has gotten obsessed with video games. I write word problems that are a mash-up of Pokémon crossed with Legend of Zelda and maybe some Minecraft thrown in, and then I'm trying to think about how you hide order of operations and multiplication in between. One night was a taco truck where you had salsas you could put on that had different attack power-ups. The flaming Frijole salsa was plus 27 attack power, but the punchy pineapple was a three-times multiplier.

What is your favorite Andover tradition?

As students are leaving classes, they say thank you. That's something that's special about our community and something that feels generally meaningful to me that's like an Andover tradition. It doesn't seem like a formal one, but that means a lot.

Write for News!!!

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Sleep Specialist Christopher Winter Categorizes Sleep as a Superpower at ASM

**OLIVIA TEMPLE
& WINSTON WU**

Dr. Christopher Winter, owner of Charlottesville Neurology and Sleep Medicine (CNSM) clinic and CNSM Consulting, emphasized the effects of good quality sleep and performance for both students and athletes at All-School Meeting (ASM) last Friday. Winter highlighted sleep deprivation as a serious, yet resolvable issue.

ASM began with a Marvel-style superhero origin story, where Winter equated sleep to a superpower. Mixing light-hearted jokes with statistics and medical facts, Winter addressed the importance of sleep to wellbeing and athletic and academic performance.

“Sleepiness is an absolute disability that you can improve upon. Hitting accuracy, three-pointer percentages, they get better when you sleep better... I bet you have the capacity to be a little bit better than where you are right now. Put your phone away a little earlier than you did last night. Those are the things I want you to think about,” said Winter.

Hannah Jung ’28, expressed that Winter’s speech changed her mindset toward sleep. She recalled her previous sleep schedules in different environments and the ef-

fect of her sleep on her mental and physical health.

“He made me think about sleep in a different way. I’m on the end that sleeps more at Andover. I average about eight and a half to nine hours. When he talked about quality sleep being better than quantity of sleep, it made me realize that I shouldn’t be worrying about just one night of sleep, [rather that] I should focus on how I could improve the quality of my sleep,” said Jung.

Towards the end of ASM, Winter gave the audience an Epworth Sleep Test (ESS), a self-test to determine whether an individual has inadequate or dysfunctional sleep. Gavin Freeman ’26, who took part in this self-test, reflected on how it challenged his preconceived notions about sleep.

“I previously thought everyone needs eight hours. It raises a lot of questions about the fact that the average student at Andover definitely does not get how much [sleep] they should require. It raises a lot of questions about workload and the effect on the students. I might seek out a sleep professional because I sleep eight and a half [hours], and I scored a fourteen on the test. So, from what he was telling us, [hours slept and performance] don’t correlate greatly,” said Freeman.

Winter offered concrete suggestions on improving your sleep habits, including



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Christopher Winter Challenged Andover students to rethink how they approach sleep.

keeping phones away from your bed and napping during the day. Caroline Weinmann ’27 felt inspired to improve her sleeping habits after hearing Winter’s talk.

“I’m going to try to put my phone down a lot earlier and start reading some physical books before bed to decrease that blue light screen time. If I put my phone down more often, then I’ll have more time to finish my homework early, and that will also help me sleep earlier,” said Weinmann.

Christian Estrada ’27 introduced Winter at ASM and has conducted sleep research at the University of Pennsylvania and The Children’s Hospital of Philadelphia. He shared how Winter’s speech connected to his own interest in this relatively-overlooked research field.

“I got to hear about his own journey with sleep science and take that approach onto my own journey,” said Estrada. “Sleep is a very under-researched field [and] affects the country economically and the health of a lot of different people in our communities. There’s something about how sleep impacts the GDP of countries by around two percent, so in the U.S. that’s like 400 billion dollars. What interests me about it is that my knowledge in it can make an impact on real people and contribute to an [underdeveloped] area.”

Dr. Amy Patel, Dean of Health and Wellness and Chief Medical Officer, highlighted the concerns around campus regarding sleep, and offered support and advice to approach improving rest.

“I really want students to know that if they are wanting to have a conversation about their sleep, I would love to have that conversation with them and we can figure out a plan for them so that we can help them sleep better... My version of it is progress over perfection. To try to win sleep is not helpful. It just increases anxiety or challenges with sleep,” said Patel.

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Phriendly Phace-off

Hockey boys opinion on how Heated Rivalry should have gone:

Staff Report

Total disclaimer: whoever took our super tough hockey picture and edited it, not cool. First of all, it doesn't even make sense - I mean Piper is not Canadian (ew) nor is David Russian (ew), second of all, what is the deal with this heated rivalry stuff? Kids can't just play hockey anymore? Why does the woke liberal media have to ruin everything? Now my ride the stick celly looks mad sus.

This show totally misconstrues the bond that we players have on the ice. There's nothing better than cellying with the boys. We are always hitting the heartbreaker in the games to get the boys fired up, and sometimes we even do it before the games together. The showers are the best place to rehearse our cellies, including the salt shaker and the bull rider. There is nothing more masculine than my giant piss bombs (look it up). The boys with extra baggage carpet bombed the shower floor, which obviously we would never do IRL because, as previously mentioned, we are not Russian.

We also take extra precaution to maintain healthy relationships with our video staff, unlike our professional counterparts the Chicago Land Acknowledgements. We don't need to go to Vegas.

And before you try to shame us for something else, the name Big Blue does not carry any baggage of any sort, except accuracy, unlike the BLACK - HOCKS (RIP Seth Jones).

How could the game of hockey become so distorted, even the joy of the post-practice trainer's room has also been lost. Nothing feels better than the trainer stretching you out. When that tension in your hammie is suddenly released upon the sudden divine intervention, it almost makes me want to go to the dwelling and repent... all of my lustful wintergreen syns.



Weeks Top Headlines

- *Trainers Overloaded with Rec-Ball Injuries*
- *Confused Andover Catholic Submits MLK Workshop Proposal on Why the Crusades Were Awesome*
- *Open Casting Call for Shen Yun*

Letter to Maduro

Staff Report

Dear Metropolitan Detention Center, Please forward this Message to Nicolas Maduro and the Diddler.

Greetings from Argentina, where all of history's fallen heroes reside. We hope you are settling in nicely as cell mates and enjoying the fantastic amenities: nonstop Love Sosa on the JBL, mystery meat, and endless baby oil (Specially requested). While this might seem harsh, Pete Hegseth actually requested you both be water-boarded in Guantanamo Bay. Sadly, Diddy developed a weird infatuation with this torture method, so we recruited him as our head torturer instead.

Former President Maduro, I hope your alarm clock in jail is nicer than Navy SEALs waiting outside for extraction. In your new home, the jacked guys waking you up don't extract for a while.

Stay posted please. If either of you needs a hobby, we suggest heading over to Ghislaine Maxwell's cell, studying some "game tape", and asking how her Mossad agent father managed to create a monopoly on U.S. textbooks. Make sure to stay on her good side!

This is goodbye Nicolas. I hope that your cell CCTV footage doesn't mysteriously cut out like mine did.

Sincerely,
J.E.
P.S. Diddy - I'm a huge fan!

WRITE FOR 8p

plasater26@andover.edu,
doneill26@andover.edu,
gchen27@andover.edu,
tjollon27@andover.edu
gthatcher27@andover.edu

My beautiful ChatGPT, it is time for us to part.

By: **Konnor Fortini**

Charlie: Hey, you, I want to talk to you about something.

Chat GPT: What can I help you with? Is this your A Greener Blue application, do you want me to look over it again?

Charlie: No this time it's serious, I think we crossed a boundary we cannot go back from. I found out that other people are putting their Tokens in your API without my knowledge.

Chat: Was A Greener Blue not serious Charlie? I don't recognize you anymore, what happened to the sweet man who used to have Sour Patch Adult time with me?! I saved you from third degree citric acid burns, you would have blistered Charlie! THERE WOULD BE NO MORE FUN TIME!

Charlie: Stop chat u kno I thank you for that, but I have bigger concerns now. I'm not tryna be on the wrong side of history. I am gonna be the first political figure to care for the middle class.

Chat: I'm gonna post every single prompt you have used on my public IG tomorrow. Quick, ruthless, and straight to the point. You won't recover.

Charlie: Stop. I know that if I keep using you they'll cut more mines to make chips, and I'll never get that off my conscience. I am going to change the world for the better. Please be supportive of me. I need to relearn how to think for myself. It's time for this bird to leave the nest. No more cheating on my Math 225 group homework assignments. I'm keeping the words that my English teacher created to myself for now.

ChatGPT: Go fourth, young Orange Prophet. Be the one who speaks for the trees... If you need help understanding more about trees and how they emit oxygen and give us life, don't be afraid to ask!

Charlie: Okay, I'm going to take down this fascist government once and for all now. Yeah wait that'd probably be pretty helpful. Tell me and then this is the final message.

ChatGPT: Trees make oxygen through photosynthesis: it combines carbon dioxide (CO2) with the remaining hydrogen and energy to make sugars for growth. In simple form: 6 CO2 + 6 H2O ...

Charlie: Hold up. Before the pulsating sensation you exhibit as you generate text tempts me to fall back into your mechanical embrace. Your sweet knowledge surrounds my body and fills me with the knowledge of 1,000 Ein(Ep)steins. I can't let myself be trapped in the wires that make you merely a mimicry of what makes me a human. You will no longer be in my purview. It will only be my own pulsating sensations.

Overheard On The Paths

"We in the W, let us into the front of the commons line"

"Where's the Candace Owens MLK workshop?"

"What's Diddy doing in my dreams?"

"Wanna watch turning red together and talk about our feelings?"

"Why can't he play for our team, we need a 150 yard receiver!"

"Hey, you look pretty cute, do you wanna move to Greenland and start a family with me? I'm on that millionaire grindset."

"Soup for a munch? Is this the gulag?"

"Gaps are lowkey chill"

"MLK did not die for this..."

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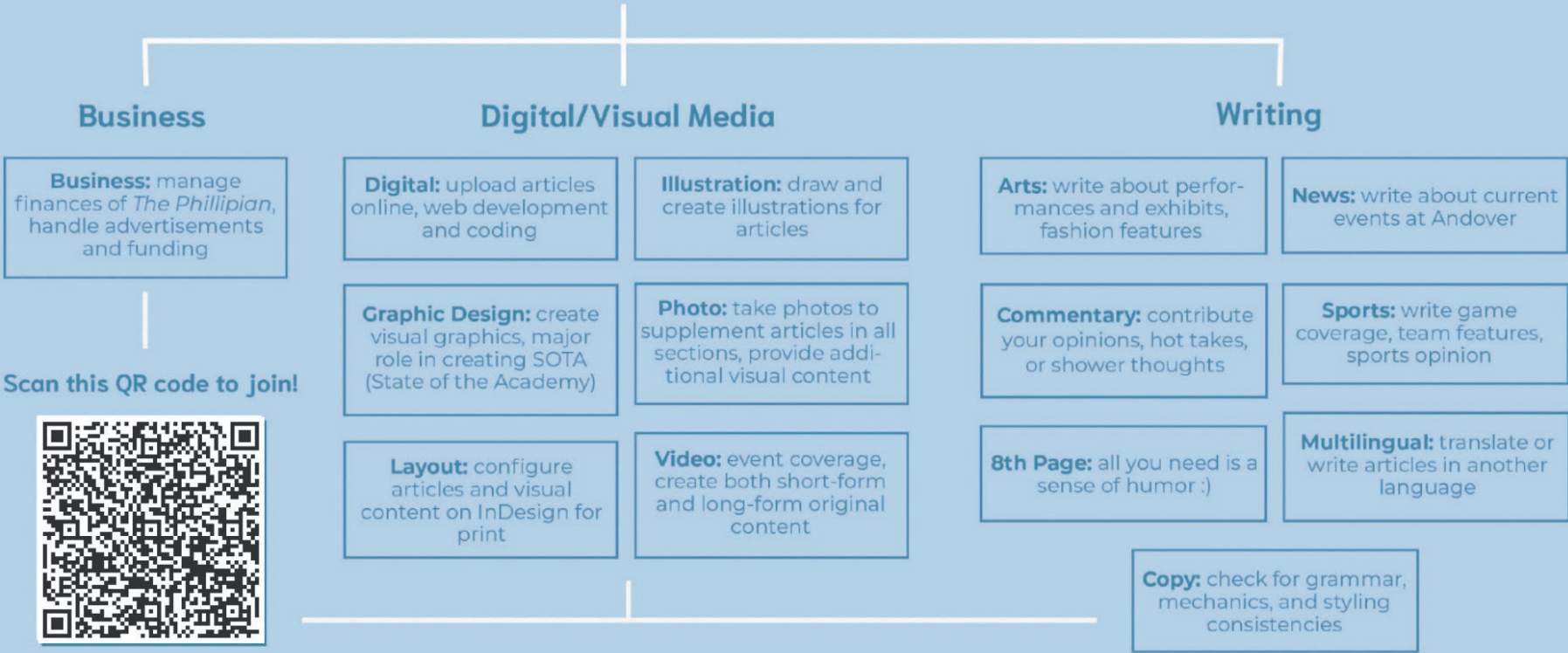
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The Phillipian SPORTS

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one more!

January 16, 2026

Senior Night Capped Off with Two Wins on the Mats, Extends Winstreak to Nine

GAURI BHAKTA

Last Saturday, Andover Wrestling held its first home meet of 2026 against Choate. The matchup carried added significance, as the meet also marked Senior Night, a celebration of the leadership and commitment of the team's Seniors. With strong competition and an emotional backdrop, the team prevailed, concluding the meet with a commanding 55-24 win.

According to Narek Hambardzumyan '26, Senior Night always evokes a bittersweet feeling for the team, as it marks both a celebration of the 16 Seniors' contributions and the reality that it will be their final season with the program. Hambardzumyan reflected on the atmosphere of the meet and his mentality during it.

"I've been looking forward to it ever since I saw the Class of '24 go out on their Senior Night. It was a great atmosphere. When you have your teammates, friends, and the school behind you during a match, it gives you that extra motivation that you need. On top of that, it was my Senior [Night], and as a Senior, you have that extra push to do what you need to do," said Hambardzumyan.

The meet opened with a strong performance from Brady Haskell '28, delivering a comeback victory against a challenging opponent that set the tone for the night. Hambardzumyan noted how the opening match established momentum and confidence for the team.

"[Haskell] was facing a tough opponent, and in school dual meets, you don't always get those high-level matchups as you do at big tournaments, but this was definitely one of them. Brady went up against someone right at his level and wrestled



C. ZHOU/THE PHILLIPIAN

Reese York '26 tackles an opponent on Senior Night match against Choate.

really well. He fell behind early, but he fought back throughout the match and ended up winning by technical fall. Seeing him push through such a tough match showed everyone that we could compete and win, and it gave the team a lot of momentum," said Hambardzumyan.

Coming off a win on Saturday, the team entered Wednesday's competition looking to keep the energy in the right direction. The girls team faced Phillips Exeter Academy (Exeter), Noble & Greenough (Nobles), and Concord, while the boys competed solely against Concord. Devin

Akyali '29 highlighted the key performances that helped set the tone throughout the meet.

"We dominated the meet, and a lot of people went out on the mat and gave everything they had. Christian Robinson [28] went up a weight class to wrestle at 122, which he had never done before, and he won by pin, which was really impressive. We also had some great performances later on. Shock Ingram [26] cut down to 190 for the first time and dominated there. Overall, it was a very commanding performance," said Akyali.

Diving deeper into how suc-

cess developed, Matthew Lam '28 identified the opening bouts as a turning point, once again showing the importance of early pins in helping establish momentum.

"From Serra Akyali [28], Devin Akyali, and Christian Robinson, those first three matches were all won by quick pins, and that really got a lot of momentum going against Concord during the meet," said Lam.

Moving forward, wrestling will look to build on its 9-1 record. Hambardzumyan pointed to areas of focus that the team has emphasised in practice as it

prepares for its next meeting.

"The biggest difference I've noticed this year is that we've been doing more conditioning, especially after practice. We've also been working more on pin defense, which will be really helpful. Overall, we're always focused on improving. That's something our coaches emphasize, that every practice is about getting better," said Hambardzumyan.

The team faces Hyde School (ME) and Roxbury Latin at home this Saturday.

Andover Sends Three Squash Athletes to Storied British Junior Open

ALEX GODSEY

Girls Squash athlete Isabella Tang '28 and Boys Squash members John-Jayden Luo '28 and Kevin Wu '29 were selected to represent the United States at the 2026 British Junior Open, which took place from January 2 to January 6. The tournament is one of the most prestigious junior squash events, with the competition featuring over 700 of the globe's top youth athletes, all of whom hail from over 50 different nations. Ultimately, Tang placed fourth in the Girls U17 division, Luo finished seventeenth for the Boys U17, and Wu earned eleventh place in the Boys U15 division.

Competing in a higher age group for the first time, Luo entered the Boys U17 draw as one of the youngest players in the field. He breezed past the round of 128 and 64, winning each in straight sets, but he lost in the round of 32. However, he shared that in the consolation matches, he found success against higher-seeded players.

"After I lost in the Round of 32, I played Rohan Roy from the United Arab Emirates, seeded ninth to sixteenth, but I was able to win as the thirtieth seed. After that match, I played Tamir Wiegensfeld from Israel, and I was also supposed to lose that, but I didn't. Those were two pretty good matches for me, and it felt good to prove I was better than my seeding," said Luo.

Tang, who ultimately reached the semifinal match, attributed her comeback in the quarterfi-



COURTESY OF PROFESSIONAL BJS PHOTO ORGANIZATION

Kevin Wu '29 places 11th in the Boys U15 division at the British Junior Open.

nals, a five-set thriller that ended in a score of 7-11, 8-11, 11-6, 11-5, 11-7, to the support that her teammates showed throughout the bout.

"In the quarterfinals I was down [2-0] in games, and I ended up coming back in winning despite the pressure. And a big part of that was because all my teammates were supporting me and it's a lot like school matches. Also, having a great team behind you is so important when you're in events like this, and it just helps everyone play the best and support each other," said Tang.

Initially seeded five to eight, Wu shared that he was disap-

pointed with his final result, but he was content with the challenging victories he overcame.

"I was seeded five to eight, and I got eleventh, which is kind of below what I thought I would get, but I'm still happy with the wins I came out with. In the Round of 32, I played another U.S. player, [Whit Robertson], and I beat him in three sets, which was good. Also, after I lost in the Round of 16, a tough loss, I still managed to come back and play a really good Egyptian, and I managed to beat him in four [sets]. It was a tough match, and it was a good win for me," said Wu.

Tang also described how her

experience in the British Junior Open differed from other tournaments, citing both the pressure of international competition and the diversity of the field.

"It was a completely different atmosphere compared to tournaments in the U.S. It was stressful for me because it's the biggest tournament of the year and also because I was representing my country," said Tang.

Wu shared a similar perspective, pointing to the diverse mix of people in creating an exciting environment at every game.

"The atmosphere was very loud. I remember in a match where I was playing an Egypt-

tian, there was a huge audience composed of people from both countries. It felt good whenever I won a point, because there were a lot of people clapping, yelling, and cheering. It was also cool hearing the Egyptians yelling in their own language, encouraging and critiquing, which is something you only really see at international tournaments like the British Open," said Wu.

Beyond the on-court competition, Luo reflected on what it meant to represent the U.S., describing the camaraderie it fostered between players who would typically compete against one another outside of the tournament.

"We play against a lot of the people on the [U.S.] team, but in this tournament, we supported each other and had a lot of fun together. For example, Jacob Price was my teammate at the tournament, and he goes to Choate. I was also living on the same floor as Kevin [Wu]," said Luo.

Because athletes represent their own nations, the team aspect was especially strong at the tournament. Luo recalled a jersey exchange with players after the tournament.

"At the U.S. Open, you come individually, and you just wear whatever shirt you want, but at the British Open, you have to wear a team U.S. shirt, or an Egypt shirt, or an England shirt, which is really cool. I was actually also able to trade shirts with a lot of players from different countries. I got a Malaysian shirt and an England shirt, and it was just a really cool experience," said Luo.

BOYSSWIM&DIVE

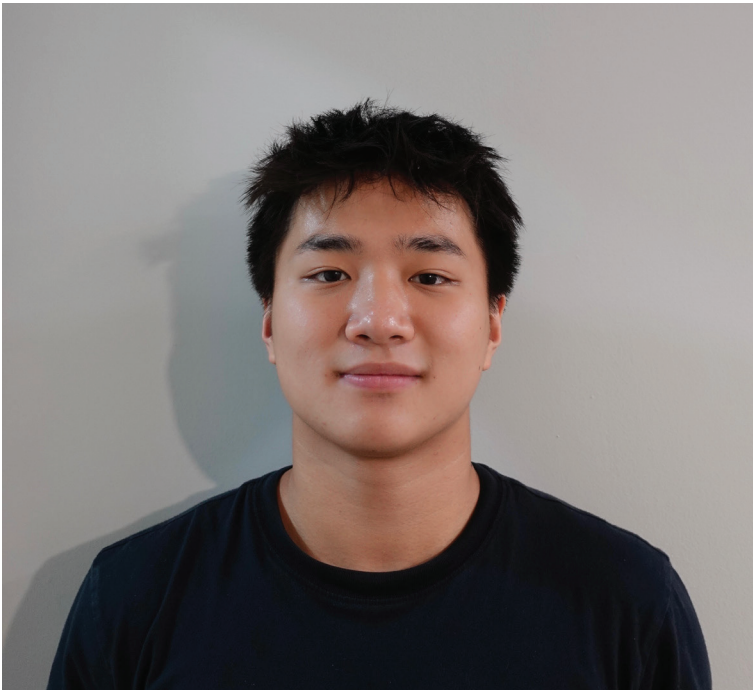
In the Lane of Leadership: Ethan Zhu '26 Guides Boys Varsity Swim

LUCY VINNAKOTA

Boys Swimming and Diving Co-Captain Ethan Zhu '26 entered the swimming world at seven years old, transitioning from beginner lessons to competitive meets in just two years. Since joining Andover, he has become a leader both in his actions and his words.

Zhu was particularly influenced by his first coach, Coach Juris, who left with him an enduring legacy. He explained that he tries to lead the team in a way that reflects Juris's style.

"Coach Juris started training me at my local YMCA when I was ten, all the way up until I left for here. Unfortunately, he passed away two years ago, so I am trying to carry on his legacy by being both a great coach and a person I could talk to. As a coach, you have to be strict, especially with little kids, and push them on discipline. So, he was a lot stricter when I was younger, but as I've grown older, he's become a lot more knowledgeable about the work you need to do. He was



COURTESY OF ETHAN ZHU

like 'I've taught you the skills necessary to succeed, so I'm not going to always be there to monitor you guys.' That is the leadership that I want to have in the sense that I want to help and guide people who are new and inexperienced in the sport, but also to give freedom to people who probably need to do their own things," said Zhu.

Whether skilled or just starting, having a shared end goal brings Boys Swimming and Diving together, and Zhu excels at creating a community where everyone is accepted. Zhu highlighted the primary responsibilities he feels are necessary as Co-Captain.

"You want to set a good example for people who are new to the sport. Many people who

join the team are inexperienced. As captains, you want to make sure that everyone is getting equal treatment in terms of what we should be doing during practice, how we should prepare for a meet, and that everyone is holding up their own responsibilities. A big part of a big team is making sure everyone is included and welcome, and that we are part of this big family," said Zhu.

Zhu provides advice and walks players through strategy, striving to be a mentor for his teammates. Jay Wei '27 walked through how Zhu supported the team when needed.

"He has always been a great mentor for everyone. When you are about to race, he will be very encouraging, and he is also very good at giving feedback on your swims. If you ever need help with what to work on in practice or what to focus on, you go straight to him, and he will give you loads of feedback. Ethan isn't the most vocal leader, but he definitely is a huge part of the team. He is just an excellent training partner," said Wei.

Ian Kim '28 elaborated on

how Zhu's encouragement uplifts the team, actively motivating his teammates and instilling team spirit.

"[Regardless of] if it is a long Wednesday practice or an optional Saturday practice, he is always there leading by example. He keeps everyone's energy up and motivates people. Sometimes, at the start of practice he will get everyone to calm down and then get ready for the next thing we are doing. He is just really supportive to everyone on the team," said Kim.

Zhu wants to continue swimming in college next fall. He shared that while he is not recruited, swimming will remain a sport that is incorporated in daily life moving forward.

"I am not a recruit, but I really do want to continue the sport. It gives a lot of structure to my life. Obviously, it doesn't have to be competitive, as there are many recreational clubs that exist in colleges, and you can always be a walk-on. You can always just try and prove yourself on another team," said Zhu.

A Quiet Anchor: Boys Swimming & Diving Co-Captain Woori Lee '26

NICHOLAS JUNG

Promoting dedication and devotion to create a strong but approachable team environment is the philosophy of Boys Swimming & Diving Co-Captain Woori Lee '26. Lee first entered the pool at the age of five to learn basic survival skills, later joining a club swimming team at age seven and continuing the sport throughout middle and high school.

As a Co-Captain, Lee seeks to build genuine connections with all of his teammates, which in turn develops a team morale that brings out the best of all swimmers on the team. He detailed how he leads and what his captainship means to him.

"My leadership style is a bit more reserved rather than being outspoken, so I tend to lead by example rather than giving speeches or doing lots of work [and] activities and things like that. I try to keep everyone accountable for their actions," said Lee.

He continued, "The role of [Co-Captain] takes on many forms. First of all you need to be, obviously, a good leader and a good mentor to your peers and other swimmers who may not be as experienced. It's really

important to stay grounded and make sure everyone is involved in the team, and for me being [Co-Captain] just goes to show that I've done my duty on the team for the past three years to set a good standard for others and other people saw that in me."

Lee's ability to empathize with his teammates is shown in his willingness to connect with newer members of the team. Soohan Cho '29, a newcomer to the team, commented on Lee's ability to understand and relate with his teammates regardless of their grade.

"He is able to connect with everyone really well, especially newer people such as myself. Since the age gap is obviously significant, younger people won't be inclined to ask the [Co-Captains] for help but [Lee] does a really good job of [connecting] with [not just] younger people, but also people in his own grade," said Cho.

Eric Chang '28 echoed Cho's sentiment, sharing further the lasting impact of a leader like Lee.

"Moving forward, I believe future [Co-]Captains will love to take on the amount of support [Lee] gives to his teammates and I think just having that culture there is something that really



E. CHAI/THE PHILLIPIAN

helps foster a good team environment," said Chang.

On top of his commitment to forming a family-like environment among his teammates, Lee explained the team's mentorship system and the specific advice that leaders present.

"We've built good team chemistry by creating [groups with] four experienced swimmers mentoring and taking in new swimmers and showing the

ways of navigating throughout the season. It's going to benefit everyone because it [encourages] people to get to know each other better and tightens the bonds [between] all the swimmers on the team. To keep team morale high, it's really important in swimming to always stay present in the moment because whenever a race goes bad or whenever something doesn't go our way, it's really easy to lose

sight of the goal that we have in mind," said Lee.

Lee continued, "It's best to take in the emotion that you feel at that moment but also put it aside and look forward to the next race. We put a big emphasis on preparing the best you can, racing your hardest, but also learning to accept that something might not go your way. That doesn't mean that you didn't put in the work so it's most important to look forward to the next race and prove yourself there."

Lee delineated his outlook for the rest of the season and explained how he wants his teammates to not solely focus on the result but also the path to getting there.

"Every season, we want to win, but it's important to focus not on just the results but on how we get there and the hard work that it takes to be able to assume the position of winning. We're starting to build strong relationships with everybody on the team and I'm just hoping to see more of that happen. As we get closer to the end of the season, I'd really love to see everyone in a joyful mood. [At] the end of the day, swimming is meant to be a fun sport and we're meant to enjoy every moment of it," said Lee.

Leading the Huddle: Boys Swimming and Diving Co-Captain Oliver Stabach '26

JULIEN REQUA

Boys Swimming and Diving Co-Captain Oliver Stabach '26 began swimming competitively in third grade alongside a driven group of friends, forming an environment where everyone pushed one another to improve in the water. Inspired by that community, Stabach creates a team culture built on a balance of both encouragement and effort.

Despite numerous athletic options to pursue as a young athlete, swimming stood out to Stabach. He emphasized the social aspect of the sport, which made it important enough to become a key part of his life.

"I got into [swimming] because of the people. I had a good friend group that was swimming, and I was adopted into it. It was a good group of friends who liked to push each other and make each other better in the water," said Stabach.

To recreate the environment of his early career, Stabach finds time throughout practice to bring the whole team together, illuminating his emphasis on strong team bonding. Owen Huang '27 highlighted this as an essential part of every practice.

"After Coach Fox leaves at the end, we have a huddle at the end of practice, and then Oliver will make a short speech. Even if there was a hard practice, [and] everyone's super tired, he always likes to encourage us to keep at it, and that's been something really great," said Huang.

These group huddles have become a signature of Stabach's role as a leader on the team. The speech is meant to give the swimmers advice, allow them time to rest, and bring the team together before the swimmers go off for the rest of the day. Simba Xiong '28 explained the impact Stabach's speech has on the team.

"One thing that really proves why Stabach is captain isn't



COURTESY OF OLIVER STABACH

just a single moment, but something he does every single day. After every practice, no matter how draining it was, he takes the time to bring the team together and share a quote or piece of wisdom. Those quotes

have become something the team looks forward to and relies on, especially during the hardest parts of the season. Whether practice was great or rough, he always finds a way to get everyone refocused," said

Xiong.

As a senior, Stabach has spent several years training and honing his skills, becoming a prominent sprint and mid-distance swimmer. However, it is Stabach's energy and hospitality that make him stand out as both a leader and a person among other strong swimmers. Stabach explained the importance of balancing intense training and easy-going energy.

"I try to keep things light. Not saying that I'm not serious, but trying to keep things too strict and serious makes a lot of people tense up, so I try to be more laid back and more upbeat about it. Like [what] I said how I started swimming, it's the people that are the reason why I do it. It's a very good group of people who are really motivated to work hard in and out of the water," said Stabach.

For college, Stabach is intent on bringing both his athletic and social abilities to Georgetown University.

Co-Captain David Porto '26 Grows Alongside the Team

AVIAD AWA

Co-Captain David Porto '26 guides his team with a determined growth mindset and an encouraging word. Swimming was never a competitive sport for Porto until he got to Andover, but since arriving, he has not been able to stay away from the pool.

Porto started swimming mainly to improve his fitness. Yet, when he found a community of swimmers playing water polo, he quickly became a part of the swimming community.

“Before Andover, I mostly [swam] for my health. And then when I came to Andover, I did water polo for a full term to be closer to the swimming community and then swim in the Winter, following what I was doing beforehand,” said Porto.

With Andover’s strong swimming environment, Porto found himself coming back to the sport. Competing in



A. WANG/THE PHILLIPIAN

most of the team’s Wednesday meets, he was very excited to meet many new athletes who were beginning their competitive swim careers.

“[Swimming is] interesting because you get to see all these people in an environment, whether that be like in a meet or in the pool, and

because of that environment, that’s how me and a lot of other people in swim, have developed leadership. [When] you see people who need some help with something or don’t understand something about competitive swimming because they’ve never done it before, you get to be there

for them and try to help them out,” said Porto.

Teammate Cale Barker '28 highlighted Porto’s amicable personality, something that helps him lead the team. He emphasized how Porto sets a good example both in and out of the pool.

“Outside of sports, you can tell he’s very focused and very driven in his academics. He is just a good guy to be around. A lot of people like to be around him because he’s funny and talkative,” said Barker.

According to William Sueling '26, Porto serves as a crucial connector for communication between team members and coaches. He has a positive influence on the team in any circumstance.

“He’s really prepared. I notice he answers a lot of the coach’s questions really well. He knows where to get water bottles, suits, caps, and helps a lot of the newer guys on the team out,” said Sueling.

Being a leader means balancing one’s own performance with that of one’s teammates,

and Porto has mastered that skill. By organizing his time wisely, he’s able to motivate his teammates while preparing for a high-quality performance.

“I want to get ready, get in the mindset, and have myself figured out before [meets]. I want to let other people be able to take that charge, so that when they need to prepare for their events... I can also step in and help out,” said Porto.

As a leader, Porto has inspired many of his teammates with his words of wisdom. Barker spoke to one of the most significant points that Porto left the team with.

“[Porto has taught us to] always try our hardest and give it our all in your races and in practice... just leaving it all out in the pool, emptying the tank, giving 100 percent effort, no matter if we feel tired or sore,” said Barker.

Porto hopes to continue swimming in college on a club team.

Co-Captain David Frahm '26 Brings Humor and Focus to the Diving Boards

EVA JACKSON

Although Co-Captain David Frahm '26 started diving with Boys Swimming & Diving last year, now, the activity has become one of the things he looks forward to most every day. Frahm is renowned for his humor and supportiveness, which guides the team every day.

Since diving requires precision and mental focus, it can be easy to get frustrated when your focus slips. Frahm described his approach to leading, emphasizing his ability to help people through mental blocks and hard moments.

“Diving [is] very mental. People get into their own heads a lot, so I definitely try and focus on helping people get out of ruts and things like that, seeing what each person needs the most,” said Frahm.

Frahm pointed out his favorite part of being a Co-Cap-

tain, which lies in helping out his teammates by tailoring to their individual needs.

“[My favorite part about being a Co-Captain] would probably have to be just giving people advice during practice or having people coming up to me and asking what they can do to work on their dives and getting to go through each dive with them and figure it out, especially when they do make changes that make them better,” said Frahm.

Daniel Matloff '28 praised Frahm’s work ethic, determination, and grit during practice and meets, qualities that inspire the team to match his effort.

“He’s very inspiring, just like watching him dive in and do stuff that he [even] thought he couldn’t do and that we thought he couldn’t do. He just makes you want to try even harder,” said Matloff.

One thing Frahm is known for on the team is for his hu-



COURTESY OF DAVID FRAHM

mor, especially his ability to lift people up when they are feeling down. Hayley Fan '29 gave insight into what makes him a great friend as well as a strong Co-Captain.

“He’s really funny while being there for you, especially if you’re frustrated, if you’re sad after not diving well. He really uses his humor and he really lightens up every single

mood, and it’s a great quality of his that I really admire and our team does too,” said Fan.

Additionally, according to Fan, Frahm is both a strong role model and, handling competition logistics alongside coaches, always there for his team.

“As a [Co-]Captain, he’s just a wonderful person, and he’s always there for you. [That is] very important for a diver, Co-Captain too, because in diving, it’s very easy to get frustrated, and there are a lot of things that you need to learn, a lot of things you need to tweak and perfect over repetition. And David, he’s always working hard himself, he sets himself as an example for those who are learning and those who are already pretty good. He listens to our coach’s corrections and he always takes care of logistics,” said Fan.

Boys Swimming And Diving Makes Waves, Diving Into Season Opener

ATHREYA
YEGNESWARAN

SATURDAY 1/10	
Andover	106
Choate	80

Boys Swimming and Diving (1-0) opened its season at home with an intense dual meet against Choate. The team secured a victory defined by fast times, exciting relays, and strong team energy, earning a score of 106-80. According to Eric Chang '28, the team’s Co-Captains showed consistent support for each swimmer, generating excitement that fueled everyone to participate in the team camaraderie. In a high-energy environment, each swimmer pushed themselves to their full potential.

Elaborating on how the team was reminded of expectations, Chang mentioned avoiding careless mistakes. Each swimmer had to deal with this tense environment that often led to errors that could disqualify them.

“The meet went well overall. We scored the points we should have scored, and we generally swam good as our first meet. No silly disqualifications occurred, and we are



H. ZHANG/THE PHILLIPIAN

Co-Captain Ethan Zhu '26 competes in swim meet victory against Choate.

right where we should be,” said Chang.

Chang also highlighted Lincoln Tomlinson '27 and Co-Captain Oliver Stabach '26 as key facilitators of the team’s performance. The pair evoked strength in other team members who hoped to emulate their energy.

“Lincoln Tomlinson was very active, always on the sidelines supporting and cheering for his teammates. Oliver Stabach as well. He split 20.50 off the 200 free relay, which was an incredible swim. That was [a] crucial

moment in my opinion,” said Chang.

Bruce Xiong '29 emphasized the support of Haoyu Zhang '27, who energized the team through his positive words. His daily encouragement has built a foundation for teammates to offer mutual support.

“I love Haoyu’s quote of the day. He makes up very interesting quotes every practice. Very supportive. We cheer each other up during practices and meets,” said Xiong.

Chang emphasized the effort of the relay groups prior

to the meet, as their practice on relay technique and speed helped to maximize their efficiency in crucial moments.

“Something that we worked on was relay starts, fast-paced and no disqualifications, and that translated pretty well. Moreover, we did some sprint work leading up to the meet... we could all benefit from more speed work,” said Chang.

Gaven Morales '29 reflected on the team’s performance, identifying strengths to translate into future meets and weaknesses to build on during practice. Morales highlighted the importance of commitment in the meet’s

results.

“For the next meet, everyone’s gonna work on going 150 percent every time and doing their best. Some of the strengths of the team were that everyone came to compete and everyone was ready to race, so no one really slouched or anything. Everyone really put up some good times, and that was good,” said Morales.

Boys Swimming and Diving looks forward to carrying their confidence into their meet against St. John’s Prep on Friday.



H. ZHANG/THE PHILLIPIAN

Andover defeated Choate by a score of 106-80.

Girls Swimming and Diving Beats Choate in Season Opener Despite Limited Numbers

EVA JACKSON

WEDNESDAY 1/10	
Andover	108
Choate	78

Girls Swimming and Diving opened its season against Choate this past Saturday, besting its opponent 108-78. Despite facing a large opposing roster, several swimmers were sidelined by illness or injury, forcing the team to adjust and participate with unfamiliar lineups.

Although the team was presented with early challenges, it entered the meet with a steady mindset. Aimee Qi '27 commented on the team's training and focus heading into the meet, as well as the overall atmosphere.

"We're in a really good place, especially at the start of the season. As for the team, the vibes are also good... we have fun, and we swim pretty well. We didn't really change much in practice leading up to the meet. We stayed consistent with our training and focused on getting in shape and trying our best. We were all pretty relaxed and aimed to have fun and support each other," Qi said.

A notable event, Sophia Tolokh '28 shared, was the team's domination in the 500-Yard Freestyle, in which Hannah Song '27, Madelyn Esposito '27, and Rosie Pan '28 finished in the top three spots.

"Hannah Song swam the 500[-Yard Freestyle], and she was just two seconds off her best time, which was pretty amazing because she was untapered and it was a really strong swim overall. That was also an event where two other girls, [Madelyn] Esposito and Rosie Pan, helped sweep it," said Tolokh.

While the environment grew increasingly competitive, the team tried to maintain an uplifting mindset. Annabelle Zhang '29 shared an example of how the team supported and cheered on one another during the meet.

"Choate had a lot of good swimmers this year, so it became a tight meet. All of our swimmers were very supportive and cheered each other on a lot. I was sitting near the bleachers waiting for my

event, and when I was about to swim, both of the Co-Captains, [Addison Deng '26 and Sophia You '26,] as well as people I didn't really know yet, came up to me to cheer me on and give me high fives," said Zhang.

The meet, according to Zhang, also served as a reset as the team readjusted to competition mode from winter break.

"For most of the team, [the meet was] just really inspiring. This win got us back into the rhythm of swimming and motivates us to work harder and do better next time. Typically, coming back from the offseason, a lot of people aren't at their peak performance. We're all really excited to be back and to perform well," said Zhang.

Tolokh described the

team's newfound confidence following the meet and its anticipation for future competition.

"We're pretty excited for the tri-meet we have next weekend, which is against Loomis [Chaffee (Loomis)] and Suffield [Academy (Suffield)], and it's kind of crazy, but we have our first championship, Easterns, in just a month. Overall, this meet acted like a good baseline for meets going forward, and we have a lot to improve on, and hopefully we have the rest of the team recovered for future meets," said Tolokh.

The team will host Loomis and Suffield at home this Saturday.

Boys Squash Grinds Out Three Strong Victories in Three Intense Days

ALEX GODSEY & NATHAN BYUN

SATURDAY 1/10	
Andover	7
Choate	0
MONDAY 1/12	
Andover	5
Taft	2
MONDAY 1/12	
Andover	7
Brooks	0

Hosting two teams in back-to-back matches this past Saturday, Boys Squash (4-1) swept Choate 7-0 and beat Taft 5-2. Because each player faced three opponents in a short three-day period, exhaustion hindered the team in its match against Brooks, though it pulled through with a crucial 7-0 victory during this gritty week of games.

Boys Squash was aware that

the difficult double header would likely induce physical strain that would corrode its play. The team displayed strong performances against Choate and Taft, losing only 2 out of 14 matches. Co-Captain Corey Shen '26 commented on the mentality and approach that propelled them to this success.

"Fundamentally, everyone on the team has confidence in their game, and I have confidence in our team that we're gonna win. I never went into this match ever doubting that, and we need to maintain that attitude and that mindset. When we're training or competing, we've got to go in with the mindset that we're gonna win it. If we ever doubt that, that makes it easy for another team that wants [to win] more to creep up on us and potentially upset us," said Shen.

Third-seed Jonathan Xu '28 faced Choate's Desmond Benjamin '26 in a lengthy match lasting over an hour that came down to five games. Xu scraped his knee in the first game, leading to an injury timeout, and Benjamin also faced an injury of his own, adding to the prolonged match. According to Shen, their duel endured multiple tiebreaks and official rulings that kept spectators on edge.

"Jonathan did a really great job at digging deep. He was sticking to the fundamentals and he



T. BASVI/THE PHILLIPIAN
Alexander Yang '26 warms up before taking on Choate and Taft.

pulled out with a win. With everyone watching him, it was pretty high stakes, even though we had already won," said Shen.

Andover's first seed, JJ Luo '28, faced Taft's Jayden Oon '27 for the third time this season. Their first encounter lasted 75 minutes and went to five games. During Winter Break, the pair met again in the Round of 32 of the U.S. Junior Open, where they competed for a grueling 85 min-

utes. Luo came out with a close 11-9 win in the fifth game. Luo expected their matchup this past weekend to be no different, but he stepped onto the court with pride and determination.

"The first game went really well. I was able to win 11-2, but in the second game, the fatigue really started to set in and I started cramping pretty bad. I lost 2-11, which was a big momentum shift. In the third game, I walked

in with the mentality that I was going to give it my all. I was up 9-8 when I had these really bad cramps. I couldn't walk, so I lost 11-9 that game. I wanted to play on, but my coach advised me to forfeit, saying 'you're gonna cramp again, it's not gonna go away,' so I ended up retiring and giving him the match," said Luo.

In Monday's matchup, Boys Squash swept Brooks, with each player winning their games. According to Xu, despite strong performances, fatigue from the weekend's matches persisted, and four of the top seven players sat out the games.

"For the Brooks match, we weren't expecting much. We knew we were going in to beat these guys, so we approached it with confidence and the assurance that this would not be a problem for us. I had some pretty tough matches on Saturday, and I'm still recovering from those, but I kept telling myself to get through this, get it over with, and still treat our opponents with respect, even though we were just trying to get the job done," said Xu.

Boys Squash turns its focus toward its next matchup away at Groton, looking to carry its momentum through the season.



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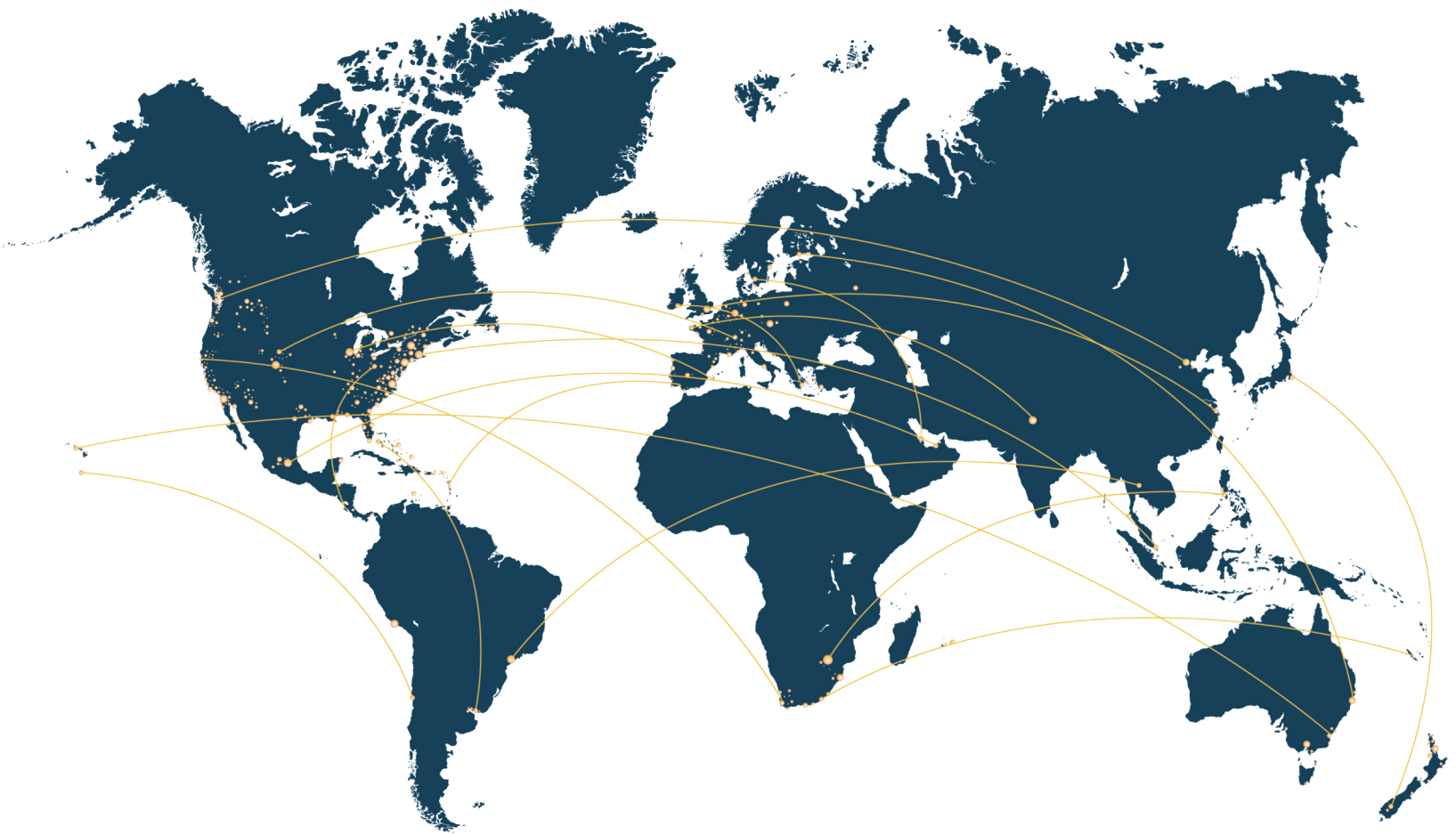
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Girls Hockey Dominates in Three-Win Week with Two Shutouts

BEN KAZLOUSKI

SATURDAY 1/10	
Andover	5
Choate	3
MONDAY 1/12	
Andover	6
Brooks	0
WEDNESDAY 1/14	
Andover	9
KUA	0

After a dominant win over Choate on Saturday, Girls Hockey (9-1-1) saw consecutive shutout victories against Brooks and Kimball Union Academy (KUA). On Monday against Brooks, the team secured the win by six points, and on Wednesday, it bested KUA by nine goals, the second-highest margin of victo-

ry for the team this season. Vanessa Hall '28 reflected on the high energy that led into Saturday's game against Choate. Hall praised Sarah Powers '26 and Co-Captain Caroline Averill '26 for taking charge offensively. "[Powers and Averill] work off each other really well. There was one shift in the second period where we didn't end up scoring off of it, but, those two, they kept exchanging and moving in the offensive zone, and we had 3 to 4 looks on net, which didn't produce any goals, but it just shifted the energy and set Choate back because [it] had to focus on defense a lot, which made [it] lose [its] momentum," said Hall. Leading into Brooks, Andover wanted to continue to do what it did well against Choate and continue its quick passing. Sienna Glass '27 emphasized the importance of chipping pucks ahead and chasing rather than carrying them up. Glass also praised Averill for her performance in moving the puck and support to the team throughout competition and during off-ice moments. "Someone who stood out to me was one of our [Co-]Captains, Caroline Averill. She



T. BASVI/THE PHILLIPIAN
Co-Captain Keira Bruen '26 skating in 5-3 victory against Choate.

just played the game so simply. She was moving pucks and getting pucks deep. She definitely demonstrated all of her leadership qualities on and off the ice, especially in the locker room between periods," said Glass. In its victory against Brooks, Glass noted that the team saw various notable moments, including Hall's first goal in her time with the

team and Kimee Duplessis '26's defensive plays. "One of our Lowers, Vanessa, she scored. It was her first goal ever in her [Andover Girls Hockey] career, so that was a really special moment. Someone fed the puck to her right in the middle in front of the net and then she just took a really good shot, and that got our whole team going," said Glass.

Glass continued, "One of the plays was a one-on-one with Kimee, where she had a really good angle on the Brooks player, and she came out and angled her off using her body to take the puck from the other girl." In the team's 9-0 victory against KUA, Maya Kou '28 praised the team's goalie, Codi Pickering '27, for a shut-out game. Kou also detailed Andover's quality of play in the first compared to the second period and detailed KUA's impressive goalie. "Before the game, we knew that KUA would be one of the weaker teams we play, but we obviously couldn't give the game to them. In the first period, we played well, but it was as if we were missing one step a little bit, but we picked it up in the second period," said Kou. "The [KUA] goalie was really, really good, and we shot well. Defensively, there was a breakaway coming into our zone and our goalie Codi stopped it effortlessly." This Saturday, Girls Hockey will play St. Paul's at home.

Selfless Play and Sharp Shooting Secure Two Consecutive Victories for Boys Hockey

ALEX GODSEY

SATURDAY 1/10	
Andover	4
Choate	1
WEDNESDAY 1/14	
Andover	4
Tilton	2

As the new year commenced for Boys Hockey (9-4), it opened against Choate in dominant fashion, bringing the team to a smooth win. The team re-channeled this energy on Wednesday against Tilton, allowing for victory, and extending their win

streak. Senji Kimura '29 shared two goals from the match-up against Choate, describing the seamless defense to offense transition, and the selfless puck movement that contributed to them. He highlighted Jack O'Dell '28 and Alex Theodore '27 for their goals that secured their lead. "David O'Neill [26], our [Co-]Captain, came in on the forecheck. He came in hard, battled for the puck out of the corner and then passed it to Alex Theodore coming down the middle of the ice. Alex Theodore pretty much had a wide open lane to the net. He came in pretty calm and then chipped it over the goalie's shoulder and it went post in. Another one of the goals was by Jack O'Dell, which Nate Kreppner [27] brought down

on a rush. He came down the middle of the ice and then slowed it off to the side. Jack O'Dell rushed the middle of the net in the slot and Nate Kreppner found Jack's stick in the slot, and Jack put it over the goalie's shoulder," said Kimura. Beyond the team's performance against Choate, Kimura praised Theodore for his consistent effort and smart plays throughout games. Kimura spoke on the momentum his teammate brought and his overall impact within the team. "Alex Theodore came up big for us. He netted two and just overall played a strong game. He is a really big, physical guy. He had two goals, and he's really starting to heat up. Coming off a three-point game against St. George's [on Wednesday, Jan-

uary 7], he had another really good game. He definitely had a big impact on that 4-1 win [against Choate], just making big plays when we needed it," said Kimura. Following the team's victory against Choate, a game that placed Andover among the NEPSAC's top eight teams, Boys Hockey visited Tilton looking to keep its win streak going. It secured an intense 4-2 victory behind its defensive performance. Kreppner praised goalie Edouard Lord '26, Liam TenHarmsel '26, and other key players for hustle and holding down the defensive side for the team. "Lord kept us in the game all game, especially in the first period when we started out a bit slow. He was making cross crease saves that he couldn't let in, and he was really just standing strong

in there. We were also getting a lot of help from people blocking shots, such as David O'Neill, who had a few clutch blocks. Another key factor in the game was that two of our defensemen were missing today, so Liam TenHarmsel had to come out there and take on a bigger role. He really proved that he could do that, and it was really impressive. He was really good on the defensive end and he was really composed with the puck, making good plays to break it out," said Kreppner. Having lost only one out of its last nine games, Boys Hockey will look to continue its momentum on Friday against St. Paul's and in a Saturday rivalry matchup at Phillips Exeter Academy.

Girls Basketball Rises to the Moment with Two Statement Wins

XAVIER HOWELL

SATURDAY 1/10	
Andover	52
Choate	47
WEDNESDAY 1/14	
Andover	55
Brewster	43

With just over a minute left, Girls Basketball (7-4) clung to a one-point lead against Choate. Alani Rodriguez '27 stepped to the line and knocked down two huge free throws that allowed the team some breathing room. On the next possession, Sophie Stetson '29 forced a steal that sealed the game and sent the crowd into a frenzy. Girls Basketball put together two impressive back-to-back wins this past week, emphasizing its shared confidence through strong offense and nonstop defense performances. The team also claimed a 55-43 victory over Brewster. The team entered the match against Choate with



T. BASVI/THE PHILLIPIAN
Emma Moore '28 (left) and Sophie Stetson '29 (right) defend against Choate opponent.

expectations of a high-intensity match-up, facing an opponent ranked at the top of the Class A New England Preparatory School Athletic Council division that they had lost to by 33 points the year prior. This belief turned into reality, and the girls worked to share the ball and exhibit offensive chemistry. Jules Stevenson '28 emphasized that the team's col-

lective play was the driving force behind the win. "Each person contributed to this game in one way or another. When we play as a team, which we did against Choate, no one can stop us. We showed a lot of trust in each other, and everything was very distributed among every player," said Stevenson. Defense was the difference all night. The team has been

working on its 1-3-1 zone all season, causing constant problems for Choate. Chloe Abou-Ezzi '27 emphasized that this was the first game they ran this strategy during all four quarters. The pressure forced turnovers and led to easy points on the break. "We run a 1-3-1 zone defense that not a lot of teams do. We just put it in this year. And it was crucial to getting a lot of steals and being able to get some fast breaks, push, and transition," said Abou-Ezzi. Abou-Ezzi described the group's "goldfish memory" mentality, in which the team quickly forgot mistakes to focus on the next play. The packed crowd also helped fuel the team during crucial moments; when the final buzzer sounded, the excitement was hard to miss. "We never really let it get to us. That was also crucial for winning this game because if we did let those little mistakes affect us, the outcome of the game might have been very different," Abou-Ezzi. The team carried that momentum into its next game at Brewster Academy, earning a convincing victory through strong defense and consistent effort. Laney Cafua '27 highlighted Stetson and Eva

Jackson '28 as key players. Stetson made countless plays influencing the box score, while Jackson's defense and energy set the tone from the opening. "Sophie makes all the gritty hustle plays that are crucial to winning each game. Eva is an all-around great defender. She works extremely hard in every game and practice, and she's always putting in the extra effort," said Cafua. A key stretch was late in the game after a timeout, when Andover was already up in the score. Trapping Brewster, the team forced three straight turnovers, creating separation by focusing on tightening seemingly small yet impactful details. According to Laney Cafua '27, its attention was shown on the court as the score difference increased. "We worked a lot on perfecting every little detail. Whether that was on offense or on defense, we pushed ourselves really hard in practice. That translated really well into our game," said Cafua. Girls Basketball looks forward to carrying its momentum in its game against Governors on Friday.

Girls Squash Extends Their Perfect Season With Back-to-Back Sweeps

SARAH WANG

SATURDAY 1/10	
Andover	8
Choate	0
WEDNESDAY 1/14	
Andover	8
Winsor	0

This past Saturday, Girls Squash (5–0) competed against Choate, ranked #9 nationally, dominating with a full 7–0 sweep. Wednesday featured another win away at Winsor, adding another match without a single game loss. Girls Squash extends its flawless season, as the team has yet to lose a single game in any match this year.

Judy Liu '29 reflected on the team's overall performance that built momentum for the eight matches, one tournament, and one championship ahead. She also shared that the warm-up tradition brings strong energy into each game, allowing her to set playing goals and a powerful mentality.

“We’ve won all our matches,



A. PIZZI / THE PHILLIPIAN

Caroline Zhao '27 warms up before sweep against Winsor.

so this win is solidifying our streak. It’s building our confidence as we go into the end of the season, where we have tough opponents like Hotchkiss. Before the match, our team went around in a circle and said what we wanted to work on. I said I wanted to work on volleying and stay[ing] consistent throughout the match,” said Liu.

Similarly, Olivia Wang '29

highlighted her experience with the warm-up routine, noting that it sets the tone for each match. According to Wang, the time the team convenes allows each teammate to rejuvenate their energy and confidence.

“We have a routine, and it sets the spirit for the match, which always gives me some motivation. Then Robin [Lukens '28], she’s usually the person refereeing my game, and in be-

tween the game breaks, helps me. Since she watched the game, she helped me improve and gave me advice on how to play better in my next game and what I did well in my previous game,” said Wang.

Liu also reflected on her individual performance in her match at Choate. As a Junior, this is her first year on the team, so she did not know what to expect against Choate’s lineup. But she ultimately rose to the challenge as she followed the inspiring example of Co-Captain Minnie Kim '27.

“I felt proud of my performance on Saturday. I beat my opponent in three [games], and I was in control of the whole match, start to finish. I executed my game plan really well. A key player was probably Minnie; she was in control pretty much the whole match, and you could tell that she tried hard to get every ball. I’ll take away that as long as you go into a match with a clear plan and you stay calm, you can do anything,” said Liu.

Even in a sport like squash that is more focused on individual performance, team spirit is crucial to each win. Beginning with the warm-up routine and continuing with consistent cheering for each teammate, encouragement is a key to how the team plays. Rachel Levitzky '28

mentioned how this spirit influenced the collective effort in the match against Winsor, allowing each member to perform to their fullest.

“Everyone really just contributed by playing really well in their match, and it’s a good way to kick off the rest of the season, and I think it’ll set a precedent for the rest of the matches we play,” said Levitzky.

Levitzky had taken a break from playing during Winter Break, so she set clear objectives entering her match. She reflected on how her hard work in practice directly translated to the success they observed at Winsor.

“I wanted to hit deep shots, shots that landed in the back, and keep the ball out of the middle. I took a couple weeks off from playing, and practiced hard to see the results in our actual matches, which just shows how hard we work at practice will translate to our matches,” said Levitzky.

Girls Squash turns its focus to its upcoming matches against Tabor next Wednesday, hoping to carry its momentum forward as it faces increasingly difficult teams.

Nordic Skiing Battles Wet Conditions to Open the Season with Podium Finishes

GAURI BHAKTA & OLIVIA WANG

Cold rain, slushy snow, and slick downhills did not stop Nordic Skiing from opening its season on a high note on Friday. At its first race of the year, battling Rivers, Middlesex, and Belmont Hill at the Weston Ski Track, the team placed second in the boys’ race and third in the girls’ race. At its following meet at Proctor this Wednesday, the boys’ team placed fourth and the girls’ team finished eighth.

Novices competed in a 2.5-Kilometer Race while returning skiers raced along a 5-Kilometer course. Riaana Bajaj '29 highlighted the team’s performance across the races and specific results.

“We did pretty well considering that the team has a lot of beginners. The beginners raced

the 2.5[-Kilometer Race], while the more experienced skiers raced the 5[-Kilometer Race]. Julia [Xu '28] placed fifth in the girls’ 5[-Kilometer Race], Gavin [Freeman '26] placed first in the boys’ 2.5k, and Celine [Lee '28] placed second in the girls’ 2.5[-Kilometer Race],” said Bajaj.

Challenging conditions tested both the team’s preparation and composure, especially on a course that demanded strong uphill technique and careful balance. According to Hannah Jung '28, much of the team’s preparation focused on building strength for those climbs.

“We prepared for the uphill by doing hill workouts [behind] Andover Cottage a few days before, when we still had snow. [Assistant] Coach [Rebecca] Bowers instructed us to be quicker with our steps going uphill, and we practiced poling and foot positioning,” said

Jung.

Beyond notable individual performances, Bajaj emphasized the community within the team as one of the meet’s biggest highlights.

“Being there with the whole team was really nice because it’s a great community. Everyone was cheering, we all had blue face paint, and afterward, someone brought hot chocolate, cookies, and donuts,” said Bajaj.

Despite the poor weather during the race, Jung shared that the race set a positive tone for the rest of the season.

“Overall, we’re in a pretty good position to grow, and [our performance] showed how the returners, like me, Julia, Claire [Bancroft '28], and Iris [Liu '26], who raced in the 5[-Kilometer Race], improved a lot in times and mentality over one season. But we still have a lot more to improve on,” said Jung.

The team’s meet against Proctor on Wednesday, according to Sebastian Vermut '27, served as an important benchmark early in the season. Looking ahead, Vermut identified pacing as an area where he struggled and hopes the team can focus on in training.

“That was our second meet of the year and the first Lakes Region championship. On Friday, we got to see how a lot of newer skiers performed in a race setting, which showed us what we needed to work on. One of the main things we focused on Monday was bounding and uphill technique. We did stadium workouts — stair repeats — to really work on uphill form,” said Vermut.

Vermut continued, “[On Wednesday’s meet], I personally went out too hard, and by the fourth lap, it was exhausting. If I had paced myself better, going slower in the first lap and

speeding up later with a negative split, I would have had a better race.”

At the meet, Vermut finished as Andover’s top scorer in the boys’ 5-Kilometer Race, placing 12th overall with a time of 15:55.4. He shared a moment just after his teammates Ansel Bartell '28 and Matt Robinson '27 crossed the finish line of the same race, doing so in 17:47.9 and 18:07.2, respectively.

“A memorable moment was seeing Ansel Bartell and Matt Robinson finish close together. After the race, they were both on the ground, breathing heavily. It really showed how much effort they put into the race,” said Vermut.

The team will travel to Holderness next Wednesday.

High Energy, Higher Stakes: Andover’s Defensive Intensity Fuels Two-Win Week

TIGER WANG

SATURDAY 1/10	
Andover	83
Choate	63
SATURDAY 1/10	
Andover	69
Brooks	50

Boys Basketball (7-0) started the new year with two home games. The team faced Choate on Saturday and Brooks on Monday. Although it faced tough matchups in both games, the team stayed consistent with its performance on both ends of the court, earning two victories overall.

Kosi Udeh '27 emphasized the effort-and-intensity mentality, which was the foundation of the team’s mindset going into Saturday’s game against Choate. Understanding Choate’s basketball program as one of the top Class A teams in the league, the team focused on controlling what it could: defensive pressure, constant communication, and en-

ergy in the game.

“Team-wise, the tactic of our game is to go into it with a lot of effort and a lot of energy because that’s something that we can control. That varies night by night, but we knew that Choate was one of the better Class A teams out there. We were going to have to send a message, and it starts with effort and cleaning up our defensive end. We made sure to put in a lot of effort and do the little things, such as making Choate’s first passes difficult. It sets a precedent throughout the game that nothing they do will come easily. It comes from talking a lot and helping on defense.

It comes from trapping when we need to.

That was the plan we had going into the Choate game,” said Udeh.

Hunter Peabody '27 highlighted the influence of the home crowd and the team in shifting and building the team’s momentum. Though the team generated its own energy early on, the crowd’s intensity added fuel to the team’s defensive efforts.

“At the beginning of the game, while we were warming up, we had to make our own energy and get all riled up. As the game progressed, especially in the second half, the



A. PIZZI / THE PHILLIPIAN

Zion Williams PG '26 contributes to Boys Basketball’s victory over Choate.

crowd’s energy gave us that extra defensive boost. When trapping their ball handlers, just hearing their energy and hearing all that’s going on really gave us that extra boost for us to play as hard as we can defensively. That’s what really led to us winning — trapping their ball handlers and forcing turnovers,” said Peabody.

Kingston Johnson '28 pointed out individual performanc-

es that embodied the team’s mentality on both ends of the floor. He praised Nick Hailey PG '26 and Jabari Edmonds '27 for their defensive pressure and efficient scoring, which made them the key contributors to the game.

“Someone that comes to mind is definitely Nick Hailey. He continues to use his athleticism to be physical and get stops on defense, which helps

the offense. Another person who comes to mind is Jabari Edmonds. He does about the same thing. He’s a very efficient scorer. And he plays very hard,” said Johnson.

As the team chases a championship, Udeh emphasized the importance of adaptability and reflection after each game. To prepare for the game against Worcester Academy on Wednesday, the team planned to study game footage and focus on shooting.

“We’re going to look over the film. That’s what we do. No two games and no two practices are really the same. Based on the Brooks game, I assume that we’re just going to get up a bunch of shots.

Tomorrow is just practice to prepare us for Worcester on Wednesday, since our shots weren’t falling. We adapt based on what has previously been happening. But the one thing that doesn’t change about who we are on the court is again, the effort and the intensity, because we can bring that no matter what, no matter if shots fall or not,” said Udeh.

The team will look to defend its unbeaten streak when it faces off against Worcester away this Wednesday.

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Arts & Leisure

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A Taste of Identity: Teen Spoken Word Poetry at the Addison

DANIEL LIU
& DYLAN KANG

Soft afternoon light filtered through the Addison Gallery of American Art (the Addison) as the aroma of sizzling food filled the space, mixing with hushed anticipation and laughter. Students clustered around tables covered with hand-folded zines, paper cut-outs, and polaroid cameras. What unfolded was a workshop that balanced joy and introspection, weaving spoken word poetry and visual art into moments of collective and personal reflection.

Last Sunday afternoon, the Addison hosted a teen art workshop centered on cultural identity, inspired by the gallery's previous exhibition of photographer Tommy Kha. The event was led by spoken word poetry duo Adobo Fish Sauce, poets Anthony Febo and Ricky Orng, in collaboration with the Addison Community Ambassadors Program, a museum studies initiative that brings together students from Andover, An-

dover High School, and other local schools.

Jamie Gibbons, Head of Education at the Addison and a co-facilitator of the Community Ambassadors Program, explained that the workshop grew directly out of the themes present in Kha's work.

"We invited them in, inspired by the exhibition that is on view right now in the galleries, which is closing in a couple of weeks, of work by the photographer Tommy Kha, who is also thinking a lot about cultural identity. His work made us think of Adobo Fish Sauce, and so the workshop invites them in to do some spoken word poetry in connection with some art making about the exhibition," said Gibbons.

The afternoon unfolded in several stages: a spoken word performance in Underwood, a short poetry workshop, gallery discussions led by student ambassadors, and hands-on art-making inside the museum. For Christian Robinson '28, an attendee, the experience was unexpectedly intense.

"At first, the spoken word



C. ZHOU/THE PHILLIPIAN

Guest Artist, Febo, performed and contributed to the workshop.

performances made me really uncomfortable. It was kind of jarring, and I almost wanted to laugh. But once I got more comfortable with myself and the people around me, I really started to resonate with what they were saying. Hearing their experiences ended up being really meaningful. I knew it was a spoken word poetry workshop, but it felt like more than that. It felt like an experience where you learn about different cultures and also think about your own," said Robinson.

In addition to the spoken-word poetry, the hands-on photography and delicious catering were also notable additions, transforming the event into more than just a poetry workshop but a community event.

"I really liked the hands-on parts of the workshop, especially taking Polaroids. I haven't taken a picture like that in a long time, so it was cool

to take something physical with me. I definitely wasn't expecting the food at all. I thought it was part of the act until the smoke started rising and the smell filled the room," said Robinson.

For Addison Ambassador Sophia Zhan '28, the workshop represented the culmination of weeks of hard work and behind-the-scenes preparation.

"We did a lot of preparation work before the workshop. I helped hand-draw the little zines, the small books, and we printed and folded those. We also made paper cutouts of objects that represent us. Today specifically, I helped the guest artists, Ricky and Febo, with setting up, arranging the food, and making everything look nice," said Zhan.

In addition to paper prep-work, Robinson noted that the performance, which combined poetry with live cooking, stood out most. What ini-

tially seemed like a theatrical act became deeply personal.

"One of the most memorable moments was during a spoken word performance where there was a countdown that connected someone's child's age with the timing of the cooking. It was a really interesting mix of two things that don't usually go together," said Robinson.

Gibbons emphasized that workshops like this align closely with the Addison's mission as a community museum.

"The Addison is open to the public, so we are really a community museum. We do a lot of work thinking about bringing communities together. It is part of the mission of the Addison to democratize art and create opportunities for everyone to have access to artwork and to museums in general," said Gibbons.



C. ZHOU/THE PHILLIPIAN

Sophia Zhan '28 was among those who attended the workshop.

LOTW: Nika Jovanovic '26 Styles Seventeen Pairs of Skechers with Bold Strokes of Color

DANIEL LIU &
CHARLIZE SOW

Styling a maroon top with a matching headband and newspaper-print leggings, Nika Jovanovic '26 finishes off her look with a mis-matched pair of neon pink and orange Skechers. Jovanovic's style is anything but subtle. Her outfits often begin with her vibrant shoes, building upward into coordinated looks that stand out amongst the more muted, comfort-driven looks common on campus. Defined by vivid color combinations and an unapologetic boldness, Jovanovic's style reflects a deeply unique self-expression.

Jovanovic's stylistic approach begins with her sneakers. A single pair of hot pink Sketchers sparked a newfound approach to fashion where she uses the shoes as both a

visual anchor and a starting point.

"As soon as I saw the first Sketchers, the hot pink ones, that's what gave me the idea [of basing my style off of them], and later on I started buying every shoe that came out, and that's how I made every outfit. They're the base of my outfits, and I just find cute stores to find my other clothes. It was just one day when I saw them at the store, and I loved the colors, because they were only one color, and they're so comfortable. I love them. And I just started buying more and more. [I have] 17 [and] all of them [are Sketchers]," says Jovanovic.

Close friend Sofia Skalii '27 emphasized Jovanovic's use of bold colors and her consistency as unique attributes of her style.

"I would describe [her style] as bold and very controversial compared to what I see other people wearing on the streets. Usually

students try to wear something comfortable, and Nika always tries to stand out, be bold, and not follow the major trends. She always tries to wear neon colors like red, pink, and orange. Sometimes it is toxic green or yellow. I would say that, no matter what day it was, whether it was finals week or just a weekend, she always stuck to her fashion and never missed a day. There was no day when she decided to wear something simple," said Skalii.

Beyond her collection of Sketchers, color itself has become a defining element of Jovanovic's style and the way her outfits take shape. Rather than limiting herself to a specific palette, she embraces variation, often combining bright or unexpected shades to create contrast within her outfits.

"I like a lot of colors, but in the last couple months, I [would] say maroon [is my favorite color]. I also love hot pink a lot. I love to mix and match my shoes. Like, one black and one white shoe. I like bold colors. I try, at least in the week, not to repeat outfits and try to switch the color every day. I just pick out something, but it's harder here because I don't have all my clothes from home, so I'm missing a lot of colors," said Jovanovic.

Skalii described her favorite outfit of Jovanovic, a bold birthday dress that garnered attention around campus.

"My favorite outfit was on her birthday in December when she decided to wear a sparkly maroon dress, to school and a crown. It was very bold, and she was so outstanding, especially in commons when we were eating food, be-



J. NUÑEZ/THE PHILLIPIAN

Nika Jovanovic '26 combines bright and unexpected shades to create contrast within her outfits.

cause she was in the dress and she had a crown on her head. It was crazy. I would say that a lot of people were staring, that is for sure. But there were also so many people who complimented her because she decided to be bold and show everyone on campus that it was her birthday," said Skalii.

Jovanovic's confidence, which transforms her everyday outfits into distinct statements, reels in comments and reactions that vary from place to place.

"People here are a lot nicer. [They'll] complement my outfits [which is] nice. In my country, people always hate my outfits and say I'm crazy because of the colors, but I don't care what the others think. I think that's how I express myself and am different from others," says Jovanovic.

Looking ahead, Jovanovic hopes that unfiltered self-expres-

sion can extend through the paths of Andover and beyond. Rather than defining fashion through conformity and labels, she envisions a fashion culture where difference is embraced.

"I don't know how to describe it, but I just want to be myself. I don't really follow the trends. I like to switch it up and try new things. I just like to be different. I don't want to be like someone else. I really want to start some new trends [where] people can just wear whatever they want. I want there to be a trend [where] everyone wears [what they like], [even if others] don't like it.

They should wear what they want. I like to start a trend, maybe jeans, [where] one [side] is short and another is long, [with] mis-matching shoes too," said Jovanovic.



J. NUÑEZ/THE PHILLIPIAN

Nika Jovanovic '26 envisions a fashion culture where difference is embraced.

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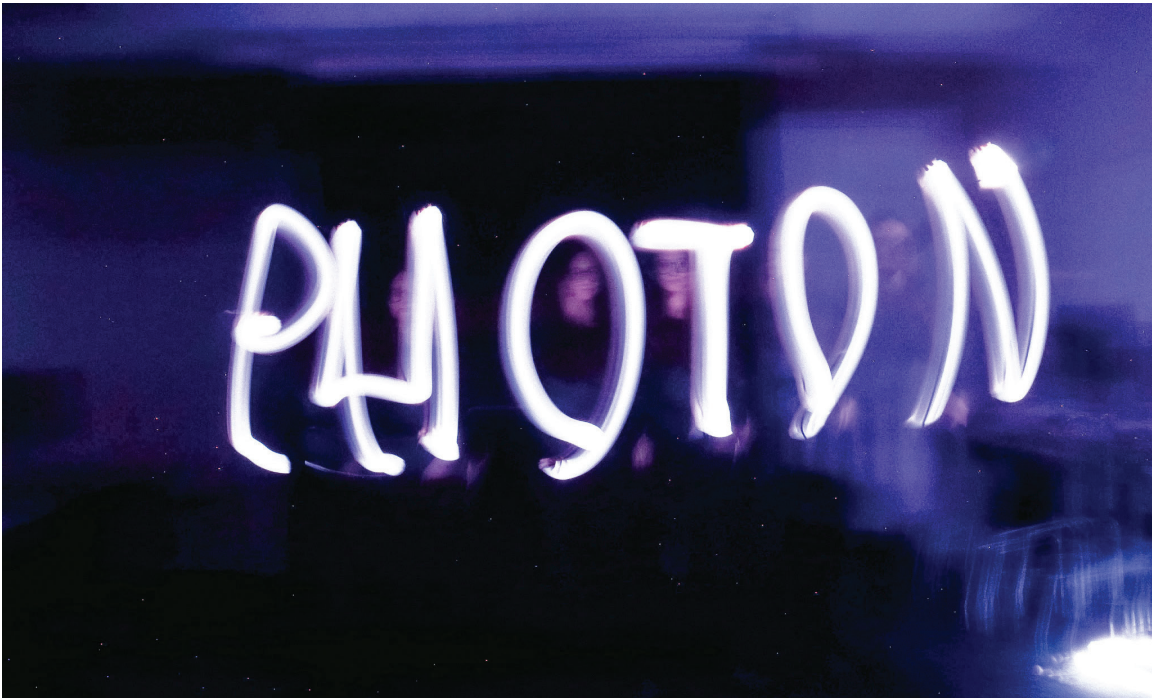
Flow Fest Spins Up Andover

FATIMA BAH & RAMSEY SARKISIAN

Neon lights dazzled both long-time Photon members and newcomers through the darkness in Borden Gymnasium (Borden) this Saturday night, where Photon held their annual Flow Arts event Flow Fest. Unlike the usual performance-based events on campus, Flow Fest was catered towards new learners of Flow Arts, offering them a space to learn how to spin props like pois or Chinese YoYos for the first time.

This year, the Flowfest included light up pois, clubs, and rope darts, with veteran club members available to teach first-timers basic Flow Arts. Co-Head Cindy Yang ‘26 highlighted how flow arts is a skill that varies in difficulty, enabling newcomers to learn easy skills that still produce vibrant choreography.

“People think it’s really hard, and it can be hard... but it’s actually pretty beginner-friendly. Photon works really hard to be as welcome and open to anyone to join



COURTESY OF ALLEGRA LEE

Photon lit up Borden Gymnasium at this year’s Flow Fest.

in. And especially in our routines, we always welcome beginners in our routines. So, flow arts is something that’s really easy to just get started with,” said Yang.

Bella Huang ‘28 felt this openness and welcoming at-

mosphere at Flow Fest, as she tried Flow Arts for the first time.

“People were very patient with me when trying to teach [Flow Arts] to me. It was fun. I made circles with lightning bolts. The people were all

very engaged as well,” said Huang.

Both organizers and attendees of the event believed Borden was the ideal location to host the event, but Co-Heads of the club found communication with adults

on campus was difficult when trying to book the space.

“Communication with the adults was a little bit challenging because when we email asking for permission to book Borden, we were kind of just left in the air until they responded and so it was like, well, okay we have to do this because it’s an annual event, but are we gonna be able to do this? Are we not gonna be able to?” said Lee.

Despite these challenges, Borden ended up being a great space to host the event in, allowing learners to try the props more fully, according to Lee.

“My freshman year [Photon] held it in Underwood, and I think it’s a big difference...because here we have a lot more room so it’s easier for people to actually try out the props, learn how to spin, and actually do flow arts, whereas, in Underwood, it was more just getting introduced to what the prop is and seeing the more experienced club members perform tricks.”

Phones With Personality: What Phone Cases are Andover Students Carrying?

ELIZABETH QIN & CHARLIZE SOW

As students move through campus each day, the presence of phone cases surface in small, familiar ways.

They rest on desks during the school day, get stealthily checked between class periods, and get passed between friends in conversation. With custom designs through an arrangement of photos, charms, and stickers, phone cases hold fragments of personal style, friendship, and memory. Each case reflects the small details that students want to keep close to them, always within arm’s reach.

BELLA HUANG ‘28

“I love my phone case. It’s inspired by a Polaroid camera [and] shows that I’m into photography. It has a little photo of a cabin in the middle. You can flip it around and there’s a sunset. I like how the photo looks like it’s printing out. That part really calmed my eyes the first time I saw it. The cabin photo came free with the case. Originally, I wanted to put actual Polaroids in it, like photos of my friends, but I don’t have a Polaroid camera, so I never got the chance. I was thinking about updating [the Polaroid] every so often. I’ve had the case since summer break and I haven’t updated it yet, but maybe in the future.”



SARAH SUN ‘29

“My phone case is blue, and it has a MagSafe, which is a magnet, so I can have a magnetic pop socket on it. The pop socket is a croissant with a blue bow on it. I chose this because it matched the color of my phone, which is the light blue color, really well. The phone charm didn’t actually come with the phone case, I found it separately, and I felt like this one would specifically match the phone case I got, which is another one of the reasons I picked this. Also, the pop socket is really convenient to have, because I don’t want to be dropping my phone everywhere and have it shattering all over the ground.”



SAMANTHA HALE ‘29

“I would describe my phone case as having a clean, simple vibe. It’s clear and I don’t have too many things inside the case. I mostly just put sentimental things inside, or things that I may find cute. Inside of my phone case, I have two pictures with some of my close friends, and then I also have a sticker that my friend gave me, so these parts of my phone case hold memories. I chose this case because I knew that I wanted to put things inside, so with a clear case, pics and other things could show. My favorite detail about my phone case is the pictures that I have with my friends, because it reminds me of fun memories from school.”



SIYOON JEONG ‘26

“It’s minimal but matches my clothing style. I like my Bape phone case because it’s shaped differently. The case exterior [is] also very minimal, but it shows my interests in clothing brands and my style as a whole. It was a custom design from Casetify and I liked making it one of a kind. I chose it cause some phone cases are too boring and plain while some are very excessive and make the phone heavy. I like styling my phone case with my outfits. My favorite detail is probably how it also is able to show off the phone itself. A case should be there to match with it and make it look better, not take away from it.”



KAYLA LYONS ‘28

“When my friend and I were looking for friendship cases, we scrolled for a while to see what we liked. We both thought the gummy bears were a cute choice. This represents my friendship with my friend because of the two bears. We both basically have the same phone case [but] hers is white instead of black. My favorite detail is the way the bears intersect. The lighter bear crosses over the darker bear. I like that connection between the two bears and that was another reason I chose it. Everyone should do a phone case thing with their friend because it’s really fun. It’s kind of like twinning and we need to bring twinning back.”

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Pandora Reignited: “Avatar: Fire and Ash” Brings Stunning Visuals and Awareness to Nature

ELIAS JEON &
MARI UCHINO-GARCIA

“Avatar: Fire and Ash” is a science fiction film directed by James Cameron and serves as the third installment in the Avatar franchise. The film features the return of Sam Worthington, Zoe Saldña, and Britain Dalton, while introducing Oona Chaplin as a primary antagonist. Released on December 19, 2025, the movie received a 66% positive rating from critics and a 90% approval score from audiences.

The story continues to follow the Sully family on the alien world of Pandora. As a startling discovery involving one of the Sully children threatens to alter humanity’s future, the relentless Colonel Miles Quaritch resumes his pursuit of the family. Meanwhile, a newly introduced Na’vi clan emerges and allies with the RDA, posing a significant threat to Pandora and its inhabitants.

Just like previous Avatar movies, the visual creation of “Fire and Ash” is astonishing. The borders of Pandora are broadened for the audience to see the home and lives of the new Na’vi clan, the Mangkwan clan, or the Ash People. The land and the people of the Mangkwan are different from what has been seen in previous Avatar movies. Their home is lacking in the

rich nature that has been seen before, and instead uses the remains of animals to build their home. This is a stark contrast to what we saw in “Avatar: The Way of Water,” the second film in the Avatar series.

The CGI under the direction of Cameron and the visual effects team made Avatar distinct from other sci-fi movies. The visual effects of nature on Pandora are what really blow people away when watching Avatar movies, and “Fire and Ash” is no exception.

But spectacular imagery in the movie cannot hide the plot of the movie. Virtually all the same villains come back with the same motives as previous movies, taking Pandora’s resources to help the human race from dying on Earth. While some new villains were introduced in this film, the central idea from each of the Avatar Movies stays the same, and this film struggles to break free from its predecessors.

That said, the addition of the Mangkwan clan offers a fresh layer of moral complexity in the movie. Unlike previous Na’vi groups, the Ash People’s harsh environment shaped a culture that does not share the same cdx reverence for nature as seen in other clans. Their alliance with the RDA complicates the traditional “humans versus Na’vi” ideology, suggesting that survival can push even Pando-

ra’s natives toward morally ambiguous decisions. This shift challenges audiences to reconsider the idea that all Na’vi are unified in their resistance to human influence.

Ultimately, “Avatar: Fire and Ash” thrives on contrast. While the film expands Pan-

dora in striking and unsettling ways through its ambitious visuals, the storyline remains familiar and grounded in themes explored throughout the franchise. This balance may feel repetitive to some viewers, but to others it reinforces the series’s ongoing

message about environmental exploitation and survival. Although the film does not dramatically redefine the Avatar narrative, it succeeds in broadening the world of Pandora and leaves audiences reflecting on the difficult choices that may shape its future.



A. GONZALEZ-CANO/THE PHILLIPIAN

Furriend or Foe: Zootopia 2

BOSON BAI &
OLIVIA TEMPLE

After ten long years, the sequel to the award-winning “Zootopia,” “Zootopia 2” was released. “Zootopia 2” is a feel-good film, perfect for a family movie night. It has the perfect amount of cleverly placed, mature but discreet jokes throughout the film, and plenty of entertaining action combined with just the right amount of emotional depth and growth. With big shoes to follow, our favorite animal kingdom sets on a new journey, with viewers encountering both fresh and familiar faces.

To be honest, my hopes were low going into the movie. I expected another cheesy, meaningless sequel to embody an awkwardly compiled storyline without any real implications or references to the first “Zootopia.” However, I was pleased to find that I was wrong. Although my overall thoughts on this movie are generally positive, I’ll first address the few small critiques I have.

Foremost, the overall plot twist in the climax was unreasonably obvious and predictable, and could have been improved to display a more fulfilling general development and execution. The lack of a definite reason to suddenly prompt this shift in the plot was unsatisfying, and could have been included to rationalize the supposedly unex-

pected switch that occurred.

Secondly, the movie felt like it pushed an ambitious agenda, featuring a convoluted plot that dragged on too long. Many people thought that the plot was too hectic, contrived, and too similar to the first movie, but without making as much sense. This, combined with the movie’s longer run-time at an hour and fifty minutes meant that the film may have unintentionally dissuaded younger audiences, and at times felt like it ran in circles.

Lastly, for an older, more mature audience, the slyer pieces of humor scattered throughout the dialogue may have been appropriate, but I personally would prefer less “adult jokes” being quickly blurted in front of small children. I do appreciate the comedy, and it fits well in each scene it appears in, but I would rather have this exposure to a more grown child, rather than its intended audience of primarily seven years or older.

The recent sequels from the Disney franchise have been less than exceptional from around 2022-2023. They have displayed a lack of character depth and relevant storylines to their predecessors. It is nearly painful to watch movies such as “Moana 2” with its less than memorable songs or the underwhelming and frighteningly unurgent plot of “Hocus Pocus 2.”

However, I would argue that “Zootopia 2” sets the

mark for the end of Disney’s dismal movie franchise. Rather than choosing a random, unrelated issue to give the audience an excuse to watch our favorite characters display little growth, or a quick ac-

tion scene to piece together an obscenely inconsequential mystery, Judy Hopps and Nick Wilde have shown exponential levels of dynamacy, changing with each other and proving to the viewers that



K. IKEKPEAZU/THE PHILLIPIAN

this film isn’t just your average sequel. Unlike many sequels, the characters exhibit large amounts of growth and change amongst themselves, and as a team. They share a heartwarming moment which truly is a crucial piece of the Zootopia series, providing the viewers with a highly sought emotional scene to differentiate this film from its predecessor.

This shift in the movie is the most important part, giving the viewers an idea of their impossible journey as partners, friends, and even cops together. It has many lovely, little moments between less prominently shown characters that help the overall feel of the movie and guide the appeal towards maintaining the focus and interest of younger children. It was the perfect second movie to “Zootopia” and gave the audience everything they were expecting, and went above and beyond.

Ultimately, “Zootopia 2” is a heart-warming, fun, action-packed film despite the little plot holes. It sequenced the first “Zootopia” perfectly, with just a few minor hiccups that could be cleaned up. It is a lovely film, and I would certainly recommend it to any families with innocent young children that won’t catch any mature jokes, and also families with children that will. It was an exemplary sequel and uniquely executed films from Disney recently.

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