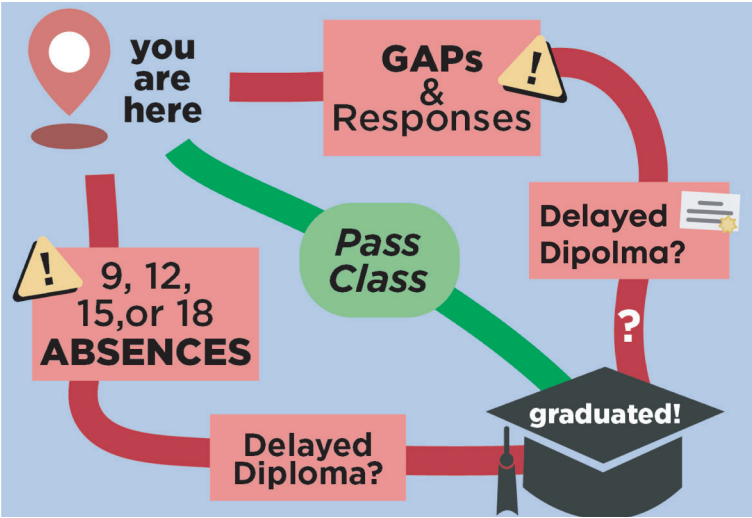


“Senior Letter” Outlines Expectations for Seniors in Second Half of Spring Term



The sent-out “Senior Letter” described the requirements and guidelines for Seniors in their last term of Andover.

JAY JUNG & NIKI TAVAKOLI

On April 3, Seniors in the class of 2024 received the “Senior Letter” from the Andover administration. This annually sent document involves a list of expectations and guidelines for Senior class members to follow this Spring Term.

The letter outlines three main expectations for the Senior class: passing all Spring courses, meeting community expectations, and maintaining attendance. If students do not meet the outlined expectations, they may not be able to participate in graduation-related events.

“If you engage in behavior on or after Friday, April 19 that leads to a Cluster Community Standards Conference — or a Centralized Community Standards Conference that results in a Growth and Accountability Plan — you will be required to leave campus immediately after your last academic commitment and will not be allowed to attend Prom or any school activities thereafter, including Com-

munity Convocation and the Baccalaureate Ceremony. You will also likely not be allowed to attend Commencement. Your diploma will be awarded to you at the discretion of and at a time determined by the Head of School,” wrote the administration in the email to the Senior class.

Jill Meyer, Instructor in Biology and Pine Knoll Cluster Dean, elaborated on the purpose of the Senior Letter and the school’s goal to provide a clear standard for the seniors. She noted that the letter is necessary partially because of the lack of time for Community Standards Conferences as graduation approaches.

“The Senior Letter is a longstanding practice to clarify and reaffirm expectations for Seniors in anticipation of graduation. The purpose is to provide clear and proactive communication as we approach the point in the term after which there is not enough time for students to complete a Growth and Ac-

Continued on A5, Column 1

Andover Looks to the Future in Friday ASM’s Final Segment of “Then, Now, Next”

CADE RUTKOSKE & SELENE XU

Featuring a range of passionate student speakers and performers, the weekly All-School Meeting (ASM) centered around the “Next” component of the 50th anniversary of Andover and Abbot’s conjunction. This ASM is the last of three ASMs pertaining to the “Then, Now, Next” theme of the 50th anniversary.

Tina Phan ’26, who gave the opening remarks for the ASM alongside Chloe Song ’26, reflected on the program. She talked about how this final segment was a great conclusion to the series.

“[The ASM] was a great way to frame the year. We’ve split the school year into three terms already, [and] it just made so much sense. It was really clever, and I liked that framing of looking forward to the future... I thought [this ASM] was a really well put together program and I was real-

ly honored to be able to speak at it. I also thought the other remarks were so well written, the performances were beautiful, and they fit the vibe perfectly. I think it was just a really beautiful way to culminate the Abbot-Andover celebrations,” said Phan.

As one of the students who performed on stage in a dance piece, Tara Wei ’25 spoke about her hopes to promote the dance community and elaborated on how the group’s choice of music related to themes of gender equality central to the ASM.

“I thought it would be a good opportunity to bring the dance community to the ASM because dance [has] not [been] performed in a while, [and] I think it was good to represent the dance community. I think [the connection to ASM] comes a lot with the song ‘Killing Me Softly With His Song’ [by Roberta Flack]. It has a lot to do with the silencing women have had in the past, and I think that the merger really brought together the two voic-

es,” said Wei.

Music was also how Michela Rowland ’24, a member of Tempress, the all-female and non-binary jazz band that opened the ASM, expressed themselves. They noted how the focus on student presenters and performers made this ASM more impactful.

“It was super fun to open for [the ASM], definitely a really good time for the band. I think it was a cool opportunity to hear from student voices. A lot of ASMs are speakers from outside, and I think it’s fun to see people that we know on stage. For me it was very impactful to be in that space playing music because to do that in a space where there’s so many people watching is scary, but also very empowering,” said Rowland.

Anny Wang ’26, another member of Tempress, pointed out the significance of the

Continued on A5, Column 4



A. LEE/THE PHILLIPIAN

As part of the celebration of Abbot Academy, banners commemorating Abbot have been put up throughout Abbot Campus.

Phillips Academy Sustainability Coalition Reflects on Earth Week Planning as Events Approach

PRISHA SHIVANI & GUETTY MOITA

The upcoming days will feature events for Earth Week planned by the Phillips Academy Sustainability Coalition (PASC) since Winter Term. This “week” stretches from April 18 to May 3, and includes a diverse array of events from a Youth Climate Summit to Earth Festival.

This year’s Earth Week has expanded compared to previous years, with hopes that the large variety of events will cater to the entire student body. Ella Kowal ’25, Co-Coordinator of the PASC, shared the PASC’s goal for every student to find an interesting and engaging event.

“This is definitely one of the more ambitious Earth Weeks we’ve planned. The goal with that is we wanted to have a large variety of events that every person could find affinity with in some way. So, for more outdoorsy people, we have those events. For people interested in climate economics, we have those events. We really just try to have a huge breadth and depth of topics that we’re covering. Our summit specifically is focused on youth activism and finding hope. I would say that’s the overarching goal for this Earth Week, but we really try to touch on everything we can,” said Kowal.

Kowal spoke on what the planning process included, and how it progressed through the Winter and Spring Terms. She explained how the planning started with creating a list of potential ideas, which was then narrowed down to form a list of tangible events and finalized with specific details.

EARTH “WEEK” CALENDAR 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	Gardening ‘Y’	17	18 Gardening ‘Y’ Climate Policy & Econ Debate	19 Earth Festival Thrift Store	20
21 Bee-a-Tree (Beehouses & Treehouses)	22 EARTH DAY Chalk Art & Smoothie Bike	Gardening ‘Y’	24	25 Gardening ‘Y’ Carbon Capture 101	26 ASM Forthright Trautman (PA ‘16)	27 AHS Youth Sustainability Fair
28 PAYCS Summit Speaker + Panel + Concert	29 Sustainability Scholar: Saumik Sharma ‘25	Gardening ‘Y’	30	1 Gardening ‘Y’	2 Sustainability Scholar: Bianca Morales ‘24	3 Groundwork Lawrence: Trash Clean-Up
4						
Event Time Location						
Climate Policy & Econ Debate	9:50 AM to 10:30 AM	Freeman Room	AHS Sustainability Fair	1:00 PM to 3:00 PM	Corner Youth Center	
Earth Festival	5:00 PM to 7:00 PM	Gels Lawn	Speaker Shiva Rajthandari	10:30 AM to 11:15 AM	Underwood Room	
Thrift Store	7:30 PM to 8:30 PM	Lower Right	Youth Activism Panel	1:05 PM to 1:50 PM	Kemper	
Bee-a-Tree	1:00 PM to 3:00 PM	Davis Hall	Climate Hope Concert	4:00 PM to 5:30 PM	Kemper	
Chalk Art & Smoothie Bike	All Lunch Periods	Outside Commons	Saumik Sharma ‘25	6:30 PM to 7:30 PM	Underwood Room	
Carbon Capture 101	9:50 AM to 10:30 AM	Freeman Room	Bianca Morales ‘24	5:15 PM to 6:15 PM	Kemper	
Gardening ‘Y’	5:00 PM to 6:00 PM	Flagstaff Flagpole	Lawrence Trash Clean-Up	TBD	TBD	

COURTESY OF THE PASC

Earth Week, planned by the PASC, will feature an array of Earth-themed events.

“We started Earth Week Planning near the end of Winter Term. There weren’t very regular meetings to start with, but we tried to start meeting about once a week. It has been difficult with all the schedule changes recently to keep up that consistent time. At the beginning we had brainstorming sessions where everyone just says what kind of events they’d like to see. We would write down a huge list, and as the meetings continue we trim down that list, figure out what’s actually feasible, then try to come up with times and dates for each of the events,” said Kowal.

Lisa de Boer ’26, one of the students involved in planning Earth Week events, highlighted that the planning process was open to anyone who was passionate in the initiative. Weekly planning meetings were all facilitated by Lowers who showed interest, and projects were led by whomever dedicated the most time into it.

“The PASC has been really good about involving lowerclassmen. One thing they did is every planning meeting has been facilitated by a Lower, and it has been a different Lower every meeting. We got a lot of underclassmen participation from that. [When brainstorming,] we split into groups to actually do those events, and we had maybe one or two people who were leading each project. At that stage, it was whoever was more passionate about the project. Whoever spent most time on it became the leader,” said de Boer.

Sophia Lazar ’26, another student working on Earth Week events, talked about the challenges of keeping track of all the factors of the planning. This included communicating with adults in the community, as well as ensuring that materials and students involved were

Continued on A5, Column 4

Transgender Activist Chase Strangio Promotes Advocacy for LGBTQIA+ Rights

JEANNE KOSCIUSKO-MORIZET & SAKETH LINGISETTY

Chase Strangio led a talk with Gender Sexuality Alliance (GSA) student leaders on transgender activism and transgender rights across the country last Friday, April 12. Strangio, Deputy Director for Transgender Justice for American Civil Liberties Union’s (ACLU) LGBTQ+ and HIV Project, has done instrumental work in the past decade’s most pivotal legal fights for the queer community and was named one of TIME Magazine’s Most 100 Influential People of the Year.

Sponsored by the Brace Center and the Office of Community and Multicultural Development (CaMD), Strangio’s talk detailed his mission of combating systemic violence towards transgender activism. Strangio nota-

bly underscored the ongoing discourse surrounding bodily autonomy, emphasizing the need to extend this conversation to include transgender individuals.

“In the last few years, we’ve had a lot of conversations about bodily autonomy in the wake of Dobbs [v. Jackson’s] Women Health Organization] and the reversal of Roe v. Wade. As we continue to think about bodily autonomy for trans people, conversations about bodily autonomy under our legal system have to reground in the reality that there’s never been notions of bodily autonomy for many people in this country, especially when you have systems of child slavery being at the root of our founding documents,” said Strangio.

In an environment where

Continued on A5, Column 1



COURTESY OF THE BRACE CENTER FOR GENDER STUDIES

Strangio held a discussion on Transgender Activism with GSA in Kemper Auditorium.

Commentary, A2

Star-Spangled Dreams

Julia Fox ’25 criticizes the faults in the U.S. immigration system preventing individuals from living the so-called “American Dream.”

Eighth Page, A8

Don’t Run From Your Troubles...

run a marathon instead

Sports, B1

Tennis Wins Big

On Wednesday, both Boys and Girls Tennis swept St. Paul’s.

Arts, B6

Feature: Rita Obelleiro

Art Instructor Rita Obelleiro leverages her global experiences through traveling to enrich her passion for art and education.

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Editorial

Hello Earth!

The cherry blossoms are brandishing their pink and white blossoms, and though the weather still remains an inconsistent fiend that fluctuates wildly between gloomy rain and eternal sunshine, it is unmistakable that spring has finally arrived. With the revival of campus greenery and Earth Day next Monday fast approaching, we are reminded, perhaps more than usual, of the intrinsic beauty found in the world all around us. Not for what resources it provides, nor for what we can do with it, but simply for its persistence and reliability, like an old friend that always stays by our side or a plant that sprouts each year without fail. And with every passing second, every tick of the clock, the quest to sustain this constancy — to preserve our home, our habitat, our planet — becomes increasingly urgent and all the more difficult. In the face of ever-worsening climate change, where the culprits to blame are none other than ourselves, time and collective effort from all of us has never been more of the essence. With yesterday marking the first events kicking off this year’s Earth Week at Andover, graciously hosted by the Phillips Academy Sustainability Coalition (PASC), the scheduled events, speeches, and festivals is an invitation that has been extended to all of us to partake in catalyzing and enacting impactful change right from our very own campus. In the coming days, we all have the potential to become our own kind of environmental activist, if we so choose. At the same time, however, it is important to note that the encapsulation of a selection of initiatives within a special time frame, such as Earth Week, always leaves the risk for performative activism. This term is typically thought of in a negative light, connotating acting with wrong intentions or ingenuine passion that renders efforts of the activism insignificant or impure. Yet perhaps, in the spirit of change, of doing anything we can for what matters, let us dare to think of it a different way: performative activism, even if it may be misguided or less than ideal in the long run, is still activism, and if it is not outrightly hurting the cause nor those who truly care about it, then it is at least a start.

Yes, Earth Week is upon us. Now you might wonder, what now? It is only a week, after all, and sometimes it may seem as if everyone suddenly cares about the environment for just ten days before going back to their normal lives and leaving the problem for the “true” activists

among us to deal with again. While a lot of the events on campus may appear performative due to either their brevity or their infrequency, such as the Green Cup Challenge and the Earth Festival, the mere fact of their occurrence means that there are more ways for students to grow aware of their habits and how their actions affect the planet. Because although things like divestment and policy reform are certainly crucial aspects of achieving climate justice, environmental activism is more than that — it’s also recognizing the need to build greater awareness for the inherent value of the environment that we mentioned above. Gratitude is the key to motivating action; when people fear that something they appreciate will be taken away or lost, that is when they feel more compelled to stop it from happening. Regardless of whether students’ hearts are truly in the Earth Week initiatives or they’re just participating because it seems like the socially and politically correct thing to do, these “performative” events still serve their purpose in attempting to help students find that connection between themselves and the natural life surrounding them. And at the end of the day, that simple understanding of how our lives as students are tied to the environment is just as important as anything else for making meaningful strides towards sustainability.

The upcoming week offers countless opportunities for engagement. Whether it be listening to the All-School Meeting Earth Week speaker with open ears and an open mind, spending time on the lawn during the Annual Earth festival, planting trees to combat campus deforestation during Bee-a-Tree, or any of the other countless events in the coming days, let Earth Week be a time to embrace the spirit of learning, educating ourselves, and letting ourselves be swept up in the wave for climate action. These days do not ask of us an unhuman effort, nor a year-long dedication. If they light the spark for someone’s lifelong mission, great; if not, then let these days serve as an opportunity and a reminder to all of us: the blossoms that bring us color each spring are not a given, nor are the green grass nor sunny days. Our planet is our only home.

This editorial, written by the Managing Editors of The Phillipian, vol. CXLVII, represents the views of the Board.

The Elusive American Dream

JULIA FOX



COURTESY OF PANET

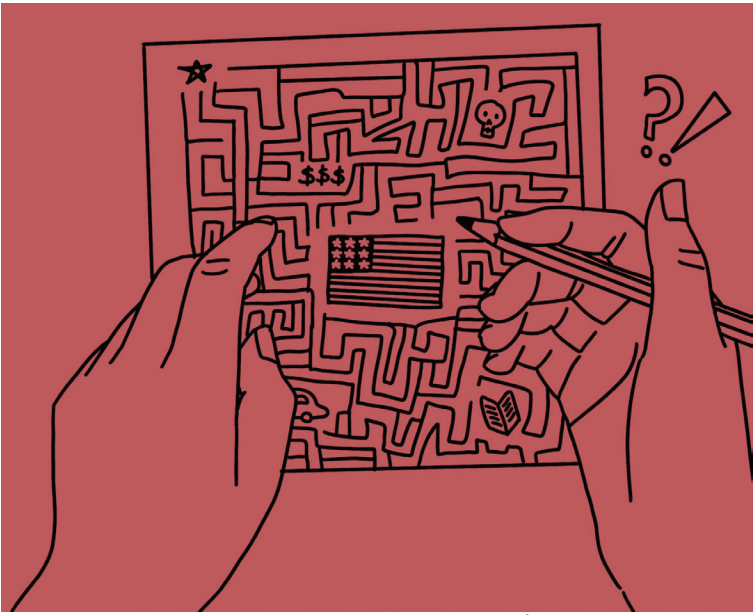
The “American Dream,” revered historically as a beacon of hope and opportunity, remains out of reach for millions of recent immigrants coming into the United States. Hoping to find better lives and escape dangerous circumstances, these individuals are becoming increasingly trapped in a battle of legal issues. Most of the recent arrivals to major American cities want to work and contribute to American society, but without money to pay for lawyers to help them fill out and file immigration forms, it is extremely challenging to begin the process. The dream of thriving in America becomes difficult to attain for a majority of immigrants because work authorization cards, asylum, and stable housing are next to impossible to achieve under the current immigration system.

I am aware of the struggles of asylum seekers as my family and I have worked closely with Team Tender Loving Care (TLC), an organization assisting migrants who arrive at the Port Authority Bus Terminal in Manhattan, New

York. Team TLC provides food, clothes, and information about the city’s free services. As a group of primarily Spanish-speaking volunteers, our role is to help the recent arrivals by gaining an understanding of their situation (i) Do they have family in New York City they can stay with? (ii) Was New York City even their intended destination (many explain that they are provided incomplete information when they are traveling); (iii) Did they get split up from any part of their family in the border crossing process? (iv) Do they still have the papers they received from immigration? (v) Do they need shoes and warm clothing?

Streamlining the job authorization processes is not just an employment issue but a step toward resolving ongoing housing challenges.

During the times that I volunteered, the most common request I received was, “How does one find a job in New York?” The people I spoke with had diverse backgrounds and held various occupations in their home countries. Many were even willing to travel far distances to try to find any employment opportunities. I tried to explain that finding a job would be challenging without a legal authorization document. The next question was, “So how can I get a work card?” That proved to be a difficult response for me to formu-



LINDA DE BOER / THE PHILLIPIAN

late. The U.S. immigration system is notoriously complex to navigate, especially for non-English speakers with limited resources, rarely offering pathways for asylum seekers to apply for legal status. Without access to legal guidance and basic fluency in English, the immigration process can be confusing, opaque, and draining, leaving many immigrants uncertain of their futures.

Since starting to volunteer with Team TLC, I have learned the most common way for immigrants to obtain employment authorization is six months after they have submitted an asylum application. They can then apply for a work card online that can take anywhere from two to six months to arrive. However, submitting an asylum application first requires acquiring and paying thousands of dollars to an immigration lawyer, in addition to the standard price for an employment

authorization document (EAD) of 410 dollars. Even if an asylum seeker had the money to afford a lawyer or could find one working with pro bono cases (legal voluntary work), the preparation of the asylum application could take months. Therefore, even in the best circumstances, the road to a work card for the selected few could take a minimum of one year. The work card applications my mother and I assisted with are still “processing” more than three months later despite the applicants submitting all the required paperwork and biometrics. However, there are some efforts to alleviate the financial stress placed on incoming migrants, such as the extension of Temporary Protected Status (“TPS”) for Venezuelan immigrants who arrived at the border before July 31 in 2023.

Yet, this only offers one group of people temporary legal status and easier access to receiving

work authorization, while other asylum seekers continue to face the difficulties of the current system.

Employment serves as a prerequisite for housing stability. Without the ability to legally work, how should asylum seekers apply for housing once their time at shelters is over? Streamlining the job authorization processes is not just an employment issue but a step toward resolving ongoing housing challenges. The government’s housing plans for recent arrivals, while laudable, are short-term and do not provide enough time for asylum seekers to secure work cards and permanent jobs that will allow them to become financially independent.

While it is important to recognize that not all immigrants coming to America over the last few years require the same level of assistance, the system must be fixed in order to provide incoming migrants with the potential to succeed. Once work card applications are processed quicker, the newcomers can provide verifiable proof of income to rent their own apartments and houses. The current immigration system, entailing housing crises and inaccessibility to financial stability for migrants, requires government intervention. These ongoing struggles of asylum seekers challenged by legal barriers are a reminder that the American Dream, with its promise of hard work, has become increasingly less attainable.

Julia Fox is an Upper from New York, N.Y. Contact the author at jfox25@andover.edu.

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CORRECTIONS:

What’s More Important: K-pop Visuals or Talent?

ABBY KIM



COURTESY OF PANET

In 2023, fan-made slide-shows of “ugly” K-pop idols trended on TikTok. Often, certain artists are branded as the ugliest members of their group and have significantly less popularity while the “visuals” of the groups were, surprise surprise, the most popular members. This is because many people choose their biases based on their looks, as people are naturally attracted to beauty.

As K-pop moves forward through the next generations, it is essential to find a balance between visual appeal and musical talent.

What is K-pop? The Merriam-Webster Dictionary defines it as popular music originating from South Korea. Steezy describes it as a Korean music genre that draws on a wide range of musical styles. But while this may have been true in the past, K-pop is more of a brand name than

an industry that prioritizes the quality of music today. By 2010, companies had realized that K-pop was not only about the songs they released but rather about the visuals of the people singing the songs. They aimed to market idols, selling their faces to fans.

But even with this focus on visuals, you might ask, how can a pretty face override genuine talent? You would be surprised. Because, apparently, skill can be “made” through practice, but attractiveness is something you have to be born with. A K-pop idol trainer discussed, “Companies will never consider singing skills to be important because idols have a bigger chance of making it with their looks and charms than talent.” For example, a street-casted visual would be prioritized over an auditionee with training in vocals or dance.

Recently, people have become more aware of this shift in prioritization due to the popularization of K-pop among a more general audience. Groups like New Jeans and LE SSERAFIM have millions of

fans both in South Korea and internationally. All of the members in both of these groups are conventionally attractive, yet their flashy performances and pretty smiles cannot cover up the fact that they never sing live. During encore stages, when there often is no backing track, listeners can easily

notice how unstable their raw vocals are even without dancing.

Another viral video demonstrating this was LE SSERAFIM’s recent performance at Coachella 2024, a music festival that prohibits lip-syncing. Even the main vocalists of the girl group couldn’t stop their voices from shaking and most of the performance was the group shouting the lyrics at the crowd. Is there no longer a basic standard for the skill level of idols?

Let’s compare LE SSERAFIM with aespa, a girl group that performed at Coachella in 2022. After watching both of their performances, it is evident that aespa performed considerably better. The thing is, the

popularity? LE SSERAFIM. Sure, singing and dancing can be difficult, but why are these obviously less talented groups gaining more popularity?

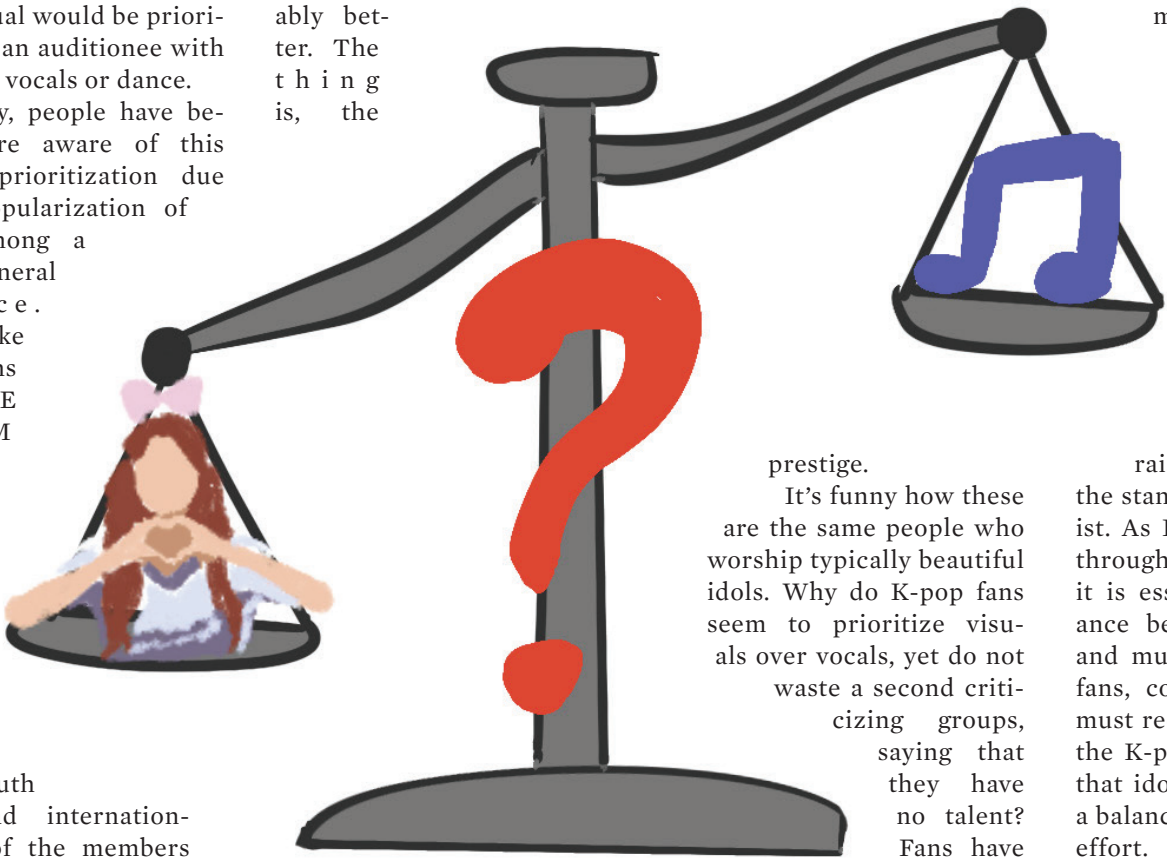
People started to pick on this, comments on widely known groups’ performances ranging from “Nowadays, idols don’t get taught to sing. Such a shame,” to “They really need to get some vocal lessons.” One specific comment mentioned, “HYBE is killing K-pop.” HYBE is one of the “Big Four” companies in the industry, home to superstars such as BTS and TXT. Many talk about how HYBE’s new K-pop groups cannot perform without lip-syncing, yet are receiving popularity due to their looks and the company’s

I believe that there should be a set of expectations in order to become an idol. Basic guidelines, such as being able to sing live while successfully executing the choreography so that pretty faces cannot

K-pop is more of a brand name than an industry that prioritizes the quality of music today.

make up for the lack of talent. However, the standards should also not be so strict that idols are constantly criticized for making tiny mistakes.

The evolution of K-pop from a place of immense talent to a more visual-driven industry shows what I believe to be society’s prioritization of face over talent. While the emphasis on visuals undoubtedly brought international popularity to idols, it also raised questions about the standards of being an artist. As K-pop moves forward through the next generations, it is essential to find a balance between visual appeal and musical talent. For this, fans, companies, and artists must reevaluate the values of the K-pop industry, ensuring that idols’ worth is based on a balance of skill, visuals, and effort.



LINDA DE BOER / THE PHILLIPIAN

Coachella performances were two years after both groups’ respective debuts, highlighting the major difference in skill. But, guess who has more

prestige. It’s funny how these are the same people who worship typically beautiful idols. Why do K-pop fans seem to prioritize visuals over vocals, yet do not waste a second criticizing groups, saying that they have no talent? Fans have no right to complain when they perpetuate this issue. The popularity of the conventionally attractive idols shows the industry where to invest their money.

Abby Kim is a Junior from Dillsburg, Penn. Contact the author at akim27@andover.edu.

HOT TAKES

Miriam Villanueva, Instructor in History

I think we should have Head of School Day (HOSD) every term. This past Winter Term, where we had two days off of school, my students returned to classes less burnt out and more motivated to finish the term strong. I think HOSD every term would give students more opportunities to destress throughout the year.

Minnie Kim ’27

I love redheads, but only when they’re girls. Girls can pull red hair off better than guys, complimenting their hair with their outfits or makeup. There are some gorgeous red-headed guys but those are one in 100,000.

Michael Williamson ’25

The crew team is the best team on campus. I believe this despite our long bus rides and late returns to campus. With all the time we spend together, we’re able to foster community and deep bonds with each other.

Bella Shmuylovich ’26

I think that we should eliminate Monday schedules because they’re super chaotic and I don’t think teachers have enough time in 40 minutes to do anything. It feels like students are just jumping between classes and not doing anything substantial.

Malcolm Tolbert ’26

Paresky Commons’ fried fish is actually really good. People only hate it because other people hate on it, too, but it’s pretty decent.

Ashiq Kibria ’26

The [Paresky] Commons poke bowls are overhyped. They have too much rice and not enough of the toppings. Last year, they were slightly better when we could build our bowl, but now that they’re pre-made, they’re worse.

10 Questions With Reverend Gina Finocchiaro '97

REPORTING BY LUCAS BENARDETE & ZACHARY YUAN

Reverend Gina Finocchiaro '97 is the Protestant chaplain, international student coordinator, All-School Meeting (ASM) coordinator, and a Paul Revere House Counselor at Andover. Finocchiaro, known to most students as Rev. G. or Rev. Gina, rejoined the Andover community in 2020 as an interim Protestant chaplain and enjoys the variety in the roles she plays on campus, and the memories they bring back.

What does a day-in-your-life look like for you at Andover?

One of the things that’s very cool about my assortment of roles is that every day is different for me. For instance, Tuesdays are chapel days for me, where all the chaplains come into the office because, as chaplains, it’s a part of our identities and the work that we do. We have staff meetings on Tuesdays. I usually spend Wednesdays and Thursdays in CaMD, [Community and Multicultural Development], at my international office. Fridays depend on what’s going on. There’s ASM in the morning, and sometimes, we have full team meetings after ASM to talk about students. So, for my week, I don’t always wake up and know what’s going to happen that day, which is one of the things I love about my job.

What’s your role as a Protestant chaplain?

I offer worship on Sunday nights for the Protestant community. But as the only chaplain who lives on campus, I also get to be a representative of the chapel at things like the Wellness Collaborative, where I meet around a table with folks from [Rebecca M.] Sykes [Wellness Center], the Dean of Students office, CaMD, and others. I also sit on the IDEA committee, which is basically the diversity committee on campus. I’m often the chaplain who reaches out to students going through something, who don’t have a faith identity that’s represented on campus, or who maybe aren’t known to one of the particular chaplains. Also, when there’s a crisis locally or in the world, I collaborate with my other colleagues in the chaplain to say, “What should we do all together?” Sometimes, I do individual outreach to students. So, again, it’s all over the place.

How do you manage all your time and what time management tips do you have for students in the Andover community?

Take your downtime when you can get it. Plan well. My normal workday doesn’t look like lots of other people’s because I don’t teach. I have learned that my day might start really early or end really late, but I might have three hours off in the middle of the day. So, I have to grab my time when I can get it, and be creative about that. Also, I have to be organized to know what’s brewing and what’s coming up next, so it definitely requires a certain amount of pacing and compartmentalization. Again, I love and I find energy in that. I think some of it is finding things that give you passion and that you can gain energy from, energy inputs, and not just energy outputs.

What is your favorite Paresky Commons meal?



COURTESY OF PHILLIPS ACADEMY

I have a number of them, but I really like the butternut risotto. One of the hacks that I have learned is to start with a plate full of greens. I’ll usually start with spinach on the bottom, add the risotto on top of the spinach, and then sort of mix it, which wilts the spinach a little bit.

What’s your favorite place on campus?

I have different spots on campus that I go to for different things. I have a spot on campus, which is a secret, for when I need to be up in my feelings or take care of things that are hard. I try to go there when there’s nobody else around so that I can have space and quiet. Sometimes, I like to be in an empty chapel and throw my voice around. After signing, when there’s nobody in the building, I sing a little bit and find my rhythm.

What’s the most rewarding experience you’ve had at Andover?

Because I’m an alum, I definitely remember my years from being a student here. There are really cool moments where for me, it’s what I call walking through a wrinkle in time. Every now and then, I have this experience where I walk somewhere, it’s like

moving through a time warp, and suddenly I’m like, “What year is it? How old am I? Am I 15, or am I an adult? What’s happening right now?”

Those are these moments where everything suddenly comes together, and I get this amazing glimpse of looking backward in time and looking forward in time. I also really love being a house counselor in Paul Revere. It’s really, really cool to watch a student who, as a ninth grader, was trying to figure it out, and then come back as a tenth grader or as a prefect, and to be able to have seen their journey in those couple of years and how much they have come into their own voice. It’s like how they’ve figured it out, found their groove, tried new things, and come through hard times.

You mentioned you were a student here. What was the experience from being a student here at Andover to coming back as a faculty member? What are some things you had to reconcile and some things you realized now coming from the other side?

The school was different in lots of ways than it is now. There are also pieces of it that, of course, are constant. But, I think what’s true

for everybody who’s working in teaching at a high school is that it keeps your own high school experience close to you in some ways... But, it also means that I get a chance to think about, be grateful for, or appreciate things from when I was a student here, and my experience here that I could never have done as a student at the time or if I were someplace else. For me, there were profoundly important adults during my years here that sustained me, and walked with me through really hard times, both when I was in high school and afterwards. And those adults, in some cases, became bonus family members to me, and I would not be who I am today without those relationships. They have shaped me and formed me in ways that were tremendous, and I hope that I now get to walk in their legacy and continue to carry forth. Certainly, when I am struggling as a faculty member about how to connect with a student, or how to endure some difficult things, I sort of call upon my memory of them to pull me through.

What’s a funny story from your time in Andover? Something that really made you laugh?

I was here during an era when students were awesome at doing pranks. I was here when there was a student prank to remove all of the spoons from [Paresky] Commons. I was here when there was a time when they took all of the desks and chairs out of [Samuel Phillips Hall] and moved them to the lawn outside of the building. That was my era, so it’s cool to be part of that legacy. I was not involved in any of those pranks, as I was way too nervous as a student to do anything terrible.

What’s one word of advice you have for Andover students?

Try new things, try things that you love. I was really intimidated by Andover when I first came as a student... I arrived at Andover as a student who loved musical theater. But, I was quickly overwhelmed by how amazing everybody else was from my perception. I felt really inadequate, and there was no way I could even audition because I would never get in as I thought everybody else was much better at it than I was. It took me until my Upper Year to try out for the select choir, which at the time was the Cantata chorus, which traveled...for March break with the orchestra and [went] to amazing places. There was this amazing orchestra conductor, Mr. Thomas, who had a larger-than-life reputation, and I was terrified of him. But, halfway through my Upper Year... they had an opening because there were a couple of people who couldn’t travel due to pre-season. So, they held late auditions in the middle of my Upper year... I had no idea what I was doing, and it was just [Mr. Thomas and I] in the choir room. And when I finished... he looked at me, and he said, “Where have you been for two and a half years?” I was terrified in the corner, and he said, “Shame on you. You could have come with us to Italy last year.” And I was like, “Wait, does that mean I got in?” He said, “Yes, go pack your suitcase and never be intimidated,” and that stayed with me. There’s that old adage of how “you miss every shot that you don’t take.” I think it’s really easy to be in awe and amazed at how talented your classmates are, and to think smaller of yourself. So, that’s my best piece of advice to try it. Just try it. You’ll grow through the disappointment, or you might surprise yourself.

What’s a fun fact or talent about yourself that you want the student body to know about?

My stress relief used to be making handmade pasta. When I’m in a super good headspace, I dream about gelato flavors. Composing them, and thinking about combinations of fruit and other flavors.

Strangio Presentation Looks to Future of LGBTQIA+ Rights

Continued from A1, Column 5

students often feel as if they have their future set out before them, Strangio emphasized the flexibility of students’ career paths. He also touched upon the need for subjectivity from the decision-makers who create legal systems that often have ingrained oppression.

“One of the things that I believe about law is that we have to make visible the decision makers, the players, the human beings who are creating the systems that we’re living under. I am a part of the system, so my subjectivity feels important to name and talk about especially with student audiences, because I really am committed to breaking down the idea of a linear path to some future,” said Strangio.

Student moderator Max Berkenblit ’24 elaborated on the importance of having discussions with guest speakers who have atypical career and success paths. He emphasized the significance of showing many professional possibili-

ties to highlight how success can look different but impactful through unique facets.

“At Andover we have people who will go into all sorts of fields when they graduate, you know, we’re always told that we’re going to be the next leaders. It’s really important to show people that they have paths where they are leaders, they are lawyers, activists, politicians, scientists, and they can make incredible change while doing so. Chase Strangio shows a career of activism is possible,” said Berkenblit.

Strangio emphasized the obligation to advocate for transgender justice through political control, cultural change, and mediums of creativity. While recognizing the difficult confrontation of federal policies that suppress transgender activism, Strangio provided insight on how people could work together to change the widespread notion of a binary gender system.

“I want people to know that they have more power and control over the world around them, and so engage in politics in all of the elec-

tions and even administrative bodies that have control over our lives. [I] also [want people] to think about the cultural change we can make in our everyday life in terms of how we relate to each other, and then [how] continuing to be creative and make art has a transformative effect,” said Strangio.

In addition to explaining the possible futures for LGBTQIA+ rights in America, Strangio went over different ways to allow students to accept who they are. Maddie Soong ’27 shared how Strangio encouraged students to pursue freedom with their identities and to be themselves, especially in public spaces.

“One of the most important things that you can do is to be visible and show people that you exist and that you are not just a talking point, you are a person. If you are in a place where you feel like you can be who you are and be proud of it, show people you exist... This would help to walk towards a future where our existence is not put in question,” said Soong.

Female Advocacy at Andover Continues After Abbot Legacy

Continued from A1, Column 5

performers’ opening remarks. She mentioned how combining words with art allowed her to understand more about her roles on campus and her experiences as a female.

“The process of coming up with what we wanted to tell the audience was probably the most meaningful part of it because that was the time when we actually talked about our experience as females [and] jazz musicians on campus. Condensing that into just a few lines, and engaging with the whole school, even though we didn’t do a speech, was very powerful in a subtle way,” said Wang.

Although Wang commemorated Andover’s significant bounds towards gender equality on campus and Friday’s powerful reflection of that, she also mentioned how gender inequality continues to remain prevalent on campus, albeit more subtly. She recalled Blue Key Head Auditions as an example of this.

“Reflecting as female musicians on campus, I realized that there are a lot more subtle and hidden inequalities that still exist on campus that are not addressed and that are normalized by the campus which shouldn’t be. In gener-

al, there’s just so much more competition for females, and you also just have to work harder in order ‘prove’ [yourself] in a more male-dominant space like jazz or leadership roles,” said Wang.

She continued, “For example, this year during the Blue Key Head election, there are far more girls fighting for just five spots, [but] there’s only a [few] boys fighting for the same amount of spots. I think this year has been kind of reminding people that there still are these things that exist, and our journey of combating gender inequality has not ended yet. I think this year’s theme provided us with a lot of time for reflection, and also space for improvement for the coming years.”

Phan spoke of a similar concept to Wang. She acknowledged that the fight for gender equality was not over and that as Andover continues to move forward, equality can be attained by refusing complacency.

“When it comes to the dynamic between Andover and Abbot, I really got to understand what it looked like during those first years of the merger and how it’s evolved since then. Personally, I think that leaving complacency behind is part of our ‘next’: reforming student culture, [and] even policy at our school,” said Phan.

Senior Letter Serves as Reminder for Seniors to Uphold Community Standards

Continued from A1, Column 2

countability Plan,” wrote Meyer in an email to *The Phillipian*.

The expectations outlined in the senior letter have changed over the years to stay consistent with Andover’s student conduct system and values. Susan Esty, Dean of Students and Residential Life, highlighted how the Senior letter has been adjusted to reflect more nuance in the disciplinary system. She noted that students who committed a Level 2 Community Standards Violation will no longer miss all Senior-week events.

“We let community standards conferences determine the consequences and have had students miss some Senior-week events but still participate in Commencement. This is decided on a case-by-case basis, since our new conduct system relies on participants in a community standards conference, particularly the student whose actions led to the conference, to determine what meaningful learning can take place in the time left before graduation. This year, we updated the Senior letter to align with changes we’ve made to our responses to unexcused

absences,” wrote Esty in an email to *The Phillipian*.

Mario Calvo ’24 elaborated on the letter from the student’s perspective, noting that the actual expectations have not changed and are on par with the standards for the rest of the student community. Calvo also mentioned how the letter reminded students of the new potential consequences of cuts.

“With regard to the actual expectations, nothing there is really unreasonable because the expectation is that you go to class and you’re turning in assignments, which for most people, it’s what they’ve been doing for the past four years here, and hopefully, it continues. With the new attendance policy, there are more kids now who are essentially a lot more careful about accumulating cuts because, of course, now the consequences are definitely much more severe than they were before,” said Calvo.

According to Ani Bayramyan ’24, although many Seniors do not need the letter to encourage them to meet community standards, it serves as a reminder to all. Bayramyan noted that end-of-the-year events are incredibly meaningful to seniors.

“I do think this letter will make some people more cau-

tious in what they are doing. Some people will reconsider what they are doing and when they are doing it especially after April 19 potentially... Some people might be more cautious or potentially when they’re [about to] break a rule. They might be like ‘maybe not, maybe I don’t want to risk this for prom night and for having fun with my friends,’” said Bayramyan.

In her email to *The Phillipian*, Meyer wrote that the Senior letter does not introduce new expectations, but instead clarifies old ones. Similarly, Esty noted that positive results to the letter have been observed in previous years.

“One positive experience from last spring was that not a single Senior accumulated enough unexcused absences to miss Senior-week events. We would need more data to understand if there’s a relationship between the Senior letter and Seniors’ attendance, but we were certainly happy that last year’s Seniors set a great example by honoring commitments and finishing strong,” wrote Esty in an email to *The Phillipian*.

Earth Week to Serve as Culmination of PASC Work

Continued from A1, Column 3

all prepared for their respective events.

“Since we have a lot of goals and so many different events, it’s kind of hard to keep track of everything, and make sure that everything is getting done, as well as communicating effectively with administrators and faculty members so we can make sure we can get the necessarily materials on time and the responses from each of our performance groups [for the Earth Festival]. It has been a bit of a challenge but we’ve been handling it pretty well,” said Lazar.

Tina Zeng ’24, Co-Coordinator of the PASC, pointed out the PASC’s relatively short history, and how it has continued to increase its reach and initiatives to cater to as many people as possible. She emphasized that Earth Week was one way

in which the PASC’s growth is shown, through the expansion of the activities list, and inclusivity for any student to join the cause.

“A lot of people don’t know this but the PASC is actually super young. It’s about a four or five year old club. It’s really been not that long, and we’re continuing to grow and improve and change every year as we sort of have more people interested and different interests within the branches of the PASC. Earth Week is a really good example of how that manifests, because each year we are trying to do different things and take different approaches to make it a more open and transparent process to sort of expand our activities lists. In some cases rather than expand quantity, [we] sort of deepen the quality,” said Zeng.

Editor’s Note: Sophia Lazar ’26 is Business Staff for The Phillipian

“Creating Our Narrative”: Students Attend Asian American Footsteps Conference at Governor’s

ANNA TSETKOV & JENNA LIANG

A group of 20 students traveled to Governor’s Academy to attend the Asian American Footsteps Conference (AAFC) on April 14. The AAFC, first founded in 2011 and hosted annually, encourages high school students from a diverse range of independent schools in New England to engage in the workshops and activities provided. This year’s conference included workshops surrounding the theme “Creating Our Narrative.”

The conference was organized into three parts, consisting of time for lunch and two workshops. Angela Zhao ’26, board member of Asian Society, was one of the 20 students who attended the AAFC this year. Zhao reflected on the reason why students like herself were interested in participating in the event and her takeaway from a speech by Simon Tam who spoke about his own experiences to the Asian, Asian-American, and mixed-heritage Asian students.

“A lot of people, including myself, went for the opportunity of meeting other Asian-identifying people in different schools, especially in high school because we’re all around the same age, and it’s just a really good experience to branch out to new people... We had a keynote speaker called Simon Tam. [Through his speech], I learned [about] the power of art and activism together... The second

workshop I went to was about Asians in STEM... It was really interesting to know the [actual] statistics since the stereotype is that all Asians do STEM... [However], the statistics showed that about 17 percent of the STEM field is Asian, which may not seem like a lot,” said Zhao.

Darren Xu ’25, who has participated in the AAFC for two years in a row, reflected on how this year’s experience differed from the previous year. Xu applauded other aspects of the event, such as the cuisine, but also hoped for more time to interact casually with others and the school campus.

“This year, [the AAFC] split all Asian students into affinity groups, so I was able to join the Chinese affinity group and [meet] people there... After joining the AAFC this year, I was more interested and inclined to join Asian affinity groups such as the Asian Society on campus... [Also], the food was great at Governor’s Academy... I’d like to see more of that for sure. I think it would be better if students would have more time to walk around the campus because that was something I really wanted to do, and I didn’t have time to do that,” said Xu.

Aya Murata, Assistant Dean of Students and Residential Life, served as club advisor to the Asian Society from 1994 to 2015 and emphasized the importance of creating space for Asian students to delve into their identities and share their unique experiences. She hopes Andover can continue

fostering such opportunities for all of its diverse communities.

“We need to create spaces for these kinds of conversations that have to do very specifically with the Asian experience in the United States [of America], whether that’s coming from an Asian international student perspective, an Asian American perspective, or the mixed-race Asian experience, given the large constituency of students that we have here now, and that’s obviously grown over the time that I’ve been a faculty member here. Just trying to create

opportunities and experiences for our Asian students to really think about their evolving sense of identity in their spaces in terms of their racial and ethnic identities, especially if they’ve been in a primarily homogenous setting prior to [Andover],” said Murata.

Fumi Kimura ’25 appreciated how the opportunity allowed him to reconnect with old faces. Kimura also addressed the areas in which the conference could improve for next year to develop a stronger interscholastic network.

“What was really nice was

that I have friends in other schools, and so, it was nice to reconvene and get in touch with them [through the conference]. Some of them I haven’t seen for two years, since middle school, so it was very fun to reconnect and talk about experiences... There were so many people, I think Ms. Murata said there were 400 people, and at the end of the conference I only knew ten of them. If there was a time to really interact and get to know people, I think that would be very interesting,” said Kimura.



COURTESY OF AYA MURATA
Twenty students from Andover attended the annual Asian American Footsteps Conference at Governor’s Academy.

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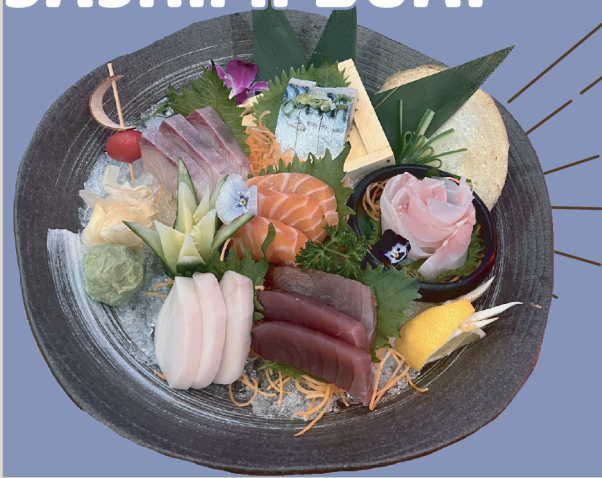
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HERE AND THERE: THE WORLD RIGHT NOW

COLLECTED BY LILY LIU

Health: Increasing Push for Dengue Vaccine in Latin America

Over the past three months, an outbreak of dengue fever, also known as breakbone fever, has unfolded in Latin America. Over a million cases of the quick-spreading disease were recorded in Brazil over the past few weeks, and a state of emergency has been declared in both Peru and Puerto Rico as a result. According to “The New York Times,” more than 3.5 million cases have been confirmed by governments of Latin America. This data represents only the cases from the first three months of 2024, substantial compared to the 4.5 million cases recorded from the entire year of 2023. Recently, researchers from Brazil announced a clinical trial of a new dengue vaccine that uses live, weakened forms of all four strains of the virus, and is said to provide strong protection against the disease. Butantan, the institution that will make the vaccine, plans to submit the vaccine to Brazil’s regulatory agency for approval in the next few months.

War/Conflict: Iran’s Aerial Attack on Israel

This past Saturday, Iran launched a large-scale aerial attack on Israel, firing more than 170 drones and 120 ballistic missiles. The attack is the first direct attack launched from Iranian ground after decades of indirect warfare between the two nations. According to “The New York Times,” the assault was in response to a recent strike on a building in the Iranian Embassy in Syria that killed some of Iran’s top commanders. As reported by “CNN World,” 99 percent of the missiles and drones fired in the event were intercepted, with the United States of America, Britain, and France

playing a part in the interception. The attack caused no deaths thus far, but 12 people were hospitalized in southern Israel overnight. Though Israel’s war cabinet meeting ended Sunday without a clear decision on Israel’s response, the Israeli government is still determined to take action, according to “CNN World.”

Climate: Swiss Government Found Guilty in Climate Rights Case

Last Tuesday, Europe’s top human rights court claimed that the Swiss government had violated its citizens’ human rights by striking action to stop climate change. “The New York Times” reported that experts claim this as a landmark ruling that could potentially reinforce the power of activists using human rights laws to hold governments to account. Initiated by a group called KlimaSeniorinnen, or Senior Women in Climate Protection, the European Court of Human Rights in Strasbourg, France, ruled that Switzerland had failed to meet its target in reducing carbon emissions and must address that problem promptly. The women from KlimaSeniorinnen, all older than 64 years old, claimed that their health was at risk due to heat waves produced by global warming. They argued that the Swiss government, by not prioritizing the fight against climate change, had violated their human rights.

Economy: Immigrants in Maine Filling Labor Gaps

Maine, with the oldest population of any U.S. state, has a median age of 45.1 years, and one of the state’s key economic regulators is its export of lobsters, making up a one billion dollar indus-

try for the state. However, the large population of older people makes it difficult for the state to sustain this industry — more and more people are becoming less willing to catch, clean, and sell lobster. According to “The New York Times,” this situation poses a preview for the vital role that immigrants play in filling the labor market holes that will be created as native-born workers retire. On a national view, immigration is expected to become an increasingly critical source of new workers and a healthy economic flow in the coming decades. Maine’s initiatives, like the creation of the Office of New Americans, aim to integrate immigrants into the workforce, promoting both innovation and economic vibrancy in the state.

Politics: Kamala Harris Attacks Donald Trump Over Abortion Rights

This past Friday, Vice President Kamala Harris criticized former President Donald Trump over abortion rights at a campaign rally in Arizona. According to “The New York Times,” Harris accused Trump of being directly responsible for a court decision this week that upheld the state’s 160-year-old near-total abortion ban. Harris then went on to call abortion restrictions in states similar to Arizona “Trump’s abortion bans,” instigating campaigns using the headline “Donald Trump did this.” Through this, Harris highlighted the potential impact of abortion restrictions, framing them as a part of a larger assault on women’s rights in general. Compared to President Joe Biden’s more reserved approach, the Vice President’s vocal stance on abortion signals her role as a prominent advocate of reproductive and feminist rights within the administration, reports “ABC News.”

OWHL Hosts Primary Source Workshop:
The First of a Series on Accessing OWHL Resources

EMMA GREENHUT &
JONATHAN OH

On April 10, the Oliver Wendell Holmes Library (OWHL) hosted a Newspaper Workshop, where students learned how to use the OWHL’s vast collection and databases of newspapers. This event kicked off the OWHL’s new workshop series aimed at helping students utilize and understand the available resources in the library. With an influx of history classes hosted in the library and current Uppers starting their History 300 papers, the librarians have become more involved with student work and research. Camille Torres Hoven, Director of the OWHL, spoke on how the workshop sought to address recurring questions among students about using newspapers as primary sources. “We had recognized a need to do something beyond history classes coming to the library to help students understand how to use primary sources. One of the questions that kept coming up in [the] research appointments we have with students was how to

use and find newspapers. So, we thought that this would be a good way to one, address the need for things that need to happen outside of instruction, and two, to shine a light on the question of newspapers,” said Torres Hoven. Chloe Song ’26 was motivated to pitch the idea of a workshop when she discovered a demand for help accessing and finding newspapers specifically for research projects. Song helped facilitate the workshop as part of the OWHL Student Advisory Board and spoke on how the opportunity aligned with the Board’s goals to shine light on the OWHL’s extensive resources. “One of our biggest missions is to advocate on behalf of all Andover students [and] help students gain more accessibility to the OWHL’s resources... I felt passionate about helping other students in my position, as an Andover student who’s constantly researching in the history classroom and realizing that it’s very [difficult] to navigate the OWHL’s website, databases, catalogs, and sources. In my research project, I used a lot of newspapers, but I realized

I needed a lot of help with getting access to them,” said Song. Tessa Hite, Reference and Student Support Librarian at the OWHL, also facilitated the workshop, going over how to navigate the dozens of newspaper databases accessible through the OWHL. She spoke on how important newspapers are in allowing students to gain a perspective on a specific event or time period, as they framed public opinions and perceptions that were prevalent at the time. “This [workshop] focused on newspaper databases because it’s a great way to find primary sources and learn more about how certain historical events were framed within the time periods that people are studying. We talked about tips and tricks for finding sources within the databases, and then once you have them, how to actually use and analyze them in your paper. OWHL has access to more than 50 newspaper databases that spotlight a range of voices, so there are a lot of different entry points for many topics. The aim was to build research skills that you could use across the board,

whether you are searching in the OWHL catalog or outside databases,” said Hite. Orla Naughton ’25 attended the workshop and attested to how the interactive workshop provided her with a new lens to research that can be done with the OWHL databases. She commented on how the workshop not only allowed her to find specific sources for her research but also gave her the tools and information she needed for other courses and papers as well. “Dr. Hite taught us how to use newspapers as primary sources and led us through how to use the OWHL guides to find those newspapers... Then, within the databases, she was really showing us how to refine our searches. Dr. Hite also showed us how to [explore] other lines of inquiry we can take when looking at newspapers... On top of my [history] paper, my English teacher, M. Martin, recommended my class to go [to the workshop] to get an understanding of the perspectives that newspapers can give for our next project. Sitting for an hour and being able to talk with a smaller group and ask the instructor questions real-

ly provided a good lens into what working on research assignments would look like,” said Naughton. Torres Hoven emphasized how the OWHL was a resource for anything research-based, not just papers for classes. She welcomed all students, including those who were forming ideas, presentations, and other interesting avenues. “A lot of students are under the impression that you come to the librarians when you have a topic. We’re happy to talk to you and help you tease ideas out before you have a topic. We’re here to work with CaMD Scholars, Brace Scholars, clubs looking to make a journal or magazine, and all [Andover] community members. It doesn’t have to be just History 300 people. It was this kind of misconception that we are only here for history that made us want to do [an open workshop], While we love the History 300 paper and all the work we do at the History Department, we’re here for all [Andover] community members,” said Torres Hoven.

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- DEI MORNING WALKS & DUI EVENING WALKS
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- EQUESTRIAN ROLEPLAY
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- LIVER TRAINING (MEETS IN ***)
- SWEAT FACTORY SUPERVISING

- Andover on Bringing Marjorie Taylor Greene to Campus Next
- Andover Dean Wins Boston Marathon While Chasing After Student Who Left Door Only 87 Degrees Open
- Certain Team Suspended for Taking Certain Guidelines as Suggestions
- Rule 34 Servers Crash After Phillipian Illustrator Releases Exclusive Gunga Cartoon
- Seniors Plan Vigil for Fallen Soldiers on April 19
- Bernie Sanders Agrees With Andover Student Body on Getting Rid of Classes



AVERY LIN/THE PHILLIPIAN

Andover Student Trains for Marathon

Piper Lasater

Dear Sykes Therapists,

As my first step towards spiritual betterment—although it may sound ambitious, I plan to participate in next year’s Boston Marathon!

I was laying still in a Sykes’ hospital bed after a minor heart attack when I realized it was time for a change. I shouldn’t have waited for something so dire to motivate me to get in shape; my health has long been on a downward spiral ever since that one incident in the Morse bathroom with my “opp” teacher in the stall over (before you ask, a couple was occupying the all-gender one on the first floor). The greasy “carnival” food clogging my arteries was just what I needed to top it off. I decided I needed something big to motivate me to improve, especially because my mindful walking every Tuesday and Thursday has gotten me nowhere. In reality, I’ve thought about running the Boston Marathon for a while, or at least ever since I heard a girl in my class discussing her plans to start a non-profit to help refugee chipmunks, and I knew I needed to think outside the box for a college essay topic. But, today is officially the day I am going to start anew! I have begun by running loops in the Sanctuary. Although I enjoy soaking up the sun, my favorite time to run is right before sign when the Sanctuary really comes to life with students. Not only do I feel rejuvenated but I have also been invited to join a Cross-Country cult. They have truly become family. I am beginning to learn what it means to be a respectful member of the community, and I have limited myself to making the freshman clean my room for me only once a week. I cannot wait to see what the future holds.

Yours truly,
The Maronthoner

“Locked in so hard I pooped myself.”

“Put my phone through the window so I can hear my boy spitting game.”

“My math class smells like asbestos.”

Dude guess what... I’m not gonna be a dad!”

“That kid looks like his name is Frinkle.”

“The brain rot is getting to me.”

“I wouldn’t last a day in jail.”

“Are we in the talking stage or is she just being friendly?”

OVERHEARD ON THE PATHS



The Phillippian SPORTS

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April 19, 2024

Crew Sees Course Record Fall in First Full Team Race of the Season

HENRY SNOW

SATURDAY 4/13	
Andover	4:07.5
Kent	4:10.5

On Saturday, Crew had its first full team race against Kent at home. Overall, the team took home the win in four out of the six races and the rivals competed for a trophy, which the boys team secured. The regatta was highlighted by the Boys 1 (B1) boat which broke the course record with a time of 4:07.5.

Dean Burton '26 highlighted the importance of the Kent race, noting that it's always a source of motivation for the team. He credited the conditions to some of the boat's success.

Burton said, "The race was against Kent, and for the past couple of years we lost against [them] because they're always really good. At the start of the season, we know that the boat that we have right now is a special thing because everyone's really motivated and dedicated to the sport. So then with the conditions on the water, it was pretty smooth. It



L. CHRISTODOULOU/THE PHILLIPIAN

B1 set a new record, breaking the past one of 4:15.

made it the perfect race."

The team finds a lot of strength in its spirit and support for one another. Willow Wright '26 shared that no matter the outcome, the Crew community is dedicated to supporting each other.

Wright said, "In general, everybody's ability to lift each other up and believe in each other and [since] Crew is such a team sport, even the people outside of your boat, just them

cheering you on from the sidelines when they're going up the course to start their race. And then the positive feedback and reinforcement that you get after your races even if it didn't go as planned."

Wright continued, "We want to see everybody succeed and not just ourselves in our boat. But whether it's your first race or your last race on this team, you want it to be the best one. I think it's really

strong that we're able to believe in each other and help each other in that way."

Avery Davis '25 in the Girls 3 (G3) had an especially good performance working consistently hard throughout the whole race. Whitney Kanter '24 highlighted Davis' perseverance and adaptability.

Kanter said, "Avery Davis, who stroked the G3 boat that I was in...was really great, especially looking at the photos

we saw from afterward. Her eyes were closed. She was in so much pain. But she was working really well. And she would still really quickly pick up on calls and everything really quickly, and that was just getting us all to go faster, and to put everything into what we were doing. So she would be a really good standout rower."

With it being the first full team race of the season, Wright highlighted the enthusiasm and excitement across the team. She also noted that no matter the outcome, this race was a good starting point to kick the season off.

Wright said "It was the first race of the season with the whole team, and so everybody was really amped up and excited and ready to go because it's racing season, so that's very exciting. But also always people are nervous, but everybody was mostly excited to go out and see how everything we've practiced has paid off. Also it's just the first race, so it's a benchmark and we only go up from here. But everybody was super excited and super happy to be there and we got a lot of good racing done so it was a good day."

Crew will race BC High, St. John's Prep, Deerfield and CRI at home on Saturday.

Girls Lacrosse: Not Going Down Without a Fight

MICHAEL WILLIAMSON

FRIDAY 4/12	
Andover	11
Milton	10
SATURDAY 4/13	
Andover	10
Pingree	8
WEDNESDAY 4/17	
Andover	10
St. Paul's	11

Andover Girls Lacrosse faced off against Milton, Pingree, and St. Paul's on Friday, Saturday, and Wednesday, respectively. Of these games, Andover took two wins against Milton and Pingree, ultimately falling by one to St. Paul's in double-overtime.

The team started off against Milton on Friday. According to Neicia Smith '25, the game had a slow start, however with Ando-



L.RUSTUM/THE PHILLIPIAN

Neicia Smith '25 searches the field for an open teammate.

ver's defensive prowess, it was able to end with good energy and explosiveness.

"We came out a little bit slow. They were up by three in the first couple quarters but then we started a chip at their lead. Our defense played really well and after we were able to make some defensive stops and put together some good plays we were able to take the game to overtime and come out with the win," said Smith.

In the team's next game, it

took on Pingree team, ultimately winning 10-8. Neily Ware '25 highlighted the competitive match up followed by Andover's ultimate offensive success.

"The game against Pingree was definitely a competitive and exciting one. We were back and forth, they would go up, then we would go up. They were a talented team, and we knew that going into the game. We were just able to execute and we ended up with the win, so I think it was a good showing for the team. We had

lots of energy on the field and from the bench and our players really came together," said Ware.

On Wednesday, Andover had another tough matchup against St. Paul's. This season, St. Paul's has been averaging 12.4 goals per game, making it a prominent offensive team. Peyton Kennedy '25 commented on the team's unfortunate loss.

"The game was very back-and-forth. I'm pretty sure we ended a lot of quarters tied. They would score, we would score, we'd be down by two, we'd come back. There were just a lot of momentum shifts, making it very much a possession game. They were winning a lot of draws, but sometimes we just capitalized. We still ended up tied going into the end of the game and we just could not hold off them [St. Paul's] in the end," said Kennedy.

In these games, Molly Boyle '25 played in a commanding role as the goalkeeper. Ware credited Boyle for serving as a strong base for the team's defense.

Ware said, "I think recently, including the Milton game and our game against Pingree, Molly's really been crushing it in goal. She's stepped in, she alternates in spare time, so she's stepped up a lot for us recently and has come up with some incredible saves. She has really been holding us down in the

back and coming in clutch for the team."

Blake Kennedy '25 highlighted Co-Captain Lauren Herlihy '25 for her offensive playmaking. Her goal against St. Paul's helped shift team morale, contributing to Andover going into overtime.

"At the end of one of the quarters, maybe the third, Lauren scored this crazy goal from a sick pass from Neicia to then tie it up when we were down. She scored a buzzer beater which really was a momentum shifter because that whole quarter we were down by two points," said Kennedy.

Looking forward, the team will focus on its next game, noted Kennedy. She explained how Andover will continue to execute a similar game plan to the previous week, while playing more aggressively on offense.

"Our next game is on Saturday against Choate. They are not a very strong team, so I think we will probably just play our same game and work on capitalizing on our attacks when we have possession. We have been working on new plays during practice, so we will probably run a few of those and maybe try out some new defensive sets," said Kennedy.

On Saturday, Girls Lacrosse will face Choate.

Girls Tennis Loses to Winsor, Comes Back to Sweep St. Paul's

ANYA BUDZINKSI

SATURDAY 4/13	
Andover	4
Winsor	5
WEDNESDAY 4/17	
Andover	9
St. Paul's	10

Girls Tennis (3-2) played matches on Saturday at home against Winsor and away on Wednesday at St. Paul's. The team lost a nail-biter on Saturday but recovered with a resounding victory on Wednesday. Overall, the team continued efforts since the beginning of the season with high spirit and enthusiasm, with both games demonstrating progress made since the start of the season.

The team was able to support one another throughout matches on Saturday and Wednesday despite the change-up in the



L.RUSTUM/THE PHILLIPIAN

Lena Ciganer-Albeniz '25 and Kendra Tomala '26 celebrate a point in

game location due to the weather which proved especially important in the close match-ups, highlighted manager Orla Naughton '25.

"The atmosphere was pretty intense, honestly. At the start... the games were supposed to start outside, but the wind was

super bad so they moved inside. So, obviously that changes the variables. Our team was used to practicing inside because of the weather... They won one of their doubles and then they lost two of them. So, then going into singles, there's a tension of it's gonna be [a] really close competition with

the other team," said Naughton.

Despite the long duration of the matches, the team always maintained a supportive and cheerful spirit, cheering one another on and making sure everyone is focused and feels supported while they play. Mercan Draman '26 elaborated on how the team finds success from support.

"We're really good at hyping each other up or cheering each other on. I know that I didn't play until like a good five, like four hours into our match, but I was on the sidelines cheering everyone on and so was everybody else who wasn't playing. So, I think we're just a very supportive team," said Draman.

Draman also highlighted teammate Kendra Tomala '26's performance on Saturday. Tomala played both a doubles match and a singles match that were timed very close together with minimal break time in between. Despite this, Tomala persevered through the extended match play and had a very strong performance.

"Kendra, she had a really long and excruciating match. I would say her and her opponent, she had just finished her doubles match and then right after she

started her singles match against the number one of the other team, and it was a really long match. She won the first set, her opponent won the second set and then they were in a tie break, and I believe that the tie break was really close. Kendra did an amazing job sticking with the match," said Draman.

On Wednesday, the team traveled to St. Paul's and found clear success as it won every match. According to Lara Madan '27, it took the team some time to find its focus with it being an away match, but once the team warmed up players were successful and consistent with each of their performances.

"We were a little bit distracted at the beginning with being an away [game], but we closed it out in the end. Today was beautiful tennis weather, so that was really nice. As we eased into our matches, our strength was playing really consistently and focusing on playing our game. This helped close out the win for all of our matches," said Madan.

Girls Tennis will play Choate at home on Saturday.

OUTDOOR TRACK & FIELD

An Athlete Who Loves the Sport: Co-Captain Jazzy Cormier '24 Brings Positivity and Light to Track & Field

KATE RODGERS

Track & Field Co-Captain Jazzy Cormier '24 is a leader that creates a fun and inclusive environment. As a Co-Captain, she has demonstrated resilience and an ability to persevere during hardships. She brings high energy to the team, projecting her love for the sport onto her teammates and empowering them.

Despite having an unorthodox start to the sport, Cormier quickly grew to love track. She mentioned how the practices seemed fun and how even the coaches were always excited. She noted how the community made her stick with it even though she did not have as much experience as the other kids.

"I started out managing [track] Lower year for the first week of track because I was nervous to run, and I had never tried a sport other than soccer... However, after watching all the practices it seemed really fun, so I ended up joining the team instead. I would say that something that made me stick with it was the culture and commu-



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nity, which is something I strive to continue in the legacy of the Captains I had in my Lower and Upper Year," said Cormier.

Cormier strives to be a vocal leader that is able to help out her teammates when they are in need. She recognized how many athletes do the sport for varying reasons with varying backgrounds, and being someone who can help with technique is very important.

"In my leadership, I am pretty vocal. I strive to be a captain that knows what's going on and can help anyone with anything at any time, especially because I think a lot of people that come to track

are doing it because they want to stay fit for another sport, which is exactly what I did, or are new to it in general. I think having someone there who can help you with your block starts, or techniques, or just general things about track is very helpful," said Cormier.

As an athlete, Cormier's determination and impressive work ethic is evident. Gracie Aziabor '26 highlighted how even when going through adversity, Cormier continues to encourage her teammates.

Aziabor said, "She's really determined and a super hard worker. I feel like as an athlete, I've seen her go through a lot of adversity and injuries, but she's very strong and she always pushes through. While doing that, I think she's also just such a great teammate to have around because even if she's dealing with her own things, she always is willing to be there for her teammates and supports them and makes them feel good. That's something I really admire about her."

Although the large team brings a possibility for disconnects between training groups or grades, Cormier works to create a cohesive

and inclusive team. Bennett Rodgers '26 recognized how Cormier works to bring people together and improve team chemistry.

Rodgers said, "She encourages a very whole, cohesive, and comfortable team. Since the track team is so big, a lot of the time there can be a large disconnect between different training groups or grades. Jazzy works hard to break down that gap and bring people together."

According to Aziabor, Cormier is a mature and positive presence on the team. During warm ups or meets, she hypes up the team with her high energy. Aziabor mentioned how Cormier's love for the sport is apparent and contagious.

"Jazzy helps the team succeed because she's very mature and she loves to have fun which brings a lot of good energy. You can definitely see it in warm ups or at meets, she's always dancing and singing along to the music that we are playing and giving high fives to everybody. It creates a really positive environment and makes everyone happy to be there. It makes training so much better when you can tell she's at practice and re-

ally loves the sport and loves [Track & Field]," said Aziabor.

The team has a tradition of doing "captain's kudos" to shout out those who stood out during practices or meets. Cormier details how important it is to motivate her teammates to work hard and recognize different successes throughout the season.

Cormier said, "Everyone is really important and integral to our team culture... Everyone plays a significant role in our team and one way to combat people feeling like they don't is to do captain's kudos. In the beginning of practice sometimes we will bring candy or something and name a couple people we felt worked really hard in practice or have really great attitudes and leadership. It's important that throughout the season we keep everyone motivated to work hard so we can continue to succeed."

Kamen Kaleb Brings Skill, Smiles, and Support to Track & Field

THEO WEI

Kamen Kaleb '25 leads the Track & Field team through his dedication to the sport, making sure to engage with each and every member of the Track & Field team. By continuously setting high standards for himself, Kaleb's goal is to inspire the rest of the team to follow his example.

While it's Kaleb's first year as Co-Captain, he noted how being on the team in previous years and his past Co-Captains' leadership was instrumental in shaping his own. He now is able to lead the team with spirit and motivation.

Kaleb said, "One way I've been able to lead is with my positive and encouraging attitude in training and occasionally during meets as well. In my younger years on this team, I always tried to hang out around athletes who I thought were more mature and were better leaders than me. At the time, I just did it because I thought they were cool, nice, or funny, but now I realize how influential all those people were to me be-

coming a better leader and a better teammate."

Kaleb continued, "For example, last year the Captains led a small group of athletes through fall training for Indoor track. As someone who was still quite on the fence about whether or not I really wanted to commit to the sport, this term was one of my favorites ever because not only was I able to spend my afternoons working out with my friends, but I learned so much about track, building good habits, and becoming a better leader from the leaders of that group."

Kaleb's energy is a big inspiration to all his teammates, along with his commitment to the team and the sport. Kishan Clarke '26 highlighted his confidence and ability to perform under pressure.

Clarke said, "I also do high jump as well, which Kamen specializes in. He's someone that you can turn to and ask for questions. He's someone who's not afraid to lead, he doesn't get nervous. I mean, obviously he does sometimes, but he can perform while being nervous, be confident while being nervous. He also boosts the team spirit, or the

high jump team spirit by just being a welcoming and confident guy."

Kaleb emphasized his efforts to connect the team and remind his teammates that while scores are important, so is the team aspect of Track & Field. He shared his hopes to help his teammates grow by finding enjoyment in the sport and create that culture through his role as a Co-Captain.

"With our team being so good, it's easy to solely focus on winning and getting better and forget about the fact that this team is a family. Obviously, winning is important and I want all my teammates to better themselves whether it be for the team or for themselves, but expecting everyone to only want to get better and not get any enjoyment out of each practice and each meet would only stunt our growth. I believe that if you try to dedicate all your energy to something you care for, you will be able to go so much farther than if you put the same amount of effort into something you care less about. The reason I became Captain is because I think that I can give that sort of attitude to my



A.TSAO/THE PHILLIPIAN

teammates and help us all get better together while enjoying ourselves in the process," said Kaleb.

Grayson Flynn '26 commended Kaleb's supportive leadership. He noted that in addition to being helpful within high jump, he's always checking in with other athletes about their own events with individualized attention.

"He is a big leader in the high jump, just helping everyone out. Just a good friendly guy on the team, a very welcoming guy. He's good to talk to. He knows a good amount about track...[and] always cheers people on. He'll ask you how your practice went

and such. After the fact, he always checks on everyone and in general encourages everyone on the team to do better than what they can do," said Flynn.

As the sole Upper Co-Captain, Kaleb noted that this year can serve as a learning opportunity. He shared that even if he doesn't continue his role as Co-Captain, he knows that what he learns as one now will help him as a leader on the team in the future.

"After this year, I will have one more year as a Track & Field member. This year I want to learn as much as I can while still providing a positive environment for all athletes to progress. Next year, I want to put everything I learned to use and make it the perfect season for my fellow Captains, my teammates, and myself. As someone who is Captain this year, whether I'm Captain next year or not doesn't change the fact that I will have more people looking to me for leadership. So, while I want to be able to make this season the best it can possibly be, whatever mistakes I make this year I can turn into learning opportunities for the next," said Kaleb.

Girls Outdoor Track & Field Co-Captain Patricia Tran '24 Returns for One Last Season as a Face of Unity

ORLA NAUGHTON

Starting her running career with Outdoor Track her Junior spring, Girls Co-Captain Patricia Tran '24 grew from a new runner to a three season Captain. Falling in love with the sport from her experience in Outdoor Track, she has grown to become a leader that sets an example and is a consistent pillar of support.

Tasha Bohorad '26 explained Tran's leadership and how it contains the perfect amount of honesty while also being a shoulder to lean on.

"Patty (Patricia) is very supportive, but she's also more reserved, not in the way that you don't think she cares about you but she's always very straightforward with you and she'll check in. She'll be supportive, but she lets people do their own thing and make their own career which I really like. I've known her since the beginning of being

at Andover, and I switched to Cross Country... and she always made me feel included, she would hang out after practice and do core, do push ups, and she's always a team player," said Bohorad.

Being a three season Captain between Indoor and Outdoor Track and Cross Country, Tran emphasized the factors that make the Outdoor season special. With a collective goal and better weather each day, a community continues to be fostered which Tran appreciates.

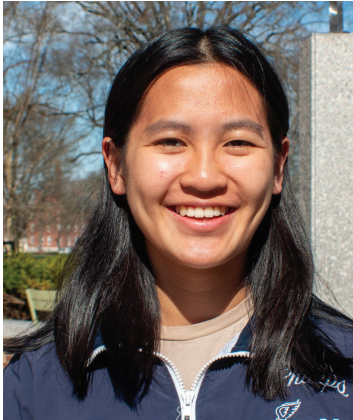
Tran said, "[One] thing that sets Outdoor Track apart is that one, it's probably the biggest team that we have all year so you get to meet a lot of new faces and then you also have some returning people from Indoor so you get to bond with them but also welcome newcomers to the team... We also have some of our biggest meets during the outdoor season... The whole season... Our goal is being able to place at [New England Interscholastic

Outdoor Track & Field] Interschols so I think everybody is working really hard, using their momentum from Indoor and trying to see what they can do in May. Also just that as the season progresses the weather gets nice, so I think peoples spirits are their highest ever towards the end of the outdoor season."

According to Bohorad, Tran invests herself into every meet day. She connects with each athlete and cares about the success of teammates.

"Even if she's injured or she's not racing... you forget that she's not racing because she'll talk to you like she's competing as well and she really takes everything to heart on meet days and you can tell she really cares about it and about the meet," said Bohorad.

Lily Williamson '25 highlighted the ways in which Tran is able to make a team with so many different events into one cohesive community.



K.MA/THE PHILLIPIAN

As a long time member of the distance running group along with trying out the javelin event for the first time this season, Tran's ability lets her traverse all sides of the team to promote unity.

"[She] is influential on both of [distance and javelin] which are oftentimes two different groups that wouldn't normally interact. She is a paragon of team unity just based on what she does individually in her own events. Also, she just

really encourages everyone around her. If there's someone running either the 2-Mile or the 200-Meter, she's there to cheer people on. She'll go on long runs with us and then spend days doing tech events with the field events, so she is super multifaceted," said Williamson.

Reflecting on her last season as an Andover athlete and Captain, Tran looks forward to cherishing the things that built her love for the sport in the first place.

"[What] I'm really gonna embrace is trying to spend as much time with the people that brought me into this sport. Having fun, trying to make the most out of it and spending quality time with the people on the team whether it's through runs, or during our workouts... or even through post practice dinners, or pre-race brunches, overall just spending quality time with my teammates," said Tran.

Co-Captain Emerson Kington '24 Embodies Discipline and Mentorship

ETHAN LY

Outdoor Track & Field Co-Captain Emerson Kington '24 has been competing in track and field since seventh grade, originally taking on high jump and running the 400 meter. At Andover, Kington specialized in the 200 meter and 400 meter with a highly successful record, most recently qualifying and performing well at the 2024 New Balance Indoor Nationals, hosted in early March.

Since first joining the team and as his time as a track athlete at Andover progressed, Kington began to take on responsibilities as a leader on the team. Inspired by former Co-Captain Daniel Bae '23, Kington molded himself into captaincy to help serve as an example for the other long sprinters and use his knowledge as an experienced runner to help others.

“Once I began thinking about whether I wanted to be Captain, [Daniel Bae] was in my group already. There weren't many long sprinters, and out of the long

sprinters, I was the person who had been in that group the longest. At that point, even though I was only in 11th grade, I had the most experience in the long sprints group, and this made me feel that I had to set an example in the group with how intensely we should be working,” said Kington.

Grayson Flynn '26 highlighted Kington's efforts as a Co-Captain. During Flynn's first year competing in track and field, Kington served as a mentor and figure Flynn could model and take inspiration from.

“Last year, [I was] completely new to track, as a fellow 400 runner, he was someone I looked up to and would always give me advice whether I asked for it or not. He gives really good advice and is a great role model, especially being in the same event group,” said Flynn.

Kington highlighted his priorities as a Co-Captain in setting the tone and example through his own hard work and discipline. He acts as a role model for his teammates, always making sure to showcase good work ethic and discipline during practices and



A.TSAO/THE PHILLIPIAN

meets while creating a culture of putting everything into each practice.

“Generally, I try to lead by example. I think when I first joined track here, something that was super important to me was watching the older runners and seeing how much effort they put in. That made me feel like I had some standard that I could hold myself to, and that's what I try to do as well. I try to be an example, in workouts or just in practice. I try to be accessible as well as a good role model. I think that's super im-

portant especially for something like track where motivation plays a key role in the work you do,” said Kington.

Track practices often take the form of grueling workouts that are both physically and mentally fatiguing. Regardless of challenges, Kington's own attitude of being willing and enthusiastic to drive through each drill showcases his dedication to the sport. Sami Tokat '26 praised his motivational presence on the team.

“We did a workout with the long sprints along with the middle distance runners last year and this year as well. And I think that what you'll see with Emerson is: it doesn't matter how he's feeling, it doesn't matter if he's struggling, he is always going to do the next rep, and do the next rep to the best of his ability. That's a role model that you want to have on the team, and I think that he pushes all of us to improve and he carries us to PRs,” said Tokat.

Tokat, one of Kington's teammates on the Andover's Distance Medley Relay (DMR) praised Kington's efforts to motivate and guide the team to success in train-

ing for the 2024 New Balance Indoor Nationals.

“He is always an uplifting friend, and I think that was shown throughout the whole process [of training for Nationals]. I think our DMR team knew that he was going to be rock solid. His 400 leg was super important. As always, he performed to the best of his ability and he was super supportive throughout the whole process,” said Tokat.

Looking ahead, Kington has committed to run Division III Track and Field at Middlebury College and hopes to conquer the sport with intensity.

“I'm going to stay focused on the 400[-Meter Race] because I've just found that that's the event I've found the most satisfaction in in training for. I really want to do well, which is why I've tried to stay super diligent during the Indoor season and this season. Because I want to set myself up to keep growing in college, and I want to be able to compete at meets with really good athletes and be able to hold my own with them,” said Kington.

Parker Valby Redefines Training for Success

TARA MENON

Parker Valby, a runner for the University of Florida, recently broke the 10K collegiate record at the Bryan Clay Invitational. The record was set fourteen years ago by Lisa Uhl and was broken last week with Valby finishing over two minutes before the runner-up, Jenna Hutchins. It was Valby's first ever 10K.

Having already set the NCAA 5K record twice, one may wonder how Valby manages to break countless records while staying healthy. Well, her “secret” is cross-training, which makes many runners eager to incorporate it more frequently or even question replacing some miles with extra time on the machine. This method working particularly well for Valby could be a great way for injury-prone runners to train their aerobic systems while staying injury-free.

Valby, renowned for her unconventional training methods, epitomizes the balance between intensity and injury prevention. With an impressive track record of owning four NCAA titles, she stands as one of the fastest female collegiate athletes in her domain. Contrary to the popular belief that “the more miles, the better,” Valby has forged a unique path.

Following a foot fracture, Valby's training regimen underwent a transformative evolution. Never having seriously cross-trained prior to this, Valby was introduced to a new way of training. Returning from her injury, many were shocked to see that Valby's fitness had not dropped. Rather, Valby said that she could maintain, if not increase her fitness in her time while injured.

Currently, Valby dedicates approximately three days a week to running, a surprising departure from the norm. She compensates for this seemingly reduced frequency by embracing cross-training, any form of exercise that deviates from an athlete's main sport,



SOPHIE STAIL/THE PHILLIPIAN

in Valby's case, anything that isn't running, devoting anywhere from four to seven hours weekly. Central to her cross-training routine is the arc trainer, where she seamlessly alternates between the elliptical and aqua jogging. When on the arc trainer, Valby exerts herself to the extent of puddles of sweat forming around the machine, proving that just because she is cross-training, her training remains strenuous.

In an interview with “CITIUS MAG,” Valby said, “It's not like I'm jogging on those days [that I'm running] or that I'm cross-train-

ing easily. I think people underestimate what I'm doing. When I cross-train, there are puddles of sweat on the floor... Workout days are quality miles. That's where all the miles come in — workout days. And then ‘easy run’ days are the days that I'm cross-training.”

Valby's mileage shifts each week, but it usually ranges anywhere between 25 to 40 miles. Her typical week of workouts varies, depending on whether or not she is competing at a meet. Valby described her week of workouts. “I'll do a cross-train double on Monday. Tuesday is typically a

track workout or a grass workout depending on whatever we have coming up. So that'll be running on the ground that day. Wednesday will be a cross-train single. Thursday, some weeks we have workouts, some weeks we don't depending on if we're working out on Saturday. And then Friday will be a cross-train double. Saturday will either be a workout, or off, or cross training depending on the week. Sunday is cross-training.”

Cross-training, often underestimated, emerges as a cornerstone in athletic development across

various disciplines, from figure skating to football. It serves as a potent tool for mitigating muscle strain, building endurance, and fortifying the body against injuries.

Valby's illustrious career, punctuated by four NCAA titles in both track and cross country, is a testament to her methodology's efficacy. Every workout Valby embarks on is executed at high intensity, with purposeful training sessions, and not jogging a single mile. On easy days she simply doesn't exert much pressure on her joints but still challenges herself on the arc trainer. According to Runner's World, Valby's heart rate on the arc trainer exceeds her average heart rate on runs. Valby also enjoys her time training and doesn't see it as a chore. When things get boring on the machines, she plays music, calls her mom, or talks to friends next to her. The mental fortitude to spend hours in machines should also not be overlooked.

Parker Valby embodies a unique shift in athletic training, prioritizing quality over quantity. Her approach not only defies convention but also underscores the profound impact of strategic cross-training in sculpting championship-caliber athletes. While Valby's coach, Will Palmer does want Valby to engage in more running, he wants her to take it slow and steady, in terms of increasing mileage, to mitigate the risk of injury.

Valby is enthusiastic to keep progressing in the sport and wants to remind younger athletes to not compare themselves to other athletes and to enjoy the journey. In late June, Valby will strive to make the Olympic team, racing both the 5K and the 10K, at the Olympic Trials in Eugene, Oregon. Many athletes will look up to Valby's divergent yet fruitful approach, as this may be the new way of training plentifully with impunity.

Boys Baseball Falls to Deerfield But Comes Back to Dominate Cushing

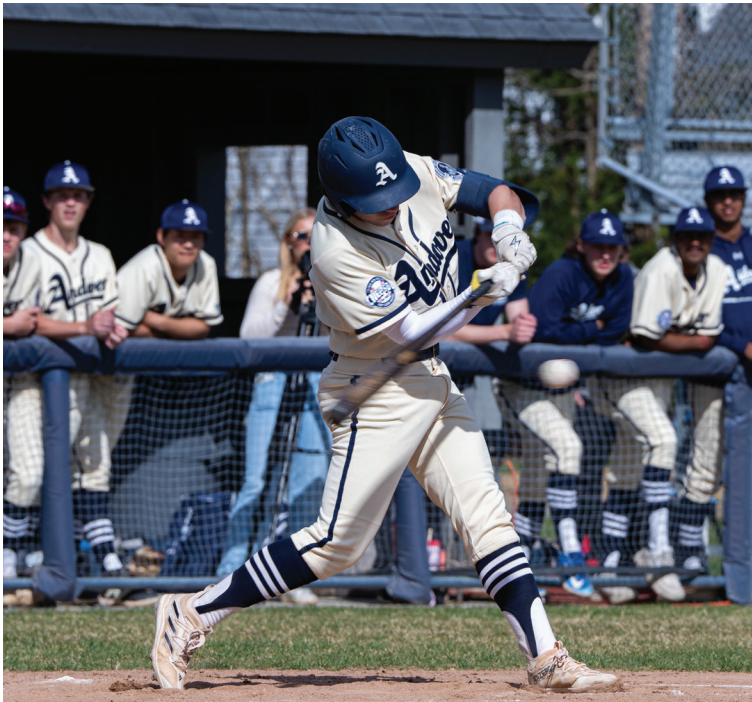
LOLA AGUIRRE & LILLY STEPHENSON

SATURDAY 4/13	
Andover	2
Deerfield	6
WEDNESDAY 4/17	
Andover	6
Cushing	1

Although Boys Baseball (1-3) lost to Deerfield on Saturday, the team finished the week with a strong win against Cushing. Andover looks to continue its momentum into the game against Worcester this weekend.

According to Mikah Krystofolski '27, during the practices leading up to Saturday's game against Deerfield, the team mainly focused on situational hitting and execution. During the game itself, however, he noted that team's energy was low.

“We worked on hitting,



H.ZHONG/THE PHILLIPIAN

Ariel Miranda '24, positioned in second base for defense, swings at the ball.

situational hitting. So, runners in scoring position, and executing hits... In the first couple innings, it was pretty dead. But as the game went on, we got more lively. But at that point, it was too late. I think we need to work on be-

ing involved in the game for the whole game,” said Mikah Krystofolski.

As the game went on, pitcher Marek Krystofolski '25 worked hard to shut out Deerfield, only letting up a few hits. This sparked enthu-

siasm in the team and kept up the team's energy in the dugout.

“Through the first five innings, Marek really shut him down. I think he only gave up one or two hits. That kept the energy high in the dugout,” said Mikah Krystofolski.

According to Mikah Krystofolski, some notable players included Jace Roossien '24 who made significant contributions to the game by hitting two ground-rule doubles as well as Cam Willems '24 overall hits.

“Jace had two ground rule doubles and Cam has been doing really well for us. He's one of our better hitters right now,” said Mikah Krystofolski.

Reflecting on Wednesday's game against Cushing, Roossien shared he was proud of how the team played, especially regarding the hitters' success and the multiple pitchers.

“Today's game was great all-around pitching. They did a great job. Our hitters started to string together some hits. We had good at-bats all the way around, and some great defense. Isaac Lamson [24] made a couple of great plays

down at third base. We had a big inning, it was the fifth inning where we put up five runs and that was everybody coming together and just having a lot of really good hits. Good at-bats put the game out of hand. Then Nate Rosner [24] came in and pitched three great relief innings. And then Mikah Krystofolski came in for the last two innings and closed out the game. He pitched great,” said Roossien.

For upcoming practices, Roosen imagines that the team will work on hitting and how to approach different pitches to hopefully get some more runs in the upcoming game.

“We are going to work on our approach to the plate. Line drive, contact, working up the middle. Taking away that outside corner and, and driving into the other field and just working on seeing high-level off-speed pitches as well. Like curveballs and change-ups and stuff like that,” Roossien said.

Baseball will play Worcester at home on Saturday.

Boys Tennis Adds to Undefeated Streak With Another Sweep Against St. Paul’s

THEO WEI

WEDNESDAY 4/17	
Andover	7
St. Paul’s	0

On Wednesday, Boys Tennis (4-0) played its first outdoor game against St. Paul’s and came home with its third shutout of the season.

Jeff Shen ’26 discussed the drills the team did to prepare for Wednesday’s match by working to address the wind while playing as this game was the first match

using the outdoor courts. Shen applauded the team for its performance and ability to address the wind like it had practiced.

Shen said, “Working on net play is essential, as most of the doubles points are won through net play. Because today we played very well. We played dominant points. Winning the doubles games right away which was conducive to the win today. Net play really shows up when playing in windy conditions because when you’re at the net it’s easier to put away points, rather than at the baseline where you’re trying to grind your opponent out.”

Shen also talked about the team’s mentality prior to playing St. Paul’s, specifically highlighting how the team was excited to

play on the outdoor courts for the first time and were ready to play after the long weekend.

Shen said, “We knew that the team was ready based on previous training sessions. We were ready to play our A-game. And then that’s how we pulled up.”

Chase Burke ’25 mentioned that the team supported one another throughout the matches and constantly persevered through any difficult points to ultimately win the match. Although Burke and his partner, Ben Shin ’26, got off to a rough start, they continued to uplift one another.

Burke said, “[We] made sure to stay positive. And, if you miss one ball, it’s not the end of the world and you gotta keep pushing and

remind your partner when he thinks, when he gets down, that he has to keep pushing as well because we’re a team and it’s important to stick together.”

Similarly, Shen talked about what he loves about the team environment. By working as a team and not completely focusing on the skillset of the top players, Shen emphasized how he feels a sense of community.

Shen said, “I love our coaches and the community... We support each other and practice sessions are always great because we don’t work on one individual person... We put more work on our team as a whole, and that’s how we compete because how you train is how you compete. When we go out there, we play as a team, not

as an individual.”

Shin also spoke of his love for the community. Through the team’s intrinsic competitive nature and how close each player is to one another, Shin highlighted the friendships he has made.

Shin said, “The pre-season trip really brought us together as we played tennis for six days. [We] stayed at a hotel and trained all day. But it’s also that we all just want to win and do well on the court, so it’s just a shared goal, which brings us together.”

Boys Tennis will play again at home on Friday against Belmont Hill.

Softball Scores First Two Victories of the Season

AARON HUANG

SATURDAY 4/13	
Andover	17
Lawrence Academy	4
WEDNESDAY 4/17	
Andover	1
St. Paul’s	0

Softball (2-1) secured its first two wins of the season. It competed against Lawrence Academy (Lawrence) on Saturday and St. Paul’s on Wednesday. After many canceled games at the beginning of the season, the team has now started a two-game winning streak.

Going into the game against Lawrence the team put an emphasis on improving its communication and consistency. Madison Hugo ’25 noted the impact those have on the team’s ability to bounce back from in-game mistakes.

Huge said, “I would say communication was the main thing,

Our coach has us do a bunch of drills at the start of our fielding practice, so we try to throw the ball around and get to as many passes as we can, which can be frustrating at times if you make a mistake. It can also be a little stressful since you don’t want to make a mistake and be the first to break the streak, but I think that also really helps us because when we do make errors, or when things don’t go our way. It’s really helpful to just have to break it down and pick ourselves back up, which I think has been helping out ability to regain momentum in the game.”

Angie Ceballos Cardona ’25 shared that during the season opener, the team struggled to take advantage of every opportunity that was presented to it offensively. In this game, the team was able to score many runs, leading to its first victory of the season.

“This game, we were really trying to focus on capitalizing on opportunities that we had to score runs. That’s where we were kind of lacking our first game. In the end, we hit a lot this game, and we scored a lot of runs. Our main goal was to put runs on the board to support our pitchers who have been pitching really great thus far for us,” said Ceballos Cardona.

Co-Captain Emerson Buckley ’25 discussed some shortcomings in the game on Wednesday

against St. Paul’s. Although the team won, Buckley shared areas for improvement offensively.

Buckley said, “Our defense was amazing. We definitely should’ve put more runs up, but we executed when it mattered. Overall our offense does need to step it up, but I’m confident that it will come with time and practice.”

Although Buckley shared that the team has room to grow on offense, she described how its work on defense paid off.

“We’ve been working really hard on defense and staying composed in the field, which I think definitely translated. It’s nice to see the work we are putting in show up in important moments like these,” said Buckley.

Moreover, Buckley applauded Ashley Schuman ’27 for her performance and leadership on Wednesday. In addition to her impressive pitching, Schuman secured the win for the team with her hit.

Buckley said, “Ashley Schuman had an amazing game. She pitched a shutout and hit the game-winning walk-off. Ashley is a Freshman, and she carries herself like a leader on this team. I’m consistently impressed by her.”

According to Ceballos Cardona, the team will continue to work on its confidence. She highlighted its importance in a sport like soft-



Myla Mexico ’27 winds up for a pitch.

ball.

“This upcoming week, we have a few tough games, so we’re just going to focus on playing together, communicating, and playing with the same confidence that we did this past Saturday. Confidence is a really big part of our sport, and that can make a really big difference in games, so we’re just going

to keep working on that. We’ve been working really hard on and off the field,” said Ceballos Cardona.

Softball will play against North Reading High School on Friday and Choate on Saturday.

Outdoor Track & Field Starts Season With Undefeated Record

ROBBY SWAN

SATURDAY 4/13	
Andover	131.5
Deerfield	92
Taft	69
WEDNESDAY 4/17	
Andover	337
St. Paul’s	200
Proctor	91
Kimball Union Academy	33
Tilton	16

Outdoor Track and Field (2-0) won its first two meets of the season. Andover headed to Deerfield on Saturday and St. Paul’s on Wednesday. Both meets were invitational, with around 70 student-athletes competing. The top four field athletes and the top eight lane-event athletes for each event were invited to both meets.

On Saturday, both the boys and girls 4x1 were disqualified. Gracie Aziabor ’26 mentioned how, despite this setback, Andover is ready to build back during upcoming meets.

Aziabor said, “Some crucial moments were the 4x1 relays at our first meet. I would say neither of them went according to plan. Unfortunately, both of them got disqualified, which was a disappointment and a setback for the team. One good thing is that everyone that was in the 4x1, and the team, they all were very supportive and eager to get back on the track and try again and both of the 4x1s went really, really well... I think it shows how resilient

our athletes are, and that is really great.”

At both meets, Jenna Robertson-Palmer ’27 noted the mental challenges athletes face when letting the pressure get in their heads and how it can influence their performance.

Robertson-Palmer said, “Some of the weaknesses are getting in our heads before races. We just need to focus on the race ahead and block out the noise and not focus on what I am doing for my block start, and just focus... [on] not worrying about the little details.”

Aziabor noted that the team has been training tirelessly over the past week and the work and hours that they have been dedicating are paying off.

“Leading up to the event the team put in a lot of hard work. Definitely, this season we’ve been doing a lot of difficult workouts and the main thing we have wanted to focus on is staying focused during the meets themselves but also during practice. There was a

lot of really good hard work put in leading up to it on all of the events not only just in running but all fields. All the athletes were really committed, really focused, and even the athletes who weren’t coming to the meet put in a lot of hard work and that will definitely pay off later in the season,” said Aziabor.

According to Ethan Ly ’27, both new and more experienced athletes were able to showcase their talents at the St. Paul’s meet. Ly mentioned how Max Krasovsky ’27 excelled in his 400-Meter Race.

Ly said, “Max Krasovsky stood out. He has never run a 400-Meter Race before. It was actually his first track meet ever. He really shined in the 400 meters, and I’d say that’s very impressive because many people would say that the 400 meters is one of the toughest events in track. Max really pushed through his event, and he really did a good job.”

Ly also noted how Tam Gavenas ’25 was able to be adaptable

and use his endurance in a very successful 4x4 race at St. Paul’s.

“Someone who was super impressive was Tam and just the whole 4x4 team dusting St. Paul’s in the 4x400 meters. I thought Tam especially, who had just come off of running the 800 meters, where I think he ran a time of around 1:56, which is really impressive to see him anchor the 4x400 meter relay, that really just displays a super great performance,” said Ly.

Murathime Daisley ’26 predicted that the team will build from what it learned during the meet in the upcoming practices.

“Now that we have two races under our belts, I think that our times will show us what we need to build, whether it be working on our speed endurance or aerobic capabilities, which differ from person to person,” said Daisley.

Track & Field will host Austin Prep and Landmark School at home on Wednesday.

Ultimate Frisbee Sees First Victory of the Season

TARA MENON

FRIDAY 4/12	
Andover	5
St. Sebastian’s	9
WEDNESDAY 4/17	
Andover	15
St. John’s	13

Last Friday, Ultimate Frisbee (1-2) fell to St. Sebastian’s. The team went on to play St. John’s Prep on Wednesday, securing its first win of the season with a close win.

Although the team lost against St. Sebastian’s, Miklosh Frusztajer ’26 highlighted important improvements within the team. He noted the enhancement in the team’s dynamic on the field and their ability to execute their planned strategy.

“There is definitely a lot more synergy between us, more understanding of the tactic, which is our

sort of person-to-person marketing strategy that we employed. As well as the ability to maneuver and improvise. Obviously there are still things to iron out, but the core is we’re getting a lot more used to playing ultimate,” said Frusztajer.

While the bad weather on Saturday brought many challenges, Frusztajer emphasized the importance of the energy brought by spectators. He also noted the optimism Saturday’s strong game-play brought the team for future matches.

“The weather wasn’t optimal. As Coach [Scott] Hoenig always tells us, ‘that’s uncontrollable, that’s something that’s completely out of our hands.’ So, we’re very thankful for everyone who showed up to support. There was a lot of great energy from the sidelines, from the supporters. We did get solid turnout, considering the dreadful conditions. But anyway, seeing that improvement from the last game and seeing those glimmers of hope, those glimmers of really good play, really has stuck with us all,” said Frusztajer.

Cyrus Law ’27 commended Co-Captains TJ Moody ’24 and Everett Woo ’25 for stepping up despite the weather. He also highlighted new players Frusztajer



Fumi Kimura ’25 throws a forehand.

and Nate Goldberg ’27 for their impressive performance.

Law said, “It was really windy that day, so a lot of the more experienced players, like our Captains, TJ and Everett, they did really well. Some of our newer players also contributed quite a bit. In

particular, I think Miklosh and Nate. But I still think with the difficulty of playing in the wind, our Captains really helped us out.”

On Wednesday, the team celebrated its first victory of the season against St. John’s Prep. Dean Yang ’27 highlighted the dynamic

of the team and noted the excitement that came with the team’s first win.

“There was a lot of good defense that I saw, and the chemistry was really good... [We] were passionate because we lost pretty bad [the] first couple games, so it was very exciting when we won,” said Yang.

Looking forward, the team hopes to continue working on skill development and strategy so that it is prepared when it encounters challenges with the weather. According to Law, the team will work on throwing and catching in particular.

“In general, everyone can work on our technical skills, especially since we can’t really control the weather. We don’t know how it’s going to be, we can’t expect it to always be perfect for frisbee. Yes, we’re working on tactics for the new players and technical skills for everyone, like throwing and catching, that will be really important,” said Law.

On Saturday, Ultimate Frisbee will play away at Northfield Mount Hermon (NMH) against Williston, Xavier, and NMH, and on Wednesday, it will play home against Lexington High School.



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SPORTS
TEAMS.



OMAHA STORM CHASERS

The Omaha Storm Chasers are a Minor League Baseball team in the International League and the Triple-A affiliate of the Kansas City Royals. They are located in Omaha, Nebraska.

RICHMOND FLYING SQUIRRELS

The Richmond Flying Squirrels are a Minor League Baseball team based in Richmond, Virginia. The team, which is a part of the Eastern League, is the Double-A affiliate of the San Francisco Giants.



MONTGOMERY BISCUITS

The Montgomery Biscuits are a Minor League Baseball team based in Montgomery, Alabama. They are the Double-A affiliate of the Tampa Bay Rays and play in the Southern League.

UNION OMAHA

Union Omaha is an American professional soccer team playing in the USL League One based in Omaha, Nebraska. The team debuted in 2020 and won the League One championship in 2021.



GOLF

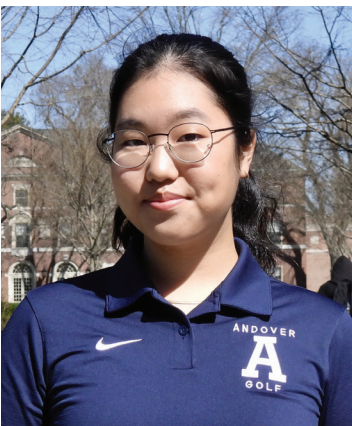
Golf Co-Captain Heyon Choi '25 Helps Her Teammates Master the Mental Game of Golf

ALEX DIMNAKU

In a sport that demands so much mental strength from its players to perform at the highest possible level, Golf Co-Captain Heyon Choi helps her teammates stay positive and focused during matches. By keeping team spirits high and embodying a role model persona, Choi allows her fellow players to unlock their full potential.

Choi shared that while the mental aspect of golf is one of the most challenging parts, it is also one of the most important parts to her. The mental strength, clarity and focus required to play golf are not only limited to the sport, but essential and applicable to other aspects of her life as well.

“[In golf,] you have to be consistently good and keep your cool from hole one till you finish hole eighteen... I really enjoy the mental aspect and I find a lot of the time that endurance and maybe the concentration that I’ve been able to build up through



L.PADMAWAR/THE PHILLIPIAN

golf, I can channel into other things that I’m doing,” said Choi.

Sebastian Montemayor ’27 also highlighted the mental aspect of golf, sharing his admiration for how Choi uplifts the entire team with her optimism and lively energy.

“She brings positivity to the team when we need it right before a match. We need her energy to beat our opponents, and she brings that to the table and that makes her a good captain. Heyon’s attitude rubs off on everybody else. If you’re in a bad mood, or you’re having a bad day, she’ll definitely cheer you up.

She’s that type of person who can emotionally support you throughout the whole match. With golf being a very mental sport and her being able to uplift the team’s mental state, she helps us win matches,” said Montemayor.

Choi discussed how she has modeled her leadership after a past captain of the team, Trey Wolfe ’23. She uses the phrase “positive mindset attitude” to encourage her teammates and remind them of what they are capable of.

Choi said, “I actually look up to our past captain, Trey Wolfe. He was in the class of ’23, and he always had this thing, it was called a ‘positive mindset attitude.’ And whenever you’re playing with him and you seem a little down and you’re like, ‘Oh, I just can’t do this,’ he looks at you and he’s like, ‘Positive mindset attitude.’ And as a captain, I’ve tried to carry that along. It’s obvious that you have to stay neutral and not be too sad when you’re playing a round of golf, and keep yourself, and keep your composure. I’ve tried to do that whenever I see someone, maybe a little upset in their

round of golf. [I] just try to pat them on the shoulder and be like, ‘You know what, we have a couple holes to go. It’s totally fine, and you’re doing your best, so just bring out what you’ve been practicing on the range and your other practice rounds and see the best you can do.’”

Sean Niu ’25 emphasized Choi’s abilities on the golf green, but also off, serving as a mentor for the team. He emphasized the effectiveness of Choi’s pre-match motivational speeches.

“Outside of golf matches, I would say Heyon is definitely a really good role model. She’s a really nice person, and she makes an effort to get to know everybody and have them get excited about Andover Golf, even if they don’t play. Before a match she will give us words of encouragement and pep talks so we are as ready as we can be before a game,” said Niu.

Though she does not intend on playing golf competitively in college, Choi remains assured that the sport will stay a significant aspect of her life for the foreseeable future. She mentioned the

uniqueness of it, noting that golf is something that she can play all throughout her life, even as a hobby.

“Starting off, golf was pretty challenging because you really need to build up your mental strength and keep yourself going on the course because sometimes you feel hopeless and you need to go. But, I’m at the point where I’ve found how to get back to my enjoyment. And I genuinely love playing golf so much... I’m really passionate about golf, and I definitely will continue playing. I don’t really have specific plans to pursue it competitively in college, but I think it will be a pretty important part of my life, like a lifelong hobby. Golf is one of those sports that you play until you die, so that’s one of the reasons why I’m so glad I started earlier than maybe other people. It offers both challenge and relaxation, so I definitely see myself playing golf for a long, long time,” said Choi.

Editor’s Note: Heyon Choi is an Executive Digital Editor for The Phillipian.

Co-Captain Logan Eskildsen '24 Leads With Composure and Reflects Golf Etiquette

MADDY LEHMAN & ALASTRIONA O'DONNELL

When Logan Eskildsen ’24 began playing golf, it was only natural. Taking after his father, who nearly became a pro-golfer, Eskildsen’s love for golf was at first swing, watching as the golf ball rocketed away. As Golf Co-Captain, Eskildsen aspires to instill a sense of community and serve as a role model on the team.

“I strive to lead in a manner that unifies our team under camaraderie and the core value of respect. I actively try to initiate conversations with teammates who do not know each other too well during practice or on the rally wagon ride back to campus. On the course, I try to lead by

example in both golf and match etiquette,” said Eskildsen.

While the team values are prominent to every player, Eskildsen further embodies them as a co-captain. Whether it be small gestures or large, Eskildsen instills within Andover’s golf team the importance of maintaining key values such as respect.

“Our team values center around respect and courtesy. We treat the paying members at our home course with the utmost respect, we shake the hands of every team we play, and we always aim to leave the course in a condition better than we found it. As one of the two Co-Captains, I shake the hand of the opposing coach and thank them for a great match,” said Eskildsen.

Eskildsen prides himself on his composure and ability to stay

positive when being challenged during harder matches. However, his main goals for the season are to overcome mental obstacles which oftentimes manifest themselves in minor mistakes.

“I would say my biggest strength is my attitude. Oftentimes, it’s tough to keep your mind cool during a match, but I repeat to myself a series of thoughts that keep me focused on winning the next hole. My biggest weakness, however, is my ability to maintain focus when I am not playing a match. I let a lot of easy missed shots build up, which has cost me a few shots where I face the same situation in a match,” said Eskildsen.

Describing himself as a “play fast, hit it far” player, Eskildsen admitted to the duality of his character and play style as a



L.PADMAWAR/THE PHILLIPIAN

golfer in comparison to his personality.

“As a player, I live by the motto ‘play fast, hit it far.’ I am a player with a quick and aggressive swing tempo, and I think that reflects in my play style. I am quite the opposite as a per-

son because I think I am more introverted and reserved by nature,” said Eskildsen.

Eskildsen noted that the Andover Golf has helped him pursue his collegiate golf goals. Although not officially committed, he hopes to use his experiences to become a part of the team. Whatever the outcome in college, Eskildsen foresees golf as a skill that will come in handy long into the future.

“If I cannot walk on to my college team, I think I’ll end up playing a round on business every now and then. My experience on the Andover golf team will definitely help in those high-pressure matches,” said Eskildsen.

Golf Claims a Resounding Win at Home Over Holderness

ALEX DIMNAKU

WEDNESDAY 4/17	
Andover	11
Holderness	1

Andover Golf triumphed over Holderness on Wednesday at home in a dominant win. Despite the team’s inability to practice on the course due to bad weather in recent weeks, Andover took advantage of its indoor practice time to handle Holderness with poise and ease.

Head Coach Brian Faulk ’00 noted that a strength of the team against Holderness was the admirable rhythm of the players and their resounding success in earning pars.

Coach Faulk said, “One of the most important things, especially early in the season, is to keep the ball in play and make

pars [because] generally pars win... At least [in] the matches that I followed, it seemed like the players did a really good job keeping the ball in play and then earning pars.”

Sebastian Montemayor ’27 credited Jack McVeigh ’25 for his impressive match against Holderness. McVeigh played with composure and took on the role of captainship in the absence of the usual Co-Captains.

“Jack McVeigh won his match beautifully and played phenomenal golf, he dominated his opponent. He absolutely showed no mercy and played like a true veteran on the team. Being an Upper, he was the captain because both our captains went to Tabor [Academy]. So he was our Captain for Varsity. He stood up and took the role of being a captain on the team. This game was also a pretty big game for him because his dad works at Holderness,” said Montemayor.

Despite the poor weather



COURTESY OF IZZA AN

The golf team victoriously takes a group photo after beating Holderness.

making on-course training difficult, the team did not let that deter its practice, instead taking advantage of the simulator and other means to prepare for its matches. Seeing the outcome of recent games, Faulk expressed his excitement for the rest of the season.

“We have an extremely strong team this year and I think everyone pushes one another in practice, which is always something you want to do. I think if you practice well, you play well. Unfortunately, we haven’t been able to play a lot. With the snow and the rain and the weather. [But] I’ve been really impressed with the way this group has come together to kind of overcome these challenges,” said Coach Faulk.

To prepare for matches, Coach Faulk provided each player with a yardage book that detailed complexes for every hole on the golf course and other essential knowledge. Sean

Niu ’25 noted how the resource deepened his understanding of the course, which was crucial since this was the team’s first match playing on the back nine holes.

“We played the back nine for the first time today, but our coach did give us these really good yardage books, and I really think that the yardage books really contributed to our success, and added to our knowledge of the course. Especially because we haven’t been able to get on it much with the weather,” said Niu.

In the upcoming days, Faulk noted that the team will switch its focus from match play to medal play, which assesses a player’s skills and accounts for the total number of strokes a player takes to complete a round. The team will also concentrate on technique and skill for the Andover Invitational.

“So the next match we have is against Proctor [Academy] next

Wednesday, but then we play at Newport Country Club, which is always one of the biggest events of the season for us. And then we have our match against Deerfield, which is always very tough. The Andover Invitational is a medal play event. We’ve played a lot of match play, so I think one of the things that we need to work on over the next week or so is minimizing mistakes and focusing more on medal [play] rather than match play,” said Coach Faulk.

Andover Golf will take on Proctor on Wednesday and compete in the Andover Invitational on Saturday.



COURTESY OF IZZA AN

Sebastian Montemayor ’27 finished with a par to tie the hole and win the match.

Crossword Corner!

Created by MaxLang

1	2	3	4	5
6				
7				
8				
	9			

ACROSS

- 1 Software taking the job of Da Vinci or Picasso
- 6 Printer ink for a laser printer
- 7 "Shucks!", from a geezer
- 8 Program that does 1 Across
- 9 Loch ____ Monster

DOWN

- 1 Just a bit
- 2 Someone from Des Moines
- 3 Something that could be right or obtuse
- 4 Videos on Instagram
- 5 Who the Lorax speaks for

1	2	3	4	5
6				
7				
8				
9				

ACROSS

- 1 Good investment, in internet lingo
- 6 Secret Base correspondent
- 7 Satire
- 8 People who might leave the toilet seat up, biologically
- 9 Things to get from grad school

DOWN

- 1 Use not enough, as clothes or food
- 2 Jewish holy book
- 3 From a long time ago
- 4 Dressed to the ____
- 5 Jangly things to unlock a door with

1	2	3	4	5
6				
7				
8				
9				

ACROSS

- 1 Timely bracelet?
- 6 Cognizant or informed
- 7 ____ Aran, Metroid protagonist and Super Smash Bros Character
- 8 Green Tubes, for Mario
- 9 Dry, as bread

DOWN

- 1 Aggressive insects with a sting
- 2 Patiently expect, as college decisions
- 3 City for the Buccaneers
- 4 Evil
- 5 Germanic region famous for it's mercenaries

1	2	3	4	5
6				
7				
8				
9				

ACROSS

- 1 Thing to write for a History or English class
- 6 Impressive display of a particular thing
- 7 Make noises while sleeping
- 8 Stabby things on a fork
- 9 It will grow into a tree

DOWN

- 1 Places to travel back in time to
- 2 ____ Schwarzenegger, nickname
- 3 Susceptible
- 4 Floppy-____, trait for a golden retriever
- 5 Grains used in whiskey and bread

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Arts & Leisure

The Phillipian

LOTW: Alina Chen '27 Aims to Destigmatize Fashion Through Experimentation with Outfits and Makeup

ANYA BUDZINSKI & PIPER LASATER

Alina Chen '27 dons a pink rib-knit cardigan outside a ruffled white dress, accentuating its lacy neckline with a Vivienne Westwood pearl necklace. To top off the outfit, she ties her hair back with her signature black bow. Chen describes herself as having a shy personality and uses her style as a way of expression. She tells a story about her personality through her looks, leaning towards statement pieces and accessories.

"I grew up a bit shy... and sometimes meeting new people is a bit intimidating for me. Especially after the first initial period of time where everyone kind of gets to know each other in a new environment. My styling choices often speak for me and express my interest [in] other people to some degree," said Chen.

Chen is energized by the process of putting together outfits every day. She finds that taking time for her fashion, something she is passionate about, helps her start the day on the right foot. She uses fashion to relax and finds joy in her outfits, even during difficult times.

"For me, [styling] myself doesn't take energy out of me, but rather the opposite. So, I

usually find myself putting more effort during times of stress [because] it gives me a boost of confidence and energy that helps me carry myself throughout the day," said Chen.

Chen finds fashion inspiration in a multitude of ways. She explores social media trends but also follows her own heart. She experiments with different silhouettes and textures and has recently gotten into thrifting at the Andover Thrift Shop.

"I've previously experimented with darker colors for a little bit and softer pastel styles. I'm moving into an era right now of fitted crops and outfits with ruffles, laces, and bows... [Recently], I've been trying out streetwear styles, such as cargo pants, saturated colors and baggy clothing, as well as business-casual outfits with tweed... A lot of it is based on the stuff I see on XiaohongShu (Chinese Social Media Site)," said Chen.

Zadie Robinson '26, a good friend of Chen, attested to Chen's experimentations with fashion and her ability to push beyond the confines of social media trends.

"Her style is very sophisticated and elegant. She uses a lot of timeless elements such as pearl necklaces, and white dresses, but she also add[s] bow ties and flowy fabrics, which I feel adds a lot of personality to her overall

aesthetic," said Robinson.

Beyond fashion, Chen has further experimented with her appearance through the use of makeup. Over the years she has paid more attention to skin care and keeping up with the makeup trends.

"I'm really passionate about makeup... I'm inspired by East Asian makeup styles... I adjust my makeup to the color scheme of my outfit, like I might add more blush or warmer tones when I'm wearing warm-toned outfits. I've been experimenting with my makeup for many years and it's been easy to second guess myself sometimes. I guess [that's] because it's a really arduous trial and error process," said Chen.

Overall, Chen's hopes for fashion to be destigmatized as a passion. She believes it is an art form that should embrace instead of ruling it off as vanity.

"I really want to help reduce the stigmatization of those who are concerned about appearance. In my experience, [people perceive those interested in fashion] as potentially conceited or materialistic... I've had a lot of positive interactions with people who really appreciate expressing their... aesthetic through clothes and accessories," said Chen.



L.RUSTUM/THE PHILLIPIAN

Alina Chen '27 gets inspiration from the social media app Xiaohongshu.



L.RUSTUM/THE PHILLIPIAN

Chen's black bow is a signature staple with her outfits.



L.RUSTUM/THE PHILLIPIAN

Chen hopes to spread her love for fashion and embrace it as an art form.

Students Light Up the Stage at iShow Over The Long Weekend

CHRISTIAN ESTRADA & ZACHARY YUAN

International Club (iClub) spotlighted talent and sparked excitement on Saturday night as students took to the Underwood stage to showcase their skills and creativity. From performances to spirited karaoke renditions, students gathered together and appreciated each other's talents at iShow.

Louis Leone '24, an experienced singer from Tanzania, performed For "Tonight" by Giveon on the stage. He decided to sing with just the karaoke track from YouTube and without a mic, to accommodate the intimate setting. After performing, Leone commented on the warm and welcoming atmosphere at the event.

"It was a great way for me to have fun community building, and share something that I love with the rest of the international student community... The room had nice acoustics, so I just had an cappella. I think people loved it... Each [performance] was well received and enjoyed by the crowd. It was a great way to engage the students who had remained on campus considering that it was a long weekend," said Leone.

Cyrus Law '27, an audience member, also noted the low stakes and amicable environment that allowed the whole audience to perform a karaoke rap song. In addition, he shouted out Zachary Yuan '27, who performed "Despacito," "Careless Whisper," and "Can't Take My Eyes Off You" on the saxophone.

"We played 'Sprinter' [by Central Cee], and the teachers didn't care. I love this song, and I really like how the teachers didn't get mad... The atmosphere was pretty chill. There was food; I ate half of it. Zach was having a moment with his sax, it was pretty sick, on display for all of us to see," said Law.

Jay Jung '27, a board member of iClub, who didn't expect many people to attend when doing the initial planning, was pleasantly surprised with the high turnout at the show. He noted that the high energy of attendees helped make the event more enjoyable and brought people together.

"I really liked that a lot of people came to the iShow because when we first planned it, we didn't expect a [big crowd] and that hype to come, but it was really interesting how people came... It was very enjoyable and loud, and it was very vibrant... [A moment that surprised me] was



COURTESY OF JAY JUNG '27

iClub seeks to connect students across culture with fun and interactive events like iShow.

when people started putting their song requests. It really got hyped, and I really liked that," said Jung.

In the future, iClub hopes to further its mission of connecting students from all over the world, whether it be in the U.S. or not. Leone emphasized the importance of

events like iShow in bringing people together and extended a welcome to the campus community.

"I like to invite [everyone] to join future events that are organized by iClub on campus... I think the International Club is there to bring students from all over the world and

connect them to the larger communities. And that only happens when both the international student community and our community pull up to events like this. So, I just want to extend that invitation out there to everyone else," said Leone.

Arts & Leisure

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ARTS IN BRIEF

COLLECTED BY ZADIE ROBINSON

Harold Halibut: Crafting Video Games From Brick and Clay

Breaking away from the digital mold, “Harold Halibut” mixes traditional craftsmanship and technology. “The New York Times” reported that the adventure game, developed over fourteen years by Slow Brows, immerses players in a world sculpted from real materials like clay, cardboard, and textiles. What sets “Harold Halibut” apart is its tactile nature, every set piece, character, and costume is handcrafted, lending the game a tangible quality rarely seen in digital media. Yet, despite its analog origins, the game seamlessly integrates these physical elements into a digital environment using innovative techniques like motion capture and photogrammetry. Set in an undersea city on an alien planet, players follow the journey of a hapless janitor named Harold as he navigates a visually stunning world filled with intricate sets and clay characters. “Harold Halibut” not only showcases the creativity of its developers but demonstrates the enduring appeal of handmade artistry in the digital age.

Remembering Faith Ringgold: A Legacy of Artistic Resilience and Activism

Faith Ringgold, the artist, activist, and cultural icon, passed away at the age of 93, leaving behind a legacy of creativity and social commentary. According to “The New York Times,” Ringgold’s career spanned painting, sculpture, weaving, performance, and writing, seamlessly blending personal narratives with political activism. She

showed her support of the civil rights movement and advocated for higher representation of black female artists. Despite her groundbreaking contributions to the arts, Ringgold’s work was often overlooked by mainstream institutions, reflecting broader issues of systemic bias within the art establishment. However, in recent years, there has been a notable resurgence of interest in her work, culminating in her inclusion in prestigious institutions like the Museum of Modern Art.

Taylor Swift’s Highly Anticipated 11th Album, “The Tortured Poets Department” to be Released April 19.

Taylor Swift’s 17-track, 11th studio album “The Tortured Poets Department” is set to be released this Friday, April 19. The track list for the highly anticipated album dropped on March 4, teasing song collaborations with Post Malone and Florence + The Machine. Amid her widely successful Era’s Tour and the popularity of her previous album, “Midnights,” the upcoming album is expected to be a huge global hit, possibly placing her as the #1 Most Streamed Artist on Spotify. A few days ago, Instagram added new exclusive profile features to Swift’s account, allowing fans to countdown to her album.

Unveiling Pompeii’s Mythical Treasures: The Frescoes of Mythical Creatures

The recent discovery of frescoes in Pompeii has provided archaeologists with a glimpse into the lives of Ancient Romans. “CNN” reported that

uncovered in the banqueting hall, these intricate artworks depict mythological characters associated with the Trojan War, such as Helen and Paris as well as Cassandra and the god Apollo. The black-painted walls, designed to conceal smoke from oil lamps, served as the backdrop for feasts and conversations. These frescoes not only show the artistry of the time but offer insights into the cultural and mythological beliefs of ancient society. As Pompeii continues to reveal its secrets, each discovery adds to our understanding of this unique civilization and its enduring influence on arts and culture.

Photographer Justin Kurland’s Six-Year Journey

Justin Kurland’s six-year photographic journey through the American West with her son, Casper, gives a unique perspective on family life and exploration. According to “CNN,” living on the road for six years, Kurland captured the essence of their nomadic lifestyle, often featuring Casper’s fascination with trains. Through her lens, she reimagines traditional family portraits, presenting a raw and authentic portrayal of motherhood and childhood against the backdrop of the vast American landscape. The publication of “This Train” by Mack Books serves as both a personal memoir and a reflection on the cultural significance of their journey, inviting viewers to reconsider notions of family, adventure, and the hidden histories embedded within the landscapes they traversed.

Bows Turned Bad: A Review of JoJo Siwa’s Single “Karma”

ADELE CIOCIOLA AND STELLA SEONG

JoJo Siwa first rose to fame on the reality show “Dance Moms,” but since joining in season four, Siwa has managed to expand her public image from dancer to internet personality, actress, and, of course, singer. Her success is undoubtable, as it is nearly impossible to walk into a Claire’s or Walmart without seeing her face and iconic side ponytail plastered on t-shirts, hair accessories, and even life-sized cardboard cutouts. Expanding into the music industry, Siwa first launched her music career in 2016 with the release of “Boomerang,” a peppy pop song addressed to all of her internet haters. After an eight year hiatus, Siwa recently revived her music career with the release of her newest song “Karma” on April 5.

In the lead up to the song’s release, Siwa publicly announced that her aim with this single was to rebrand herself similarly to how Miley Cyrus did with her 2013 album “Bangerz.” At first glance, it would appear that she had succeeded. While “Boomerang” featured images of Siwa against a neon backdrop in a bright pink bow and slicked back ponytail, “Karma” displayed a red, blurred image of Siwa staring fiercely into the camera. This impression is continued through the first 20 seconds of the song with a slow fade in, low-pitched string instruments, and an overall serious tone. The song becomes increasingly difficult to listen to as the first couple lyrics inspire second-hand embarrassment, stating: “I was a bad girl, I did some bad things.” However, the real difficulty comes with the addition of the infamous music video.



GEMMA PARK/THE PHILLIPIAN

Beginning with Siwa alone on a dark island, the scene abruptly shifts to close up clips of her lip-biting, seductively staring, and laying on top of another woman. When the lyrics begin, she changes into heavy makeup complete with a mohawk and a black bedazzled bodysuit. The chorus proves equally as cringey as the rest of the song, and with the addition of being subjected to Siwa and her dancers grinding on the beach, it is an almost unbearable experience. Even more, for a figure who is known for her dancing experience and inner stardom, the dancing and performance on the song is strikingly sub-par. While the video can be found as disconcerting, Abby Lee Miller, Siwa’s coach on “Dance Moms,” loved it. In a TikTok video posted to her account, she said, “I thought it was ab-

solutely amazing, I’m going to watch it over and over and over again.” I suppose it’s to each their own.

Additionally, upon further inspection, it becomes increasingly difficult to attribute this song to Siwa. Under the credits she is listed as “Main Artist” while Antonina Armato and Tim James are listed as “Composer, Lyricist.” Indeed it is common for the singer not to write or compose their own music, but, it is difficult to even give Siwa credit for singing. “Karma” is so heavily autotuned it hardly requires a real person at all, much less any singing ability. In an interview on podcast “Call Her Daddy,” Siwa even admits, “I will never, ever, claim to be a singer... I know my vocal abilities, and I also know my vocal abilities: what they are or not.” Perhaps this song is better as a comedic

masterpiece than as a musical pursuit.

Despite the quality of the song and the music video, Siwa once again became an internet sensation, mostly due to the buzz created by online accounts. The real lure behind the song can be found in the comments below the music video. @user-dy6dt2r-w3j commented, “I want a full apology with tears,” while @luhvms shared, “THATS NOT KARMA ITS TRAUMA.” Despite the R-rated content of her music video, people still seem to identify her as synonymous with her younger self. For instance, @zforzaid said, “i was a bad girl’ GIRL YOU WORE PINK DRESSES AND SOLD GLITTERY BOWS AT WALMART.” These comments are making it seem like Siwa is going to need another “Boomerang.”

With this traction on her music video, which currently has over 20 million views, Siwa is quickly returning to relevance in mainstream culture. This overnight return to popularity after years of being out of the spotlight begs the question: Was this song just a PR move for Siwa? On one hand, it’s very likely that Siwa and her team purposefully released and promoted the song in order to gain press, albeit bad press. However, on the other hand, if there were to be one person in this world who would seriously release a song and music video like “Karma,” it would be JoJo Siwa. Even if it wasn’t originally meant to be a PR move, the song has successfully secured a multitude of trends online, especially on TikTok. Barely a couple seconds into scrolling on the For You Page and you’re bound to see a video of someone exaggeratingly copying Siwa’s dance moves or reimagining the song in different genres of music.

Siwa’s “Karma” is ultimately a song for the books. With its cringe worthy lyrics and a music video that makes you wish you could burn it from your memory, Siwa has created an internet sensation that’s yet to reach its peak. In some obscure way, the song can be labeled as iconic through and through. With Siwa’s whip-lash-inducing switch up from a bow-wearing child star to a crazy eye-makeup-wearing “adult” singer, “Karma” is a hit in terms of popularity and relevance. But, of course, the song humbly receives one out of five stars, because, let’s be honest, no one is seriously adding this one to their Spotify playlists.



Arts & Leisure

The Phillipian

Art Instructor Rita Obelleiro Passes on the Torch of Supportive Teaching and Valuable Artmaking

CAMERON MANZO & MAYARI BURT

Rita Obelleiro, Instructor in Art, uses art as a tool to connect across cultures and experiences. She started taking oil painting classes at five years old, eventually growing up to receive a Master of Fine Arts from Maryland Institute College of Art. After college, she traveled the world and found her passion in education, rather than the art market.

“It was difficult to admit to myself that I wasn’t that interested in the art market. My training was supposed to put me into the art world because when I got my master’s of fine arts, there was a sense that we would all move to New York and create a new life. Instead, I moved abroad and had a really different experience living in South Korea and South America... When I came back, I realized that it didn’t matter to me whether I made it in the art world or not. What I enjoyed was being with people making art, and I think that’s what art teaching ultimately is,” said Obelleiro.

At Andover, she currently teaches Painting, Art as Activism, and Art 600 (independent studio art). Obelleiro’s classes serve as a memorable learning experience for students. She aims to not only impart supportive feedback that helped her during her own journey with art, but learn from the unique perspective each student brings.

“Last year in Art as Activism, we had a radical gardening unit, where we began seedlings in the classroom, read excerpts from Braiding Sweetgrass [by Robin Wall Kimmerer], ate meals together,



Rita Obelleiro lived in South Korea and South America, where she discovered her passion for teaching.

er, and talked about the origin of our food. Then we used a plot on campus to create our own garden, and that became a source of art making... I know sometimes grading can get in the way of that, so we’ve been trying to figure out new ways to grade to make it more inclusive and to allow people to have more choice in how they’re assessed... I am a doctoral student in Value-Creating Education for Global Citizenship, and am curious

about how we each can find value in the artmaking experience.”

Since painting was the first medium Obelleiro used, she decided to choose it as her art school major. In the past, her main goal was to perfect her technique, but now she focuses more on the creative experience itself. Obelleiro evolved with the help of her teachers’ supportive feedback.

“My high school art teacher... gave me an office and let me do whatever I wanted. So there was no structure, but I seemed to do really well with little structure. I did the AP exam on my own. I went to a public high school in Texas... I was drawn to [teachers] who were more supportive. That was the kind of teacher that helped me grow, not the ones who were critiquing my work in a way that [matched] their view of what art is... and not so much trying to understand where I was coming from as a young artist,” said Obelleiro.

Although Obelleiro is not drawn to a specific genre in art, she finds interest in what is trending. For example, she now involves herself in socially engaged art and looks for the positive connections between teaching and art. Not only does she cherish art for its “ephemeral” nature, she also explains the huge role it plays in her life.

“I think [art has] always been a central focus of my life to begin with. I try to live an artistic life, so what I do and make is all part of a kind of creative experience I’m making for myself. [This relates to] how I live, who I live with, and how we design our spaces and our family activities,” said Obelleiro.

The Pariah Winter Issue Launch Party: Connection Through Inclusive Creative Writing

WENDI YING

Introducing a new board and an open mic opportunity for attendees, The Pariah hosted their Winter Issue Launch Party this past Friday. As a triannual literary magazine, The Pariah accepts creative writing of all kinds — allowing students to publish anonymously and host writing events. Along with the digital issue, the Pariah hosted an in-person launch party to provide the writers with an opportunity to share their work with others. Board member Bailey Xu ’26 commented on the success of the event.

“It’s just really nice to see how everyone is supportive of each other’s writing because it can be a vulnerable thing to

share your writing in front of a small audience. So, the open mic is my favorite part... We could have done more to up the atmosphere and add more decorations just to make it feel more like a cozy space. But it was wonderful, it was great. One piece was accompanied by Ethan Liu [’26] on the piano, so that was really cool,” said Xu.

This creative writing community on campus gathered to share their readings aloud and bring their pieces to life. Board member Nafi Diagne ’26 highlighted how hearing the readings in person from the writers made it extra memorable and impactful.

“The launch party went pretty well. There was a pretty good turnout. There definitely could have been more people, but generally, the people who committed to it

and submitted for the issue came. I thought that the readings were really good. I think there’s definitely another dimension added to people’s poetry and writing when it’s spoken aloud at the pace they want it to be and however quiet or loud they want it to be,” said Diagne.

Although the party was a success for the club, with an engaged audience, food, and refreshments, Anny Wang ’26 noted some logistical challenges that came with organizing such an event, emphasizing the effort that it took to coordinate everything.

“The preparation process was a little bit challenging because it was hard to communicate with the school with booking the place because there were a lot of places that were booked. The schedule was very full, and we kind of

went back and forth on email. Then it took a long time for them to reply, but eventually, it worked out,” said Wang.

Emphasizing the importance of a low-stakes environment in order to allow for easy sharing of vulnerable pieces, Wang also emphasized the club’s goal to connect the campus community and foster empathy and understanding.

“As a literary magazine, our mission is to create a safer space on campus for people to share their experiences, either recognized or anonymously, so that people can know that they’re not alone in whatever difficulties they’re going through. Writing has the power to be empathetic and connected,” said Wang.

For the future, The Pariah hopes to continue being a safe space for groups of people to share their own unique

experiences and invite more writers to share their creative pieces. Emphasizing inclusivity and diversity, the club is eager to broaden the range of voices and stories represented from all across campus.

“We also maybe would have wanted to have more pieces shared as well, just to expand the scope of the event in the near future. So, you guys should be looking out for — We’re running two anthologies. We’re running a queer anthology, and we’re also running an Asian identity anthology. The deadlines will be in May, so you guys should sign up for that. Those are really low-commitment pieces,” said Xu.

Editors Note: Bailey Xu ’26 is a Staff writer for The Phillipian.

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