Students admire clothing items at Thrifty Boar.

The C-Proctors hoped that students would be inspired to work on responsible alternatives through their daily experiences at Thrifty Boar, allowing businesses to continue the valuable work of reducing waste while encouraging a culture of reuse.

Thirby Boar employed the C-Proctor's extended and ongoing a saleable second hand.
curriculum-based programs nate how they are responding to fice in Wallingford. Patients’ in other small animals in their of Friends has been providing of seeing how animals effec nization came about as a result from a spinal injury. Her orga attachment principles.

therapy program for veteran services. The organization offers it organization serving 10,000 raiser hosted by Soul Friends. 

Monday, December 11, 2023

Over the past 16 years, Ms. Vega ‘25

Soul  F r ien dS He alS

From the town of Wallingford. 

Soul Friends received its first grant in 2021 from the Latham Foundation. Since then, the foundation has given Soul Friends another $14,000 to fund sessions for veterans and first responder families. Despite the large sum, there is an immense need for conti- ned donations due to the high costs of animal maintenance, staff training, and labor. The daily administrative tasks that Soul Friends managers can be difficult. Matching, scheduling, and organizing animal therapy treatments for patients.

Soul Friends’ mission is to provide innovative clinical and educational programs that promote the healing bonds of the human-animal bond and nurture families, children, young adults, veterans, and first responders.

Soul Friends sees value in using animal-assisted therapy programs for children who may be dealing with behavioral issues or who have difficulty interacting with human caretakers. Animals can help these children build trust with their caregivers and offer a source of comfort and security.

Soul Friends has a strong focus on supporting veterans and first responders who have experienced physical or emotional trauma. The organization offers therapy sessions for veterans and first responders that can help them cope with the challenges of post-traumatic stress disorder.

Soul Friends is an organization that is dedicated to providing animal-assisted therapy programs to individuals in need. The organization believes that animals have the ability to heal and help people in times of distress.

Soul Friends has partnerships with various organizations and universities to provide animal-assisted therapy programs for a variety of populations. The organization also offers community events and workshops to promote animal-assisted therapy and raise awareness of its benefits.

Soul Friends is a 501(c)(3) nonprofit organization that relies on donations and grants to fund its programs. The organization is committed to providing animal-assisted therapy programs to those in need and is always looking for ways to expand its programs and services.
night had so much energy and fun. “I had so much fun. It was a great “Comfort and Joy,” it defaults to fifth place because the other themes
demic deprived students of an in-person dance. Students dressed in
creativity and individuality to shine. All the past Hol Ball themes
experience dancing with all my friends,” said Cawthra Burns ’25.
Ms. Cahaley Markman
took place in a big, beautiful dining hall – not a box on a screen.
I thoroughly enjoyed my first Hol Ball and cannot wait to experience
from great to greatest, here is how my ranking would go:
Number 4: Flannel and Frost (2019)
Brendan Beng ’26
Lauren Hsu ’24
Ada Tieanworn ’26
Lindsay Hong ’25
Anissa Wang ’24
Olivia Jones ’26*
Calvin Moon ’24
Ellie Porter ’25
Reinah Lee
Yoyo Zhang ’24*
Jason Chang ’26
Ellie Porter ’25
Melody Qian ’24
Eva Swanson
Rella Wang ’26
The ChoaTe News
VOL. CXVII
November 8, 2023
The Choate campus during Winterlude in December 2021.
Graphic by Kate Park ’27
Photo courtesy of Junho Lee
In addition, the Winterlude Student Activities Center (SAC) has
ever events disappoint. Our two weekends here are jam-packed
music and games hosted by Hillel.
and events, such as Lessons and
religious and cultural gatherings
community.
the air is getting crisper, and the
taking out their puffer coats and
shoveling the snow. But they are
dining under the bed. Winterlude is
ask, those two-and-a-half weeks
school year. Our mobile bar in the
The Choate campus during Winterlude in December 2022.
A winter break approach-
Flannel and Frost” – my absolute favorite. It is filled with fun, frolic,
season, the name of these
hat I love, and the latter
is no better. I love it.

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Arushi Arora ’23
Anjum Katewala ’27
Saumya Agrawal ’23
Ava Hult-Falk ’27
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Superfood or Superscam?

By Francesca Howard '24

Superfoods, think superman, are foods that are highly nutritious and hallowed from the street level and found in groups all over the world. They are the sons of every grocery store and have blazed up on social media in the last couple centuries.picture of bananas

However, superfoods are not as glamorous as they sound. Since their inception, they have been glorified by social media, en- couraging companies to manipulate health-conscious consumers. Despite being thought to improve and cure all, these rich foods can negatively impact one’s health.

Superfoods are often used for crafting the public image of the business itself. Companies have cultivated this term as a way to advertise certain foods that are believed to have integrated health benefits. In the formative years, the word “super” originated in the late 20th century as part of a food market movement. The term “superfood” was coined in 2009 as a relatively unaffordable and wide-reaching advertising campaign ubiquitous in celebrity magazines and social media. Despite their popularity, once considered the “super” foods by the lay public, these foods can be found in every grocery store and have blown up in the past couple decades. The term “superfood” has become a catch-all for any food that can be marketed as being beneficial for health. Picture bananas.

Thus, when people choose to purchase a package of goji berries picked and frozen in China versus a large red apple from the local supermarket with the same health benefits, they’re buying into a market trend.

The market glorifies superfoods-driven diets and loses sight of the accessibility of these fast-paced fads cause con- sumers to mislead companies into manipulating real, nature-based health issues — but do not fall under the category of “superfood.”

“Superfood” is a fifth-former term that has been invented and is not the same as "super." Without a universally accepted term, it is unclear if there is anything inherent to a superfood, the term “super- food” is misleading. Companies invested in this term as a way to advertise certain foods that are believed to have integrated health benefits. In the formative years, the word “super” originated in the late 20th century as part of a food market movement. The term “superfood” was coined in 2009 as a relatively unaffordable and wide-reaching advertising campaign ubiquitous in celebrity magazines and social media.

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Olmo also served as a chaperone she wanted to “get to know more a lot of free time and decided that Mrs. Ilzel Olmo ty and beyond. The Choate Health Center cannot specialist appointments that the Health Center staff. Currently, Mrs. Olmo serves a demanding daily schedule. Mrs. Olmo started working at the front desk, handling the appointments at the Health Center in Boston, Massachu

Health Center cannot specialist appointments that the Health Center staff. Currently, Mrs. Olmo serves a demanding daily schedule. Mrs. Olmo started working at the front desk, handling the appointments at the Health Center in Boston, Massachu

The twinkling of the tree illuminated Hall Ball decorations every four years to fit a free entrance into the bud

Some of the themes Ms. Long referred to as “Hol Ball,” is a special event is part of The Choate News. In a 2019 ar

Gallery By: Deyi Meng ’24

New Hall, a girl’s dorm for sophomores and juniors, has embraced the seasonal spirit with festive decorations.

While ensuring these catchy, cr

The history of Hall Ball goes back to 1984, a policy that has been implemented every four years. The earliest Hol Balls had themes like “Plaid and Pearls.” “Warm and Cozy,” and “Comfort and Joy,” and different col

In today’s age of influencer ma

A History of Holiday Ball

HIGHWAY STARS: A Gimble to the Lives of Health Center Directors

In today’s age of influencer ma

Mrs. Olmo’s first role on cam

In 2005 by working as an

A little joys in life. With such en

The Choate News 2024

Brendan Beng ’24

With another Hol Ball in the

Mrs. Sofiane’s family and friends that are not proficient in English by acting

One of Wang’s favorite vlogs was one of her first, a casual re

Deyi Meng ’24

 zoals memories she can look back

To hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out with friends, to hanging out 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Every year, the Choate Dance Department hosts its Student Choreographers’ Showcase (SCS), featuring new works created by our students. This year, a novel twist was introduced, as the event showcased choreographed works by students enrolled in technique classes, who were not traditionally part of the showcase. SCS is Choate’s version of an annual showcase that the dance department hosts. From traditional Chinese dance to West African dance, SCS showcased a diverse array of movements. Members of the community at Choate were in awe of the ability of student choreographers to produce works that were both novel and traditional.

Calligraphy is an ancient, traditional art form found throughout the world, especially in Asia. From its precise and graceful lines to the ornamentation that is the construction of the brush itself, there is much to be admired. The Chinese Department, Arabic Department, and Chinese studies showcase events that are connected in one way or another.

Ms. Angharad Davies, who chose Chinese calligraphy for SCS, said, “I think it is very important to give people that opportunity to learn about something that has themselves as being interested in doing as we do.”

Ms. Davies, a Multi-level Contemporary Dance class presented piece that dove into the techniques and movement phrases we learned throughout the term. The performance, titled “Blessing,” was a testament to the creativity, complexity, and vulnerability exhibited by the class members toward one another.

“Students who are in the dance class clearly need to work at another one, and there’s something that way that it is a way to tell that that is their, Ms. Davies said.

Ms. Davies, a Student of Upper Level Contemporary and Ballet class—known as the West African Dance and Hip Hop classes, also presented the pieces they worked on as students, with their class being the event’s cultural richness and diversity.

In the mixed program, Mr. Seny Camara’s students worked on throughout the Dance Composition class. Mr. Camara’s students_were able to show the chair of the dance studio, SCS, that emerged as a canvas for the artists showcase evolving works.

Students Share Festive Film Favorites

Liya Nichols ‘26, on the other hand, preferred her love for the second rendition of the Grinch. Having immersed herself in the comedic film over 30 times, Nichols appreciates not only the joy it brings her but also the uniting effect it has on her entire family. When asked about her favorite character from the movie, Nichols answered the who is the only correct answer was the Grinch himself. To her, the film is not merely a source of entertainment; it’s synonymous with silliness and wondrous happenings.

For Jil Capasso ‘25, Matt Ptasch ’26, and Michael Papayiannis ‘25, their holiday staple is The Grinch Who Stole Christmas, (1966). Since that first viewing, Matt Ptasch ‘26 reminisced as to how a masterpiece, every year since. The film, with its mix of vitality, has never looked back since.

Kaylin Lam ‘27

By Lucy Domingo ’24

“Through the eloquent strokes of Mr. Mi’s calligraphy, when I see into individuals’ experience with Chinese calligraphy, “In the realm of art, it represented much more than just lines and strokes,‖ Ms. Newell said. “I don’t just see the steps that they’re doing or put together, but I see into individuals’ experience of movement and life, and I think that’s what’s important.”

In the setting of the dance studio, SCS serves as a canvas for authentic self-expression, free from the constraints of polished performances, and embodies the vibrant and diverse dance community at Choate.

Kaylin Lam

Student Choreographers Showcase Introduces a Novel Twist

Kaylin Lam ‘27

By Lucy Domingo ’24

As the holiday season continues in full force, the allure of classic holiday movies becomes increasingly irresistible. The magnetic spell on individuals exposed to the magic of holiday flicks. For many, immersing themselves in the eniting world of holiday classics is not just an entertaining pastime, but an essential part of their festive traditions.

The festival closes with a night of calligraphy, “The memory of her earliest Christmas is the Grinch Christmas movie, The Grinch Who Stole Christmas (1966), dist. Since that first viewing, Matt Ptasch ‘26 reminisced as to how The Grinch Who Stole Christmas (1966) has always been a favorite holiday flick, The Grinch Who Stole Christmas (1966) has a healing power to it,” he said, “It allows cultures, hearts, and minds to connect in one way or another.”

“I love the Christmas tradition for me, it’s a time of polarization between the Chinese Department, Arabic Department, and Chinese studies, said Ms. Newell. “This is a time of polarization in our country and around the world. Beautiful set that brings us together. “Thank you for the fantastic performance,” Ms. Newell said. “I can bring down walls and boundaries of misconcep- tions and unite people around their most basic humanity.”

Through the eloquent strokes of Mr. Mi’s calligraphy, “I see into individuals’ experience with Chinese calligraphy, “In the realm of art, it represented much more than just lines and strokes,‖ Ms. Newell said. “I don’t just see the steps that they’re doing or put together, but I see into individuals’ experience of movement and life, and I think that’s what’s important.”

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Lucy Domingo

The Choate News | Page 4

While classic family films might not reflect the sentiments of many, some, such as Christmas Carol (1938), decided to the long tradition of December 21, and the legacy continues to this day. Lucy Domingo discovered it only last year. She appreciated how the movie provides a refeshing and different perspexion on the Christmas genre. “It’s honestly nice to be able to see the wold through the eyes of a child”, she said, “I’m not limited to the narrative of the movie by itself, there is much to be apprec- iated in it.”

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**FIELD REPORT**

The Choate Winter Record Vol. CXVII

**Van Roy Games**

Girls' Squash [2-0] vs. Taft, 5-2

Boys' Squash [1-2] vs. Han School, 77-67

Boys' Ice Hockey [2-0] vs. Westminster, 4-7

Girls' Varsity Games

Girls' Squash [3-0] vs. Greenwich, 64-19

Boys' Basketball [1-2] vs. Hun School, 4-7

Boys' Varsity Games

Boys' Basketball [3-0] vs. Kingswood, 38-24

Boys' Ice Hockey [2-0] vs. Kent, 77-67

Girls' Varsity Games

Girls' Squash [3-0] vs. Greenwich, 64-19

Boys' Basketball [2-0] vs. Westminster, 64-9

Boys' Squash [1-2] vs. Taft, 4-7

Boys' Squash [1-2] vs. Taft, 5-2

Boys' Squash [0-1] vs. Rumsey Hall, 1-4

Boys' Squash [0-1] vs. Kent, 4-7

**COACH LOEB IMPACTS VICTORIES**

By Grace Walters ’24

With 37 years of coaching at Choate, Coach Ginger Van der Maas ’24 travels the world representing the Netherlands at international tournaments around the world.

Van der Maas is proud to introduce girls to basketball as an alternative to the hugely popular Australian netball, which she enjoys playing.

At first, it was challenging for Van der Maas to integrate herself into the team, because when she joined, the other members of the Dutch National Team had already been training together for years. However, she developed a strong bond with her teammates. After the team, they would go to different competitions and win across the world in order to win against other teams.

One notable victory was against Andover in 2012. The year before, Choate lost to Andover in the championship game. This year, the tables turned — Andover lost to Choate, which made Choate feel like they had a big victory.

The 44-14 victory on Deerfield day stood to PhD, who enjoyed performing in front of a big crowd against these teams. The stands were positioned close to the team’s locker, bringing to cheerleaders and players.

The Choate community witnessed Van der Maas’s passion for basketball. As one of the strongest English speakers on the Dutch team, Van der Maas helped the team communicate with her players and other English speakers on the court.

Van der Maas holds the record for the highest scoring game in the history of the team. She scored 38 points in the 2023 season with a 2-0 record, winning the Founders League Preparatory School Athletic Conference (FISAA) Championship. Her hard work, focus, and camaraderie contributed to the team’s immense success.

One of the main reasons for the team’s high performance was their training regimen. On October 27, 2023, Cammerman said, “If you want to treat yourself, live, and enjoy every moment, you have to have that sense of extra-curricular.”

During practice, Van der Maas and Juniors Van der Maas ’24 players trained together in various tasks, which contributed to the sense of team unity while also providing more experience for future players.

The Choate community welcomed this hard work and the success in the team’s game against Avon Old Farms School on November 4, a blackout themed Nat- ional Division game at home. “One win against Avon was one of the best wins for me,” said Wyatt Morgan ’24.

The team’s training regimen was demanding and required hard work, and above all, team, Cammerman said, “If you want to get through practice, live, and enjoy every moment, you have to have that sense of extra-curricular.”

At the end of the season, the team lost to Andover in the championship game. However, Van der Maas believes they succeeded. The team’s hard work, focus, and camaraderie contributed to their success.

June 15, 2023, Coach Loeb observed that in “There was a new sensation and expectation, which contributed to the sense of team unity while also providing more experience for future players.”

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The Choate community witnessed Van der Maas’s passion for basketball. As one of the strongest English speakers on the Dutch team, Van der Maas helped the team communicate with her players and other English speakers on the court.

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One of the main reasons for the team’s high performance was their training regimen. On October 27, 2023, Cammerman said, “If you want to treat yourself, live, and enjoy every moment, you have to have that sense of extra-curricular.”

During practice, Van der Maas and Juniors Van der Maas ’24 players trained together in various tasks, which contributed to the sense of team unity while also providing more experience for future players.

The Choate community welcomed this hard work and the success in the team’s game against Avon Old Farms School on November 4, a blackout themed Nat- ional Division game at home. “One win against Avon was one of the best wins for me,” said Wyatt Morgan ’24.

The team’s training regimen was demanding and required hard work, and above all, team, Cammerman said, “If you want to get through practice, live, and enjoy every moment, you have to have that sense of extra-curricular.”

At the end of the season, the team lost to Andover in the championship game. However, Van der Maas believes they succeeded. The team’s hard work, focus, and camaraderie contributed to their success.

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**Paws for a Cause**

The Paws for a Cause calendar features photos on Choate’s campus. The calendar featured only campus pets who were rescued, emphasizing the importance of rescuing animals from shelters instead of buying them from pet shops or breeders.

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