

# MLK Day won't waste your time



by Carly Travis

What are your plans for Monday, Jan. 18? Will you wake up per usual, sip a cup of watery Joe from the small cafe, then sulk into your seat in advisery? Or will you sleep in and join your middle school aged siblings for breakfast around 10 am and stay in your pajamas until 2 pm?

The past few weeks, conversation has been swirling about whether people will attend school on MLK Day. It often goes like this: "Are you actually going to school? There's honestly no point. We already know what there is to say."

Here's the deal: I've pulled this trick many times. I only stayed for half of Lit Fest; Sophomore service day was accidentally (on purpose) scheduled the same day as a job interview; I practically invented sporadic early dismissals that only I seem to get word of. Before I cut myself even further, sometimes taking a mental health day in place of an in-school excursion is appropriate. Other times, not so much.

For most of our school-aged lives, we've spent Martin Luther King Jr.'s birthday doing nothing; we take the national holiday off

because that's what we were told to do. This year, people are making a fuss about having to attend school on Monday and although I can't blame them, I won't be joining them in their complaints.

In actuality, a seminar day isn't that bad and in this particular case, it should be compelling. In fact, I challenge you to look ahead with excitement for what you might learn.

New Trier isn't alone in encouraging their students to attend lectures and workshops on Dr. King's day. Northwestern University devotes an entire week to commemorating King. After doing some research, it seems to be the most progressive university to do so.

On Monday, NU is hosting a whirlwind of authors, keynote speakers, and activities for students to participate in, all organized by student led groups.

It all leads up to a Harambee on Friday night which is Swahili for "pull together." It's co-sponsored by African American Student Affairs (AASA) and For Members Only: NU's Black Student Alliance.

New Trier doesn't fall short of the prestigious university's standards either. Along with featuring keynote speaker and author Isabel Wilkerson, we will have a special presentation courtesy of Ilyasah Shabazz, daughter of Malcolm X.

While the high profile names are enticing, hearing my peers present their ideas on race will be especially engaging. I wonder about what the

Black and Brown club talks about during their meetings, and I feel like some of the workshops offered will give me some insight.

Race is one of the hardest topics to talk about, along with politics, money, and religion. It's controversial in obvious ways but also awkward, because it's often hard to grasp the attitude of your audience, whether they're the same race as you or not.

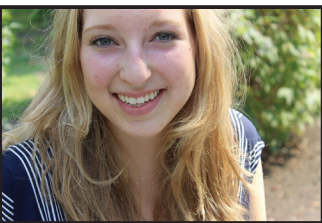
This seminar day is crucial in helping us develop the right skills for discussing something that is sensitive but prevalent to our generation.

If you're still feeling that the day won't be worthwhile, consider the fact that Martin Luther King Day is recognized as a national day of service as well. Former Pennsylvania U.S. Senator Harris Wofford and Georgia Congressman John Lewis co-authored the King Holiday and Service Act.

The federal legislation challenges Americans to transform the holiday into a day of citizen action volunteer service in honor of Dr. King. President Bill Clinton signed the federal legislation into law on Aug. 23, 1994.

It may not seem like a service, but by being present, learning something new, and supporting classmates, you're honoring the legacy that King would have wanted to instill.

# Resolve to change, but only a little



by Camille Baer

Every year, students consistently cultivate the perfect "new year, new me" resolution list of the person they wish they were: a more athletic, healthy, and stylish version of their pre-existing self.

We all know that Rome wasn't built in a day, so modify your list to a more realistic standard, and take a breath, because you have a full year before you can break all your resolutions again.

**"I'm going to cut out all dessert foods from my diet."**

Ah, the infamous "no more carbs, no more sugar, no more fat." Unless you have incredible self-control skills, this is one of the more unrealistic resolutions out there. The biggest issue is that when you cut out a major food group like carbohydrates, for example, there's bound to be a struggle, especially if it's prevalent in your every-day diet.

Set a more obtainable restriction that won't make you hate yourself every time you slip to the dark side with a square of chocolate, or that croissant from Starbucks you totally deserved after the day you've just had. Try designating one day a week to indulge in something sweet.

**"Every week I will work out for a total of 10 hours."**

Okay, I completely support all efforts to be a more active person, but here is a classic example of biting off more than you can chew. If you happen to be a person whose extent of working out is climbing the P stairwell to the fourth floor every day, then cut yourself some slack and drop the radical resolution.

Set weekly goals of how hard you'd like to work out, not how long. Sign up for hour-long classes that will force you to be active in a less boring environment. It's all about balance and keeping yourself on a realistic path. Go for a bike ride, a hike, take your dogs for a long walk, try a pilates or hot yoga class. But get rid of all expectations and simply have fun.

**"I'll start my homework the second I get home from school."**

This one is for all you

procrastinators out there who decided it's time to take control of your five hour "break" after school and attack homework head on. I'm a personal fan of this idea, but as someone who is particularly guilty of procrastinating, it's not nearly as easy as it seems.

My suggestion would be not to cut out your break after school completely. Take a 30 minute nap, (30 minutes is scientifically proven to be the most effective length for improving mental health and fatigue), have a snack and watch a short show, because after a long day of school there's nothing more annoying than spending another four hours on homework.

Everyone deserves a moment to themselves – just be careful not to abuse the time you give yourself for rest with frequent phone checks, or starting a movie you know you'll want to finish. Be aware of what you spend your time doing, and concentrate on each task at hand.

New Year's resolutions seem to remind us of our failures more often than our successes. I urge you to set realistic goals and be mindful of yourself and those around you. You might be surprised what you'll learn.

# The New Trier News mirrors our lifestyle

by Will D'Angelo

Every Friday in advisery, advisers pass out fresh copies of The New Trier News. The majority of students don't even glance at it, some throw it away, wondering why they would waste their time reading student-written material. However, a closer look at the four page handout reveals articles that excite and relate to students.

Founded in 1919, The New Trier News publishes weekly issues focusing on everything from sporting events to student scandals. The work of the two teacher sponsors and the ten senior editors is built on more than just the staff itself. It is built on the North Shore culture that envelops the school and, consequently, all aspects of the paper itself.

What exactly is this North Shore culture? This way of life has been described by sophomore Hannah Roth as being "stuck up," while senior Josh Derrick said it reminded him of "memes."

But the majority of students believe that this culture--our culture--revolves around the "luxury and wealth" that senior Matt Lee said makes up our North Shore bubble. It is the shiny monogrammed necklaces hung around every other neck and the boat shoes heard shuffling through every hallway of the school.

This is the North Shore life The New Trier News reflects in every issue. When there is no breaking news to report, writers resort to drafting articles that appeal to the general student population. Some articles discuss topics like school supply shopping, while others cover pop-culture phenomenons like "American Horror Story."

Unfortunately for the staff, the paper is often not well received. Besides the fact students have to put down their gadgets in Friday advisery in order to take a look at the weekly issues, article after article about life on campus is old news to students. One student who preferred to remain anonymous said, "I couldn't really care less about The New Trier News."

Staff-written pieces have the impressive range of going from opinion articles on Snapchat to feature pieces on Instagram (and everything in between). This example of the narrow scope of material eerily represents the North Shore culture that a student, teacher, or visitor can experience just by walking through the halls.

Senior News Editor Anna Ferguson commented, "We have to write about that because it's what the students are interested in."

Senior sports editor Adam Sheffield also remarked on the role of this North Shore way of life.

"People enjoy reading about things that are relevant to them and things that they can relate to," Sheffield said. "While The New Trier News isn't Buzzfeed or the Tribune, it definitely gives students good info about what's going on in school and around the community."

As Sheffield said, pieces about topics like whether seniors should be allowed to smoke cigars on the last day of school might interest a portion of the school, but including them creates an echo chamber, where information, ideas, or beliefs are exaggerated or reinforced in an "enclosed" system, and different or competing views are underrepresented and often rejected.

Seemingly every superficial fad or weeklong craze that hits the campus is immediately put into words and printed in the next issue of The New Trier News. However, there are rarely any substantive articles relating to more pertinent concerns, such as national or global issues and how they might affect the student population.

Nevertheless, perhaps the student culture reflected by the paper isn't all that bad. AP Biology teacher Jim Burnside commented on the humility of The New Trier News.

"I think it's a way of poking fun at ourselves," Burnside said. "It's written in a way in that if you're here and you know the basics, it's impactful. It's a good way to realize that we have a North Shore way of life."

The North Shore Life that many have grown accustomed to can be overlooked or forgotten during busy daily lives. It could be due to the fact that Trevians are caught up in the culture that defines us.

However, whether you miss the hottest trend or the student drama occurring throughout our community, a peek at the New Trier News will keep you informed on Trevian culture, basic or not.

# The New Trier News

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All letters to the editors are welcome, though we will not print anonymous letters. Direct these and other inquiries to our email at [ntnews@newtrier.k12.il.us](mailto:ntnews@newtrier.k12.il.us).

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