

# Friendsgiving: millennials cook up a new holiday

Friendsgiving is a new take on the traditional holiday

by Jesse McCauley

As if one night full of gratitude, pumpkin pie, turkey, and a whole lot of gravy wasn't enough, people have recently found a way to double their Thanksgiving experience.

On top of the typical dinner with family, many have indulged in a night with their best friends, a night that has been coined Friendsgiving.

Instead of excruciating small talk with distant family members, Friendsgiving contains nothing but good times with friends.

Not to say Thanksgiving is an unpleasant holiday, but avoiding conversation with your obnoxious uncle or that relative that you're unsure how you are related to is no longer an issue.

Either way, people have taken advantage of the extra day of thanks during their long weekend.

Senior Joseph Musolino hosted his own Friendsgiving this year. His friends contributed in making their

own personal feast.

"In terms of preparing food, everyone brought ingredients to my house and we all cooked together. It got really messy, but it turned out really well," he said.

"Friendsgiving is better than regular Thanksgiving because you're able to choose who comes. There aren't any of the forced conversations that come with a regular Thanksgiving," said Musolino.

Junior Sophie Sabo also attended a Friendsgiving, hosted by her friend Cameron Compall. She found herself a bit more at ease at this dinner compared to her family Thanksgiving.

"It is way less serious and more casual to be around all your friends instead of all your family," said Sabo. Like Musolino's dinner, she said everyone contributed in creating a meal with a variety of food.

On top of being thankful for family, Friendsgiving allows people to show their appreciation for friends. Usually everyone goes their own way for Thanksgiving, but now the thankfulness can reach everyone.

"[Friendsgiving] is a lot different than regular Thanksgiving because we all spend Thanksgiving



Senior Joseph Musolino and friends enjoy a Friendsgiving feast | Musolino

with our families and we don't get to appreciate the gratitude we have for our friends," said sophomore Alexandra Riedinger.

Riedinger took part in a dinner hosted by fellow sophomore Julia Belian. The group enjoyed a delicious meal and a main course made by Belian's mother.

The Friendsgiving phenomenon started trending sometime around 2008, and over the years, has made an upward spiral and even landed in the Urban Dictionary.

"The celebration of Thanksgiving dinner with your friends. This usually occurs on the Wednesday before or the Friday after Thanksgiving Day, since Thanksgiving is usually reserved for family gatherings."

Students didn't feel that the holiday needed to be the day before or after, but Friendsgiving rarely ever takes place on the Thursday. Unless, of course, it is used as a replacement for the actual holiday.

Some point to popular television

shows as the mastermind behind this new holiday. Friendsgiving has been seen on shows such as "Friends" and "How I Met Your Mother". The characters in the show would consider it a crime if they had not spent a Thanksgiving weekend without their closest friends.

Another reason for the popularity of Friendsgiving would be "loving the ones you're with."

At times, it is difficult to reconnect with family, especially if the distance between homes is too overwhelming. The reality is that it is not always possible to make it home, so people resort to feasting with those close by, often friends.

Of course, again, it may just be an excuse to extend the Thanksgiving festivities. I mean, who wouldn't want another night with delicious food and great company?

Stores and food companies have caught on to the trend. Grocery chains such as Peapod advertise recipes and encourage the Friendsgiving hashtag, which has seen rising popularity on social media.

"It was just fun to be with all my friends and have everyone bring really good food," said Sabo.

## Sleep deprivation is in style at New Trier

Competitive student culture extends to valuing school over sleep

by Katie Kim

New Trier's highly competitive environment – which encompasses sports, academics and social status – causes students to compete over all kinds of issues, including sleep schedules.

It is not a misconception that most go home with a load of work, preventing us from getting a good night's sleep and then talk about it the next day at school. There seems to be more talk about getting less sleep than getting more sleep.

This competition seems to be related to the common misconception that a student's amount of sleep and the amount of work he or she needs to get done are directly proportional.

"I think some people believe there's a correlation between the amount of sleep you get and how smart you are because harder classes assign more homework, which takes more time. In reality, that's honestly not true at all. Some people plan their time better and don't procrastinate. If they have the chance to go to sleep early, why shouldn't they?" said senior Julia Yang.

This social stigma about the amount of sleep one gets nightly is yet another factor in the constant competition between students of New Trier.

"I constantly hear conversations about sleep. It's rare to hear them talk about getting more sleep than less. It's weird that you would only see it at a competitive place like New Trier," added Yang.

"It definitely feels like a competition to get less sleep when honestly everyone just wants more," said sophomore Ava Palatnik.

On the other hand, sophomore Emily Rhee believes that both managing time and the classes students take are components in the



The library is a common area for students to nap | Illustration by Pearlman

amount of sleep you get.

"I think that the amount of sleep you get depends on how you manage your time and also the workload you have. Obviously if you take classes that are not as hard as others, you are going to have less work to do in the end," said Rhee.

*This social stigma is yet another factor in the constant competition between students of New Trier.*

"I personally go to bed pretty late, between 11 and 12 every school night because of homework and extracurricular activities. If it were up to me, I would be in bed much earlier. Just an hour more makes a huge difference the next day. If everyone was honest, we'd find that more sleep is preferred," said sophomore Lauren Spillane.

Some suggest that students feel almost validated by comparing sleep schedules.

"Sleep stigma seems to be something to show that we are

smarter than others because our workload takes up a lot of our time. When I mention having 9 hours of sleep to my friends, it seems like I am not doing my work when I just manage my time," said senior Shawn Patel.

Although the amount of sleep one gets supposedly correlates to their level of education, it is possible that it can also relate to one's age – more specifically, their grade.

"The stigma has always existed, since freshman year and possibly even in junior high school. That's a concern because it's making kids believe from a young age that they should spend an excess amount on homework instead of sleeping at a decent hour," said Spillane.

"Freshman year was almost worse because everyone thought they had to stay up late because that's what all high school students did," said Palatnik.

Rhee believes that all high school students who successfully manage hard schedules deserve praise.

"Obviously, they are doing something right if they are getting both their sleep and work done without having to sacrifice the other."

## Coding gains popularity

Schools provide more coding classes as interest increases

by Lexi Shoup

Coding is becoming one of the most important skills to master for people joining the workforce mastered, and students now have the opportunity to take different classes that teach coding and computer science, although that is not the case for all schools in the US.

A recent push to convince schools to add coding to their curriculums have been backed by big tech companies like Apple and Microsoft, and websites like Code.org.

Code.org, founded in 2012 by Hadi Partovi, set a goal to get every public school in the US to teach computer science. The organization provides free coding lessons for beginners called the Hour of Code, which has been attempted by 10% of the world's students, according to their website.

New Trier offers both computer science and AP computer science as year long math classes available to sophomores, juniors, and seniors.

There is also the Introduction to Design Technology/Introduction to Computer Science class, which is an applied art under the technology-education courses category. The iOS app development course is a business education class.

There are also a few coding focused clubs such as Cyber Security Club and Computer Science Club where students can meet and collaborate on computer science topics.

Outside of online resources and classes at New Trier, there are also local courses available in the community. The Winnetka Community House provides courses for young kids to get involved in coding. North Shore Codes holds classes for beginners to learn how to build an iPhone app in one week.

Despite the resources available, many students have not been exposed to coding, or have only spent a class

period or two playing games like Light Bot in their math classes.

"I played Light Bot during my freshman year geometry class but haven't done any other coding through the school. It was a good introduction for most of the class that hadn't been exposed to coding before," said senior Emma Yang.

"My teacher gave us extra credit for finishing an hour of coding, which was a nice incentive to get it done, and the game itself was fun," she said.

Junior Molly Van Gorp doesn't have any experience with coding. "I've never done any coding before but I'm definitely interested in learning. I'm even considering taking a computer science class next year. Coding is becoming a vital skill for people to have and I want to take advantage of the opportunities we have here."

*Coding is becoming increasingly important knowledge*

On the other hand, there is a growing population of students that dedicate a good fraction of their extracurricular time to coding and learning how to code. Senior Ilana Nazari started learning how to code as a sophomore and has been continuing to learn new programs and languages.

"I am a part of the Society of Women in Engineering, Entrepreneurship, Technology, and Science. We try to integrate coding lessons into what we do. There are fewer women than men going into computer science majors and professions. I think it is important to teach girls some introductory things so they can see if computer science is something they want to pursue," said Nazari.

Coding is becoming important knowledge and is being integrated into public school curriculums across the nation. The growing industry requires more and more students to understand coding and computers. New Trier already offers students the opportunities they need to get involved with coding.