

Projects collaborate in plans to stress importance of feminine hygiene

Senior IGSS students use product to help “women and the world”

by Elizabeth Johnson

Senior IGSS students Sonia Holstein and Colleen Angarone have worked together to create a project in order to raise awareness about earth-friendly feminine products and to organize a bra drive for homeless women.

Holstein and Angarone were at the Going Green Matters fair in Wilmette last Sunday, Mar. 11. They presented their project at the fair, consisting of more than 1000 volunteers and visitors.

During the first semester, Holstein and Angarone separately completed their IGSS “Create” project. Holstein focused on women’s health and reproductive rights, and Angarone studied bioplastics and biodegradable packaging.

During the second semester, the two worked together for an “Action” project. Together, they created an overarching topic, “Wellness for Women and the World.”

“Me and Colleen just really saw that our topics could be infused together,” said Holstein, “So everything that we’re doing for our project goes with that. It goes with helping women and the world.”

Holstein and Angarone have created a three part project. First, they



Seniors Sonia Holstein (left) and Colleen Angarone (right) present their collaborative project | NAME

are holding a trial for eco-friendly feminine products, titled “We’re Ovar It.” Participants must choose one out of five available products to use during their next period.

“They’re cost efficient, they’re healthy for the body, and they’re so much better for the environment,” said Holstein, stressing the importance of health benefits for women as well as for the earth.

“It’s important that women see how they can not only improve their own health, but also the planet’s; because they sometimes put plastic inside the actual tampon and applicators often have deadly

chemicals, they are bad for both your body and the planet.”

The product is provided to the participant for free and after use, they review it for Holstein and Angarone. The two are still looking for willing participants so their research can be as thorough as possible.

Then, Holstein and Angarone are using this information for the second part of their project: visiting various girl advisories to raise awareness about these products and why they should make the switch.

“We’re trying to get word out to students here and to other women about how they can change their menstrual hygiene and make

it better for themselves and for the environment,” said Angarone.

Not only are the products better for every woman’s health but according to Holstein, “The statistics about period products are ridiculous.” The average amount of tampons a woman uses in her lifetime is 12,000.

“Our environment cannot take that,” Angarone said. “Plastics today do not biodegrade for thousands of years, so the monthly waste is accumulating and sitting in landfills or destroying marine life.”

Their goal is to educate the girls in advisories they visit about what products they should and should not use if they are concerned about their

own health or want to act upon more earth-friendly habits.

“Every teenager should know their options,” said Holstein.

For the last part of their project, Holstein and Angarone are helping to collect bras for the “I Support the Girls” organization. They have already surpassed their goal of 100 bras.

The organization donates bras to homeless women and girls who cannot afford bras on their own.

They stress the importance of the availability of bras due to the health risks of unsupported breasts.

“It’s a huge need, because when people donate to homeless shelters, they don’t think to donate their bras,” said Holstein

Angarone also notes that there is an important recycling aspect to donating bras. They are accepting drop-offs and coming to pick up bras through Apr. 10.

Holstein and Angarone are looking to expand “We’re Ovar It” beyond the project. There are campaigns to make sure feminine products are available to all women, but the earth-friendly aspect goes unnoticed.

They hope to continue to advocate for the wellness of women and the world.

“A period should not be taboo. It should not be something we don’t talk about. It is something that happens to half the population and we need to be open to having important conversations about our periods,” said Holstein.

Senior invites teens to share their voice

Senior Asher Hoffman takes independent action on gun awareness

by Layla Saqibuddin

On Mar. 23, senior Asher Hoffman began “Voices of American Teens,” an online video archive with the hopes of raising awareness about gun violence.

Hoffman is utilizing his father’s app “Gather Voices”, while using 3-2-1 Video (an app) as a platform to collect videos around the country. (Access the code: VAT837)

Hoffman’s goal in the campaign is to alert the world to gun violence that affected many lives.

“The purpose of the campaign is to raise awareness and keep gun reform discourse alive and not forget about how many innocent lives were taken away,” said Hoffman.

Hoffman uses the app 3-2-1 video in affiliation with an app his father, Michael Hoffman, created called Gather Voices, a technology startup that makes it effortless for people to gather manage and publish user-generated videos.

Students around the world now have the opportunity to be part of the “Voices of American Teens” campaign by submitting their responses.

Hoffman is using the app to collect videos responding to questions regards to gun control and safety.

Hoffman said that “With all the information that’s being gathered I will consider joining a steering committee, which will help guide the campaign.”

Eventually, Hoffman will make a final video containing all responses that were submitted through the app

and post it on Voices of American Teen’s twitter to show politicians.

Junior Sam Huertas heard about Hoffman’s campaign from friends and was eager to share his voice through the app.

Huertas believes that if schools are able to provide support to students in times where gun violence is so common, it will make kids feel safe at school.

“Schools should focus on kids who are expressing any signs of mental illness. Teachers should be trained to read signs of illnesses and be able to offer any sort of help during daunting times like these,” said Huertas.

Senior Indigo D’Avalon from Portland Oregon heard about the Campaign through Hoffman.

D’Avalon believes mindfulness classes offered in highschools can ease emotions and make people realize that in times of violence, the only option is not to take someone’s live.

“By offering stress coping techniques, people will realize that the only option is not to take someone’s life,” said D’Avalon.

Senior Joanna Raimo believes that ultimately politicians hold the responsibility for making our community safe.

“There are so many things kids and adults are doing across the nation to advocate for gun violence, but at the end of the day, it is politicians and people of power who can make a real change,” said Raimo.

Senior Matan Berman from North Springs Charter High School Atlanta, Georgia suggests a few ways to reduce gun violence.

Raimo believes that to keep us safe, our representatives, senators and governors need to ban bump stocks, comprehensive background checks so people who are mentally unstable and have a mental health history won’t be able to purchase a

gun.

“Three big things I’d change would be banning bump stocks, banning assault rifles and making extensive background checks. All of these things would make us feel safer as a community.”

While students around the world have successfully uploaded their responses, Hoffman is using their responses to keep gun discourse alive, until politicians make a change.

The app received serious positive feedback. Huertas believes that 3-2-1 Video is a great way to collect videos.

“The app has a lot of potential and could spread awareness worldwide. I’d recommend it to anyone who is interested in helping the world.”

“3-2-1 video is a perfect way for any company or group to receive user-generated videos. They can ask questions from anyone around the country. It’s the crowning way to keep the pressure on our politicians, until they make a change,” said Huertas.

Junior Evan Gross agrees that the app is a way to keep Gun reform conversation alive.

“I think the app is a flawless way to collect user-generated videos around the world. Anybody who downloads the app can make a video,” said Gross.

Hoffman said with all the information he gathered, he will consider joining a steering committee to help guide the campaign.”

“Without conversations about gun reform, we will never reach our goal of having a safe school or nation. We need to continue to put pressure on our politicians until we see improvement in our communities,” said Hoffman.

Taste worth the price at Grateful Bites Pizza

Small shop in Hubbard woods attracts pizza lovers

by Eli Lieberman

Grateful Bites Pizza Shoppe offers up some must-eat pizzas, lost among other menu items that are far from life changing.

The first pizza I ordered was the “Pepperoni with Hot Honey.” This original menu caught my eye because of the odd combination of toppings.

The pizza arrived at the table decked out with pepperoni and covered in chives for an added kick.

Each slice had just the right amount of pepperoni, a balance that’s not easy to reach. The crust on both pizzas are thick and breadly. I enjoyed the chewy dough, but those looking for a burnt crunch from their oven cooked pizzas will be disappointed.

The sweetness of the honey worked unexpectedly well with the pepperoni and other seasonings. It created a sweet and savory bite unlike your typical pizza. For anyone that loves Hawaiian pizza (a combo of sweet pineapple and slices of ham), the hot honey offers a similar, but more flavorful, experience.

I also tried the pizza shop staple, Margherita pizza. This pizza was missing the interesting flavors featured in the Pepperoni with Hot Honey.

The pizza’s sauce was underwhelming and sparingly used, and while the mozzarella tasted fresh, it overall did not have enough happening on the pizza to be worth the heavy price tag.

For a final course, I tried Grateful Bites’ only dessert option - the Cast

Iron Chocolate Chip Cookie.

The cookie was served hot out of the oven, with two scoops of vanilla ice cream dripping with chocolate and caramel sauce. The hot, chocolatey scoop paired with the cold ice cream is never a bad thing.

However, the cookie was not big enough, nor had the exceptional taste to warrant an 8 dollar price tag.

Grateful Bites’ is a small shop, but it’s modern decor creates a pleasant eating experience. A large storefront window eliminates the cramped feeling of the small space.

The servers were pleasant and happy to help, even though I was there close to closing time. Most weekdays Grateful Bites closes at 7 so it’s important to get orders in early for those on later schedules.

Pizzas at Grateful Bites cost between twelve and sixteen dollars, and can feed two or three hungry people. At this price range it’s a good option for families, but may put strain on a student’s wallet.

It’s important to know this shop does not offer the speed or cheap price of somewhere like the recently closed No Man’s Land Pizza, but can make up for the price jump in taste.

The restaurant feels more upscale than The Big Tomato in Wilmette, both in its prices and its look. It’s more similar to Napolita, also located in Wilmette. Like Napolita it offers sophisticated taste in a similar price range.

Grateful Bites opened in June of this year, already having a significant client base. Five years ago Grateful Bites began in a truck with a pizza oven built into it. This summer the owners decided they were ready to expand into their own space. The truck is still on the move, and available for catering as well.