

Don't trust the juice revolution

by Leah Pearlman

With summer creeping up on us from around the corner, the typical bikini-ready frenzy has begun. This is the case every spring when you realize the extra food you ate while in hibernation mode has added to your body weight. These few additional pounds aren't easy to shed.

Some blow the dust off their gym shoes, scavenge through their wallets to the deepest folds, pull out their membership card, and head on over to their gym for some serious sweat time.

Others grab their keys and take a trip to the nearest juice bar or smoothie place and order something green.

Now I completely understand the allure in a green drink. I mean, c'mon, I read "Green Eggs and Ham," too, as a child. It was utterly fascinating. I just didn't see that applying to my food in the real world.

Luckily, the health experts have come together and invented a delicacy including juiced greens like kale, collards, or chard (yes, those are real vegetables).

The hype started when we all saw those Instagrams of stars drinking pressed plants in LA, and we bought into the movement. Desperately wanting that pure, healthy lifestyle, we started to drink the green kool-aid, too.

Even though I am a fan of blindly following fads because "everyone" says it's good for you, I was wary about the juices and smoothies. I have always been health conscious, whether I chose to follow that consciousness or not, and I knew this drink couldn't forgive all my midafternoon snacking, or mint

chocolate chip ice cream binging. The occasional green smoothie would not bring my body ultimate health satisfaction.

In fact, a majority of the smoothies people may choose to indulge in may actually have more negative repercussions than positive ones.

The 16 oz "Amazing Greens" smoothie from Jamba Juice, which includes super greens, pumpkin seeds, and peaches, gives you 11g of protein, 2.5 servings of fruit, and 1 serving of vegetables. It is 420 calories, 74g of carbs, and 72g of sugar. And that smoothie is under the nutritious smoothies tab.

Personally, (note that I am 5'1") I am supposed to eat under 52g of sugar a day. In one drink alone I have exceeded my goal on something not very filling, or good for me.

Now let's forget the carbs and sugar and pretend that calories are the only thing we care about. 420 calories is a whole meal.

Do you remember the last time you drank a smoothie from Jamba Juice? You probably called it a snack, or maybe even a drink to go along with your actual meal.

Jamba Juice? Fattening? (duh). For some of you that may have been less of a revelation. Another example may surprise you.

TrueJuice is stationed in Winnetka on Chestnut road and is raved about for "cramming 5 pounds of fruit or vegetables into a 16 ounce bottle." Super healthy right? Obviously, you drink that and you're basically an Olympic athlete graced by the health gods.

After calling the store to ask how many calories was in one of their cold pressed juices I was told that number

was unavailable. However, I can only imagine how many sugars and carbs are crammed into a 6oz cup. You can make smoothies the right way for proper nutrient absorption and digestion which helps with weight loss.

The American Journal of Clinical Nutrition did a study of over 1,700 Swedish men who indicated that consumption of fruits and vegetables was associated with a decreased risk of heart disease, but only when combined with full-fat dairy consumption.

To work the nutrients in your smoothie or juice to your better ultimate advantage you can throw in a scoop of full fat yogurt or coconut cream, which added with the nutrients in the vegetables, will increase absorption into the blood stream.

And if you are in the act of trying to lose weight, the time it takes to chew whole vegetables and fruits not only burns more calories, but takes up more space in your stomach which affects how full you feel.

You would be much better off snacking on raw green vegetables like broccoli, snow peas, sliced bell pepper, cucumber slices, celery stalks, or string beans then slurping down a smoothie on the go.

Remember that everyone's caloric intake is unique and that food fads may work for some, while negatively affecting others. Always research your options and make an educated decision on what you decide to put in your body whether you are trying to lose weight or just be healthy.

And my opinion, of course, is that it just isn't worth it to waste a bunch of calories on a drink to get your nutrients whether you are on a

Staff editorial: Some things are bigger than competition

When the New Trier Green (NTG) hockey team lost the Amateur Hockey Association Illinois (AHA) state semifinals to Benet at The Edge Ice Arena on Mar. 16, it was nothing short of shocking. The Trevians were the two-time defending state champions and returned almost every player from the 2013-2014 team.

For a program considered high school hockey royalty, a program that thinks of Illinois state championships not as a goal but as an expectation, it was an extremely bitter end to the season.

And yet, NTG players were highly praised, thanked even, for what they had achieved, and rightly so. Yes, the outcome wasn't expected or truly gratifying, but for all Trevians the season was something to be proud of. This is because, despite what outsiders (or maybe insiders) might believe, at New Trier, winning really isn't everything.

Why is this the case? Because even when we lose, we still have a heck of a lot working in our favor. We'd like to think that (for the most part) students are aware of and thankful for the education they receive. They know to use the abundance of support systems and extracurricular opportunities to their advantage.

Therefore, when certain events don't go the Trevians' way, it's not the end of the world. Boys basketball loses to Highland Park in the playoffs? We'll go back to our top-notch post high school counseling. Girls swimming fails to secure a state championship? Good thing there's effective and nationally-recognized support in NT's adviser system to return to on Monday.

With this privileged situation in mind, there's a certain type of superiority complex students have here. It's not really a "we're better than you and we know it" type confidence, as one might think given New Trier's reputation. It's more of a "we're set for these four years of our lives" attitude.

This type of thinking is also embodied by academically-esteemed universities in athletic competition. These universities seem to take whatever athletic success they can get with satisfaction.

In 2008, for example, the Davidson College basketball team made a deep run in the NCAA

Tournament, defeating powerhouses such as Gonzaga, Georgetown, and Wisconsin en route to the Elite Eight, where the Wildcats narrowly lost to Kansas.

Davidson, consistently ranked among the best liberal arts colleges in the country by U.S. News & World Report, enjoyed all of its success, and as soon as the run ended, was able to have its players return to their advantageous situations.

We liken our situation to that of Davidson. By no means are we calling ourselves an elite liberal arts institution in North Carolina, but we do think that the exceptional educational experience and general life preparation we receive is fulfilling in itself. Anything else, such as athletic success, is gravy.

Athletics are one thing. For administrators, winning in the rankings apparently isn't a major concern either. Take New Trier's Advanced Placement (AP) procedures for example. Certain national ranking systems for high schools judge the "success" or legitimacy of each school by the number of students who take AP courses. So why does New Trier always seem to show up lower than one would think on these lists, if at all?

New Trier only allows certain students to even take these courses. Whereas many high schools, such as Stevenson where 78% of students take at least one AP, seemingly over-encourage students to sign up for the college-level courses perhaps in the hopes of boosting reputation, New Trier filters its students according to where they have the best chance to thrive, effectively limiting its number of AP registrants and "worsening" its ranking.

As with sports, there's no need to further bolster outside perception of the school; New Trier inherently puts its students at an advantage, whether it's justified through athletic or academic ranking or not. That's the most important part.

This could come off as conceited, and we recognize that. But we actually intend to state the opposite. Some things are bigger than competition, and it's essential for students, parents, teachers, and administrators to understand that. Winning isn't everything. Especially when students win within school.

Texting etiquette of the 21st century

by Carly Travis

I find myself in awkward texting situations far too frequently. The other night, for example, I was texting the parents I babysit for inquiring about when they'd be home.

The message read: "Do you know when you'll be home btw?... just curious." I immediately felt like I sounded assertive and aggressive, like I needed them home right away because the dog just threw up, the kitchen was on fire, and their kid had an ear infection.

According to the tone of my text, the world would end if they didn't walk through those doors within 5 minutes.

None of this was the case, but to my discomfort the parents' response was: "Everything okay?" Everything was okay until my text read desperate and needy.

Texting has evolved into a game, especially when it comes to texting the opposite sex. We tend to overthink everything, at least from my perspective: Is that emoji too flirty? How many exclamation points is too many? Why aren't they responding? Am I overthinking this?

Of course I'm generalizing, and of course the relationship with whomever you text will be different, but in certain scenarios, our "texting self" turns on. We can no longer be as

sarcastic for fear of actually sounding mean and being hurtful. I've also observed that emojis have begun to replace words that we probably don't even have in the English language to begin with. Like the "praise hands," for example. We can't vocalize them but we use them in response to texts like, "Chipotle t'night?"

On that note, I think emojis are fantastic. I find myself actively using emoticons when expressing my, uh, emotions. I use them for practical purposes too, replacing the word "okay" with an emoji or signing off with a peace sign (my seventh grade self shines through once in a while).

But what about the "sexy face" emoji. Is it even really a sexy face? Sometimes certain emoticons have implications attached to them which make getting a message across easier and a lot more fun.

But are emoji's on their way out? I recently discovered a gif keyboard and my texting game has changed for the better. Although my savvy web design class will tell me it has been around forever, you can now type in an emotion, like "happy", for example, and send your friend a gif of Pharrell dancing.

In certain cases, gifs replace emoticons in the best way possible. I have repeatedly replaced the "cool" emoji (the one with sun glasses on) with a gif of Drake in shades saying "swag." It's entirely stupid but highly

entertaining.

Punctuation is another concern. I'm speaking of the period at the end of texts that make everything seem extremely passive aggressive. People who ensure that all the commas are in the right place, there is an appropriate use of colons and semicolons, and sparingly use exclamation points need to stop. It makes everyone uncomfortable and very business-like. Save the punctuation for emails only.

If you think ending a sentence with a period is bad, the excessive "haha" after every line of text is even worse. Whether the prior message was funny or not, the nervous laughter is down right annoying.

This leads to another very important question: do people still text "lol"? I do... only when something is funny, of course, and I typically adorn it with the "laughing emoji" with tears rolling down its face. I think people are taken aback by abbreviations in general. Sending "ttyl" or "jc" or "hbu" feel so middle school and we're ultimately judged for it.

If you're anything like me, you overanalyze your text messages, express yourself through emoticons, and think Tina Fey's gifs are better than Amy Poehler's. What's the takeaway here? You may sound like a serial killer if you use punctuation, and "haha" isn't all that funny.

Corrections and clarifications:

In the revision of last weeks comic, changes were made that did not reflect the intent of Lydia Wuorinen. The comic should have been attributed to Abby Burton and Leah Pearlman.

New Trier NEWS

Founded in 1919

Published Fridays during the school year by the students of New Trier Township High School, 385 Winnetka Avenue, Illinois 60093.

Correspondence may be directed to the New Trier News office, room 011, or by calling (847) 784-2278.

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.

The Staff Editorial is written by the editors-in-chief, not adult faculty.

- Editors-in-Chief**.....Lynley Evans, Ben Portnoy, Joey Schuman
- News Editors**.....Julia Patton, Katherine Rhea
- Opinion Editors**..... Abby Burton, Leah Pearlman, Lydia Wuorinen
- Features Editors**.....Max Borushek, Maddy McVey
- Sports Editors**.....Danni LeServe, Martin Oppegaard
- Examiner Editors**.....Jeremy Lee, McKenna Patterson
- Online Editors**.....Sam Braganca, Sarah Wong
- Photo Editor**.....Emmy Minturn
- Diversions**.....Nick Merrill
- Editorial Adviser**.....Carlo Trovato
- Assistant Editorial Adviser**.....Sarah Gompers