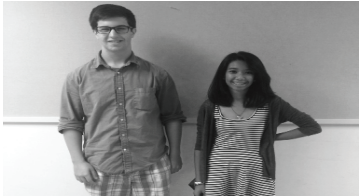


# Introducing this year's editors

This is an exciting new year for The New Trier News. We have a larger staff, an expanded website (newtriernews.org), and have made the New Trier Examiner its own separate publication. All of these changes will help us in our mission to deliver quality, compelling student journalism to the New Trier community.



Ben Portnoy, Joey Schuman, and Lynley Evans are this year's Editors-In-Chief. They will oversee every detail of the newspaper.



Our expanding online website is all thanks to online editors Sarah Wong and Sam Braganca. Their tech and computer experience will help in creating a website full of new and intriguing articles. Their work also will expand to social media this year.



The Examiner has two Editor-In-Chiefs: Jeremy Lee and McKenna Patterson. They are eager to use their creativity to transform The Examiner into its own independent paper.



Leah Pearlman, Abby Burton, and Lydia Wuorinen are this year's opinion editors. They will spice up the paper with interesting and controversial opinion articles.

## We're looking forward to a great, new year!



The sports editors for this year are Danni LeServe, Martin Oppegaard, and Nick Krauskopf. They won't miss a beat when it comes to everything Trevian sports-related.



Features editors Max Borushek and Maddy McVey are here to cover everything from special events at New Trier to the latest fashion trends. Their interest in current events will help keep the features page a must-read.



The news editors are Katherine Rhea and Julia Patton. They are committed to bringing you the latest breaking news stories.



Diversions will be headed by Nick Merrill. What is a great newspaper without great pictures? Our photo editor is Emmy Minturn.

# Survival tips for New Trier

by Sarah Wong

1. Stay organized. As tempting as it may be to throw the notes from every morning class into a single binder, this won't serve you very well when you need to quickly review parabolic functions before a test. Make separate folders for each of your classes, label them accordingly, and organize notes for tests and quizzes. You'll thank yourself later for making it so easy to find study materials. Even seniors have first semester finals.

2. Eat breakfast. Unless your advisory is sharing bagels or donuts in the morning, you're going to want to eat before school starts. You may have difficult classes early on, or maybe you have sixth period lunch, in which case, it'll be hard to stay focused without having eaten the most important meal of the day. Or at least bring a snack.

3. Those of you who are over-scheduled need not read this one: you can have lunch anywhere. For the rest of you: if the cafeteria is full, don't fret. Groups of students convene mainly throughout the hallways, the small cafeteria, and the scrounge during their lunch periods. You may even want to eat outside when the weather is nice. Besides, it's hot and chaotic in the cafeteria room, making just about any other location in the school a more desirable place to sit. (Although, take note that just outside both cafeterias, advisories occasionally hold bake sales.)

4. Get help. New Trier has many resources for students to understand what's going on in their classes. The Reading and Writing Center, for example, is open every day. Tutors there are available to help

you with reading comprehension and essay writing, but most of them also offer assistance in classes from chemistry to French. There's also the Math Resource Center; tutors in that room can help you with any math problem you might have. Math textbooks are located there, so you can get your algebra homework done at school. Finally, don't forget the department offices. Each teacher has a free period during which you can schedule a meeting to ask questions as necessary. If you're confused in any subject, go see a tutor or your teacher- you'll be glad you did.

5. Get involved. Try out for a sport or join a club. Whatever you're interested in, New Trier students have organized a club for it. There are ample social service clubs, from visiting a senior center to helping out at a youth center. There are performing arts clubs, student publications, intramural sports, spirit clubs, just about anything you can think of. Don't see a "bird watching club" in the After the Academics booklet? Talk to the Activities Coordinator about starting one. Clubs and sports are great ways to get to know new people and to take a break from your academic load.

6. Take advantage of electives. Maybe you'd like to be cast in a play. Take a theatre class. Or you'd like to make works of art. Consider enrolling in glass art. Perhaps you're really passionate about the school newspaper, in which case, you should take journalism. New Trier offers everything- from performing arts to engineering- to satisfy whatever you are interested in. Try something new. You might surprise yourself.

# Lunchroom lowdown

by Leah Pearlman

Walking into this campus' cafeteria may be daunting if you're a sophomore, but with my help you'll be ready to take on lunch, and life -- probably.

I have taken initiative, because I care--and because I consider myself a bit of a food connoisseur--and compiled a census of lunch room staples and tips.

First of all, know this and know this well, there are four lines in our main school cafeteria. In order: sandwich line one, sandwich line two, pizza/mexican line, and burger/pasta/fried food line. You will maneuver yourself through these areas for lunch each day, unless you chose to bring one from home.

I have learned from my extensive research that one can never go wrong with the two sandwich lines; after all, the sandwich is an American lunchtime classic. With options of a wrap, or even a pretzel roll, I guarantee your satisfaction no matter how sophisticated your taste buds.

In this very line, sits a big machine--no you aren't hallucinating from lack of sleep -- its true, New Trier's very own Edy's frozen yogurt machine, with a new and improved toppings bar coming soon. This includes caramel sauce, chocolate sauce, toasted coconut, sprinkles, mini gummy bears, and more. Can I get an amen?

Another food option within our second sandwich line is a salad bar. If only salad was a sought after

item we could upgrade this front -for-healthiness into an actual salad bar with fresh ingredients, like the soon to be yogurt toppings bar. Until then, I would not recommend the stale lettuce.

If you have ventured into the pizza/mexican line, I have one question for you: do you like living? I'm also not sorry to say my research stopped at this point, I'd rather not know what lies within the confines of that territory. I have heard some stories about cardboard pizza and icy burritos.

If it were up to me, there would be three sandwich lines, one taking the place of this spot. I mean, shorter lines for the best food. Can we not all agree?

Our mish mosh of a fourth line includes a make-your-own hamburger station, pasta, and "fried food." When I say fried food, I literally mean just that, as in you can buy macaroni and cheese fried into a ball. (Which I heard is good, quite contrary to my previous inclination.)

A series of sources (your fellow peers) gave me lists of their favorite food options and more times than not, pasta made the list. Every Tuesday, however, the cafe serves macaroni and cheese instead of the pasta. To put it simply, that is a less popular item.

Anyone who is anyone must know a simple Winnetka rule regarding the cafe: if you are in line solely to buy a bag of chips and are waiting in line for students to decide on red sauce or white it is okay to cut them. Walk ahead and get your chips.

You're following the Winnetka lunch line protocol; it's in the rule book.

Things get tricky, though, when taking into consideration the array of other places from which to purchase food in the school. Some of you have passed another venue right by our main cafeteria: the small cafe, with its coffee shop open from 8:00am-3:00pm, which is mainly stocked with snacks like my personal savior, Goldfish <3 and obviously Peets coffee and tea.

They also plan to serve slurpees in many rotating flavors, though they haven't started selling yet. Small Cafe best-sellers are the muffins, (chocolate chocolate, duh) and the hummus and pretzel combo packs for on-the-go munching. Other options available are overly priced yet strangely edible sushi, Naked Juice, bagels, cake pops, or Cliff Bars, which the larger cafeteria doesn't serve.

Kids flock to the small cafe between periods for a quick fix, or stay seated in its retro, rounded couches for a free period.

Our basement scrounge holds another snack bar, open from 9:00am to 2:00pm.

Here they sell candy, ice cream, and a variety of even more fried things such as Bosco sticks. These two 7 inch breadsticks stuffed with cheese in a paper bag that oozes oil are the big craze with a majority of NT boys. I'd recommend the Smart Water as the best option down there.

And if none of this does it for ya, almost every kid I asked reminded me about the Lou Malnatis pizza ordered to the school every other Wednesday.



Edy's frozen yogurt is now served in the cafeteria Pearlman

## 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).

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

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