

The art of posting an Instagram

by Grace Paul

A picture relates a thousand words. Is that why kids today spend time perfecting an Instagram instead of an essay?

“Instagram is a social media titan, with more than 100 million users. Some 58 photos are uploaded to the service every second,” according to Forbes contributor Ryan Holmes.

Fortune.com describes the popular app as “funky” and “retro.” With so many people active on the app every day, students have been finding ways to maximize their followers, likes, and status on Instagram.

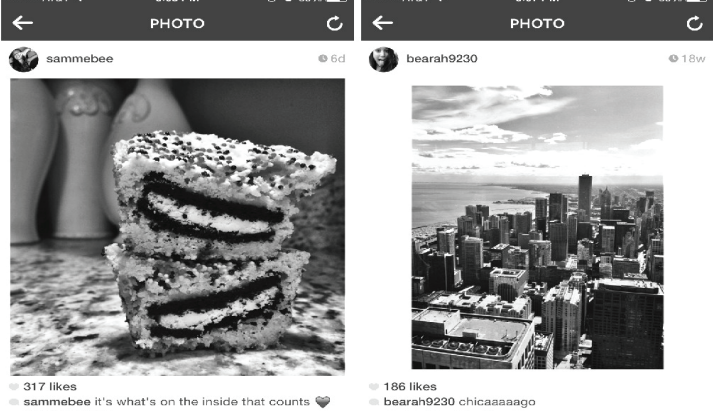
Erin Robinson, a junior who knows the rights and wrongs of insta, talks about the right time to post for maximum likes, “I would say Sunday nights when everyone is chilling at home. After they’ve finished homework but before going

to sleep most people check their phone.”

Once the majority of followers have seen the post, in order to get them to like it, it is important not to overdo it according to Robinson. When putting an effect on a picture, Robinson believes that it should look somewhat natural, “You should only edit on Afterlight. Don’t use the insta effects because they look too fake.”

Afterlight is an app purely for editing: cropping, adjusting shadows, placing effects, and blurring out the picture. Robinson states that the effects on Instagram are too harsh and give the perception that someone has to adjust their picture in order for it to look good, which is not what viewers want to see. A more natural picture means more likes.

For students like junior Louise McCulloch, however, dealing with the proper techniques for Instagram is too stressful, “I don’t have an Instagram because I’m not edgy so I



Food and landscape photos tend to receive many “likes” | Instagram

can’t do it.”

McCulloch believes that the most successful people on the app have the artsiest and most creative pictures. Robinson agrees, stating, “The best instas are usually in a cool place. Something that isn’t food or your dog.”

McCulloch talks about not only the subject of the picture as important,

but the quality of the picture matters, too. She states that even if she was in an interesting place, it would be difficult for her to post, “I want an Instagram, but I’m bad at it. I can’t take photos.”

When comparing Facebook to Instagram the two girls disagree. McCulloch finds Facebook less stressful to post pictures because

her “friends” and “followers” aren’t scrutinizing one picture, they’re looking at a full album.

Robinson on the other hand finds albums more difficult to deal with, “I think Instagram is easier because it’s only one picture at a time.”

With so many other students patrolling Instagram daily, Robinson finds that posting on a weekly basis is enough to sustain followers without cramming everyone’s newsfeed.

Although Robinson finds new things to post weekly, she points out a few specific reasons to post, “If there is a big event that coming weekend, if you had a fun night with your friends, or if you’re on vacation, those are all good times to post.”

Recognizing all of these soft “rules,” McCulloch isn’t sure if she can live up to the art of Instagram, “I want to be able to post, but I feel like so much thought goes into every post that I would just never post because I’d be too worried.”

Securing the perfect desk

by Joey Reinsdorf

It is a Monday, the beginning of the week, and senior Michael Roeser has to worry about his grades, extracurricular, and social life. Although he has so much going on, he has only one thing on his mind when he walks into his first period Myth and Mind English class: being comfortable for the next 40 minutes.

While the optimal level of comfort is generally up to the person, for many students, such as Roeser, deciding comfort level generally comes down to which desks are available.

“I always make sure to get to my first period class early, so I can rearrange the seats before anyone gets mad at me,” said Roeser.

“With all the different types of desks available at New Trier, there are a lot of combinations of desks around you, and that can make or break the next 40 minutes of your life.”

For Roeser and many other students who have this struggle, there is a set formula of which desks provide maximum comfort. Ryan Hartigan, another right handed senior, has devised the perfect procedure that makes him happy while in class.

“I couldn’t help but notice how important the desks around me affected my work,” Hartigan said. “And I knew that I could find a way to keep my happiness as consistent as possible.”

In the average classroom, there are four different types of desks. The standard desk, which is very popular, is consistent, with a footrest to allow elevation of the feet.

Another type of desk is an older, smaller version, which has the same qualities as a standard desk, except that these desks are noticeably older, smaller, more wobbly, and have years of wear and tear on them. “For me, it isn’t the worst outcome if I land an older desk, but it shouldn’t even be in the same discussion for whether it is better than a standard desk or not,” explained Roeser.

Although many students agree with the pros and cons of the previous two desks, there is one desk that has many sides to the argument: the “standard” desk without the footrest. For people who have to sit behind this type of desk, it might seem like



The different types of desks that are seen at New Trier | Burton

a period of torture, with nowhere to tap their feet. For the person who is sitting in the actual seat, it is a great way to avoid having the kid sitting behind shake the actual desk by not letting the person tap their feet repeatedly on the foot rest.

While all of these desks have their pros and cons, no desk attracts more controversy than the large desks that are without armrests or footrests. This desk, which is very rare, causes Roeser to rearrange an entire room if he realized that will be his spot for the next 40 minutes.

Chloe Brittingham, a senior, was able to sum up her feelings on the large desk in one sentence. “They just don’t fit in, they are weird,” Junior Lauren Delfs takes advantage of these desks by using all of the space that comes with its table top. Delfs said, “I like the big work space.”

Another problem with these

large desks is the unusual amount of space between their chair and the top of the desk. Sofia Bazianos, a senior who experiences this problem very often, said, “It’s really aggravating and uncomfortable. The awkward amount of room must be bad for a kid’s posture too, but at least there is a lot of room.”

William Errath, a senior, said, “After a kid experiences what it is like to go a full period without an armrest, that is how I feel every day of my life here at New Trier.”

Errath hopes everyone experiences what it is like to go through a class without an arm rest so his peers can sympathize for him for once.

New Trier’s diversity of desks tends to cause people to worry about where they sit more than ever. This adds more stress for the average Trevian.

Community Mom’s lunch making buisness

by Bella Geroulis

With so many different choices for food in high school, it can be hard to know how to go about it. Some students don’t have the luxury of making a lunch at home. That’s where Marla’s Brown Bag Lunches come into play.

10 years ago, Marla Stone began making her sons’ friends lunches, said that she always wanted her kids to eat healthy. The concept of the company grew from the idea that she was feeding kids healthy food without any fuss.

The brown bags, which get delivered daily to school, differ in content but are always made according to the same idea; healthy, easy food.

Sophomore Maggie Miller, who eats Marla’s lunches every day, said that “it’s hard to make lunch in the morning with my parents working and me being so busy.” Miller later went on to say that she would rather spend the small price on a good home cooked lunch than on cafeteria food.

It’s not just the students who enjoy the benefits of these lunches dropped off at school; according to Stone, mothers and fathers can be ensured that their kids are eating a balanced lunch and that they don’t have to pick up a knife.

“I wanted my kids to eat healthy starting at a young age and

to have options. Moms would tell me that because of my lunches, their kids tried avocados, tomatoes, or turkey with lettuce, wraps, sushi, side salads and more. That was great to hear,” Stone said.

Amy Graham, a working mother of four, said that “as someone who loves to cook, it’s hard to find time to make lunches for my kids and still make them healthy and feel good about what I’m feeding them.”

With a growing obesity epidemic in America and the constant supply and demand of junk food, it can be hard to create nutritious food at a fast pace for the working parent.

This is why Marla says her product flourishes. “My ideal customer is a person who wants to eat healthy and know they are getting a quality lunch. They are super convenient and no one has to think because lunches are ordered in advance,” Stone says.

According to some students who usually buy lunch from school say that the only reason for buying lunch from school is because they don’t have any other choice.

Madi Hart, a junior, said that “the food here is disgusting, but if I don’t eat it ruins my day.” Hart went on to say that food is such an important part of the day and of life that it’s a shame the school doesn’t put more effort into the food.



Marla’s brown bag lunch offers a healthy lunch to students | Minturn