

Learning something new with Laura Miller



by Carly Travis

Certain things just feel good. Connecting two pieces of a puzzle, whether it be simple or complex; climbing into a freshly made bed; drinking a cold glass of water on a hot day; hearing a Black Eyed Peas song that you haven't heard in seven years. They're the simplest pleasures, yet they put a smile on our faces.

Discovering something new, in any regard, fills me with that same contentment and satisfaction. A few years ago I found a web series called "Raw, Vegan, Not Gross" with chef Laura Miller on Tastemade, a channel on YouTube that hosts videos about all things food related.

I originally fell in love with the program because I'm obsessed with watching cooking videos. In this case, most of the recipes Miller featured would inevitably kill me (vegan cooking typically uses nuts, to which I'm allergic). Nonetheless, I watched. Something about seeing someone perfectly dice an onion is cathartic for me.

After two seasons of concocting raw, plant-based food that Miller claimed was 'not gross,' Tastemade gave her the reigns to entertain a



Laura Miller with her dog, Buzz, on "With Laura Miller" | Tastemade.com

completely different kind of show called "With Laura Miller."

I tuned in because I'm a fan of the foodie: she's funny, personable, and never misses a chance to throw a pun into the script. What I didn't realize was how much I would learn from watching the new and improved cooking show.

For starters, the show, although it often focuses on some aspect of food, is no longer a cooking show. Instead, Miller takes us with her as she learns something new as well.

One example of this was when Miller learned to make a ceramic bowl with San Francisco based artist Georgia Hodges. They went through the process of creating the bowl much like how a cooking show would go through the process of making a bolognese sauce.

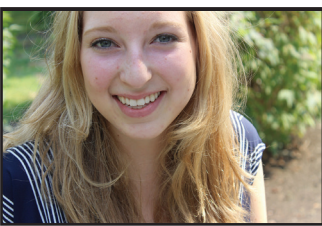
In a recent episode, Miller discovers foraging, something I had

never heard of. Now when I click onto any healthy-lifestyle websites, foraging seems to be trending.

If you didn't know, foraging is the search for food in the wilderness. Sounds kind of radical and ancient, yet Miller, along with husband-and-wife wilderness experts and chefs, Mia Wasilevich and Pascal Bauder, made the act seem normal, doable, and relevant. They crafted a meal out of plants, nuts, and seeds that they merely found on the forest floor just north of Los Angeles. Neat, right?

Each episode of "With Laura Miller" is roughly six to ten minutes long and the topics range from making tie dye t-shirts to building artisanal cutting boards to cooking homemade dog treats. Some of the subjects Miller explores are foreign at first, but that's the fun of finding something new.

The makeup doesn't make the woman



by Camille Baer

Why is it that when a girl/woman appears to be wearing a lot of makeup, they are immediately judged as someone who's insecure, or doesn't respect herself or her body?

People often comment on how much, or how little, makeup women wear. It's a constant "hot topic" with teenagers who come to school wearing perhaps a lot of makeup, or with famous people getting caught walking down the street with a naked face.

From either side of the spectrum, both scenarios receive a great amount of criticism for a life choice that shouldn't reflect one's personality--but it does.

I can't count the amount of times I've come to school not wearing any eye-makeup, and I've had friends ask if I was ok, or if I was tired. (Surprisingly, most comments were from guys.)

If a girl isn't wearing makeup then something is most likely off. Makeup shouldn't define who we are, but there's a serious jump in

attitude between those who wear zero makeup, and those who wear a noticeable amount.

My response to wearing a lot of makeup is this: who cares? Why does my choice to wear makeup today affect you as a person? The answer is it doesn't, and I apologize for seeming too harsh or blunt by saying so. But think about it. The honest answer is that I enjoy putting on makeup, and I don't wear it for anyone else besides myself.

Why does my choice to wear makeup today affect you as a person?

The other day I read an article from the website refinery29, on the subject of "makeup bullying." Maria Del Russo writes, "Applying my cosmetics blisses me out more than any yoga session or two-mile run ever could. This does not make me dull, vapid, materialistic, silly, or less of a feminist."

And she's totally right. I know many women who agree that the act of putting on makeup is not so that they can seek approval or the attention of others. It's relaxing- a daily routine or ritual. I also believe many would agree that applying makeup is not an easy task- it's an art form.

This relates to the idea of

contouring one's face to accentuate or exaggerate certain features. Some critics believe this is deceiving and fake, but I argue it's just creative shading to highlight a person's cheekbones and eyebrows, or create a thinning effect on the nose, or to define the lips.

Jasmin Luby Barrow, a blogger, discusses the idea of men having trust issues with women who wear a lot of makeup. "I'm not trying to escape who I really am, and my decision to spend half an hour contouring doesn't make me superficial or fake."

She also mentions that women shouldn't be put to shame for wanting to feel beautiful, and whether that involves makeup or not is simply the side effect of a larger issue.

Stars are under constant scrutiny due to the 24/7 availability of all forms of media that dominate our society today. People, especially like Kylie Jenner, deal with a feed of negative comments on their appearance on a daily basis.

If someone is consistently reminded of every single flaw or imperfection on their body, after a certain point, whether you agree it or not, it would hurt you.

Instead of judging others and putting people down for their choice to wear makeup, appreciate makeup as a form of self-expression that celebrates and enhances a woman's beauty.

Editorial

A student's response to the Breitbart articles

When I walked into my advisory on Martin Luther King Jr. Day, I was disappointed to see empty chairs. To be fair, the total count of my advisory was higher than other senior advisories, at a whopping 16 out of 24 students, but I still found myself ashamed of New Trier's senior class and student body.

On January 12, an article titled 'High School Forces Kids to Attend 'Racial Identity' Classes on MLK Jr. Day' was posted on Breitbart News Network, a conservative news and opinion website. The article took statements and session descriptions from the New Trier website that sounded more inflammatory than the actual content of the sessions. Titles of sessions such as 'Why Do I Have to Feel Guilty for Being White?' and 'What is Your Privilege?' were used as examples to support the "liberal agenda" that was criticized in the comments at the bottom of the article. I have to admit when I first saw the titles of these sessions, I was surprised by the aggressive language that was used. But, upon a second look at the descriptions, I realized the titles didn't seek to lambast students for being white or privileged. For instance, the session 'Why Do I Have to Feel Guilty for Being White?' discussed the role white guilt plays on the road to progress, not the common misconception that it "attacked" New Trier students for being caucasian.

The article also contained anonymous quotes from "concerned New Trier parents" who contacted Breitbart in outrage over the idea that New Trier, would require students to attend the day. To me, this is the definition of cowardice. While everyone has a right to their opinion, hiding behind the cloud of anonymity, especially when it's deliberately inflammatory, is just wrong.

Three days after the initial Breitbart article was posted online, junior Celia Buckman wrote a blog post for the Huffington Post titled: 'Sorry Breitbart--White People Should Talk About Race.' In the post, Buckman addressed the "haters" at Breitbart, citing three specific reasons why New Trier needed to host this day. One specific reason she claimed was citing the lack of diverse voices in the education at New Trier. "I can name every black or hispanic classmate and teacher I've ever had on one hand. We're missing diverse voices in our education, and although one day of discussions isn't nearly enough, it's a good place to start," Buckman wrote. Buckman had the courage to say what the majority of the student body was thinking after they saw the Breitbart article, so kudos to her for taking the risk and speaking her mind.

Shortly after her blog post was published, Breitbart found the post and exposed it to the viewers of the Breitbart site. While the post didn't say anything besides where Buckman's post could be found, the commenters deliberately attacked her and her writing. The majority of the comments are from presumably well-educated adults that personally attacked Buckman for being brave enough to express her opinion.

While the Martin Luther King Jr. seminar day didn't run as smoothly as planned, with AV connectivity problems in the Gates Gym and McGee Theatre, the smaller classroom sessions were worth it. When talking to my fellow advisees, they all agreed that the opening session watching the TED talk was among the most valuable parts of the day. So if you were one of the students who stayed home watching Netflix, or were dragged to various doctor's appointments, take some time to think about your place in future conversations about race. New Trier took a huge step towards racial awareness Monday, and while one day won't change everything, what matters is that we've started the conversation.

MLK Day, continued from page 1

Savage-Williams was aware that some faculty members were opposed to the MLK day event and some students would just take the day off. Though she said this was disappointing, she remained optimistic about the experience. "I don't know what to say to that [negative feedback]. The best thing I can do is continue to move forward in a positive way and hope that they come on board."

Because of the long-term construction, New Trier plans to hold school on Martin Luther King Jr. Day for the next two years. Savage-Williams said, "Some people just won't come [this year]. At the end of the day, when it's so good and

people are raving about it, they'll wish they had come. And next year, they'll come."

She hoped students who missed Monday "will look at this as a missed opportunity. I hope they will hear wonderful, positive things."

Savage-Williams hopes to start a tradition of using Martin Luther King Jr. day as an opportunity for race education and awareness.

"I can't predict the future, but then again, after this, it's hard to do nothing. I've talked to students about what they usually do on MLK Day- they go skiing, sleep in, go to the mall. I'm thinking this is better."

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