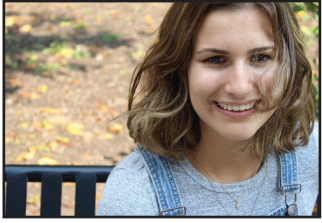


Your showers may reveal more than you think



by Carly Travis

Night showers are superior to morning showers. About 75% of you will agree with this and the other 25% will not. When it comes to this highly debated topic, a lot of factors come into play.

Do you have trouble sleeping or waking? Do you tend to have oily skin (morning shower is best) or dry skin (night shower is best)? Do you get dirty during the day or sweat at night? The science isn't as simple as the BuzzFeed quiz makes you think.

I feel that part of the debate has a strong correlation to personality type. Personality tests always answer the same questions.

"Do you prefer to sit in the front of the room," "Do you initiate conversation easily," "Do you respond to emails immediately," are types of questions all trying to get at the most pronounced personality trait: introvert or extrovert?

But one question never makes

the cut: do you prefer morning or evening showers?

The other night I was deep in thought when it struck me how type-A I can be. Every evening, like clockwork, I begin my nighttime routine. This consists of eating dinner which is promptly followed by making a salad, tomorrow's lunch. A few steps later and I'm onto breakfast. Yes, I prepare my breakfast at night, which, according to common custom, is eaten in the morning.

Why is this important? Because somewhere between these evening rituals, I take my shower. Essentially, I get a big chunk of my day done between the hours of 4 pm and 10 pm.

I feel like I can achieve more in the later hours of my day. I'm more focused and more in control, whereas, at school, teachers are in control of me and I'm focused on my next meal or assignment.

In the morning, there's always a sense of passive aggression in my home. No one here wakes up too chipper and there's a feeling of rushed panic that possesses us all (oftentimes, I receive a text from my mom asking, "Everything okay?" in regards to the presumed disastrous morning).

However, the evening is my time to plan, which brings me back to personality type. Perhaps those who feel they have more time at night are more skilled at planning, organizing, and multitasking. Maybe these people lack those skills but succeed in creative thinking, have minimal stress, and tend to be easy going.

On the other hand, you can just as easily argue the opposite. If you're type-B, you scramble to do everything at night, because you forget in the morning. And type-A most likely prefers the morning because they feel that they are ahead of everyone in some way (that personality tends to be competitive).

So, the two contradict each other, but that's okay. I'm not a research analyst, psychologist, or scientist who is adept enough to decipher the differences between the two. I do, nonetheless, believe you can tell a lot about a person from whether they shower in the morning or evening.

Next time you're engaging in unpleasant small talk with a stranger, ask them when they shower, (you know, without being too invasive). This powerful question could lead to much more insight.

Staff Editorial Oregon shooting brings national issues to surface

In light of the recent shootings at Umpqua Community College in Oregon, the issues of school massacres in our nation have once again been thrust into the spotlight, raising controversial issues from gun control to the best way to report on such tragedies.

Since the Columbine High School shooting in 1999, there have been 62 major school shootings in America, according to CNN, while there have only been 16 globally in that same time frame.

These massacres are evidentially an American phenomenon, based on our gun control policies. The right to bear arms is the Second Amendment of the Constitution, a law that the Supreme Court has consistently upheld. While the Gun Control Law of 1968 prohibits the sale of firearms to individuals under 18 years old, those with criminal records, the mentally disabled, dishonorably discharged military personnel, and some others, it doesn't stop firearms from illegally falling into the hands of others. Adam Lanza, the man responsible for the Sandy Hook shooting, stole all the guns from his mother, whom they were legally licensed to. Fourteen firearms were connected to Oregon shooter, Chris Harper-Mercer, all of which were registered under him and his family members.

The United States leads the global tally for firearm ownership, with 88.8 per 100 people, meaning that with less than 5 percent of the world's population, the United States has 35-50% of the world's civilian owned guns, according to a 2007 report by the Switzerland-based Small Arms Survey. The next closest country is Norway, with only 31.3 firearms per 100 people. With this large gun ownership, the United States also has the largest firearm homicide rate, with 3.21 deaths per 100,000 people.

In addition to the guns taken from others, another link between these many school shootings is that often the perpetrator feels alienated from society. University of California Santa Barbara shooter Elliot Rodger's motive for killing six people was due to his sexual and social rejection. Columbine shooters Eric Harris and Dylan Klebold were reportedly unpopular students who were bullied by their peers.

The common link between many of the shooters is that they felt like outcasts, and viewed these shootings as an opportunity to stand out and be noticed.

As a society, we must reflect on the way that such tragedies are reported, with so much time spent on the shooter's personal troubled past and nonstop television coverage. To those who may identify with the shooters, this may inspire them to follow the same path for their fifteen minutes of fame.

As our nation is recovering from such a tragedy, we must ask ourselves why only America boasts such a dreadful record of school massacres and whether we should be taking more conscious steps to prevent such events from continuing. It is our duty to respect the memories of the nine that died in Oregon and find a way to stop it from happening again.

Christmas is kicking all other holidays to the curb



by Camille Baer

'Tis the season to be jolly?' It's not even Halloween yet. Every year Christmas starts earlier and earlier, taking over the spotlight during the holiday season, pushing other holidays off to the side. Businesses pushing home decorations and presents are being released before the end of October.

Don't get me wrong, I love Christmas. I can quote almost every line from "Elf"; I wear Christmas sweaters ironically and secretly love it; I drink hot chocolate like it's water; decorating the Christmas tree is my sport.

Believe me when I say I don't want to come across as a Scrooge, but I believe that holidays, through the abuse of commercialization, have lost their meaning.

Maybe I'm sentimental, but I miss a more simpler time when Halloween arrived and my family carved pumpkins together and set up decorations around the house.

I looked forward to

Thanksgiving, spending time with my family and eating heaping portions of turkey, mashed potatoes, and stuffing.

Thanksgiving provided a smooth transition to a wintery wonderland of gingerbread houses, candy countdown calendars, and last minute Christmas shopping.

But in the past few years, it seems like the moment fall starts, people skip over Halloween and Thanksgiving, moving straight to Christmas.

It's disappointing to see this happen, because it makes Christmas the only holiday to receive attention.

Black Friday can take some blame for initiating this "epidemic." Commercial companies and major department stores have expertly fooled consumers into believing we're saving "big bucks" by participating in Black Friday's madness. In reality, it's a scam.

Retailers mark up prices months before to create the illusion that consumers are saving more money, when it turns out, the reduced prices are actually closer to the sale price before it was marked up.

Black Friday has become more of a game among retailers trying to make the most profit the later they stay open, rather than providing reasonable prices for their shoppers. None of this screams "holiday

cheer" to me, yet so much time is wasted on chasing the best "steals and deals" possible.

Hallmark has also contributed to the spread of early-onset holiday advertisements. (They're also responsible for the explosion of Valentine's day). Hallmark is basically a money-making pit that profits on commercializing holidays; therefore, the earlier people start buying their products, the longer their season lasts, which means more money.

Other major stores like Target and Costco have already put out their line of Christmas ornaments for the season. Costco has even started selling fake Christmas trees. It's as if the holiday season has completely consumed the months of September through December, which may be positive for retail stores, but not for my wallet.

Advertisements hypnotize people to buy things earlier and earlier, like Kmart's "lay-away deal" where you can purchase the gifts ahead of time, but then pay for it in increments instead of all at once.

Avoid succumbing to the marketing madness revolving around Christmas, because remember: Halloween and Thanksgiving are holidays, too.



Gannon Lee

New Trier News

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.....Elizabeth Byrne, Emma Willcocks
- News Editors.....Anna Ferguson, Sarah Zhang
- Opinion Editors.....Camille Baer, Carly Travis
- Features Editors.....Michael Blickstein, Melanie Mandell
- Sports Editors.....Rachel Melancon, Adam Sheffield
- Photo Editor.....Henry Scherman
- Editorial Adviser.....Carlo Trovato
- Assistant Editorial Adviser.....Sarah Gompers