

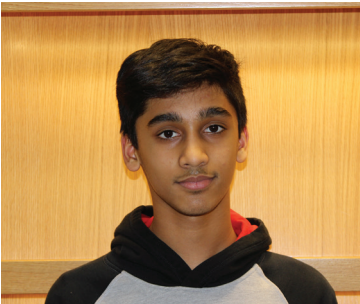
# Student Views

## What was your favorite sport to watch at the Winter Olympics?



Ella Torres, Senior

“I really like ice dancing, because it has the art aspect of performance, and the costumes are really fun, but it’s a little more challenging and intricate than the figure skating”



Aryaman Ramchandran, Sophomore

“Snowboarding. It’s just fun to see people do their own thing, and it’s impressive to me at least.”



Lila Formicola, Junior

“The bobsledding. I feel like it’s one of those inhuman tasks”



Julia Yang, Senior

“Curling. I think it’s fun to watch, because the USA took home their first gold in curling, and its an unusual sport, but it’s fun to watch”



John Nunemaker, Junior

“I’m kinda a hockey fan, largely in part because of my dad’s influence, he got me hooked on that when I was young, and now its my favorite sport.”

## A change in attitude can lead to more gratitude



by Michelle Yurovsky

In lieu of recent events, I’d like us all to take a moment to appreciate the positive aspects of our lives. Especially in the past few months, I’ve noticed an influx of negative media coverage. No matter what media outlet I turn to, it seems as though our world is at the brink of going up in flames. We’ve all heard about the unfortunate rise of sexual assault, and the tragic school shooting in Florida. Some of the top headlines on CNN include, “Florida school shooting aftermath,” “Missouri governor indicted over nude picture,” “Package sent to Prince Harry and Meghan Markle treated as a racist hate crime,” “Average mortgage just

jumped to highest rate since April 2014.” It’s unfortunate that I have become almost numb to these headlines. They don’t phase me as much as I’d expect them too, or as much as they used to. When I see a notification for another article about another woman who’s been sexually assaulted, I am obviously upset, but by no means am I surprised. *Even though it may be easier to recollect the worst parts of my day, acknowledging the highlights takes away the spotlight from the negativity.* At times, at least for me, the world we live in seems like it’s full of nothing but suffering and hate.

Recently I have begun to question why the media only portrays bad news. Although I understand how the negative news is more memorable and oftentimes more emotionally impactful, I still believe that it can’t be healthy for us to be solely immersed in these tragic events. It makes me disregard the immense amount of good in the world. It could be because journalists are more drawn to bad news because sudden disaster is more compelling than slow improvements. Although this may be the case, it is still equally as important to take good news into account. Each one of us should take time out of our day to name at least one good thing that has happened to us. Not only does this help put into perspective that nothing is really as bad as it may seem, but it also is a great exercise in appreciating what we do have. On the same note, we also have to take into account how out of these tragic events a surprising amount of

good has prevailed. As an illustration, if there was no shooting in Florida there would also be no March for Our Lives. The march is part of a movement initiated by survivors of the shooting to protest for the end of school shootings, and keep regulations on gun laws. This event has started a powerful movement of students just like us protesting for one common goal. On that note, I’d like the tone of this article to be nothing but positive from here on. Despite of all of the horrific events recently, there has also been a lot of good that no one seems to talk about. Even though it may be easier to recollect the worst parts of my day, acknowledging the highlights takes away the spotlight from the negativity. It is common knowledge that doing good really does make you feel good. Those of us who are taking or have taken psychology have probably experienced taking class time to

do random acts of kindness. Seeing my actions positively effect another person’s day is an irreplaceable feeling. There’s a mutual benefit from doing good for others. I would even argue that it is more rewarding to be the one spreading positivity than to be receiving it. The emotions of others seem to have a domino effect on the mood of those around them. Interacting with someone with an extremely positive attitude can leave a long lasting impact on how we proceed throughout the rest of our day. The opposite holds true as well, as it is much easier to bring one’s mood down than it is to bring it up. Although we do not have control over the tragedies that go on in our world, we do have control over what we do about them, and how we deal with it.

## One man’s trash shouldn’t be another’s responsibility



by Arjun Thakkar

You notice a wide variety of quirks at our school while walking around the hallways. Maybe it’s peeling drywall in classrooms, creaky floors, or even a loose railing by the gyms. The new building isn’t without these oddities either, those knee-level doggy windows sure are fun to peer through, but I still haven’t figured out a valid reason for their presence beyond being visually appealing. Regardless of how decrepit or questionable these parts of our school are, they certainly give it a unique feel. We might jokingly call it prison, but it is without a doubt a blessing to attend the school we do without having to worry about basic needs like food, water, or shelter. There is one other blatant, frustrating quirk that cannot be avoided though: the trash problem.

I don’t go a single day without seeing a half-eaten burrito or soda can sitting in the corner of the new building. It should go without saying that leaving trash around is nasty and you shouldn’t do it. And probably anyone would agree if you asked them in person. But we wouldn’t have a trash problem if everyone was on the same page. One of my track coaches recently told us something that stuck with me: “At the end of every action is a person.” I get that we can make mistakes once or twice and leave something behind once absent-mindedly. If you repeatedly and deliberately leave something behind, then you are disrespecting the staff that have to clean up after you. PPS, pivotal members of our staff, shouldn’t have to act like your parents and pick up after you. They deserve better. Not only should we be cutting down on the trash we leave, but we also should strive to be more conservative. And no, I don’t mean politically. It’s always irked me when I’m with friends or family and they have a full plate, only to eat half and

throw out the rest. If someone feels sick or truly cannot eat anymore, of course I understand, but when we have the pleasure of not only having food on the table, but being able to choose what we want to eat, and then throwing away a large amount of that meal, it’s just sickening to me that there’s a fundamental lack of appreciation. Don’t put more on your plate than you can eat. It shouldn’t be as complicated as it seems. Millions around the world that live in poverty would love to have our first-world problems of too much food or too many options to choose from. Beyond the scope of our little bubble, our country is the number one consumer market. Unsurprisingly, we are also one of the most wasteful nations in the world. The Environmental Protection Agency reported in 2013 that Americans produced around 254 million tons of trash. Before I moved to Wilmette in third grade, I was an extremely picky eater. I only wanted to eat apples, Mexican food and rarely anything my mom or dad told me to. My dad knew most of the

school staff in Elmwood Park and told them to make sure I didn’t waste anything, so if I got up to throw out any food that I didn’t want to finish, the custodians made me sit back down and keep eating. I was mad at the time, but I’m incredibly thankful for what my dad and those custodians did. *Staff, shouldn’t have to act like your parents and pick up after you.*

I know this isn’t something that’s super engaging or easy to talk about. Heck, I bet the majority that even glanced at this piece just saw it as ‘another pointless lecture’ by their adviser and moved on. It seems like a minor issue that doesn’t really matter. We can dismiss any and all problems this way if we say that there’s very little that actually matters. Maybe nobody cares in an immediate situation, but to a custodian who has to deal with a terrible culture of waste and negligence, it’s just another annoyance in an already tough job. It’s so easy to be too lazy and

not walk over to the trash, but we don’t realize how disrespectful this is PPS and other staff members. This ignorance with just a little bit of effort from all of us. I’m not trying to send anyone on a guilt trip for ever littering in their life or not finishing a meal. This isn’t about playing the blame game, and it rarely is. It’s about challenging the status quo, challenging the expectation that there will always be trash covering the school. Quite frankly, I’m surprised that we haven’t seen much effort by other facets of the school like Student Alliance or the administration. I wouldn’t expect any top-down effort to make an impact anyway. It’s ultimately up to us as individuals to regulate ourselves and each other. We’re at the age where we should be responsible for ourselves. I know it’s hard, but please, call someone out if they’re leaving something behind. It’s annoying to be seen as the goody-two shoes, but it’s better to deal with that temporary shame than to know that you’re leaving more work behind for someone else to clean up. That’s a wrap.