



NT alum writes memoir  
2



We can't ignore mental health  
3



Boys Basketball vs. GBN  
4

## Evanston approves a city-wide reparations program

### Tax revenue from marijuana sales to fund reparations

by Julia Nagel

On Nov. 25, Evanston made history as the first city in the U.S. to enact a reparations program.

The City Council voted 8 to 1 to implement a 3 percent tax on recreational marijuana sold in Evanston, and to earmark up to \$10 million of this revenue for reparations to black citizens.

Although this was a landmark step forward, according to 5th Ward Ald. Robin Simmons, who is chair of the reparations subcommittee, the project is still largely in its early stages.

"We have yet to establish the initiatives, and how we use the funds, and who qualifies for the funds. So we have a long road ahead of us," said Simmons.

The subcommittee hopes to spend the first round of reparation benefits before the end of the fiscal year.

Though it still remains unclear how exactly the funds will be distributed, Simmons believes the reparations should be paid directly to black residents, rather than through supporting diversity policies or other indirect means.

"My intention is that this is a direct payment to residents that qualify. We do need to think beyond home ownership and whether it is some level to support capacity building through direct payments for technical training or



Subcommittee chair Ald. Simmons spearheaded reparation the efforts | Nagel

other credentialing that could build capacity," said Simmons in a recent NPR interview.

Though this isn't necessarily a slavery reparation, to Simmons, the issues that black residents have historically faced in Evanston--redlining and Jim Crow laws--are rooted in slavery.

"The slave economy and what it did to our nation has trickled throughout urban and suburban areas across the nation, and Evanston isn't excluded," said Simmons. "So the clear color of my skin tone and that of my family and my neighbors keeps us from opportunities, it keeps us from education, it has us over-policed, criminalized unfairly, and therefore we aren't able to enjoy the same livability as the rest of our neighbors in Evanston."

Simmons also explained that

recreational marijuana is a fitting source of revenue because of the destruction that over-policing, mass incarceration, and the war on drugs have inflicted on the black community.

"The inspiration to use that particular revenue was because it's now going to be a very exciting, multibillion dollar industry that folks are building wealth off of. And it has damaged, destroyed, and traumatized the black community, which I serve," said Simmons.

According to a Washington Post Article, Evanston reflects the country at large because the number of black residents--16.9% of the city's population--is far from proportional to the percent who are charged with cannabis related crimes.

"Like the United States as a whole, Evanston had

disproportionately policed African Americans on marijuana charges, compared with other populations: Over a 36-month period, 71 percent of those arrested for possessing cannabis and 57 percent of those issued citations were black, according to data compiled by city officials," reported the Washington Post.

Revenue from the marijuana tax is expected to go towards addressing a wide range of issues that black Evanstonians face, such as the disparity between income, education, and life expectancy for black versus non-black Evanston residents.

2nd Ward Ald. Peter Braithwaite, the newest reparations subcommittee member, believes these reparations are important because they will help combat the decreasing number of black residents in Evanston.

"One of the big issues that we have in Evanston is that our numbers in the black community continue to decrease. And my concern is, what are we doing to retain those who want to stay, and attract others who will come?" said Braithwaite.

In addition to monetary reparations, the subcommittee believes it is important to address the emotional damage inflicted upon the black community throughout the history of the city.

"No matter how much money Ald. Rainey can drum up for us to put in a fund, if we can't heal and unite, and get some repair in that way, some financial education, then our efforts could be in vain. We want the dollars to multiply and really uplift the black community," said Simmons.

In order to accomplish this goal, they plan on partnering with

the Mental Health Department, the Equity Empowerment Committee, and the National Coalition of Blacks for Reparations in America.

6th Ward Ald. Tom Suffredin was the singular vote against the tax. In a bulletin to constituents, Suffredin explained that although he supports the city's efforts to take responsibility for the role it has played in disadvantaging black residents, he took issue with the policy because of its unsure terms.

"I voted no on this because in a town full of financial needs and obligations I believe it is bad policy to dedicate tax revenue from a particular source, in unknown annual amounts, to a purpose that has yet to be determined."

The reparations have been more contentious on a national level than within the city of Evanston.

"We see in our national climate that there is a lot of hate. And the pushback mostly came from beyond our community. Once this became a national story, I started to receive hate messages from white supremacists. There was a special watch on my home and on my family. And we took very specific safety precautions when we had our town hall, including bomb sniffing dogs," said Simmons.

Despite this pushback, the subcommittee is convinced that this path was the right one to take and is determined to see this project through successfully.

"It was time that we did something radically different than what we had been doing. Our existing policies [have] not been sufficient," said Simmons.

## NT students are trash at picking up their trash

### Students create extra work for custodial staff

by Casey Bertocchi

Throughout the school, students are leaving their trash out instead of throwing it away.

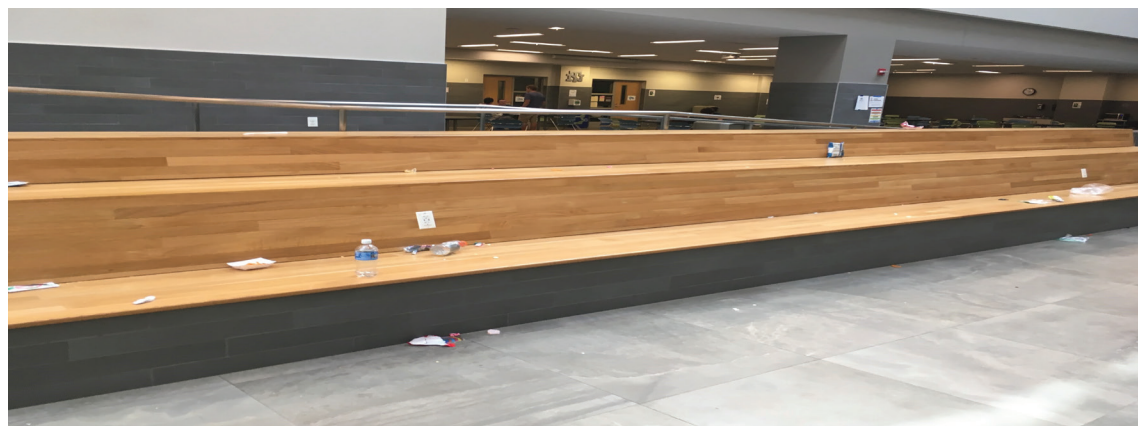
This renders many common spaces nearly unusable when they are covered in other people's trash.

Physical Plant services head Dave Conway, who has worked at New Trier for thirty years, has dealt with garbage management issues in the past and says that although the problem is bad now, it has been worse.

"Twenty-five years ago it was really bad. It seemed like no one picked up after themselves, and then the administration and principal and teachers got involved and started a process where they educated students on how to better manage their trash," said Conway. "It has gotten much better over the years."

However, students continue to find lots of litter around the school. Most of it is in the cafeteria and library commons, but other popular spaces, like the benches in the scrounge, also have large amounts of trash.

"I have fourth period lunch so



The woden stairs in the scrounge are covered with trash every day, despite the school's anti-littering efforts | Bertocchi

[the benches] are not dirty, but I'll go down during seventh period because I have it free. I used to go more in the first two weeks of school, but now it's so dirty that I sit [in the hallways]," said sophomore Emma Powers.

Sophomore Cate Regan, who spends her study halls on the fourth floor, said that she is often distracted by the trash while she tries to study.

"It's definitely annoying and disappointing to see people leave garbage all over the place when you're trying to focus and get work done," said Regan.

In fact, students eating where they're not supposed to has been such a large problem that the library banned all food and drinks to prevent

it from looking like its much dirtier neighbor, the commons.

"If you look in the commons you can see where things have spilled, where people may not have cleaned up after themselves and someone else. You can see on some of the furniture there are stains," said librarian Linda Straube. "We say in sophomore orientation 'if there's carpet beneath your feet, then you can't eat.'"

Often, students who sit in the cafeteria and library commons for lunch leave their trash where they sat, which can cause a problem for other students. Equipment assistant Beth Lopiccolo, a hall monitor during sixth period lunch in the library commons, often has to clean up for

students from the period before.

"If the period before doesn't clean up, I pick it up and put it away. Sixth period is my lunch period, but sometimes I come early to talk to the kids from the period before and tell them to please pick up their trash," said Lopiccolo.

It also creates unnecessary extra work for the custodial staff. Oddie Sanchez, who takes out the trash on the first and third floor, believes that students should take more responsibility to clean up their trash.

"We have to clean up about one can of garbage every day," said Sanchez, adding that "the same students tend to leave out their garbage."

Some students believe that

their classmates don't litter with the intention to make the school dirtier--they are just too lazy to pick up their trash.

"I think some people just don't care or they purposely leave it there because they think they don't have time to pick it up or they can't find a garbage can, even though there's so many," said Regan.

As a solution, the school has used media to educate students in the past.

"Five or six years ago, one of the student organizations created a video that was shown during advisory," said Assistant Principal of Student Services Mike Lee.

"The video was entertaining, it was funny," Lee said. "Generally speaking, people thought [the littering problem] was improving."

Lee didn't mention an ongoing plan to show students the value of throwing away their trash. For now, he says, the hall monitors most directly deal with littering and regulate trash pickup.

"I'm hoping that most of the cafeteria supervisors are going to establish some sort of relationship with the students, because they're there almost every day and just ask the students politely to make sure they clean up after themselves."



# NT alum publishes memoir about life as journalist

Peter Copeland writes about his experience as a reporter

by Mary Parks

When journalist and author Peter Copeland graduated from New Trier in 1975, he did not have a strong sense of what he wanted to do in the future. Forty-four years later, at the Book Stall of Winnetka he talked to the public about his extensive career in journalism and his latest memoir, *Finding The News*.

Copeland captivated the audience of 30 adults, including his own mother, as he discussed what he had taken away from his career. Speed, accuracy, and fairness stuck with him the most over the years of reporting.

In high school, Copeland admitted he was an average student.

"I was just one of those B students, I flew under the radar, I hoped nobody noticed me, I did fine. I had friends, but I didn't really take advantage of everything. I didn't really wake up until I was a sophomore in college," said Copeland.

Copeland experienced a great change in perspective when he moved from Wisconsin to New Trier in the middle of his junior year. Copeland discovered a writing ability he didn't know he had thanks to English teachers that encouraged him.



In 1985, Peter Copeland reported on Mexican drug trafficking via helicopter with the Mexican army | Hopper

"I felt a lot of support from the English teachers. I realized that I could be a good writer, and they helped me see that," said Copeland.

Copeland credited the high academic pressure at New Trier for motivating him to start writing and to go to college as well.

College wasn't expected of most high school students in the rural area where Copeland grew up. When he got to New Trier, though, the students were focused on getting in to college.

"I might not have gone to college. I mean, I would have because of my mom but it was a culture of achievement at New Trier," said

Copeland.

In college, Copeland met other people who shared his same excitement for politics. Those people taught him to be more engaged with the world and what was happening around him. That led to more participation in politics and an interest in journalism soon followed.

Good fortune seemed to follow Copeland, for under very random circumstances was he presented with his chance in the real world of journalism.

While in Traverse City, Michigan one summer, Copeland was introduced to Stan Cook, who

offered Copeland a life changing opportunity.

"He was the publisher of the Chicago Tribune. It was one of those flukey things that just happened. My family didn't know him, I had never met him before, and he just took a chance on me and opened a door and I got in," said Copeland.

Because of Copeland's strong curiosity and interest in the world, a characteristic fundamental to reporting and writing, Cook set him up with an interview at the City News Bureau of Chicago. Copeland received his first job as a police reporter there soon after.

"What's fun about journalism is that you never get bored," added Copeland. "Something different is always happening. That's why it's called news, right? Because it's new."

Copeland described many moments of his life, including when he met his future wife, with the word lucky. "I feel like I had guardian angels," said Copeland.

Stationed as a correspondent in Mexico City, he found himself astounded by a beautiful girl at the movies. Throughout all of the movie, Copeland nervously practiced something to say in Spanish instead of watching the movie. But when the movie finally ended, Copeland chickened out. As he stepped outside to go home, though, he saw her once again, standing by the bus stop trying to ignore a group of pestering men.

"So I went up behind her and I tapped her on the shoulder and she jumps and in my terrible Spanish I said, 'Do you want the bus, me to wait until it comes?' And she was like, 'okay.' And we just started talking and that was in 1984 and we're still together and we have two kids," said Copeland.

Copeland has since retired from his career as a reporter, but it continues to influence his everyday life. From the great memories that he made while traveling and reporting, to the people that he has met and the lessons he has learned, the curiosity that urged him to ask questions will forever be a part of him.

Copeland said, "You should never worry about asking questions. That's the job of a good reporter."

## Student Council Corner



"What has Student Council done for me?" It's a common question, and in this second issue of the Student Council Corner, we are going to update you on what we have been doing on behalf of you.

### Here's what we've been working on:

- Improving the school culture by beautifying New Trier (artwork, spirit banners, and more)
- Adding your favorite food and beverages to the menu
- Advocating for improvements to the fieldhouse
- Filming a video to recognize the incredible work of Physical Plant Services while encouraging students to clean up after themselves

### Want to get involved? Want your voice to be heard?

- Join the monthly Advisory Constituent Board (ACB).
- A once a month meeting during advisery with Student Council, and a rewarding leadership opportunity. See the Student Activities Office in the Scrounge for more details and to become an ACB member.
- Submit a suggestion to us at one of our five suggestion boxes!
- Type in "New Trier Student Council" on Google, and submit an online suggestion to our website!

*"Striving to advocate on behalf of all student voices to enhance the New Trier experience."*

## Junior student spends summer as a monk

Silpol Dhiantravan ordained novice buddhist monk

by Amelia Jacobson

Last summer, junior Silpol Dhiantravan became a novice monk, known as a samanera, at Wat Bowonniwet Vihara in the center of Bangkok, Thailand.

During a month-long ordination, Dhiantravan stayed in the temple and lived the life of a monk which included begging for food, praying, and meditation.

"I thought it would be a different experience that I wouldn't really find elsewhere. It wasn't like a camp or an internship because this was just a completely different world where I thought that, even though I'm not religious, I could get something out of it or learn something if I really committed to it," Dhiantravan said.

In Thailand it has become traditional to have a son ordained as a monk. This is believed to bring the family good luck.

Dhiantravan's aunt, had connections with people close to the temple and helped arrange for him to stay there.

However, before he could become ordained, he had to prepare for his summer training.

"I prepared for about an hour each week for a month. The preparation while I was in America was memorizing a 12 minute chant, that was required for the ordination, and practicing sitting meditation for hour-long periods," Dhiantravan said.

A challenge for Dhiantravan was the fact that he couldn't read Thai. This made the preparation difficult because he had to learn the chants by listening to them, and the tones were also different from spoken Thai.

"When I got to the temple, I



Dhiantravan (center) practicing as a novice buddhist monk | Dhiantravan

spent two days at the temple just living there as preparation to make sure I could do everything and adjust to living there," Dhiantravan said.

Dhiantravan found the experience to be far more rewarding than he expected.

"I got a lot more out of it than I expected because I really committed to being a monk and learning as much as I could about their life. It became really fun and relaxing as I got more accustomed to the lifestyle," Dhiantravan said.

Part of the ordination was helping clean the dining room and sidewalks in the temple. Dhiantravan would wake up early to aid the helpers with setting the tables before they begged for food, and also cleaned afterwards.

"Aside from learning of the benefits of meditation, I learned that if you do your job, people will see that. Often times, the senior monks would often talk amongst themselves and with visitors about how I would clean and help around a lot," Dhiantravan said.

Dhiantravan aligned with many of the principles taught by the Buddha, but doesn't

follow Buddhism as a religion.

"Buddhism should be more of a set of teachings rather than a religion, because you shouldn't need to believe that you will go to heaven to be a good person. It's not something that needs to be taught in a religious setting, rather these are things that I think parents should be teaching," Dhiantravan said.

One thing that stuck with Dhiantravan was that he could learn at least one thing from anyone he talked to.

"I spent my time there constantly finding senior monks to talk to and ask questions about the purpose of ordination and the lessons of Buddhism, and I always walk away with at least some small lesson from that conversation," Dhiantravan said.

Dhiantravan does not plan to pursue being a monk right after leaving New Trier but may consider it later on.

"I might go back to ordain as an adult monk later in my life, but it would be at a forest temple or in Myanmar or India, where it would really be challenging and I would have to focus a lot on meditation," Dhiantravan said.



# Staff Editorial

## Entitlement is trashy: when littering becomes sinister

The new wing of the Winnetka campus is the epitome of minimalism, modern architecture, and airy, tranquil, natural lighting. We have floor to ceiling windows, an art gallery, and modern floating lights outside our library. It is truly a beautiful place to learn.

However, by the end of each day, almost without fail, our new glittering stairwells, geometric sitting areas, and airport-esque cafeteria are littered with garbage.

The opulence of the new wing makes the trash almost comical, the guacamole smeared on the carpeting and disposable coffee cups not quite fitting in with the clean, futuristic vibe of the building.

One would think that teenagers would be old enough, or at least self-aware enough to clean up after themselves after they have made a mess. This evidently is not always the case for the average New Trier student.

The trash strewn about our halls at the end of each day is nasty, and it reeks strongly of one thing: entitlement.

Leaving your garbage out to rot not only demonstrates a lack of respect for the space that you are sharing with others, but more importantly an extreme disregard for the people that work here and will be forced to pick up after you.

Physical Plant Services works hard every single day to ensure that our school is clean, functional, and comfortable for all of us to learn in. This includes the maintenance of bathrooms, keeping classrooms clean, clearing the hallways and more

However, it is not the job of PPS workers to be the maids for students who are too lazy to pick up their trash. It is really easy to not be gross and simply throw your trash away, and you make everyone else's day easier by doing so.

Students who leave their garbage behind likely are not intentionally trying to make anyone else's life more difficult. Sometimes kids may forget to pick up their trash and not mean to leave a mess for someone else to manage, but it ultimately wastes the time of the custodial staff when it is extraordinarily easy to find a trash can.

NT has a remarkable number of garbage cans. They're on each floor, clearly labeled, often near areas with heavy foot-traffic. Many of them have environmental posters above them, even informing students of the differences between recycling and regular trash. The garbage cans are clearly labeled, rarely overflowing, and disturbingly underused.

As a student body, we produce an astonishing amount of garbage. It is critical to remember that this school is a communal space. This means that students, we need to be more aware of our actions and not behave the way that we would in our own homes.

Unlike at home, your mom isn't going to clean up after you and your family dog isn't going to be following you around to eat up your crumbs as you drop them.

Littering may seem insignificant, but it can demonstrate a troubling disregard for the effect you can have or the work you inadvertently create for other people. Having the expectation that others will manage your messes is problematic, and will not be the case at any point in our futures.

Luckily, littering has an easy fix. If each student decides to be accountable for their own trash and pick up any other garbage we see, the school environment will be improved and it will be easier for the custodial staff to do their job.

# Suicide and mental illness are real. Let's talk about it like it is.



by *Mattea Carberry*

Something needs to be said, but I don't hear anyone saying it.

It's no mystery that suicide and mental illness fall into the category of conversations people are uncomfortable having and tend to shelve for "later."

But it's important to note that these issues are on the rise worldwide. In 2017, the National Institute of Mental Health reported 47,173 suicides in the United States compared to 19,510 homicides.

With these numbers in mind, it's absolutely pertinent that we have discussions about mental illness and suicide so we can more thoroughly be educated about it, enabling us to better combat these issues which are hurting those we care about.

Our school isn't the only party guilty of avoiding the issue; the larger culture has also been neglecting it. The statistics clearly show that suicide is an ever growing issue, yet suicide coverage, whether in schools or the media at large, is almost nonexistent.

But just because we have become accustomed to the silence doesn't mean it's okay.

After a student passed away last school year, I was hoping some conversation – any conversation – regarding suicide and mental illness would happen. But we never got one except four articles our newspaper published on the subject.

While I'm all for making efforts to initiate these conversations by writing for the school paper, I don't think students should hold the responsibility of leading the charge on topics such as this.

Ideally our school would take on the job of facilitating these discussions, but after the silence that followed last school year's death, and now the student death from November, I'm not confident it's ever going to happen.

I don't think it's the school's intent to cause distress or harm to their students, but it doesn't change the fact that their avoidance of these increasingly important issues is doing just that to some of us.

The fact of the matter is the silence is deafening and has been for a while now. Though it's uncomfortable to talk about, the more we ignore this issue the more it will persist and worsen as the stigma remains unchallenged

I completely understand families may request and fully deserve privacy, but that doesn't mean we can't talk about mental illness and suicide. Nor should we wait for tragedy to befall our community to initiate these discussions.

There is no simple way to address these topics – striking the balance between glorifying suicide and completely disregarding it is difficult. But staying silent isn't the right answer.

In order to avoid glorification of suicide, these conversations should focus on the varying causes of self-harm, not on the specific manner and reasons for how and why someone took their life.

Yet I hesitate when I suggest that the school start these discussions because I'm not confident their efforts would foster an open and honest conversation. And I mean conversation, not a lecture or presentation. There's a difference.

What I've often been troubled by when schools deliver presentations or lessons on mental illness is how they make it seem as though depression or anxiety is something easy to spot.

While I myself don't struggle with a mental illness, I do know what it's like to support – to the best of my ability – a friend who struggles from depression.

Let me first say, the classroom presentations I've been force fed in my years of school didn't help me – I had no idea my friend was going through such a challenging illness as depression. They were sociable and upbeat at school so there didn't seem to be anything to worry about.

People, especially students, are good at hiding their emotions, and it's misguided to suggest that a friend, classmate, or teacher will simply know if someone is struggling.

It's possible that signs may be visible in someone, but this is no one size fits all matter. There isn't, and never will be, a clear-cut answer when it comes to suicide and mental illness.

*Though it's uncomfortable to talk about, the more we ignore this issue the more it will persist and worsen as the stigma remains unchallenged.*

I'm sorry, but I can't accept the Trevian Tip Line as the solution to every problem, especially this one.

And while we are fortunate to have great social work support, we can't expect 13 social workers to adequately support New Trier's four thousand students.

While social work is certainly a good resource, I think the more support someone has the better. And although students aren't licensed social workers, I believe they can do a lot of good in supporting their friends as long as they have the tools to do so.

Students need to know how to support their friends if they're struggling and even how to cope with suicide if it comes to affect their life in some way.

Suicide has already indirectly affected me on three separate occasions, which I feel is indicative of the realities we're being presented with right now.

So in order for students to be properly equipped to support their friends and peers, they need to be educated on these topics. The question is how that's going to happen.

I understand that it's easier to have a clear set of instructions or signs to consult if you're concerned about someone, but this method doesn't account for the extremely diverse experiences of those who struggle with a mental illness. It does a disservice to them because all of their struggles are then presumed to be the same, which is not true.

Currently, health classes don't appropriately account for these vast experiences. While it's impossible to touch on every single aspect, I think it would be good for the class to address other types of mental illnesses in their curriculum as well as foster deeper conversations which go beyond simple stress management strategies, like taking a bath.

Health class conversations need to be opened up in a way so that those who struggle with mental illnesses are more accurately represented and should also be a way for peers to become educated on how to realistically support their friends.

While I know the school likes to rely on advisers to facilitate difficult discussions, the reality is a number of them aren't educated on or comfortable with engaging in conversations about suicide and mental illness. Thus, I don't think this is the avenue to take in addressing this issue.

Instead, I think it would be good to invite professionals to speak about these complicated issues in a seminar day-esque setting. But one day is not sufficient for this topic or any complex topic.

In conjunction with a possible seminar day, I also see value in students hearing from other students who are educated about these issues and/or have personal experiences to speak from. I think it could be beneficial for students who are comfortable having these discussions to lead advisories in them. This way, the people they're learning from are their equal, creating what could be a more open conversation since there wouldn't be as much fear of judgement as there might be when an adult talks about these things.

Whenever I'm listening to someone who has been personally affected by the issue which they are addressing, I remember what they say and am likely to be more mindful when navigating the subject in the future.

There are many ways to address mental illness and suicide beyond what I set forth, but maybe they can point us in the right direction.

Being friends with the student who passed away last year, the silence was sickening and I remained frustrated for the rest of the year. Now we've lost another student and the silence is more deafening, further emphasizing how afraid we are to talk about it.

We shouldn't dissect the lives of those we've lost because we will never find what we're looking for. But we do need to address this issue which is taking more and more lives.

The lunch mental health information sessions that have begun are a good start and I appreciate the effort, but I think making it an optional activity downplays its importance.

Considering the growing prevalence of mental illness, it's important everyone is educated about it since they're likely to encounter it in some capacity in their lifetime.

More people nationwide and in our community are dying from mental illnesses, which as far as I'm concerned, should make the subject the utmost priority to address. Not doing so gives the impression the school doesn't believe it's important.

While I don't think that's true, their actions indicate otherwise. And actions speak louder than words.

## Don't forget to follow us on Twitter!



**New Trier News**  
@newtriernews

Putting the news in New Trier since 1919. Follow us for news, sports, and happenings at the school.

# The 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@nth.snet.edu](mailto:ntnews@nth.snet.edu)

**Editors-in-Chief**.....Julia Nagel, Katy Pickens  
**News Editors**.....Hope Talbot, Alex Rubenstein, Hannah Sussman  
**Opinion Editors**.....Emma Mansour, Sofia Papakos, Eva Roytburg  
**Features Editors**.....Simren Dadwani, Amelia Jacobson, Nadia Jaikaran, Grant Feldman  
**Sports Editors**.....Mattea Carberry, Connor Caserio, Matt Murray, Cleo Pool  
**Photo Editor**.....Danielle Towers  
**Graphic Design Artist**.....Katia Tsytzarina, Renee Zhou  
**Editorial Adviser**.....Carlo Trovato  
**Assistant Editorial Adviser**.....Megan Garton



# Boys basketball pulls away for victory vs. GBN

Carragher propels team to 10th win

by Matt Murray

Fueled by a 12-point third quarter by senior shooting guard John Carragher, the varsity boys basketball team defeated the Glenbrook North Spartans 59-35 at Gates Gymnasium on Jan. 10, improving their overall record to 10-8 and their conference record to 2-2.

Carragher, who recorded a game-high 17 points, accounted for all but two of the team's 14 third quarter points, stretching their 32-25 halftime advantage into a 13-point lead that was too much for the Spartans to overcome.

"We got off to a slow start, but we continued to play solid defense and shot the ball really well in the second half," said senior point guard William Ryan. "We knew [Glenbrook North] could shoot, so the game plan was to limit the amount of open threes they took."

The Trevians' stifling defense, anchored by Ryan and senior forward Emmett Burnside, held the Spartans to just 10 points in the second half, holding Glenbrook North senior Ben Foster to a scoreless second half with their energized play on defense.

"Our adjustments were really in how we were guarding their

individual players. We showed them a 1-3-1 [zone defense] and a 2-3 [zone defense], but 95% of the time, we were playing man-to-man in that game," said Head Coach Scott Fricke.

"Those [Glenbrook North] kids are some really talented players, and our guys did a really good job of guarding them."

Although the Spartans tallied 25 points in the first half, the Trevians managed to keep pace despite relatively quiet starts from Carragher and Burnside.

Ryan orchestrated an offensive attack that yielded eight successful three-pointers in the first half, three of which came from junior guard Will Geis, who finished as the team's second-leading scorer with 11 points off the bench.

"I have a knack for putting the ball in the basket, finding my teammates, and tracking the ball when it comes off the rim," said Geis.

"I am always ready to go when my name is called, but I still need to make myself a consistent two-way player where I am just as helpful on the defensive end."

Geis' valiant effort highlighted a bounce-back performance from the team after a sluggish, albeit successful outing against Niles West on Jan. 7. Although they earned their first conference victory in the 40-28



Carragher pulls up for a jump shot against GBN on Dec. 12 | NT Twitter

decision, it was the team's second lowest-scoring performance of the season.

"We played a game at Niles West and didn't play nearly as well as we have played this season, so I was interested if we could get back to playing with our intensity and how we normally play; and we were able to do that," said Fricke.

"I thought that we played really hard; we had some kids off the bench

who came in and knocked some shots down; and in the second half, we really took control of the game."

While the team's overhauled roster and middling record would suggest that they are an easily dismissible opponent, they have managed to remain competitive in most games this season, particularly during the prestigious Pontiac Tournament.

Although they finished the

tournament with a 2-2 record, they remained competitive in a 38-32 loss to 12-3 St. Charles North on Dec. 26, and Carragher tallied a season-high 33 points in a 58-50 victory over Bloomington on Dec. 28.

"We walk into every game with the same mindset: play our hearts out and get a win. None of the games we have lost this year have been blowouts; we have been in each of them and easily could have won any of the games," said Carragher.

"As we head into the second half of the season, we look forward to continuing to compete at a high level."

Although the team is currently projected to finish as an eighth seed in the regional playoffs, they will have ample opportunity to make up ground in the coming weeks.

They will travel to Glenbrook South on Jan. 17 in hopes of avenging their overtime loss from December before hosting rival Evanston on Jan. 24 with the chance to split the season series.

"We play together and are a very close team on and off the court. I believe we can not only win the majority of our regular season games but also make a deep playoff run," said Geis. "Teams will overlook us, and we will make them regret it."

## Cheerleading impresses at invites

Team finishes 5th at ICCA championship, 14th at Buffalo Grove invite

by Cleo Pool

New Trier's Cheerleading team had strong finishes in two different, high energy competitions last weekend.

On Jan. 11th, the team traveled to Springfield for the Illinois Cheerleading Coaches Association championship (ICCA). This competition drew schools from across the state, Saturday alone held 64 teams.

The team finished 5th in their category, an accomplishment which Head Coach Kelsey O'Kane viewed as a major step forward for the team.

"Every competition is an opportunity to improve our skills and increase our score. We use a growth mindset to set the standard for each performance and try to get better each time," said O'Kane.

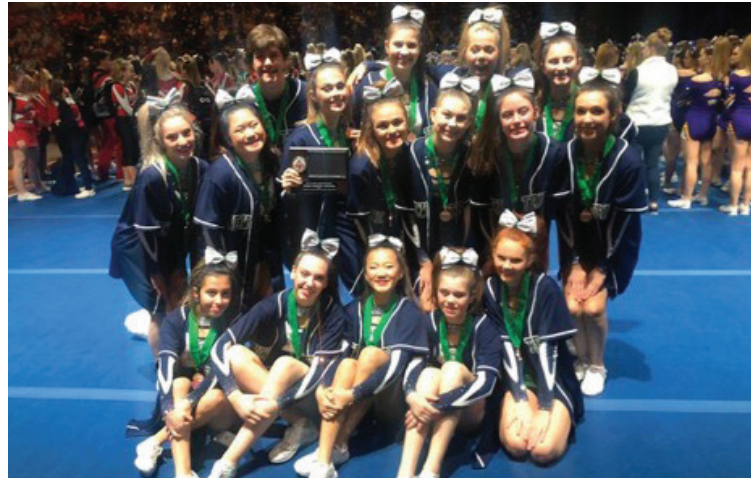
Junior Eiesel Hirschel was especially proud of the team. Compared to a poor finish last year, the 5th place finish reflected how the team has grown from the mistakes of last year.

"I feel extremely happy with placing 5th at ICCA. Last year at this competition we scored a lot lower so it was a great feeling to beat a few teams. It was a bit expected because we have grown so much as a team with our skills. I think everyone was overall very satisfied," said Hirschel.

This competition showed the team that hard work pays off. Qualifying for the ICCA is not easy and requires a lot of perseverance, but the team put in the work necessary.

"Qualifying for that competition requires focus and dedication from the very beginning of the season and gives us a short term goal before we prepare for sectionals," said O'Kane.

On Jan. 12, the team returned home to compete at Buffalo Grove. This invite was made up of a lot of



Cheer team poses following the ICCA championship | NT Athletics Twitter

the teams they will see later at the Central Suburban Conference.

Again, Hirschel was happy with the performance of the team despite being tired from the day before.

"Buffalo Grove went pretty well. We hit almost all of our stunts, and we ended up placing 14th out of 22," said Hirschel.

The team was able to pull off this success despite some major setbacks. Cheerleading is a team sport, so if one member is missing they will often have to rework the entire routine.

"A few people were sick and could not compete so we had to make a lot of last minute changes but we were able to make it work and still ended up doing really well," said Fehle.

Leading up to this weekend, the team put in many hours of practice and preparation. The team practices everyday and has a busy competition season. Fehle laid out the schedule for the rest of the week.

"Over the weekend we had ICCA and Buffalo Grove, our CSL conference is Thursday, and we have another competition at Niles West on Sunday," said Fehle.

The competition season stretches from May to February. It is not easy on the team but O'Kane is very satisfied with the work the team has put in despite how grueling it can be.

"[It's] a really long season, with

the same people, the same coaches and the same mindset. The team continues to get better and better each year. And I couldn't be more proud to be their coach,"

Having to perform at such a high intensity two days in a row was exhausting for the team. But a lot of work goes into these competitions.

They can take a lot out of the team because they can take all day and are often far from home.

"Even though we only perform for 3 minutes, competitions take all day because we have to get ready, get to the comp and then we have warm ups and after we compete we have awards," said Fehle.

The preparation alone is difficult. The whole team must dress in uniform and look like one. Bus rides are spent teasing hair, applying makeup, and mentally preparing.

"We have to tease our hair in a high ponytail and do a full face of makeup for each competition which is pretty time consuming, but definitely worth it," said Hirschel.

The team is continuing to grow and learn. Every year the team performs better and better. They are all excited to see how the season moves forward.

"We are scoring far higher than we did last year and we are really pulling through as a team. This year has definitely been amazing and we are only going to get better as the season continues," said Hirschel.

## Girls bowling sweeps GBN to preserve perfect season

by Connor Caserio

On Jan. 8, varsity girls bowling moved to 9-0 on the season with an assertive victory over Glenbrook North.

In game one of the match, the Trevians had the best game of any CSL team so far this season, winning by a pin total of 1059-771. They also dominated games two and three, winning by 1027-831 and 912-720 respectively.

"I was very impressed with our team against GBN," said head coach David Hjelmgren. "I am really proud with our collective progress."

Hjelmgren's bowlers were also upbeat about how the match went. Sophomore Erika Truong explained that, right now, much of the team is bowling their best ever.

"It's exciting," said Truong. "Two or three of us on Varsity have hit our high games [in the past week], so we're all proud of each other."

Although the team managed to win the match in three games, the Spartans proved to be a formidable opponent even in defeat.

"GBN has 6 bowlers capable of bowling 150 or better in any game," said Hjelmgren. "Although we won this match pretty handily, we never take any opponent for granted."

Maintaining the effort and consistency needed to defeat GBN, especially just after returning from winter break, also proved challenging for the Trevians.

"I hit my high at 207 at the beginning of the week [against Vernon Hills], and then slowly I got tired since we just got back from break and it's a lot of work to catch up on," said Truong.

Senior Sara Hughes pointed to the team's strong chemistry and support for one another as a major reason why they were able to fight through these challenges.

Hughes explained, "Everyone picked each other up when someone was struggling, which I'd consider a great win."

The Trevians also extended this sense of camaraderie and team spirit to the opposition.

"Bowling is really competitive, but all the teams also support each other," said Truong. "We share the same cheers with other teams, and we're all cheering for each other."

Looking ahead, the future is bright for the Trevians. This victory against GBN was excellent, but there is also significant room for improvement.

If the Trevians become more consistent as the season progresses, they will perform even better. Hjelmgren highlighted the team's tighter victory margin of 912-720 in the third game as evidence for why they need to gain consistency.

He said, "My one challenge to the team moving forward is to make sure that we finish strong."

At the moment, the Trevians' starting lineup consists of one senior and five sophomores. With this in mind, it becomes obvious that the Trevians have enormous potential for improvement.

"We are a Varsity team of mostly sophomores, so I think we're doing really well being 9-0," said sophomore Ava Vickery. "For the team overall, I think our main goal is to help the newcomers and help ourselves improve more and more as the season goes on."

Considering that the Trevians' average pin totals this season are already much higher than last season, it seems all but certain that they will surpass last year's 11th place sectional finish.

In the end, how far they go will come down to how hard they want to work and how much they trust each other.

"Any team goals on the lanes that we achieve, like winning the CSL Conference title and making a deep run in the IHSA state tournament start with culture," said Hjelmgren. "I love this squad, and I can't wait to see where the remainder of this season takes us."