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# Students, staff collaborate to create mental health Lunch and Learns

Lunch and Learns meet monthly, cover a variety of mental health topics

by Casey Bertocchi

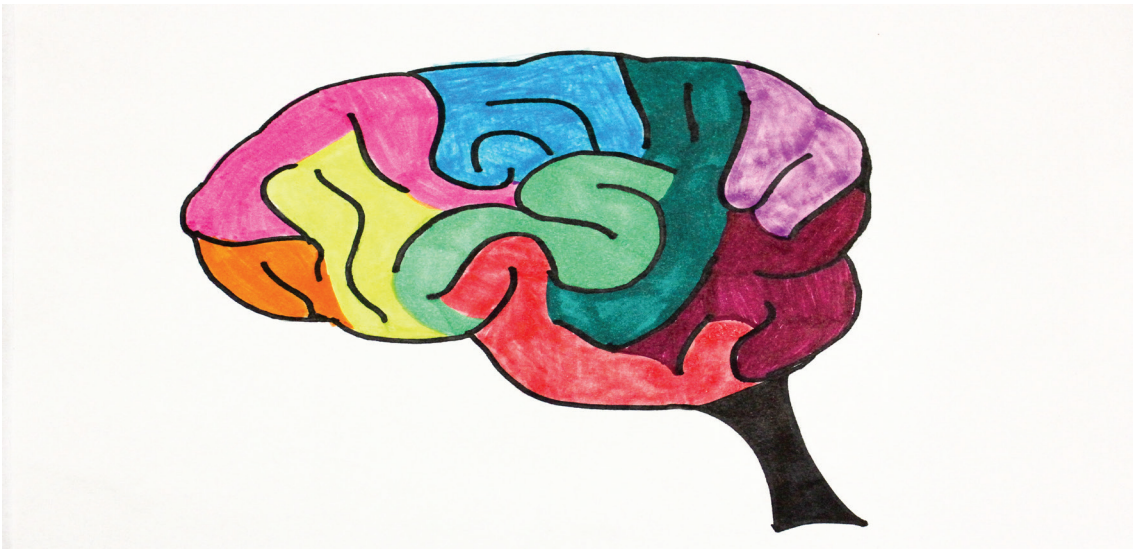
As a result of high stress levels among students, New Trier has created a mental health lunch group to teach students how to improve their mental health and manage their stress.

The Lunch and Learns, which meet monthly in W321, are aimed at targeting mental health issues that adolescents face.

The mental health conversation was spearheaded by students who worked alongside the administration to develop a comprehensive mental health assistance program.

Specifically, students from clubs like the Student Council and the Activities Leadership Practicum Seminar (ALPS), which is a class exclusively for club heads, worked to incorporate a student perspective in planning the program.

Many students struggle with mental health issues at New Trier. The social work department regularly sees 25-30% of the student body, but more often students do not seek help through outside resources. While not always stress-related, academic pressure can have a large impact on



Students can attend the Lunch and Learns monthly to discuss mental health | Mansour and Rubinstein

students’ mental health.

“I think there’s definitely extremely high stress levels,” said senior BJ Moses-Rosenthal, who attended the meetings because of his position in ALPS as the head of the Social Service Board. “If you ask people how stressed they are, how much sleep they are getting, how good they feel about their mental well-being, you would get people giving higher scores on stress and lower scores on the mental well-being than you would at other schools.”

At first, the meetings had a substantial turnout, but attendance has dwindled. According to junior Ethan Van Gosen, who was involved in the initiative because of his role in Student Council, the first lunch

session had about eleven people per period and the advisory meeting had twenty to thirty.

The fifth period lunch meeting on Feb 20 only had three people show up, two of whom were from the Josselyn Board. However speech pathologist Julie Smith, who helps coordinate the program, is optimistic about its future outreach.

“[The program] just started, and I think it was a small group of students who attended. I think that with anything that’s new and getting off the ground, that’s how things start. My hope is that with time and advertising and getting the word out that we can find ways to provide more information for students,” said Smith.

Smith also saw that the lunch sessions are not a definite solution, and that the administration is open to ideas for what forms the program could take.

“I think that there’s a lot of questions regarding what will be the best way to provide information for students. We’re very open to different ways,” said Smith.

So far, students seem to be satisfied with the way that the programs were run.

“I thought that they did a nice job on the presentation. They had nice visuals, the speaker was very personable, and I felt that if I had a question I could interrupt and ask it,” said Moses-Rosenthal.

In order to appropriately choose

the information to present in the sessions, the administration sent out a survey to students for their input into which topics to cover.

“Kids said that they wanted to hear about anxiety disorders, depression, stress reduction and resources, and how to identify and support a friend with these issues. Those were the highlights of the survey,” said Winnetka Campus principal Denise Dubravec.

Supporting others with mental health issues is a big focus of the administration’s plan for the near future. The Mental Health QPR Training will allow students to assist other students with mental health issues so that they can seek out the help that they need. QPR is a training program for teachers to recognize the warning signs of mental health issues in students.

“Being trained to deal with mental health issues is a life skill. We’re not becoming social workers, but it gives us a better understanding of how to help someone who is struggling,” said junior Erin Gorney, who is a part of the Josselyn Junior Board at the Josselyn Center for Mental Health.

The program is still just getting off the ground, laying the groundwork for increased discussion in the future.

“I think that in the past, we never really talked about mental health. Now that we are, this is a really good spark for change,” said Gorney.

# Boy Scouts of America files for bankruptcy

Sexual abuse allegations caused BSA to file for bankruptcy to pay their legal fees

by Hope Talbot

Boy Scouts of America is filing for bankruptcy after eight new men sued the organization for sexual abuse they endured as children at the hands of scout leaders.

There are 1,551 lawsuits accusing Boy Scouts of America of failing to provide a safe environment as well as for covering up sexual abuse.

Groups of lawyers have now come together to form legal representative groups for victims such as AIS, or Abused In Scouting.

“Records from 1944 to 2016 identified 7,819 suspected abusers and 12,254 victims”

AIS alleges that Boy Scouts of America hid thousands of abuse files from the public dating back decades.

“I was promised things and positions in my troop, so this monster in a scout uniform could feed on my not yet understood sexuality. In my young eyes, this man was a person

of power, sash full of badges, medals on his chest...and just like that, made a ten-year-old kid the troop quartermaster, so I wouldn’t tell what happened between us,” a former Boy Scout known only as Raymond stated in an AIS testimonial.

Plaintiff lawyers and investigators claim that the actual number of cases is unknown as many victims never stepped forward.

According to The Los Angeles Times, “A researcher hired by the Scouts to analyze a more complete set of records from 1944 to 2016 said last year that she had identified 7,819 suspected abusers and 12,254 victims.”

“We are outraged that there have been times when individuals took advantage of our program to abuse innocent children,” BSA officials wrote in a statement to The New York Times. “We believe victims, we support them, we pay for counseling by a provider of their choice and we encourage them to come forward. It is the Boy Scouts of America (BSA.) policy that all incidents of suspected abuse are reported to law enforcement,” BSA officials stressed.

Boy Scouts of America released their lists of assets on Feb. 11, worth 1 to 10 billion to deal with the possible 1 billion liability charges to provide support for abused individuals.

Junior and Boy Scout, Philip Neid, expressed that while he’s distressed by how many cases are coming forward, he is encouraged by the increased efforts by BSA to prevent future abuse.

According to Neid, BSA requires all Scout leaders to complete the Scouts BSA Youth Protection Training Program (YTP), intended to be retaken every two years detailing appropriate leadership relationships.

All new scouts are now given a youth protection pamphlet included with their scout handbook informing parents on how to identify predators.

“In addition to YTP, adults and youth are required to follow a protocol called the two deep rule. The two deep rule requires there to be two youth with one adult so that a scout cannot be isolated and taken advantage of,” explained Neid.

“Adults and youth are not allowed to stay in the same tent unless they are in the same family. The same applies to female and male scouts. We keep female and male tents separated by putting adult tents in between the two areas.”

Neid was describing his recent trip to Philmont Ranch, a New Mexico BSA property. Though Neid would be training Scouts older than him, he was still required to take the YTA course.

The BSA has taken many steps in order to prevent further cases of sexual abuse from not only adult to youth, but also youth to youth.

They’ve taken this issue seriously and professionally, and it’s an organization I am proud to be a part of because of those steps they’ve taken,” said Neid.

If you or someone you know has been sexually violated while in BSA you’re encouraged to file an incident



BSA plans to sell its Norman Rockwell collection including this painting called An Army of Friendship to pay for legal fees | The Rockwell Museum website

report on the BSA website as well as to contact authorities.

Even if the abuse occurred several years ago, law AB 218 or a “lookback window” has been enacted

so victims can step forward no matter how much time has passed.



# Students isolated in “quiet rooms” throughout state

Quiet rooms misused to discipline students with special needs report reveals  
*by Frank Zawrszky*

Recent reports have shed light on the widespread misuse of quiet rooms.

These rooms are meant to protect students from harming themselves or others by isolating them in a safe room for a short period of time. However, ProPublica and Tribune reporting has revealed that in schools across Illinois students are being placed into these solitary rooms for the benefit of teachers rather than students.

Of the districts listed in the report, Wilmette District 39 was shown as having 361 uses of these “quiet rooms” in the 2017-2018 school year alone.

Though D39 was mentioned in the report, there aren’t any confirmed accounts of misuse of these rooms within the school district.

Wilmette School District 39 is comprised of six schools including Wilmette Junior High School and Highcrest Middle School. Known for impressive special education services, the district has a significant percentage of students with special needs.

In the 2017-18 school year



Gages Lake High School was described as misusing these rooms in the ProPublica/Tribune report | Wikimedia

there were 3,691 students at these six schools. 480 of these students had IEPs, and 9% of those with IEPs had Autism, 21% had developmental delays, 6% had an emotional disability, 33% had a learning disability and 11% had a speech impairment.

When asked about their specific uses and rationale for the use of the quiet rooms, Wilmette School District 39 declined to comment.

In their report, the Tribune uncovered the serious issues with the quiet rooms across the state but noted none specific to District 39.

“Students, most of them with disabilities, scratch the windows or tear at the padded walls. They throw their bodies against locked doors. They wet their pants. Some children spend hours inside these rooms,

missing class time. Through it all, adults stay outside the door, writing down what happens.”

This atmosphere was echoed by the Tribune in its consultations with experts in the field of education.

“Special-education experts and administrators in school systems that have banned seclusion argue that the practice has no therapeutic or educational value, that it can traumatize children and that there are better alternatives.”

The Illinois law on these quiet rooms states that students can only be secluded only if they are in danger of hurting themselves or others. However, the Tribune explained this law is violated daily.

“Children were sent to isolation after refusing to do classwork, for swearing, for spilling milk, for

throwing Legos. School employees use isolated timeout for convenience, out of frustration or as punishment, sometimes referring to it as serving time.”

General physical abuse has been uncovered at schools with quiet rooms across the state according to the Tribune including at Gages Lake School.

“A 7-year-old boy from Gurnee got off the school bus from Gages Lake and told his father that his butt hurt because a school aide had made him fall. In the video, records show, the boy was standing against the wall in one of four bays that make up the area referred to as “the office.” The office had locked rooms and doorless areas, which were referred to as “calming” rooms. An aide grabbed the student causing him to fall,

according to DCFS records and his parents, who watched video of the incident.”

The Tribune continued their investigation into these quiet rooms in another piece in December, reporting that Governor J.B. Pritzker put a temporary halt on all seclusion rooms in all schools across Illinois.

Gov. J.B. Pritzker used the term “appalling” to describe the violation of children in schools and directed the education agency to make emergency rules for schools.

On February 18th, the Illinois State Board of Education voted unanimously in favor of banning the use of locked quiet rooms as well as stopping the use of prone restraint. However, according to ProPublica, after consulting with special education schools the board opted not to ban all involuntary solitary seclusion.

“ISBE will allow schools to place students alone in seclusion rooms when they are ‘engaging in extreme physical aggression’ and it would be unsafe for an adult to be in the room with them,” wrote ProPublica.

Currently these changes have been implemented as emergency rules to ensure their implementation while awaiting approval from a separate state rule-making agency.

## PACE changes in the works

*by Michael Howie*



Many students take the Pace bus to and from school every day | PACE

PACE Transit Services is proposing route changes to five local bus routes, an addition of two routes, and a termination of one route following a large study of rider habits conducted beginning back in 2017.

The changes, which, if approved or modified after public input, will be finalized and go into effect in August. Six public hearings have been held at various public places in the community, the last on Feb. 18.

The proposed restructuring service changes impact Routes 215, 225, 226, 422, and 423, add Route 424, and discontinue Routes 210 and 421.

One terminated route, Route 421, provides service to the Northfield campus, among other stops. This could cause problems for students who rely on PACE bus service to get to or from school each day.

The changes made to the other five routes vary in significance. Some are simply minor modifications, while others are adding or removing stops and even changing the starting and ending stops on the route.

“[The restructuring plans] are meant to address underperforming services and reallocate services to more productive routes,” said Pace Senior Planner Christian Turner.

Many PACE routes are inefficient and don’t make a whole lot of sense geographically. Route

423, for example, serves two distinct markets—riders traveling east-west from the Linden CTA in Wilmette to the Glenview Metra Station, and riders traveling north-south between the Harlem CTA and the Glen Town Center in North Glenview.

PACE’s rider tendency study contained more than 2,500 surveys and officials held four public open houses to receive public input on North Shore transit.

PACE claims to have taken into account the needs of students in the area, though not all students seem to be unaffected. One of the proposed routes, Route 422, would provide service to the Northfield campus, but would not guarantee on-time arrival each morning like the current route does.

Glenbrook South High School in Glenview seems to be the school most impacted by the proposed changes. Students currently use Route 210, which would be phased out. The new route plan for GBS students, according to parents who attended the Feb. 18 public hearing, would not guarantee on-time arrival in the morning and would not give students enough time to make it to the stop after school.

If you use PACE services to get to or from school, be sure to keep up with the changes to avoid any confusion regarding your route.

## Lad and Lassie closes after 67 years

Online shopping, Amazon forces local storefront out of business after generations  
*by Hannah Sussman*

On February 1st Lad and Lassie, a staple of the North Shore community, closed after 67 years of providing goods and services. While the closing of Lad and Lassie marks a loss for the many generations that have enjoyed it since its opening in 1953, it also highlights a broader trend in the shopping patterns and interests of customers.

In a farewell letter, the owners of Lad and Lassie--Mimi, Patty and Zee Evans--noted this shift as a contributing factors to their closing.

“It is no secret that retail has been changing for a long time. The way people purchase products over the past 15 years has altered dramatically,” the letter read.

Despite the changing times, many loyal customers continued to go out of their way to support the store and the warmth it radiated. For Junior Cat Cohen, her memories of the store are only positive.

“Me and my sister used to go there all the time when we were growing up. We would buy all of our clothes there and we would buy gifts. The ladies there were always so cute. Whenever we would go in they would be like ‘oh we love watching you grow up’. It was always such a fun place to go and I always felt really welcome,” said Cohen.

Even with the support of the community, ultimately the family decided the time had come to let go of Lad and Lassie.

“Our father grew this store with a deep sense of dignity and pride, and we intend to leave it with those same qualities intact,” the owners said.

Despite the closing of Lad and Lassie, the family pledges to



Students look back on Lad and Lassie with nostalgia after closing | Towers

continue their legacy through not only memories of their store, but the opening of a new brand.

Available both online and in local retail stores, the new line Tilden Louise Designs will feature handmade home goods and promise to continue to give homes the same warmth provided by Lad and Lassie.

This transition away from physical stores can be seen not only throughout the community where more and more vacant windows line the streets, but also across the country with the rise of online shopping.

For senior Kyle Evans, shopping online is in part a necessity as it allows him a substantially larger array of clothing options.

“For men’s clothing in particular, it’s hard to find decent stores in the area. There is just generally less of it especially at major malls like Old Orchard,” explained Evans.

According to Business to Community, online shopping has continued to gain popularity with

over 67% of individuals not only opting to shop online, but preferring it to shopping at physical stores.

In part this preference is a result of the convenience of shopping online. Senior Ellie Sullivan notes the cheaper prices and array of options both contribute to her shopping style.

“I normally shop online, sometimes I will go to the mall for fun. Shopping online is more convenient and I only shop online if shipping is free” said Sullivan.

Even students like Cohen, who actively try to shop at smaller businesses and physical stores find themselves caught in the web of online shopping. A web which seems to be leaving more and more of local towns empty.

“I try shopping more at actual stores, but sometimes I fall victim to online shopping. I want to support small businesses because a lot of them are going under and it makes me sad, going to town and seeing all of the vacancies” Cohen said.



# Staff Editorial

## We need to hold Boy Scouts accountable for hiding abuse

While declaring of bankruptcy may signal that the Boy Scouts of America (BSA) is finally willing to acknowledge culpability for the sexual abuse it allowed over decades, this action seems like much too little, too late, and the BSA need to demonstrate an understanding that this is about more than protecting assets and their financial welfare.

Though this filing ensures that victims will get compensation they otherwise may not have if the organization went under, the nature of a Chapter 11 Bankruptcy dictates that there will be a deadline for claims--although this deadline has not yet been determined.

Because of the deadline, victims must step forward, possibly before they feel ready to do so, if they want any sort of financial compensation. But victims should not have to face this unfair choice. They should only come forward if or when they are emotionally ready to do so.

Jim Turley, the national chair of the Boy Scouts of America, wrote in an open letter that the organization declared bankruptcy so it could pay victims what they deserve, and has even encouraged victims to step forward and file claims.

However, given their history of ignoring claims and reluctance to publish records of sexual abuse, we can't help but wonder if the organization is simply once again trying to escape responsibility for its actions (or lack thereof).

The BSA kept records which show that more than 12,000 children reported sexual abuse spanning back to the 1940s. Yet the records were only made fully public after an Oregon Supreme Court ordered the release in 2012.

In many cases, the reports were not properly reported or handled in a legal manner. According to a New York Times article, "In 2012, an extensive investigation by The Los Angeles Times found hundreds of cases in which accusations were not reported to law enforcement, or were kept hidden from family members."

This is fairly damning evidence that there was little internal initiative over the course of those 70 years to fix or address the wrongs that were being committed.

Covering up the extent of the situation is a common thread among cases of sexual abuse; oftentimes stories of sexual abuse are kept under wraps in order to protect the "good name" of a company or organization. Such was the case with the Catholic Church and USA Gymnastics. And interestingly enough all 3 organizations chose to handle the situation in a similar matter; they addressed the situation only after facing intense public pressure.

Suppressing stories of assault in order to protect an organization's good name is immoral because it perpetuates a culture of abuse. This lack of transparency should not be tolerated.

In addition to the issue of sexual abuse, the BSA has held antiquated positions for far too long in terms of banning openly gay children from being scouts and openly gay adults from being leaders. This further demonstrates BSA's willingness to hold immoral positions and disregard the well-being of its scouts and leaders. Nobody should be discriminated against for their sexuality or be forced to hide who they are.

Only in 2014 did the BSA finally establish that children could not be denied membership based on sexual orientation, and in 2015 they lifted their ban on adults who are "open or avowed homosexuals" from leadership positions.

In addition to opening their ranks to the LGBTQIA+ population, it is important to acknowledge that the Boy Scouts has in recent years made efforts to better track and report sexual abuse. Criminal background checks are required for all volunteers. Volunteers, parents and scouts all undergo mandatory training for recognizing and reporting abuse. And a policy has been implemented that prohibits one-on-one situations between children and adults.

But there is a difference between implementing change and admitting culpability, and it still seems as though the BSA wants to accomplish the first without having to take on the second.

Enough is enough. We must do our best to hold the BSA fully accountable for the harm it turned a blind eye to, again and again. At the moment, the Boy Scouts of America is failing to uphold the very values that it supposedly teaches to its scouts: integrity and morality, among others.

The Boy Scouts of America, if it so chooses, can lead by example. As a venerated organization that supposedly espouses core American values, it has the power and responsibility to do right by its victims. Only if it is willing to take on this task will the BSA be able to one day resume its role as a meaningful and influential cultural institution.

## It's not about the pricetag (kidding!)



by Emma Mansour

Over the past two summers, I spent an obscene amount of time scouring Nextdoor in a bid to find a parking spot for the coming school year. I would need several hands to count the number of people I messaged, asking about the price and availability of their driveway. It was exhausting and highly stressful, though I would consider myself a pro at this point.

If you aren't aware, the parking situation at New Trier is less than stellar; there are about 150 spots for seniors that New Trier rents out, and the remaining students who need to park rent out spots at nearby houses' driveways.

Over the course of my search, the thing that stood out to me the most was that there were few spots that dipped under \$2000 a year. No matter the proximity or accessibility, the spots were really expensive and in very high demand.

Let's just start by clarifying that paying thousands of dollars for a parking spot is ridiculous. Totally ridiculous. That is an obscene amount of money to park a car, yet here we are, paying an obscene amount of money to park a car.

I have a few issues with the

parking situation.

First, I think it's exploitative. Expecting kids to decide between getting to and from school in a convenient way or save several thousand dollars seems manipulative. On top of that, valuing the driveway at several thousand dollars is a pretty bold move to be making. It's just a strip of pavement, perhaps brick that you're not even using.

But price and exploitation aside, I think what is more concerning is that it is indicative of a greater problem that is all too common in this area.

The vast majority of us are completely numb to the value of money. It is absolutely not normal to hand over thousands of dollars to park for school, and yet it's considered the standard here because so many can afford to do so.

For people outside of the North Shore, this would be egregious, unfathomable, and absolutely not tolerated. And while we may recognize the ridiculousness of it here, we don't do much about it. For many, it is an annoyance more than it is a burden.

But this is no fault of our own; we're free to spend money as we wish and people are more than happy to throw cash at the closest driveways. In that same way, the renters can't really be faulted for accepting the norm and making money when given the opportunity.

Of course, not every person is doing this, nor is every person at New Trier financially able to do so.

But I think that it's safe to say that often times at our school and on the North Shore, money is treated with slightly less value than it may be in other places.

We don't think much about money. We acknowledge that spending a lot of it is inconvenient, but that's the extent of it.

This lack of thinking in regards to money permeates the rest of our lives. Instead of dealing with our problems, we throw money at them until they disappear, and it extends far past a parking spot.

Parents can buy their kids into college. Criminals can buy their way out of charges. Corporations can buy their way out of environmental regulations. The nature of the society that we live in enables people to buy their way out of almost any situation.

It just so happens that around here, it seems just a bit easier and we think just a little less about it.

So while we may not change our spending habits or feel any obligation to do so, I think it's worth thinking about every once in a while. Consider what it means to spend money and how the things we spend it on may reflect a certain amount of privilege to just not care.

Given another year at New Trier, I would still probably get a parking spot. No matter the morality of it all, it's still convenient, and I guess that's just how the world works.

I do hope I would think a little more about it, though.

## Everyone needs a lunch period



by Eva Roytburg

12:23. 12:24. 12:24. Though I was in Spanish class, my mind was spinning with mental math, spurred by the urgency of the ticking clock. Still 12:24. If I made it to the cafeteria in 2 minutes, I would have about a minute 30-second window to get some food, then another minute 30 to bound up three flights of stairs to class. 12:25.... I slowly rose out of my seat, listening, waiting... the bell finally pierced the air; the race was on.

This was my daily routine throughout my sophomore year. Since I wanted to take two elective classes, I decided during course selection in my freshman year that I would not have a lunch period in my schedule. My adviser and parents cautioned against it several times, but I dismissed all their worries with a shrug. How bad could it be?

Pretty bad, freshman-year Eva. Pretty bad. Yes, I could eat lunch during one of my classes, and yes, I thoroughly enjoyed both of the electives I had refused to give up. But 2/5th of my school days were spent in classes from 8:15 a.m to 3:25 p.m, without a single scheduled minute to breathe.

First semester, I didn't mind. I was able to get through those academic marathons off of the pure passion for my electives, sheepishly eating a bag of chips in math or

geoscience.

When February came around, however, this approach quickly proved to be unsustainable. I was taking some pretty hard classes, and I began finishing my homework around 1 or 2 am every night, not having any wiggle room to finish an assignment during school. I began to dread going to school on Tuesdays and Thursdays, and I was unable to focus most of the day from pure exhaustion.

It was also difficult to acquire a meal between classes. Since I only had about a minute and a half in a passing period to get lunch, I would race towards the pasta bar for a Mac n' Cheese, or grab a slice of pizza. My free period on those off-lab days was 7th period, which meant they only had some mozzarella sticks or chips available by the time I got to the cafeteria. I tried to make and bring lunches to school, but I ended up not really having time for it.

And it is really, really awkward to eat a full lunch during a class. A bag of chips or something is easy, but some days I just wanted a good ol' plate of pasta with marinara sauce, and I suffered some looks from the other kids in class for it.

Eventually, I mastered the art of near-silent chewing, which got some of the other students off my back. But for a while there, on any given day, you could find me shamelessly chomping away at a salad during a lecture about plate tectonics.

This combination of embarrassment, exhaustion, and hunger led to a hard time for the second half of my sophomore year. A lunch period gives students time to relax, focus on themselves, and eat food with their friends. Without a period in the school day that is assigned for students to take it easy, feeling drained and overworked is essentially inevitable.

The option to not have a lunch

period in a student's schedule should not be allowed.

Early bird is a thing because it is possible for students to rearrange their homework and sleeping schedules in order to maintain a healthy lifestyle while rising an hour earlier than their peers.

Foregoing a lunch period, on the other hand, makes it impossible for students to maintain regular eating and break habits due to the irregularity of opportunities for lunch. It is extremely unhealthy for high schoolers to regularly work through a full day of classes without sustenance or mental breaks.

Think about the message that an academic institution sends to students when they give them the option to waive a lunch period in favor of another class. It tells the students that stuffing an educational schedule is more important than a student's basic need to rest and eat. It reifies and sanctions the toxic "New Trier culture" of endless competition, endless academic exertion, a do-what-it-takes-to-be-admitted-to-a-good-school mentality at the cost of your mental and physical well-being.

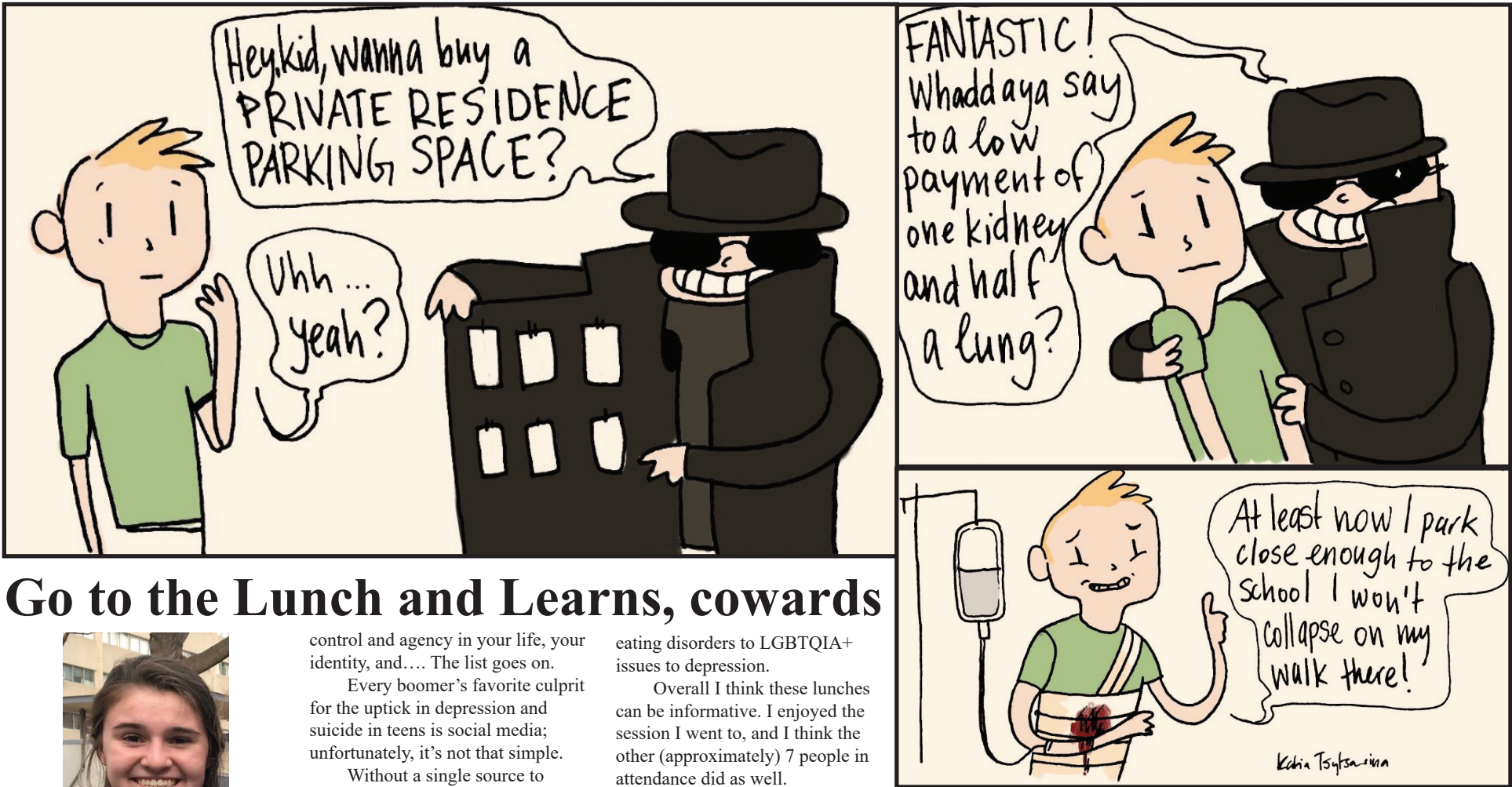
New Trier can have as many mental health "Student Lunch and Learns" as they want, but unless there is some examination into the ways the school structurally enforces this culture, real change will not come. Hungry, tired, stressed teenagers walking the halls are not anomalies of the student body but the most logical product of customs like not having lunch.

I currently am writing this in the midst of my 6th-period lunch on the day that this article is due. Next to me is a half-eaten sandwich, an apple, and my friend, chattering away. Hallelujah!

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







## Go to the Lunch and Learns, cowards



By Katy Pickens

We at the New Trier News have written about mental health extensively, and rightfully so. It has been an important topic of conversation and cause for concern in this community, as well as throughout the rest of the country.

Conversations in classrooms, school board meetings, and frantic Nextdoor chat rooms, have been shrouded in this enormous, seemingly undefinable issue of how to improve the mental health of our teenagers.

When there is uncertainty about an issue, it is human nature to look for simple causes and easily definable solutions.

The assumption becomes that for students at NT, distress is caused by too many AP classes or upcoming exams.

Self-care becomes a 5 minute meditation in advisory or putting on a charcoal face mask. Managing mental health is more than stress-tip posters in the hallways during finals.

I love face masks as much as the next basic teenage girl, but genuine mental health is so much deeper and complex.

There is no way to boil down what can affect your mental well being.

Yes, academics play a role, but it can also be a product of your social life, family, relationships, romance, sense of self, performance in school, fulfillment with what you're doing, money, physical health, your future, having a sense of

control and agency in your life, your identity, and.... The list goes on.

Every boomer's favorite culprit for the uptick in depression and suicide in teens is social media; unfortunately, it's not that simple.

Without a single source to blame, magnitude of the topic mental health can make even starting to talk about the topic feel overwhelming.

However, to the credit of the school's administration, the social work department, and student leaders, a new initiative has begun: Lunch and Learns.

I think these programs are a great way to start increasing knowledge and understanding of mental health, can in turn help dismantle some of the stigma surrounding it in our own community.

I went to the first Lunch and Learn, and was pleased. I got a free cookie and learned about how the brain reacts to stress and why (chemically) we feel stress, anxiety, depression.

*Without a single source to blame, magnitude of the topic mental health can make even starting to talk about the topic feel overwhelming.*

I really appreciate that this was a collaboration with student leaders, and I also think it is fantastic that these are weekly programs rather than a single day or session.

Long term and continuous conversation is what we need in order to destigmatize mental illness, learn strategies to support our friends, and take care of ourselves.

The long term nature of the project also allows for more specific sessions with topics ranging from

eating disorders to LGBTQIA+ issues to depression.

Overall I think these lunches can be informative. I enjoyed the session I went to, and I think the other (approximately) 7 people in attendance did as well.

Herein lies my only concern. Students have been asking for more discussions about mental health, but when given the space to do so, attendance is abysmal.

This may be largely because we Trevians have an uncanny ability to block out the morning announcements over the loudspeaker.

I don't think I have consciously heard the pledge of allegiance in months, and though I went to the first session, I didn't know there were more Lunch and Learns to follow.

Though the low level of attendance is somewhat disappointing, I do not think it means that students do not care about mental health - in fact, it may be symptomatic of the issues these lunches are trying to address.

Beyond kids just not knowing about them at all, many students do not feel like they can spare a free period or their lunch to learn about mental health despite it being one of the most important things we need to learn about while we're in high school.

I also think that some students may feel that going to the session would inadvertently send a message to people that they somehow have or are connected to mental illness.

This exemplifies the stigma that our community holds regarding mental health and is yet another reason why we need these sessions so badly.

Lunch and Learns aren't going to teach us everything, but they can be an important start. We are being offered this resource and I am hopeful that more kids will take advantage of it.

## Don't use the coronavirus as an excuse to be racist



by Sofia Papakos

Over the last month, mass media craze over the coronavirus has consumed every aspect of our lives. The reality is that the virus is easily contracted. But that's with most viruses.

As of Jan. 18, when the flu season was at its peak, there were 15 million cases of flu, causing 8,200 deaths in the US this influenza season. It's bizarre that we're freaking over the coronavirus, when there's only been 6 reported deaths in the U.S. thus far.

I understand that the coronavirus is a valid fear for many people. It makes sense, especially in overpopulated cities.

I've been reminded everyday for the past month by at least two teachers and my parents to wash my hands and avoid touching my face.

It's a mass media frenzy that has undoubtedly been blown out of proportion, to the point where it has sparked xenophobia and racism.

It's annoying that I have to mention this but those of Asian descent are not more likely to contract the coronavirus. It was reported by CNN that in Los Angeles, a man on the subway was commenting that Chinese people will supposedly bring more diseases to the U.S.

In one case in Sydney Australia's Chinatown a Chinese man collapsed because of cardiac arrest and bystanders were too scared to approach him because they were afraid that they would contract the coronavirus. He died alone in the street.

Chicago's Chinatown has unsurprisingly suffered the effects. Almost 50% of businesses have had a steep decline in sales, according to Herald and Review.

And some restaurants are suffering as people share false warnings that Chinese dishes harbor the virus. Chinatown has become a virtual ghost town. I don't blame people for being afraid, but clearly there is a rise in racist remarks.

Even the company Corona has suffered a significant loss in sales because they share the same name, Forbes noted.

The same bigotry followed after

*There's an obvious pattern, that whenever people are in panic they let stereotypes guide them.*

the Ebola scare for those of African descent. There's an obvious pattern, that whenever people are in panic they let stereotypes guide them.

The Verge interviewed Kyra Nguyen, a 20-year-old Vietnamese American from Los Angeles, about the racist rhetoric circulating on Twitter.

She disclosed that Twitter users posted comments that Asians are completely to blame for the virus. Many defended their sentiments, saying they were joking and people were overreacting.

Another student noted that the racial slurs used in jokes, are ultimately desensitizing from the real issue of racism.

She added that it's been detrimental to her self esteem and sense of identity. It was a reminder that she's a foreigner in a country that she was born in and considers home.

It's ironic that the U.S. is praised for being a melting pot, but has found ways to repeat it's racist history. There isn't one way to help end the stigma but a good start is focusing on the medical aspects to the corona virus. Including, what we can do in our communities to stop spreading it because at the end of the day, viruses don't discriminate.

## The New Trier News

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# What it's like: Growing up with a hearing disability

As part of a new weekly series, the NT News will spotlight students and staff whose experiences provide a unique perspective.

by Leah Schmidt

Sari Daybook wakes up every morning to her four cats, sister, and most noticeably, silence.

This lack of noise isn't just the usual quiet of a peaceful morning, but a hearing disability that has been a part of Daybook's life since she was born. Her hearing disability affects several aspects of her life, from things as complex as her high school education and working as an instructional assistant in the Special Education Department at New Trier to as simple as a visit to the nail salon.

"I had to learn that even though everyone doesn't understand, it doesn't make them a bad person. I can't expect everyone to want to learn sign language. Or, for example, when I get my nails done, they have masks on, so while they're doing my nails I can't understand them," Daybook explained.

Last time she got her nails done, she ran into communication problems because the employees would talk to her during the process, and wouldn't take their masks off when she asked.

"I've changed nail salons because I don't want them or me to feel stressed, and I found a place where I'm more comfortable and they know to take it off, or they just won't talk until they're done," Daybook said.

But other than these rare occurrences, Daybook goes through



Special ed teacher Sari Daybrook embraces her disability | Schmidt

her day-to-day life like anyone else might.

"I would say my daily routine is like everybody else, except remembering to put my hearing aids on every single day before I leave," Daybook explained.

Without her hearing aids she can only hear about 10-15% of sounds, and even with them her hearing is still only at 35-40% capacity. For her, that's more than she and her family could have wished for.

"When I was born, I was diagnosed with severe hearing impairment, about 85-90% hearing loss in both ears," Daybook said. "It was suggested that I would not be able to hear or talk."

At the time, the news was heartbreaking. Modern technology was still evolving, so the future seemed bleak. But Daybook's parents were extremely supportive.

"I'm going to be honest, it was sad, and it was scary. But my parents went to work, and they had to work extra hard for me to thrive. Their goal

was for me to hear and to talk, no sign language. So it was a little bit of extra work but it brought everybody together. And I'm grateful for them."

Within the deaf community, this is only one of the many routes people take when faced with such a diagnosis. Some people will choose to teach their child sign language rather than speaking, but this is a minority, with only 25% of deaf people using ASL as their natural language, according to StartASL.com. There are also those who rely solely on hearing aids, and those who rely solely on reading lips, and those somewhere in between.

Daybook, for example, can only hear around 40% with her hearing aids, and relies on lip reading or ASL for a more definitive understanding.

There is huge diversity within the deaf community. Daybook understands this, and when mentioning her deaf uncle and his choice not to learn ASL, she simply said "he took a different path."

Daybook's own path evolved

as she grew up. When she was in high school she was part of a deaf education program, meaning she was in classrooms with other deaf or hard of hearing students and teachers that knew ASL.

"It was wonderful, I was a B-honor roll student because I was getting the education that I needed," Daybook said. "I also had an IEP, so every year I met with my parents to set a goal for high school, and my goals were: I needed sign language, I needed an interpreter, and I needed extended test timing."

Daybook had a positive high school experience and received the support she needed. But before high school, her learning environment was much more challenging.

"I went to the school near my house for middle school, so I was the only student who was deaf. And that was harder because there was no sign language, which I didn't know yet, and there were 30 kids in one class with one teacher," she explained. "When I moved to high school it was awesome. I was getting the help that I needed."

Daybook's primary school experience is far from rare, though. In 2014, over 75% of deaf or hard of hearing U.S. students went through public school programs, half of them spending most of their day in a general education classroom with an interpreter or helper. For a student with a hearing disability, this could put them at a large disadvantage learning-wise.

Daybook said that despite New Trier not having an official deaf education program, both her and hearing impaired students at this school are very welcome and get the

support they need.

"Here, all the teachers have been incredibly supportive throughout my New Trier experience. Making sure I have what I need for the students I'm working with, and being patient. They're great," Daybook said.

Many of her coworkers are taking the initiative to learn ASL, be able to better communicate with her.

"She's been an amazing teacher when teaching me sign language, and she's always very patient and kind in supporting us learning ASL. Also, it makes me more aware of our learning environment and trying to make it work for every student, hearing impaired or not," one of her coworkers, Lisa Devereux, said.

Daybook receives support in other areas of her life as well, with her cats alerting her to weird noises in her apartment, and also support from her temple.

"I'm in the deaf signing choir at my temple, so I sign and dance to the music. I feel rewarded and special as a deaf woman to be able to dance to the beat and look at the lyrics and create a sign-dance motion. I'm proud of it even though I sometimes need help following the lyrics, and that's okay," Daybook said.

Daybook admitted that sometimes she feels guilty for this extra help she needs, but is pushing past it and embracing who she is.

"I was born with a disability, something that's not going to go away, so it's something that I have to take pride in," she said. "And that makes me really happy, just being a well rounded adult with a little extra help that's needed, but doesn't define me. I'm just happy with everything that I have. I can't complain."

## Effects of no homework breaks

Students reflect on how the breaks effect their workload

by Caroline Brewley

While students and staff agree that New Trier's administration should work to decrease student stress levels, there has been discussion about whether no homework breaks are an effective way to accomplish that goal.

The breaks are long weekends or extended breaks throughout the school year during which teachers are instructed to assign no homework. Additionally, students have no tests or other assessments the day they return from the break.

The administration fully backs no homework/assessment breaks. In a letter to parents detailing New Trier's 2019-2020 calendar, superintendent Paul Sally addressed this issue.

"This year, we are piloting a formal list of homework/assessment free breaks with teachers. As part of the 2019-2020 calendar, we will publish these dates to students and parents to ensure we implement the homework/assessment free breaks with integrity," added Sally.

Chimille Dillard, Director of Curriculum and Instruction, said that she supports no homework/assessment breaks because they give students a chance to relax and disconnect from academics.

"We know that students are under a lot of pressure—in addition to school, you also have extracurriculars, jobs," explained Dillard. "I know that the district wants to make sure there's balance with breaks so students can unwind and have downtime."

In junior Ellie Cummings' opinion, the no homework/assessment

weekends only accomplish their goal if the teacher follow through.

"Some teachers follow the rules, but others find ways to get around them, like assigning larger assignments but making them due the day after the day we get back," said Cummings.

Senior Laura Meltzer is a part of Student Council. She said they have talked to the administration about enforcing the policy, but have found little change.

In regards to the no homework/assessment policy, social studies teacher Bridget Butterly stressed the importance of communication between students and teachers.

Before Presidents Day weekend, Butterly forgot about the work-free break and mistakenly assigned homework. When students brought up the policy, Butterly switched the assignment.

According to Dillard, the majority of teachers pay close attention to the no homework/assessment policy.

"[When I started here], I would actually hear teachers say, 'Oh, we can't do this here because it's a no homework weekend,'" explained Dillard. "It seems like something people have already bought into."

Butterly does support the concept of no homework/assessment free breaks. But she thinks they are problematic because they often increase workloads leading up to and following these breaks.

Also, according to Butterly, the no homework/assessment weekends are somewhat superficial. She believes that there is an underlying issue at hand.

"I think that overall, we as teachers should reflect on our practice and see if there are ways we can alleviate the workload,"

## Night League coverage takes over Twitter

"Night League Shams" brings new side to the league

by Grant Feldman

Night League at New Trier brings together all the great qualities of sports — fierce competition, team camaraderie, and a sense of community. Players play for pride, bragging rights, and a chance to win the coveted golden shoe trophy. On Wednesday nights, basketball unites everyone, from title contenders to teams hoping to just win a game.

The league is like a mini-NBA, with free agent transactions, in-season trades, and news every week.

I had the good fortune to play in Night League last year, and I saw firsthand how assiduously teams prepared for the season. My team had a nutritionist, and other teams had scouting directors and consultants in addition to head and assistant coaches. The commitment of everyone involved is evident.

With all this preparation and dedication happening behind the scenes, I decided somebody needed to chronicle Night League for the world to see.

My teammates always discussed their stats and who would win league MVP if there was an award. I thought about how much more exciting Night League would be if there was a source for news and updates.

On December 14, 2018, I created a Twitter account called Night League Shams.

My inspiration was Shams Charania, the famous NBA reporter and NT grad, and the older brother of my friend and NT senior Nurain. Shams is well known for breaking basketball news on his Twitter, and I aspired to be Night League's



The champion teams celebrate with their golden shoe trophies | Feldman

version of him. In addition to breaking stories, I added weekly power rankings and an MVP vote to engage with the players and fans.

Night League Shams went dormant after last season ended in February, and I debated whether to continue running the account. I played on the varsity basketball team this year, so I was ineligible to play Night League. I considered passing the torch to a returning league member, but ultimately knew I wanted to continue Night League Shams' legacy.

This season the account went much more in-depth, with All-Night League teams and several more awards such as Most Improved Player, 6th Man of the Year, Defensive Player of the Year, Coach of the Year, along with MVP. I also contacted sources to get accurate scores and stats when I couldn't make the games due to varsity basketball conflicts. The season culminated with the championship game, featuring the #1 seed Jelly Swervo Decepticons against the #2 Silly Sea Monkeys. The Sea Monkeys pulled the upset, winning 40-32 against the undefeated Decepticons. I livestreamed the game, and over 180 fans tuned in to watch on Twitter.

I was able to create a platform for one of NT's most popular extracurriculars, where fans and players could discuss, vote, and stay updated on the league. Running Night League Shams was a lot of fun, and I am thankful to have put my mark on Night League history.

### 2019-20 Night League Awards:

**MVP:** Drew Robinson

**Finals MVP:** Jack Miller

**Coach of the Year:** Hugh Gard

**Defensive POY:** Cooper Yaccino

**6th Man of the Year:** Jack Weisenberger

**Most Improved Player:** Brian Dolby

### 2019-20 Boys Night League Champions:

**Gold Bracket Winner:** Silly Sea Monkeys

**Silver Bracket Winner:** Challah Farmers



# Habitat’s Winter Carnival draws neighbors of all Ages

This year’s Winter Carnival raised over \$20,000 for Habitat  
*by Grace Yoon*

The 26th annual New Trier Winter Carnival was held on Feb. 28 at the Winnetka campus. With open doors to the community, thousands of people came to have a fun night.

Along with the 42 senior advisory booths, there were a total of 50 booths including help from clubs like Tri-Ship, Girls club, and Student Council. With \$1 tickets bought at ticket stations, carnival goers donated to New Trier’s senior service project, which has been partnered with Habitat for Humanity since 2001.

“Our partnership results in building two homes every year. One is always in Waukegan and the other one is always in the Philippines. In total, it has been the 40th home we have built through our partnership so far,” said Habitat for Humanity Board Leader, Anna Hinrichs.

According to Hinrichs, the senior class has already started building their house. The first senior advisory volunteered on Jan. 31. Usually 3-4 adviseries volunteer each week.

“It’s New Trier’s only event where we really open up the doors to the community and invite the kids in, in such a large endeavor. Not only is it a fundraiser for the class



Winter Carnival 2020 featured bumper cars, face paint, magic tricks, balloon animals, food, and much more | Nagel

service project, but really it is an opportunity to share New Trier with the community around,” said Girls Senior Advisor Chair, Susie Paunan.

This year, new events were held including a taco stand run by Koulentes advisery, and a Bob Ross painting booth by the Burns’ advisery.

“There is always room for groups to come up with a new [booth] idea and we encourage that. Or, there are ways to take an activity and make it their own. Groups take ideas and have fun, and be creative,” said Paunan.

According to Paunan, the

planning process begins before winter break when adviseries start brainstorming booth ideas. More serious planning begins after winter break.

Senior Anna Shah said, “Many girls in my advisery had been married in the marriage chapel at the Winter Carnival when they were younger and had such a positive experience that they wanted to give this experience back to other kids this year.”

Like many other seniors, Shah has been to the carnival when she was younger with her friends. She remembers being overwhelmed by

the size of New trier and the carnival attractions.

“It’s a lot of fun to see seniors who often remember coming when they were little to the carnival and looking up to the seniors in high school as these really big kids and now they are those people. They are able to lead the event together and host that,” said Paunan.

Freshman, Riley Kamin came with 2 other friends and said his favorite station was the SpongeBob photo booth.

“I also really liked the snow cones station, it tasted good. Overall,

I had a fun time at the carnival,” said Kamin.

For Casey Fenner, 13, the bumper cars in the stage gym was his favorite station. Seniors also had a fun experience with each other and with kids at the carnival.

“Just walking around the halls, smelling cotton candy and hearing upbeat music coming out of each room convinced me that the night was going to be a success. I really felt like the senior class had come together, worked hard, and was full of spirit for the cause and our school,” said senior, Kathy Chen.

Senior adviser Kristine Kelsh thought the night was a success. She said her girls’ shifts were ensured all of her seniors could participate.

“The energy and excitement of the children was matched by that of the seniors. My advisees sang and danced as the music played and cheered the singers on,” said Kelsh.

The funds from the carnival will help offset the construction costs and will help pay for the electricians, engineers, and the materials in order to build the houses.

“Everyone is here and there is a lot of energy in the school and they are uniting as a class and the opportunity to do that with such a big class at such a big high school is pretty rare. So to be able to have an opportunity to do that during their senior year is great to witness,” said Paunan.

## Canvas update problematic

Recent update has generated discussion on Canvas pros/cons  
*by Leah Schmidt*

Canvas recently underwent a large update, prompting both praise and complaints.

Both students and teachers were caught off guard by the sudden change, and that adjustment led to major issues for the students.

“I forgot to update it and it wouldn’t let me submit assignments. So now I’m three assignments behind in a class,” said junior Issac Moore.

Teachers were also worried about the impact of the update.

“Many of us [were] panicking when [IT] said there would be a new version of Canvas being rolled out in January,” said science teacher Brian Woodruff, “We were worried because grades were coming out, and that they’d put out the new update and all our grades would go ‘poof,’” said Woodruff.

Despite these preliminary worries, though, things seemed to have mainly smoothed out.

“I will say that the new Canvas they rolled out has some really nice features to it,” Woodruff added.

“One of the big things I love is now is if a person is absent from a lab, before, I would just put a dash in there, which can mean all sorts of things. Now, I can click on it and it will let me know if the person is excused, on medical, etc. Then when the student is looking at Canvas and doesn’t see a grade there, they can see why too.”

Some of Canvas’ continuing success can be attributed to the Student Workflow Committee, a group of New Trier staff who specialize in understanding how students work and how platforms like Canvas affect that.

“I’ve been working with the Assistant Principal Mike Lee

and with Jackie Pritchard, the IT Technology Support Manager, to kind of help work out what the students want to see and how can things improve in terms how teachers get them information and how their workflow is in their day to day,” said Steven Rish, a teacher and member of the committee.

Last year, the committee sent out a Google form asking students for comments and feedback on how they think Canvas would be best used.

“We made some recommendations on some best practices we recommend teachers use to help kids find the materials they are looking for easier. We put those out last summer and gave teachers some time to learn more about it and get some help from the IT people before the school year started,” explained Rish.

These Student Workflow Guidelines focused on design, communication, and most of all organization. The guidelines also urged that all teachers set up a Canvas class and input grades.

Despite these guidelines, some teachers still use outside websites.

“The thing I don’t like about Canvas is that not everyone uses it. One of my history teachers uses Posthaven.com,” said junior Phoenix Rogers. “It makes it hard if I want to look at all my classes at once.”

Rish reported that use of websites other than Canvas has gone down, though. The committee has also been getting good feedback from teachers and IT support.

“Our goal for Student Workflow Committee this year is to follow up and collect some more information from students and teachers as to how it’s going,” said Rish.

“Is it better than last year? Is it worse? So that’s our mission now, we’re going to start the second semester collecting that information, and feeding it back to the Superintendent and teachers,” Rish added.

## New Trier Club Competition Corner

A number of clubs succeeded in their winter competitions  
*by Amelia Jacobson*

**National Chinese Essay Contest:** New Trier students participated in the National Chinese Essay contest on Feb. 7. Senior James McColl and junior Rachel Truong both earned Gold Awards. Also, senior Monica Yoo and sophomore Abbey Konosky earned silver awards, while honorable mentions went to sophomore Aimee Hong, junior Mimi Newcomb, sophomore Andrew Gill, and junior Mia Sedgwick.

**DECA:** DECA competed at the Donald E. Stephens Convention Center in Rosemont on Feb. 1. Twenty-two students earned individual 1st, 2nd, or 3rd place medals.



**Chess Team:** On Feb. 15, Chess team placed 2nd out of more than 100 schools in state. Chess team members who competed at state include: senior David Peng, sophomore Roger Li, junior Adrian Calinescu, senior Sawyer Harris, Freshman Sarah Lin, senior Zach Marshall, junior Max Malecki, senior Mason Werner, junior Justin Weinzwieg, and sophomore Jeffrey Huang.

**Academic Challenge:** ACES placed 2nd in the regional competition on Feb. 7, qualifying the team for sectionals in March. Senior Maggie Lin placed 1st in English, and junior Eric Liu placed 1st in Chemistry. Additionally, senior Jason Yuan placed 1st in Physics and 2nd in Math, while senior Jesse Yang placed 1st in Math and 2nd in Physics.



**German Club:** On Feb. 28, students in German Club competed at the University of Illinois’s High School German Day. Seniors Anna Shah and Sabrina Tossing won first place in their respective competitions.

**Japanese Club:** On Feb. 22., Japanese Club students competed at the Illinois Japan Bowl. The senior team of Cate Chan, Donovan Greene, and Jonna Izenstark won 2nd place in Level 4, the top division of the competition. Juniors Jefferson Lin, Aidan Moore, and Justine Xie won 2nd place in the Level 3 division.

**Model UN:** New Trier Model United Nations attended the North American Invitational Model UN Conference on Feb. 13 - Feb. 17 in Washington D.C. Juniors Lucy Gale and Max Liebov, and senior Lindsay Falk won Outstanding Delegates in their committees.

**Debate:** On Feb. 22, the New Trier congressional debate team performed well at the Illinois Congressional Debate State Championship. Notably, senior Max Rosen earned a 1st place speaker award.



**Science Olympiad:** Science Olympiad placed 9th at the MIT invitational on Jan. 25. Freshman Annabel Ma and senior Pranav Doradla took 1st place in Designer Genes, while senior Jonathan Yuan and sophomore Elizabeth Feoktistov placed 1st in Boomilever. Also, junior Luke von Kapff and senior Jason Yuan placed 2nd in Circuit Lab. Finally, seniors Irene Xu and Anna Arthur placed 5th in Disease Detectives, while juniors Emilia McDougal and Von Kapff took 5th place in Write it Do it.



# Boys swimming and diving seals 1st at sectionals

NT takes first with 273 points, Loyola falls with 272 points

by Graham Ambrose

On Feb. 22, New Trier's Boys Swimming and Diving Team won by an amazing upset at the Niles North IHSA Sectionals with a ton of highlights.

Pearce Bailey bested the qualifying time by .38 seconds and took 2nd place in 50-meter freestyle. Matt Gibson placed 1st in 100-yard butterfly as well as the 100-yard backstroke, and with Saturday's IHSA State fast approaching, New Trier ended up taking 1st place overall.

The team edged out rivals Loyola 273 to 272. The swimmers had times that allowed them to qualify for state in 13 separate events. And with the season coming to a climactic end soon, some of the top varsity swimmers were riding their confidence into the state finals.

Senior Sam Dienstag fell in love with aquatics at the age of 7, and that passion allowed him to rack up some big wins, like placing 4th in the 200-yard freestyle and qualifying for IHSA State 3 times.



Boys swimming and diving celebrate 1st place win at Niles North IHSA Sectionals on Feb. 22 | Runkle

"I'm pretty confident that we can win big at state, but there's a lot to look out for, like Loyola," Dienstag said. "They've got some of the best swimmers I've ever competed with, but they're also really sociable and I've had fun with them despite the rivalry."

Since Saturday's state tournament marks the end of the swimming and diving season for both the boys and girls team, a lot of swimmers had landmark moments for the 2019-2020 season.

Sophomore diver John Ervin,

who placed 3rd in the 1-meter dive, got into swimming and diving at a young age thanks to his time taking lessons with current diving coach, Bruce Kimball. Almost a decade later, he's taking inspiration from his fellow diving team members.

"My favorite memory of this season was probably when our only senior on the team, Simone Okun, set a new personal best for himself," Ervin recounted. "He's been on the team for 3 years, and he's got such a positive spirit that seeing him succeed was great for all of us."

While the team's top swimmers are confident about getting the top spot on the podium at the IHSA State tournament, some on the team are a lot more dialed back with their goals.

Josh Runkle has been the head coach of boys swimming and diving at New Trier for 23 years, and his feelings pertaining to state are much more cautious.

"I don't really think we'll end up coming home with the biggest trophies, because our swimmers aren't as strong as those from schools like Glenbrook South," Runkle

said. "My goal for the sectionals tournament was to get as many kids through as we can, and get as many kids in the top 10 as we can at state, and that's what I think our swimmers can pull off."

Despite the more cautious mindset that Coach Runkle has, the swimmers themselves are more than confident they can win even bigger than top 10 state tournament on Saturday at Evanston.

A prime example is Matt Gibson, a sophomore swimmer and one of the biggest winners at the IHSA sectionals, who knows that sectionals was just the beginning of the end. He believes that the progress the swim team has made since last year is going to serve them well and that they're going to triumph at Evanston.

"I think we are a really solid group this year and we've come a long way from last year," Gibson said. "I think we will really surprise everyone at state because we have solid swimmers all around and great coaches. It'll be very fun to see how it turns out."

Even against tough rivals like GBS or Loyola, New Trier's Swimming and Diving team has clearly shown that they have what it takes to succeed where it matters most.

## NT baseball condemn Astros' sign stealing scandal in 2017

NT baseball coach and players say sign stealing betrays the game of baseball

by Brooks Herb

As the catcher subtly reveals his sign to the pitcher, a camera stationed in center field picks up the signal, a video monitor displayed outside the dugout shows this footage, a player bangs the trash can twice with a bat. This is the process of sign stealing by the Houston Astros.

While stealing signs is a practice almost as old as the sport of baseball itself, the case of the Astros illegally stealing signs in 2017, is something the sport has never seen before.

Most teams have traditionally stolen signs by interpreting the sign the catcher gives to the pitcher, and relaying it to the batter so he knows which type of pitch is coming.

The 2017 Astros went above and beyond this practice by using a camera to record the signs and then pass the information on to the coach. Coincidentally enough, the Astros won the World Series that year.

The Commissioner of the MLB Robert Manfred didn't take this lightly. Astros manager A.J. Hinch was suspended for a year by the MLB and then immediately fired by the team. General manager John Luhnow was also given the same punishment. Both were punished for being aware of, yet doing nothing to stop the cheating.

While many dispute whether the punishment fit the crime or whether the repercussions were too severe, varsity baseball coach Michael Napoleon has a strong stance against the Astros.

"When you use technology [to steal signs], it's voodoo. Yes, I do think the punishments are justified," said Napoleon.

The punishments didn't stop

with the firing of management. The Astros also lost their 2020 and 2021 first and second round draft picks and were fined \$5 million, the highest ever fine in baseball's 151 year history.

Napoleon acknowledged that \$5 million fine is a lot, but he believes that losing the draft picks is the more pivotal punishment.

He noted that the billion-dollar organization can stand to lose a few bucks, but draft picks are the future, and they lost theirs.

Knowing what type of pitch is coming (based on the sign) may not seem like a big deal. Whether it is a fastball or curveball coming, some may not see the advantage of knowing. Napoleon recalled an interview he heard from Los Angeles Dodgers pitcher Alex Wood.

"I would rather face a player that was taking steroids than face a player that knew every pitch that was coming," Wood said.

*'It's not real baseball if you know what's coming.'*

The concept of the hitter being forced to adapt to whatever type of pitch is thrown their way is part of the game, and by compromising that, baseball loses its character and integrity.

Stealing signs isn't something that only happens in the big leagues, it is an advantage that is occasionally used at the high school and collegiate level, too.

However, Napoleon added, "Some hitters don't want to know, because if you're wrong it makes you look foolish. So I would say it happens in not even a quarter of games."

Since the strength and time at which you swing varies per type of

pitch, guessing the sign and being incorrect can be disastrous because if you're wrong you'll be left swinging and missing.

Junior Sam Harvey, a varsity catcher and designated hitter, agreed with Napoleon.

"It's not real baseball if you know what's coming."

For that very reason, Harvey doesn't want to know the sign in advance. He sees sign stealing in games when a base runner at second base sees the sign given by the catcher.

There are many ways that catchers can get around having their sign stolen. Junior Alex Calarco, also a varsity catcher, uses different techniques and strategies to ensure the sign he gives the pitcher isn't intercepted.

"I put my glove on my left knee to block the third base coach's view and I mix in different decoy signs when there's a man on second base so he can't pick up the signs I'm giving the pitcher."

By doing this, Calarco isn't only keeping the sign away from the runner at second, but also from the base coaches.

While high school level sign stealing is less abstract than the criminal acts of the Astros, it brings up the question of whether technology and baseball should mix at all. From creating the parameters of the strike zone, to reviewing whether a runner is safe or out, the blend of technology and baseball is becoming more prevalent.

Napoleon himself wants the strike zone to vary per umpires and the game to stay true to its original inconsistencies.

"I like when different umpires have different strike zones," said Napoleon. "It's part of the game, just play it the way we've played for centuries."

## Girls bowling miss state but reflect on season

Seniors have high hopes for future seasons and recount team improvements

by Frank Zawrazky

On Feb. 15 the girls bowling team traveled to Waukegan to bowl in the IHSA Sectionals at Sunset Lanes and just missed going to the state tournament.

The girls finished 10th with 4994 pins, just ahead of Evanston with 4940 pins and behind Niles North with 4995 pins.

The winners of the team and individual events will go downstate to Rockford to compete for the Trevs. Coach David Hjelmgren couldn't be prouder of the team's success this season.

"It was a team effort. I thought they were phenomenal. They rose above all expectations and are a great unit. They work hard, they are all good people and I'm excited at what they've accomplished this year. I can't wait to work with them, especially our sophomores, again next year. They always bowl with a purpose and practice with a purpose."

The day got off to a dramatic start when sophomore Maya Palomino slammed her finger in the door coming into the bowling alley. After a trip to the hospital to confirm her finger was not broken, she did not bowl.

"I know I can always be there for my team even if I'm not bowling. It's always for them, it's always for the team."

The girls got off to a strong start knocking 933 pins over in the first game, through the team cooled off in the next two games. The girls rebounded in the fourth game knocking down 876 pins then 821 pins in the fifth and 712 in the sixth game.

The team is almost all

sophomores with seniors Sarah Hughes and Samantha Palomino leading the charge. Senior captain Hughes is excited about the future for the team.

"It's a really young team and they are already really, really good. I know the next few years are going to be amazing."

This season, the Trevs have been successful making it to sectionals for the first time since 2016, going 12-1. Palomino, who has been on the team since 2018, reflected on the team's evolution.

*'I know I can always be there for my team even if I'm not bowling. It's always for them, it's always for the team.'*

"Last year it was a bit rocky but this year we were so strong. Everyone was on top of their game, constantly getting their new high game."

The core group will remain the same minus the two seniors, and they look to advance to state for the first time next year.

Maya Morales, a current sophomore with the team, is ambitious for next season.

"I'm going to bowl in the offseason to help our team move forward. I want to be the best I can be to help the team advance."

While not the finish the Trevs would have envisioned, they have made their mark on the community and will no doubt continue to do so with the strong group of girls they have with them.



# Girls gymnastics finishes fifth at state tournament

Gutsy performances propel team to second straight top 5 state finish

by Mary Elizabeth Parks

After reaching the IHSA state meet for the fourth year in a row, the girls gymnastics team ended their season on a high note with a finish of fifth place overall in the Feb. 22 state tournament.

The Trevians came into state seeded eighth out of eight teams, so the fact that they made their way up to fifth place is remarkable.

“We were happy because we just did the best we could,” said Rachel Zun. “We came into the meet as the last seed, so we kind of just wanted to enjoy the experience and do our gymnastics for us and just see what happened with the scores.”

In part, the team did not have the highest expectations going into state because they have dealt with a number of setbacks this season.

“We have had some injuries and some illnesses that kind of were hindering a lot of our success,” said head coach Jen Pistorius.

Throughout the season, the Trevians had to push through these setbacks. Junior Erin Gorney, an alternate at state, explained that she was happy about how the team performed despite these struggles.

“I think the last meet could’ve

been better, but I’m satisfied with [the season] as a whole,” said Gorney.

“Last year we got second, so it was a little disappointing, but I think it was better that we had a good year for the seniors that are leaving.”

Over the past four years, the eight current gymnastics programs have had a tremendous impact on the program. In fact, as a group, they have broken nearly every team record.

“This senior group has made such a strong impact on New Trier gymnastics as a whole,” said Pistorius. “We have a leaderboard up in the gym at Northfield, and almost all of the team scores and a lot of the top five scores in our school’s history have all been this group of girls.”

So, though the Trevians may not have achieved all their goals this season, the current seniors are proud of their achievements. And, in their last meet ever for New Trier, they made it a competition to remember.

“I think it was one of the best meets I’ve ever had,” said senior Avery Faulkner. “Everyone really stepped up and did well. At least for the seniors, it was one of the most fun meets we’ve ever had so that’s all we really cared about.”

Like most girls on the team, Faulkner began participating in gymnastics at a young age. Ever since, she has loved the sport and continues to put her all into it.

“I love that it’s a team sport and



The team’s seniors (left to right: Amy Zun, Avery Faulkner, Maeve Murdock, and Rachel Zun) | NT Athletics Twitter

individual, so when I’m competing I can do well for myself and then also help out the team and have my teammates help me out,” said Faulkner.

Gymnastics demands a lot from a gymnast’s body, though. Faulkner, for example, has suffered multiple injuries related to the sport, including a broken back, broken shins, broken wrist, torn calf, and three concussions.

“Since I was little, I was practicing like five hours a day and it’s just a lot of time that’s taken out.

There’s just a lot of physical toll on your body,” said Faulkner.

During the off season, most members of the girls gymnastics team participate in club gymnastics. While off season training and competitions improve their skills, most Trevian gymnasts agree that it is not the same as competing for New Trier.

“New Trier Gymnastics is such a warmer environment than club gymnastics. Everyone gets to know everyone so well and it’s so much more laid back and it’s just nice to

be part of a community in such a big school,” said Gorney.

In the end, regardless of how they performed at state, the Trevians can be proud of how their strong team spirit shaped their season.

“We’ve had one of the best dynamics I’ve ever been a part of at New Trier this year,” said Zun.

“We were just all really supportive [of each other], we wanted each other to do well in everything that we did, and we all motivated each other to get better.”

# Boys basketball edges Maine South

Team survives wild final minute for seventh consecutive victory

by Brooks Herb

Fueled by a big first half from senior shooting guard John Carragher and a pair of defensive stops in the final seconds, the varsity boys basketball team outlasted Maine South 43-42 in their season finale on Feb. 21, improving their overall record to 17-10 and their conference record to 6-4.

The Trevians’ offense looked unstoppable early as Carragher scored the game’s first six points, but Maine South was able to answer with a 13-0 run behind a three-point barrage and their aggressive defensive.

“They came out hot, and [those types of streaks happen]. We honed in on who were and weren’t their shooters, but we trusted that statistics would prove to be true and they wouldn’t make every shot,” said Carragher.

“[As far as rebounding goes] it was a mentality shift. We weren’t used to playing a team so much taller than us, and once we had that experience, we knew it had to be five guys working their butts off to get the rebound,” said Carragher.

Although the Trevians’ rebounding struggles helped put the team in a 25-22 halftime hole, they were able to counteract the Hawks’ size advantage by running a faster-paced offense in the second half, building a 33-30 lead by the end of the third quarter.

“In the second half we really pushed the ball in transition which led to some easy baskets for us,” said Ryan.

Ryan himself was the one who generated much of the team’s offense in the fourth quarter, hitting back-to-back jump shots with 5 minutes remaining.



Ryan shoots a three against Niles West on Feb. 7 | NT Boys Hoops Twitter

While Ryan’s fourth quarter excellence helped the Trevians maintain their three-point lead into the final minute of the game, the Hawks cut the lead to 43-42 on a basket with 20 seconds left and received an opportunity to tie the game at the free throw line.

However, the Hawks missed their tying opportunity and were left with no choice but to foul, putting Ryan on the free throw line with a one-and-one attempt.

But Ryan failed to convert on his first free throw attempt and gave Maine South another opportunity to win the game.

The Hawks took the clock to under five seconds before they made their final drive to the basket, but senior forward Emmett Burnside blocked their layup attempt as time appeared to expire.

However, the officials conversed and determined that the ball landed out of bounds before time ran out, which gave Maine South an opportunity to inbound the ball with 0.7 seconds left.

But as the ball was thrown inbounds, junior guard Ian Burns deflected the pass away and prevented

the Hawks from getting a final shot attempt, preserving the Trevians’ 43-42 lead as time officially expired.

This tight victory extends the Trevians’ winning streak to seven games after a tumultuous 10-10 start, and they will begin preparation for their first round playoff matchup against Glenbrook North on Mar. 4.

“We’re all very experienced now, compared to at the beginning of the year,” said Carragher. “We’ve grown together; we’ve come together as a team through so many tight close games.”

As far as preparations for the Spartans go, Ryan said, “we’re going to focus on stopping their outside shooting and forcing them to put the ball on the floor.”

The Trevians have already beaten Glenbrook North twice, sweeping them in the season series. If they advance past the Spartans, they will have a chance to avenge their two regular season losses to Evanston in the following round.

Carragher said, “we’re going into expecting to win, just like we would in any other game. We have to be ready to fight, they won’t give up, they’re all good teams.”

# Upcoming matchups for New Trier varsity sports



NT Boys Hoops Twitter

**Boys Basketball Playoffs:**  
Mar. 4: First Round vs Glenbrook North (@ Maine East)  
Mar. 6: Second Round\* vs either Evanston or Hoffman Estates (@ Maine East)

\*if they defeat Glenbrook North

**Boys Track and Field:**  
Mar. 7: Invite @ Maine East  
Mar. 13: Invite @ Batavia  
Mar. 20: Invite @ Evanston (Indoor CSL Conference)

**Boys Water Polo:**  
Mar. 13-14: Tournament @ Palatine  
Mar. 17: vs Niles West  
Mar. 19: @ Fenwick  
Mar. 20-21: Invite @ Fenwick

**Hockey Playoffs:**  
*Boys Green:* Quarterfinals vs St. Ignatius Mar. 4, Semifinals\* Mar. 15  
*Girls Green:* Quarterfinals vs Glenbrook Girls Mar. 7, Semifinals\* Mar. 17

\*if they win quarterfinal game

**Girls Track and Field:**  
Mar. 6: Invite @ Glenbrook North  
Mar. 7: Invite @ York  
Mar. 14: Invite @ Huntley  
Mar. 19: Invite @ Glenbrook North

**Girls Water Polo:**  
Mar. 10: @ Lyons Township  
Mar. 17: @ Niles West  
Mar. 20-21: Invite @ Naperville Central



New Trier Boys Lacrosse Instagram

**Other Sports In Action Before Spring Break:**  
*Girls Soccer:* @ Warren Township (Mar. 16), vs Prospect (Mar. 19)  
*Girls Lacrosse:* @ Highland Park (Mar. 17), vs Lyons Township (Mar. 19)  
*Badminton:* Quad vs Deerfield,

Libertyville, and Waukegan (@ New Trier) on Mar. 18  
*Baseball:* vs Lane Tech (@ Kerry Wood Stadium) on Mar. 18, @ Notre Dame (Niles) on Mar. 19  
*Boys Lacrosse:* vs Evanston (Mar. 20)