

Climate strike  
2Suicide prevention & mental health  
4 & 5Cross country places 1st at invite  
8

# New studies correlate vaping and respiratory illness

New Trier students have mixed reactions to recent illnesses connected to vaping

by Alex Rubinstein

Vaping has been linked to 8 deaths, including one in Illinois.

According to The Chicago Tribune, teenagers are being hospitalized due to lung diseases that directly resulted from vaping.

The Centers for Disease Control and Prevention has confirmed 380 cases thus far across the country.

Generally, New Trier students recognize the negative effects of vaping.

"It's not a surprising outcome, and people should just think about it before they do it because we don't know what the long term effects are," said senior Claire Mooney.

Senior Tyler Gilly added, "I think it's about time that these studies came out. It's pretty obvious that it's bad for you, and I'm glad professionals are finally weighing in on just how bad it is."

Part of the issue surrounding vaping is the accessibility and the wide range of flavor options. Mango isn't often seen as an addictive substance, and vaping THC has unclear consequences.

"I think that the real problem



The sleek, colorful design of Juul pods has drawn criticism, as some believe it attracts teens to vaping | Vaping360

isn't the vape, but the chemicals that are in the THC vapes. The regulations that they are putting on it need to happen. I think that no kids should be vaping, and no one needs to vape just because it tastes good. It should only be to get off of cigarettes," said an anonymous senior.

When vaping became popular, there were no studies to establish a strong connection between vaping and health issues.

Companies such as Juul marketed their product as a healthier alternative to smoking, and many teenagers may not have realized the

negative effects of vaping.

"I've never been in support of vaping. I've always thought it was dumb. Obviously, everyone has tried it once, but overall, it's dumb, and I've encouraged friends not to," said Senior Alex Levine.

As more data on the health effects of vaping has come out, Levine has grown stronger in her stance against the practice.

"When I was younger, I didn't think about it that much, but last year, I realized the negative effects. I'm glad that there is data out now and people have started to speak out.

It's not worth it to risk your health in order to have fun for 20 minutes," said Levin.

The new studies have found a positive correlation between vaping and lung disease, and doctors are confirming the results.

"My dad is a doctor. He's seen people come in that have been really ill, and he believes that Juuling is the cause of that," said Junior Fiona Connor-Crewe said.

Most students interviewed oppose vaping, but some said that the studies don't change their opinion.

"The facts are scary, but I'm

here for a good time, not a long time. However, the new research has made me vape less. I don't do cart anymore. I've only done it once in the past month. I think the research is taken out of proportion," said an anonymous sophomore.

One sophomore who also chose to remain anonymous, thought that a cure for the diseases caused by vaping would eventually be discovered.

"If it's actually a health problem in the future, then there will be new medicine to fix it. Vaping isn't that big of a deal," they said.

'The facts are scary, but I'm here for a good time, not a long time. However, the new research has made me vape less'

The consensus, however, is that teens need to recognize the risk involved in vaping and be aware of new data as it comes.

"I think vaping, especially as a teenager, is really bad because you can get addicted and it can cause long term effects on your body. 8 people have died and teens need to come to terms with the fact that it can kill you after a short time," said sophomore Joey Stuart.

# Girls on football team for first time in school history

Maeve Kelly and Amanda Lindholm the first girls to play JV and Frosh/Soph football at NT

by Grant Feldman

Freshman Maeve Kelly and Senior Amanda Lindholm are breaking boundaries as the first female football players in school history.

While they come from vastly different backgrounds, they share a passion for football that has led them to join the NT program.

Football is assumed to be a boys-only sport. In the entire country, only 2,404 girls played high school football in the 2018-19 school year, making up 0.2% of all players nationwide according to the National Federation of State High Schools Association. But female participation has increased every year since 2014.

Kelly has been playing football since third grade and grew up playing through the North Shore Trevians football program. She currently plays linebacker and fullback for the freshman/sophomore team.

Kelly was raised in a family that loves sports. Three of her five older brothers played football growing up, but they were not her sole inspiration to play.

"[Football] was a fun and healthy way to release my anger," she explained. "I always wanted to try it. [Tackling people] is really fun.



Freshman Maeve Kelly is the first female linebacker and fullback for the freshman and sophomore team | Mastros

We get to hit people all the time. I love decking kids."

Kelly praised freshman/sophomore coach Chris Pearson as "really nice" and a good coach.

She said her favorite part of the team is her relationships with the other players. She admitted that being the only girl on the team can be awkward at times, but she is still close with her male teammates.

"They don't treat me different at all," Kelly said. "You can't talk to [the guys] about a lot of things, and they have to realize that I'm there, but we're really tight."

After freshman year, Kelly hopes to move up to JV and eventually the varsity team. Her coach lauded her performance thus far this season.

"Maeve has been great. She's a two-way starter for us, a really

positive presence on the team. I've been really impressed with her, and everyone likes her," said Chris Pearson, Kelly's coach.

Lindholm, meanwhile, didn't even know what football was when she came to the U.S. from Finland as an AFS exchange student.

"We don't have American football in Finland, but I went to [varsity football's] first game and was like, I need to try that," Lindholm said.

She talked to NT's football staff, and it took several weeks to secure a tryout. The coaches ultimately decided the junior varsity team was the best starting point for her to learn the rules and adjust to the physicality of the game.

"[They] wanted to keep me safe because the guys are huge compared

to me," explained Lindholm. "That doesn't mean I can't move up to varsity, but I have to be ready physically and mentally for the coaches to see if I'm ready or not."

Lindholm is currently listed as a running back, a spot she likes because it allows her to use her speed. She acknowledged that having a girl on the team is a new situation for everyone.

"I'm not sure if the team has fully accepted a girl, or even the coaches yet. I think it's like they have never coached a girl, especially in football, and sometimes I think people don't know how to act around me."

JV head coach Mike Napoleon commended Lindholm for trying football despite having no prior experience.

"She is very enthusiastic and daring to try a sport that she has never seen and is learning the rules of another country where she doesn't even know the culture. I give her a lot of credit," said Napoleon.

Football isn't Lindholm's first experience with a contact sport — she played soccer for 11 years and hockey for 8 years before coming to NT.

She is considering trying out for the boys' hockey team, but hasn't made up her mind yet. However her hesitation is not because she's uneasy playing on a boys' team.

"I'd rather play with boys," Lindholm said. "I played my whole life with the boys. I have a big brother and little brother. When we were children, there wasn't a girls team for five-year-olds, so I went to the boys' team."

While Lindholm initially played only for fun, her fellow coaches and teammates were quick to pick up on her natural abilities.

"I was good apparently; they said every year if I wasn't good enough they would move me to the girls team, but I was always good enough, so I stayed, and they wanted to keep me," said Lindholm.

Kelly also plays basketball and runs track, but those sports have teams for girls, unlike football. She and Lindholm will look to contribute on their teams as they pioneer the way for female football players at New Trier.

"I'm excited for the rest of the season," said Kelly. "Especially [our game against] Evanston."

# Student march draws attention to climate inaction

## Teens leave school to protest political stalemate on climate change

by Hannah Sussman

At 9:52 am on Friday, Sep. 19, over 50 New Trier students boarded the Metra train and headed down to Chicago to participate in the Global Youth Climate Strike.

With between 1,500 and 3,000 participants, the Chicago strike was one of thousands of strikes occurring in over 150 countries across the world.

Inspired by Greta Thunberg, a 16-year-old environmentalist, the strikes were in demand of climate action in the upcoming United Nations emergency climate summit.

Aiden Greiff, a junior who participated in the strike both this year and last year, was thrilled to see an increase in the number of students attending the strike and recognizing its importance.

“The main issue is putting pressure on our lawmakers to change laws and get things moving,” explained Greiff.

Coursing through the strike was a sense of urgency about the problems facing our environment that has been missing from political dialogue for decades. The strike acted



Students gathered downtown Friday in efforts to put pressure on lawmakers for climate reform | Josh Glucksman

as a physical reminder that climate change is not an issue this generation is willing to push to the backburners.

Nora Duncan, a sophomore, maintained that policy action regarding climate change is a prerequisite to any form of effective social change.

“To me, climate change is the most important issue the world faces in this day and age. We can fix social injustice, we can fix our gun laws and stop mass shootings, we can fix poverty, but none of those issues matter if we don’t have a world or a future to apply them to,” said Duncan.

Although striking increases

pressure towards policy change, it also carries with it a strong message of solidarity and strength that other forms of activism may not, emphasized junior Chelsea Lu.

“The act of striking in America, as teens, and as the next voting generation just demonstrates to policy makers the issues that matter to us. They will be forced to confront climate policy and develop their own ideas to get appeal from voters,” said Lu.

Helping to lead both New Trier students as well as the rest of Chicago was senior Aiden Lane. After helping to lead the strike last year, Lane joined the ILYCS

(Illinois Youth Climate Strike) and became the finance director.

While Lane has taken tremendous strides in helping to lead change, he encourages other students to take any positive action no matter how small.

“You don’t have to do everything at once, start off making one small difference in your life, and then you will naturally start making more and more changes,” said Lane.

Despite the strike requiring students to miss nearly the whole day of school, most teachers at New Trier were overwhelmingly supportive of students’ participation. Rebecca Lerner, a junior, felt

supported not only by her teachers, but also by her advisor.

“My teachers were all really excited for me, and my advisor even texted me and the girls in our advisory saying how proud she was that we were standing up for what we believe in,” said Lerner.

While teachers were individually supportive of students’ engagement, many students still felt the school could be doing more to combat climate change.

“I think New Trier tries to stay neutral, but in this day and age I think more people have to stand up and take sides on issues. So New Trier could do more than it’s doing,” Greiff explained.

Eyllah Babbitt, a junior, added that the steps the school has taken to improve in other areas are proof of its ability to become more environmentally friendly as well.

“Let’s take security for example, I mean they really increased the rules, and tighten up on everything. I feel they can do the same exact thing with recycling and with environmental issues,” said Babbitt.

Although progress still needs to be made Lane highlighted the school’s willingness to improve and its forward steps.

“The school has recently started to make an effort at being more environmentally friendly, but they started far behind and still have a lot more work to do,” said Lane.

# College Board replaces controversial adversity score with Landscape

## SAT no longer to have adversity scores after backlash

by Katy Pickens

Months after the College Board announced its controversial SAT “adversity score,” the company cancelled the implementation of this feature amid criticism over its attempt to simplify obstacles students face into a single number.

The adversity score was piloted as part of the College Board’s Environmental Context Dashboard. The Dashboard could be seen next to a student’s SAT score to provide insights into why specific districts may perform higher or lower.

The number was comprised of two factors in a student’s education: the school environment and the neighborhood environment.

This score was on a scale of 1 to 100, with lower adversity scores representing more privileges and opportunities and higher numbers indicating obstacles, such as limited school funding or high crime rates.

Students criticized the proposed adversity score for oversimplifying the challenges a college applicant may have faced throughout their life.

“I understand where the College Board was coming from, but people’s lives are more complicated than a number,” said senior Bella Macakanja.

Some argued, beyond oversimplification, the adversity score could potentially become a penalty for students from affluent

communities such as the North Shore. When the original adversity score was announced last May, former head of Post High School Counseling James Conroy spoke to The Wall Street Journal about how he thought the single-number score and Dashboard would affect students at NT.

“Do I feel minority students have been discriminated against? Yes, I do. But I see the reversal of it happening right now,” Conroy told The Journal.

Following the publication of the article, Superintendent Paul Sally sent a message to parents explaining the school’s stance on Conroy’s statement.

“We also do not believe New Trier High School students are disadvantaged in the college admissions process,” Sally wrote in an email to parents. “Our broad, varied, and rigorous curriculum, our excellent teaching staff, our vast extracurricular program, and our opportunities for student leadership and service help students stand out in the college admissions process.”

Current Department Chair for Post High School Counseling Jill Cervantes expressed similar disagreement with Conroy’s statements.

“I am of the belief that I do not feel any reverse discrimination is happening. I think when we try to simplify complicated systems and programs, that’s when we aren’t fair through the process,” said Cervantes.

Along with eliminating the single-number score for adversity,

**Landscape** Consistent high school and neighborhood information for colleges

- Landscape helps admissions officers fully consider every student, no matter where they live.
- Landscape is only one element of an application.
- Landscape does not include any personal information beyond a applicant's test score.

**Three Categories of Information**

- Basic High School Data**: Locale (e.g., Rural), Senior class size, Percentage of students eligible for free and reduced-price lunch, Average SAT scores at colleges graduates attend, AP participation and performance.
- Test Score Comparison**: Applicant's test score compared to others from the same high school.
- High School and Neighborhood Indicator**: College attendance, Household structure, Median family income, Housing stability, Education levels, Crime.

Landscape looks at indicators such as school data | The College Board

the College Board has renamed the Environmental Context Dashboard as “Landscape.” It will be available for applicants and college counselors to see in the 2020-21 admission cycle.

Cervantes explained that this feature will provide largely the same information as the former dashboard and adversity number, just without the numerical score.

“It’s a bit of a moving target, because the original version came under great criticism. I think that the College Board is trying to walk back or refine this feature,” said Cervantes.

Cervantes was doubtful that the tool will impact New Trier students’ chances of college admission.

“Quite frankly, the reputation of New Trier is so long and storied that colleges don’t need a number or

anything to know the strength of our institution,” Cervantes explained.

While students praised elimination of the hardship score, many believed the Landscape still could not provide a complete or individualized picture of a student’s challenges. Junior Aidan Moore thought Landscape was an improvement from the hardship score.

“The landscape feature, from what I know, seems much better than reducing someone’s area of residency to a number,” said Moore. “Quantifying someone’s area in which the live in seems very difficult, because everyone could be in that area for many different reasons. But giving context about the area in which people live can be important.”

Senior Max Curl thought it was still problematic that the feature provides a general overview without giving the entire story for each student.

“I think that even if you live in an affluent area, other types of adversity can affect your SAT score,” said Curl. “I don’t know how much the Landscape will help.”

The College Board acknowledged that Landscape is not a substitute for information provided by applicants. According to their website, participating colleges have agreed that “Landscape is to be used only as supplemental information to the large amount of individual information contained in the application.”

Landscape is intended to contextualize lower SAT scores and make college admissions more holistic and fair. However, many colleges have made standardized tests optional or at least a less significant factor in admission.

Beyond the systemic issues that the Landscape feature can capture, the cost of testing, ability to afford tutors, and the short-term nature of the information tests illustrate are making most colleges place less importance on the SAT and ACT.

“I think scores are useful in showing how good you are at taking tests, but it can’t show all of it,” said Macakanja.

“I had a tutor and prep classes and it improved my score, so I recognize that standardized testing isn’t always fair.”

## The New Trier News

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# Staff Editorial

## Is vaping worth the risk? That's up to you

Over the past few years, more and more teens have been vaping and using dab pens, and this habit is proving to be fatal. According to the Center for Disease Control (CDC), over 530 cases of serious lung injuries related to vaping have been reported.

The CDC also stated that the illness has been associated with a wide range of symptoms—patients have reported coughing, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever, and weight loss. Eight deaths have been confirmed.

Some might argue that these numbers are so small that they're negligible. But one of the most troubling aspects of this illness is how quickly the number of cases has grown. In mid-August, three dozen people were diagnosed with a vaping-related sickness. On Sept. 11, 380 cases were reported. Now it's 530 cases. And these numbers will likely continue to grow.

Little is known about the long-term health effects of vaping. Unlike cigarettes, which have been around long enough for extensive and long-term studies to be conducted, vaping is a relatively new phenomenon. There is not a lot of conclusive data on how e-cigarettes or dab pens can affect your health.

Although it has been concluded that this illness and the resulting fatalities are linked to vaping, the exact cause is still unclear.

"There is no definitive link to any brand of device, ingredient, flavor or substance," stated an NPR article.

For years, e-cigarette companies have marketed their products to a young audience. Most of the companies use social media platforms to advertise their products, which means that these ads are reaching a mostly younger audience. Furthermore, the sleek look, fun flavors, and ease of use have also drawn many teens and young adults to vaping. As a result, this issue is particularly pertinent to our school and community.

It's undeniable that vaping products can be a useful tool for people who are trying to quit smoking. So how can this issue be handled? If Juuls and e-cigarettes are completely banned, these products would no longer be available to ex-smokers or those who are trying to quit.

Some states have passed legislation banning all flavored pods in order to reduce the number of kids and teens using Juul and comparable products. Michigan passed a ban on flavored e-cigarettes last week—the ban prohibited the sale of all flavored e-cigarettes, including menthol and mint flavored products. As stated by [illinoispolicy.org](http://illinoispolicy.org), Pritzker has endorsed these bans, but Illinois has yet to pass any similar restrictions.

It is still unclear whether or not these bans will actually help to reduce instances of vaping-related illness or addiction in young adults. These bans, while a step in the right direction, fail to address black market e-cigarette products. Many of the recent illnesses have been connected to the use of nicotine and THC pods that are bought on the street. Regulation of legal products is a good idea, but it cannot completely solve this problem. Even if such bans are successfully implemented, kids who want e-cigarette products will undeniably find a way to purchase them.

Legislation is already being challenged by both e-cigarette companies and stores that sell the products. Since companies such as Juul have lobbying power in Washington, it is unclear whether the bans already implemented or that will be implemented would stay for long. As stated in the Washington Post, Juul Labs has significant political influence.

"[Juul Labs] hired senior White House officials wired into President Trump and the first family. It sent politically connected officials to the West Wing to extol its products. It spent big on lawmakers in both parties."

Influence by corporations like Juul Labs will make it challenging for any further sweeping changes to happen either on a national or local level. So, the decision whether or not to vape will most likely rest on the shoulders of individuals—at least for the time being.

In light of the recent developments, we encourage students to stop vaping, or at least strongly consider the health risks before vaping. For students that are addicted to or overuse vape products, seek support. Ultimately, you are the one who will decide how vaping will affect you.

If you want to die of pulmonary diseases or lipid pneumonia, that's on you.

# Burn out: New Trier's epidemic



by Sofia Papakos

I honestly didn't know how to start out this article. For the past 2 years, I've had a hard time even describing 'burning out.' Regardless, of the amount of research I've done, there's no real explanation for it, just the common triggers: academics, sports, parents, it goes on.

I did find a common pattern though, that it often leeches on your average high school student. Not the smartest in the class or the athletic star, but the student who does enough to get comfortable in school: The A and B student, who's involved in one or two sports and has done a few clubs here and there.

Burning out feels like a weird in-between phase. The best I can describe it is as a cloudy head space where I didn't feel like doing anything. It's not directly laziness or depression but a mixture of both, like I was tired of everything.

I tried my best not to take it out on anyone, but it was inevitable when I was constantly on edge. I wouldn't lash out because I contained all my tension, but it ended up taking a mental toll.

I remember specifically I would get home and literally crash anywhere. Most of the time, I ended up on my bed, passed out holding my iPad vertically, while it played whatever Netflix show I was watching. Other days, I'd fall

asleep on my bedroom floor among sprawled out papers. The worst of it, however, was taking out the stress on my parents.

I guess subconsciously I didn't want to take it out on anyone else, fearing I'd lose friends and gain a bad rep. So instead, I'd push over my parents and give them attitude, because I knew that no matter what I said or did, it wouldn't change how much they loved me.

Last year, I had a weird epiphany, one that seems obvious now. I don't remember what triggered it but I realized, in the midst of all the angst I had, my parents continued to check in on me. Even though I'd walk into the house, not wanting to talk to anyone, they still made an effort to come into my room to talk to me and bring me little plates of snacks.

It was the little things that I under appreciated. I fully understood then how much I took them for granted when all they did was care for me. All I could do was apologize to them in an attempt to relieve the guilt.

The thing about burning out is that most of the time, it's self-perpetuating. I don't want to blame my teachers or coaches entirely for the stress because all the pressure was manageable. It was on me, that I didn't know how to cope with it.

I procrastinated all the time and still do. But I did that because I lacked energy in the moment to devote to my homework or go to practice.

I fell into a loop where I felt I had fallen behind because I was trying to catch up on all the work I didn't do the night before. That was the hardest part. Aiming to balance lack of sleep, homework I didn't do, and homework I needed to do, while maintaining a social life.

As a result, my grades suffered

a bit, my friendships strained, and my relationships, especially with my parents, became tense. So I felt more tired and more drained, because it was a never ending cycle. I felt a lot of guilt, knowing I had homework that needed to be done, but couldn't bring myself mentally to do it. Even though homework always felt like a chore, it literally weighing me down.

The only thing I had enough energy for was social media and Netflix because it didn't require much thought. That's part of the reason why burning out is so confusing.

You know that you should be doing productive things and you feel guilty when you don't. But when I actually sat at my desk and forced myself to pay attention, I felt my brain go numb and my eyes slowly close. I couldn't think. I just sat there reveling in exhaustion.

Despite feeling like the tiredness never ends, it does. Eventually I found a balance when I understood myself better. I started to notice signs that indicated I was falling deeper into the loop. For example, when I was getting tired, I knew not to push through it because it wasted more time and energy. So I would get up in the middle of studying and take a nap.

It's a lot of trial and error, but you get used to it. Come home from school or other activities. Take an hour to do whatever makes you forget about all the homework you have to do.

The one thing I took away from the last three years was to make time for myself. Even if it was going out with my friends on the weekends or locking myself in my room and watching Netflix for a couple hours.

But most importantly, have friends to vent to. Knowing you have one or two close friends that you trust is what breaks the mental block.

## Trials and tribulations of college admissions



by Emma Mansour

My parents tell me a lot of stuff. Most parents do. One thing they've told me over the years is that grades come first, meaning that grades, and having good ones specifically, comes before going to clubs or extracurriculars or hanging out with friends.

I think it's a universal message that most kids have probably heard at least once in their lifetime, if not more frequently. And that's always made a lot of sense to me, since colleges value grades over anything else. And in high school, the only thing you can think about is getting into college. So why wouldn't we put grades above all else?

Mainly because I think it completely decks the mental health of every teenager in the US. And I don't think that's an overstatement.

The constant focus on a number, on being the perfect student and having straight A's, is really hard on kids. And as a result, kids start prioritizing their grades over genuine happiness, and all to get into college. That's messed up. The easy solution to this would be to get rid of college. Obviously, that's ridiculous. I don't think college is a bad thing. The problem

is the admission process, which is painful at best.

I think we should evaluate how we should treat getting into college. Because now more than ever, I think it's reshaping our values as a society.

The Varsity Blues scandal is a good indicator of this; parents were willing to cheat and set aside any of the values that they probably had instilled in their kids just for them to get into a good school. Not only that, but they deprived a probably more deserving kid of a spot at the school. It was clearly immoral.

Yet they still did it, because in our culture, we have been conditioned to think that college is going to make or break the rest of our life. I don't know how or when that happened, but it did, and now we're in this mess.

I guess you can't exactly blame those parents for thinking that way. They obviously took that view to an unhealthy extreme, but they have the same mindset that everyone else does: do whatever it takes to get in. They just happened to have the money to cheat in the way they did.

We kind of do it at a different scale at New Trier. Think of the money we pour into ACT tutoring or college counseling; it's not cheating exactly, but it is kind of crazy to put all of that into a college you're going to have to pay for.

And even more simply than using money, we start prioritizing what will look good for colleges over everything else. Carefully calculating our every move over the course of four years just to craft the

perfect application, deciding what we'll do in our free time so that colleges think we're good enough for them.

So while the whole college scandal was extreme, I don't think it's surprising. The motivation there was really no different than the motivation to join service clubs or rowing. It just added an element of immorality to the systemic issue that plagues every kid over 14 and their parents, so that's what set it apart.

And this brings us back to the phrase 'grades before everything else'. It's a harmless comment, but even so it perpetuates the idea that college is the most important thing in the world.

As we continue to see more competitive admissions into colleges and more emphasis on good schools, I think we stray farther away from what matters in life. Mental health, happiness, finding something you're passionate about. People will continue to do whatever it takes, regardless of the negative effects.

At this point, it's kind of a survival skill; if you're not doing it all, you're not doing enough in the eyes of the admissions officers or so we think. While I think reevaluating what we find important in life is important, I don't think that's enough.

What we need is colleges to enact actual change in regards to admissions process. I don't know what that would look like, but it's frankly not my job to figure that out.

They got us into this mess. It's their job to get us out of it.



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# Suicide Prevention & Mental Health

**TRIGGER WARNING: Articles mention suicide and other potentially distressing mental health issues**

## Complex causes behind rising suicide rates among men

by *Mattea Carberry*

Gender expectations have existed for all of human history. But these expectations are all too confining and can prove detrimental. These societal pressures may even play a factor in leading some to take their own life.

According to the American Foundation for Suicide Prevention (AFSP), men die by suicide 3.54 times more often than women in the United States despite the fact that women attempt suicide 1.4 times more often than men. And in 2017, AFSP found that 69.67% of the year's suicide deaths were white males.

The topic of suicide is a complicated one with numerous factors at play, one of them being the expectations society feeds us.

Senior Tyler Ackerman believes this trend may be due to how many men struggle with sharing their emotions.

"I think on average, it's harder for males to talk about emotions and especially these types of emotions that will fester in someone and eventually lead to an unfortunate suicide," said Ackerman.

This may be a fairly easy behavior to recognize, but knowing why this behavior exists in the first place is an entirely different matter with no clear answer.

Senior Liam Fagan thinks that the way one is raised contributes to this kind of mindset in males.

"A lot of men are raised to be very organized and keep everything together and not be as artistic or abstract or thoughtful," he said.

Ackerman admitted that he sometimes exhibits this kind of behavior of wanting to create and maintain order.

"I want people to think I have control over my life," Ackerman said. "I definitely struggle with talking about emotions sometimes or just talking about what's actually going through my head."

Social worker AJ Gomberg said that these messages received in childhood about the importance of "being a man" or simply not being encouraged to seek help when they need it, aid in developing that confining mindset.

"We all know these traditional stereotypes of how guys are told to suck it up and be strong and girls are consoled and have a positive response when expressing needs and pain, emotional or physical," said Gomberg. "I absolutely think those messages in early childhood make it harder for boys and young men to seek help, to initiate it, to ask for it, and just accept it."

From a female perspective, junior Lucy Traynor thinks this mindset is largely molded by societal expectations and sexism.

"We think of sexism as mostly girls because it's usually aimed at girls, but it can go both ways," she said. "I think the gender norms of how guys should act is the reason why guys are less likely to get help."

Fagan also acknowledged this point as a possible cause for this toxic behavior in males. He thinks that society often fails to address or even acknowledge the struggles of men fully.

"I think we unconsciously think that men's problems don't really matter as much because obviously men have had a higher place in society for a majority of human history and it's not until a very small recent portion of human history that women are being viewed equally," he explained. "This is a time where the focus is more on equality and raising women up and so any time the focus is shifted towards men, it's viewed as an attack or it's unfair."

Fagan pointed out that he doesn't think equality is the core cause of these behaviors in men, but believes it has limited room for discussions regarding men and their masculinity. He reasoned that because society doesn't shed much light on men's struggles, it encourages men to continue to bottle up their emotions since their aren't many people open to talking about them.

Societal expectations alone are only one factor of many that may hold some influence in bringing someone to take their life. Factors such as access to firearms, unemployment, or bullying can play large roles as well. In fact, the AFSP reported that 50.57% of suicides were carried out with firearms.

"On average, [I think among] those that are into hunting or that own a firearm, you would see a disproportionate amount of men who own firearms," said Gomberg. "[But] I think there must be more factors that weigh into that other than access."

With no clear single answer explaining this behavior, there's isn't a sure-fire solution.

Traynor pointed out that shifting

**There is always someone to talk to  
If you feel you or a friend are at risk and  
need support, the following resources are  
available to help**

**National Suicide Prevention Hotline: 1-800-273-8255**

**NT Social Work: Winnetka - Room 225  
Northfield - Room B230**

**Text NSHELP912 to 844-823-5323 for the social  
work office**

**More resources available at:  
<https://www.newtrier.k12.il.us/socialwork/>**

the whole narrative of the matter as a society, while most ideal, is unrealistic. Instead changing how we raise young boys will bring more realistic change.

"By teaching boys right off the bat that [expressing their emotions] is okay, they'll be more likely to go into the world more comfortable with themselves," Traynor said.

Along with being raised in a way that encourages emotional expression, Gomberg said it's crucial for young people to practice these behaviors so that the foundation laid in their childhood could last for the rest of their life.

"The more our young people learn and practice these skills of putting words to their feelings and

trusting someone and being open and vulnerable, [the more it prevents them] from the future 'manbox' boxing them in," he said.

Fagan emphasized that the opportunities men and women are given to express themselves are key components in reshaping current societal expectations.

"If you give men and women equal opportunities to express themselves, it will make things easier," Fagan said. "If you don't allow girls to participate in a certain sport or you don't allow guys to participate in a certain class, that's where problems are created because you're denying someone the opportunity to express themselves in a way that they want to."

## Graphic depictions of suicide in media can lead to copycats, studies show

By *Cleo Pool*

With suicide becoming the 3rd leading cause of death for teens aged 12-19 in the United States, according to the CDC, it is hard to know where to draw the line when depicting it in the media.

A popular example of suicide portrayed on television is the show "13 Reasons Why." The show premiered on Netflix in March of 2017 and was based on a young adult novel by Jay Asher.

The series is about a teenage girl named Hannah Baker who takes her own life, and depicts her recording 13 tapes explaining all the factors like bullying and rape that pushed her to kill herself.

The Netflix Original drew a lot of criticism, as many felt the show glamorized and glorified suicide. They pointed to a risk of copycat suicides, adding to the 'you'll miss me when I'm gone' mentality that comes along with it.

According to a detailed study conducted by the Journal of the American Academy of Child and Adolescent Psychiatry, suicide rates among teens grew significantly since the show premiered. The journal compared the monthly suicide rates from people aged 10 to 64 from January 2013 to March 2017. And found that in teens 10 to 17 an extra 195 suicides were reported within the nine months studied after the release. The study concluded, "the release of "13 Reasons Why" was

associated with a significant increase in monthly suicide rates among US youth aged 10 to 17 years. Caution regarding the exposure of children and adolescents to the series is warranted."

Despite the show depicting the suicide of a young woman, the increase in deaths was mostly related to male suicide rates. The suicide rate for females remained the same in the nine months after the premiere compared to the male's which rate increased 28.9%.

This pattern does not seem to be unique to only depictions of suicide in entertainment. This correlation has been seen in the past through other forms of media. For example, there was an increase of suicides after it was published that Marilyn Monroe took her own life in 1962.

*'The release of 13 Reasons Why was associated with a significant increase in monthly suicide rates'*

The Journal of Epidemiology and Community Health released an article diving into how media coverage correlates to suicide rates. The journal used stats from the month after Monroe's death. The suicide rates spiked for that month and the journal found this to be a pattern that

suicide in the media leads to a jump in numbers.

"During the month of her suicide in August 1962 there were an additional 303 suicides, an increase of 12%. In general, however, highly publicized stories increase the national suicide rate by only 2.51% in the month of media coverage," concluded the article.

Netflix has since added a warning video that plays prior to "13 Reasons Why." The video features the cast members explaining how this show touches on mature material and "if you are struggling with these issues yourself, this series might not be right for you."

The television show's depiction of the death of Hannah is completely different and more gruesome compared to the novel. The original book only refers to how Hannah killed herself in passing.

Nearly two years later, Netflix has removed the scene in which the main character takes her own life in vivid detail. The new scene no longer shows the actions of Hannah. It only her mother finding her body.

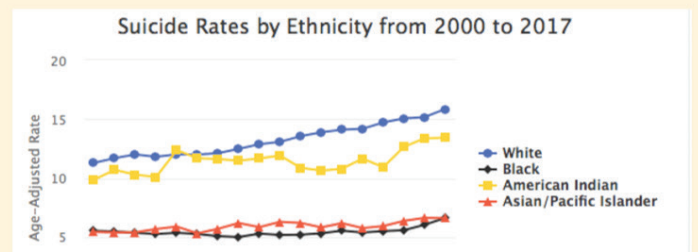
In a statement from one of the writers of the series, Brian Yorkey explains the reason behind the removal of the scene.

"We believe this edit will help the show do the most good for the most people while mitigating any risk for especially vulnerable young viewers," said Yorkey.

## SUICIDE STATISTICS



**Suicide rates of different age groups**



**White males accounted for about 70% of all suicides in 2017**



**Illinois' state rank of suicide rate**

**YOU CAN HELP BY REPORTING UNUSUAL BEHAVIOR AND BEING COMPASSIONATE**

# Suicide Prevention & Mental Health

5

**TRIGGER WARNING: Articles mention suicide and other potentially distressing mental health issues**

## Psychologist, students discuss impact of social media on mental health

by *Amelia Jacobson*

Among the growing concern of social media's negative influence on the mental wellness of teens in the media, some professionals and teenagers are emphasizing the positive impact on teens lives.

A recent Pew Research Center survey found that 97% of US teens use at least one of the seven major online platforms including Instagram, Snapchat, Twitter, and Facebook. In addition, 95% of teens use smartphones, which has increase social media usage.

Wendy E. Phillips, a licensed clinical psychologist in Northbrook, specializes in working with high school students from the North Shore.

"Maybe in the media we hear a lot of negative things, but I think it is a mixed bag. There are some positive things to kids having access to social media," said Phillips.

Phillips mentioned the ability to "enhance friendships and exchange ideas" as positives of social media.

The Pew survey also found similar feelings among teens, where 81% of teens felt more connected to their friends due to social media.

Senior Bailey Pommer said social media "allows me to connect with people from different places that aren't here."

Social media, if used positively, allows for connections and lets teens feel good about their amount of followers and 'likes'.

"I think kids that are well adjusted, meaning they are not clinically depressed or anxious, and know how to kind of use social media to curate a positive image, probably feel pretty good about being online because they get positive feedback," said Phillips

For those who are more vulnerable to being depressed or anxious, the negative impacts of social media can be an issue, especially when they are online for many hours.

"It is not necessarily that social media is to blame for kids maybe

having some emotional issues. It is really the fact that kids who spend a lot of time on social media, tend to not sleep as much and exercise as much and then they are exposed more to the things that might be negative just by the virtue of being online," Phillips said.

Research published in The Lancet Child & Adolescent Health, a journal specializing in teen health, echoed Phillips remarks. The journal conducted almost 10,000 interviews with teens and found that social media itself doesn't cause harm. However, frequent use disrupts positive activities like sleeping and exercising.

Both Phillips and the research said that cyber-bullying and negative news cycle exposure were the main concerns to those vulnerable.

For many students the biggest negative is the amount of time spent on social media which distracts them from their responsibilities.

Sophomore Ariana Kondos said, "I think that my time management

has gotten worse because of my social media. I spend a lot of time on it which is a bad habit of mine."

This distraction then leads to more stress and less sleep.

"Distraction leads to procrastination and then I get stressed doing my (school work)," said senior Brianna Karras.

Phillips suggests supervision as well as reasonable limits to social media access.

"Supervision by parents is really important. I would not advocate for banning anything, but I would advocate doing some real common sense things," Phillips said.

Phillips recommends strategies like using do not disturb or airplane mode on smartphones to prevent notifications. Using an app that tracks online usage can provide insight into one's use—which often is surprises users with high numbers. Lastly, Phillips recommends to not use a phone as an alarm clock because it encourages immediate usage.

Despite these recommendations,

teens in high school are not so keen on the idea of parents overseeing their social media use.

"I don't think that parents should necessarily monitor social media use. I think it can be useful for kids to learn to manage something addictive by themselves. If it becomes too big of a problem then parents should step in," said junior Ian Quan.

Senior Alia Birgé echoes these sentiments and feels the recent media emphasis on social media and mental health is overblown.

"Technology is not the source of all problems," said Birgé.

Phillips recommends teens watch for signs that they or their friends are experiencing detrimental impacts from social media. Signs include a lack of interest in normal activities, feeling apathetic, lack of appetite or looking exhausted.

"I think those are signs of concerns, that may or may not be directly related to social media use, but ones that you would want to kind of investigate more," said Phillips.

*From the Archives: A piece from November 3, 1989*

The feature piece below was published after the theater department put on a production of "Ordinary People," a drama about the accidental death and attempted suicide of two brothers. The conversation about mental health and suicide has progressed significantly in the last 30 years. We have new terminology to describe mental illnesses and no longer classify feelings of "loneliness, shyness," and other feelings the piece mentions as anxiety disorders. Stigma around mental health still exists, and we as a

## NT confronts suicide issue

by *Amy Mayran*

"Ordinary People" was one of the most successful and also one of the most powerful plays to be performed on an NT stage. Though New Trier has had a small number of suicide cases in the past few years, teen suicide continues to be on the rise in the United States.

Between 2,000-2,500 teenagers die each year of suicide, according to a report given at the American Medical Association National Conference. Ten percent of all referrals for psychiatric care are suicide attempts, according to the report.

NT is not blind to this problem. Through an extensive prevention program, students can be stopped from hurting themselves before it's too late. NT has a wide range of resources for students who feel self-destructive. Head of the Social Work Department, Mr. Tom Golebiewski, said,

"Suicide is something that you have to be aware of. The percentages have gone up. NT is pro-

active, which means we take action to make sure that students are safe and secure, and to make sure nothing happens," Golebiewski said.

There are several signs that a teen is self-destructive. Students can come right out and seek help on their own. But most often they release messages through other forms of communication. Students will write notes to friends, write English papers, or let something slip while they are talking that indicates they are having problems.

"Some of the worries are direct or indirect. 'I could just die' has much more to it," Golebiewski said.

Anxiety disorders such as loneliness, shyness, withdrawal, tenseness, extreme perfectionism, boredom, hyperactivity, and changes in eating and sleeping habits are all additional symptoms of teens who commit suicide.

"If a person is getting to a point of hopelessness, isolation,

despair, anger or depression, then there is always someone at school to help them. If they give a clue of these emotions, then they're asking for help," Golebiewski said.

If a friend or a teacher tells the social work department that a student is suicidal, that student will receive a note to speak with the dean of students or a social worker.

"We have to decide if it's valid," Dean Jon White said. "We have to assess how at risk they are. Teenagers with emotional problems aren't always suicidal."

Sometimes it can be difficult to approach a student. "But at that point, we're pretty straightforward," White said.

"It's better to address the person, so that we can confront the issue," Golebiewski said.

Once it is determined that there could be a problem, the dean or one of the social workers talks with the student's parents

and his/her adviser. The suggestion is made to parents to take their child for an evaluation by an M.D. Before returning to school, that student must have a letter from a doctor, White said.

Students at NT face many pressures. A combination of things can build up and seem to close in on a person, White said. Golebiewski commented on ways that students can monitor themselves.

"NT is very achievement oriented. Students have to deal with college applications, SAT's, ACT's, and grades. It is crucial for a student to have realistic expectations of what they can personally achieve. They must understand their limitations in order to survive," he said.

Golebiewski claims there are four ways of handling stress: 1) to deny it exists; 2) to recognize it but not do anything about it; 3) to acquire self-damaging behavior, such as addictions; 4) to develop a life management plan

that balances work responsibility with relaxation.

"To take care of yourself with a proper diet, rest, relaxation, and exercise is a form of prevention in a state of crisis," Golebiewski said.

NT has several prevention-type programs. Students can seek individual counseling or join peer groups. There are also 24-hour hotlines for crisis situations. Any questions or information can be obtained in the social work office.

Students are urged to seek help if the pressure of high school or any outside stress gets to be more than they can handle. If a friend is giving self-destructive messages, talk to a trusted adult so that the situation can be taken care of before someone gets hurt. Names will be kept confidential.

"Suicide is not a viable option. There are always alternative solutions," White said.

## Students support assemblies and seminars to discuss mental health

by *Nadia Jaikaran*

New Trier seems to offer almost everything a student needs to flourish—from cooking clubs to coding classes, students are presented with an array of activities to choose from. Despite these offerings, some students believe New Trier lacks sufficient discussion of an important topic: mental health.

"I feel like certain areas of mental health—such as dealing with stress—are talked about a lot, but others like social anxiety, eating disorders, and depression aren't discussed as much," junior Caroline Bewley said.

In order to address these shortcomings, Bewley stated that

mental health conversations should be continued outside of the health class setting.

"When you learn about something in the classroom, you feel removed from the subject, but we as students need to know that we may end up being impacted by mental illness during our high school career, and that's one-hundred percent normal."

Student Council has taken a step towards bringing mental health outside of the classroom by posting infographics and tip line advertisements throughout the school. Senior Andrew Moerschel commends Student Council for their efforts.

"In my experience, it is the

visual imagery in my everyday commute through the hallways that gives me the reminder to monitor my mental health," said Moerschel.

Sophomore Joey Stuart believes that New Trier has the resources, but students lack the knowledge of where to obtain them.

"I think we need to encourage people more to go to the counselors or their advisors. Also, I don't think it would be a bad idea if at the start of the school year, advisories would take time and meet with social workers and counselors at school," stated Stuart.

Stuart added in correlation with how juniors and seniors meet regularly with their college counselors, students should prioritize

their mental health.

Senior Jason Li agreed that more conversation will lead to more awareness. He added that the administration and teachers should prioritize mental health discussions.

"New Trier does not really put in enough time to address mental health. [They] only seem to address it during advisory, and it's rare for those discussions to even take place. I really hope that we can have more assemblies or advisory sessions talking about mental health," said Li.

Likewise, Moerschel agreed that the responsibility of provoking conversation falls on the shoulders of the administration and teachers.

"The administration [and teachers] needs to connect the dots

between the rigorous coursework, student extracurriculars, and other commitments outside of school," states Moerschel, "the surveys are not enough. It is important that there is a mutual understanding, regardless of grade level, that there is a significant number of stressor affecting a variety of people in different ways all at once."

In addition, senior Anya Polonsky believes mental health days are a must.

"I honestly don't remember the last time we talked about mental health, and while it's important to have these conversations, mental health days and de-stress days would be great every now and then," said Polonsky.

# Non-partisan club's debut

Goal of club to create safe space for political dialogue across the spectrum

by Simren Dadwani

Non-partisan club is not much different than Republican or Democrat club, however it provides a safe place where students are encouraged to seek compromise between partisan ideas instead of focusing on differences. Non-partisan club has many different ideas and goals on how to bring together different political views from opposing sides.

Junior Ethan VanGosen, one of the heads of the non-partisan club, stated that his goal was to help create a place where people feel comfortable expressing their own opinions.

"The goals of our club are more to unite partisan perspectives from the Democrat side, moderate side and Republican side. We really want to create a space where people can express their views and things that they are really interested in, in a safe space," said VanGosen.

The Republican club believes that their club is necessary because they wanted students in their club to be able to focus on just one agenda.

"This club is necessary because it allows students who identify with Republican views a chance to express themselves. It also serves the purpose of giving NT students a way to explore certain views and ideas in politics today," said head of Republican club, junior David Cisneros.

Although the ultimate goal of the club is to have a space where students can express their views,



Co-heads of non-partisan club juniors Ethan VanGosen and Max Russo. Not pictured is the third co-head, junior Charlotte Gonikman | Nagel & Towers

the discussions within the club often lead to debates over certain topics.

Ben Yang, sponsor of the non-partisan club, said the club is less about debate and more about understanding.

"As a teacher I would want it to be more educational and less of a debate. Usually students like to come in and debate and argue and win and I would really like them to learn and understand different perspectives. But mostly I am trying to support the leaders," stated Yang.

Yang said that having a non-partisan approach can lead to a well rounded discussion.

"I do feel that having a non-partisan approach to discussion can be very beneficial and that most of the discussion we hear from our leaders are pretty partisan," explained Yang. At the meetings each week students have a discussion based on a topic they are interested in.

"Usually we will have a specific topic for that meeting that is a relevant or current issue, whether it is the border wall or specific climate change agenda and we will just talk about it and we will bring in different perspectives from the democratic side or republican side," said VanGosen.

With the growing focus on civics and the need to unify the country, the goal of the non-partisan club seems self-evident.

"I think as we're growing, we should be exposed to multiple perspectives. Like probably in our families we get exposed to only one party, but it is important to get exposed to multiple views," said VanGosen.

Cisneros believes that while multiple perspectives are important, there is an unspoken stigma against certain views, specifically Republican views.

"Some people have told me that they have been judged by others after voicing their opinions in class. I believe that we should be able to agree on subjects, but it shouldn't come to the level that we are afraid to voice our views inside of class" said Cisneros.

VanGosen has been to Republican and Democratic clubs before and didn't really like the fact that they focused on their own agenda.

"Those clubs really try to show those one-partisan view points and we really wanted to create a club where people could come and talk about their views and it would be a safe space for all," explained VanGosen.

From the Archives: Editorial from Sept. 16, 1983 that argued against smoking area restrictions by the administration. Although the method of smoking has changed since 1983, the health concerns that follow this habit remain.

## Smoking area should stay open

For the first time in the history of the smoking area, students are being forced to carry parental permission permits in order to be in that part of the school.

The main problem, however, does not lie in the permit, which is easily justified, but in a group called Concerned Parents, which is putting pressure on the administration to close the area.

These parents are directing their anger in the wrong place. Yes, there is a drug problem nationwide among teenagers, but this problem did not begin in a 15x20 yard area where students smoke instead of using a two foot wide bathroom stall. This problem comes from other forces.

Parents who are calling for the immediate closing of the area are vastly overlooking the many problems that would arise after its close.

The area was not put in so that kids could freely smoke in school, as the administration does not condone the practice. The smoking area was in fact put in for the non-smoker who did not want to come in contact with the direct hazards of cigarettes.

When progress by an administration has been made, such as with this landmark decision, it makes no sense to retreat. If there are problems in the area, they would just spread to places where they never happened before if the area was no longer available.

The administration showed that they do listen to what the parents ask as they implemented the well-needed permit, and placed more para-professionals in the area. Let's just hope that the community does not apply pressure on and force them to close the area.

# Glencoe teacher to publish her first book

Local teacher's book will be released in late fall

by Alex Rubinstein

Kimberly Gabriel, a middle school teacher in Glencoe, wrote a young adult novel entitled "Every Stolen Breath" that is currently available for preorder. The book will be released fully on November 5th. "Every Stolen Breath" is contemporary with dystopian elements. The story is inspired by the 2011 flash mob attacks, where mobs of teenagers would emerge from a crowd to attack a single person, and nobody could really stop them.

This topic is personal for Gabriel. "I was living in the city when these flash mob attacks started occurring on the north side of the city in these proclaimed safe neighborhoods, and they were terrifying. I was pregnant with my second child, and every single time my husband left the house, I was worried that he was going to be involved or be near one of these attacks. For whatever reason, people who lived in the city during that time were just really scared by them. Even though there were only a small handful of actual attacks, the concept of it was terrifying, so eventually I thought that would be a great theme for a book," said Gabriel.

In "Every Stolen Breath", the father of the protagonist (Lia) was killed by a flash mob. Lia then sets out to prove that the attacks are premeditated. While this is the main focus of the novel, there is also an element of dystopian Chicago



Kimberly Gabriel poses in a Portland bookstore after a recent book event | [www.kimberlygabriel.com](http://www.kimberlygabriel.com)

with regards to the lakefront.

All of the lakefront land is currently protected, which is why there are beaches, harbors, and a running path along the lake. While running along the lake, Gabriel started to think about what would happen if all the land was sold.

"That kind of brought politics into [my book]. Our city is kind of broke, but what if it was so broke that the only way to get itself back on its feet would be to sell off all of the property in front. I took that idea, and I combined it with the flash mobs that were going on in the city at the time, and I turned it into this contemporary novel. However, it does have a dystopia type feel to it. It wasn't my plan to make it a dystopia setting, but it's definitely there."

While Gabriel doesn't have a favorite part of the novel, she loves particular exchanges between characters.

"Lia's best friend named Adam is my favorite character in the book, so anytime he's in a scene, I really like that scene especially because Adam is uninhibited. He's that person who will say exactly what's on his mind, and he has witty comeback that comes on time instead of thinking about it fifteen minutes later. He's a fun character to be best friends with, but also a fun character to write," said Gabriel.

As a teacher, a mom, and a writer, Gabriel's unique perspective informs her teenage characters. "I would say that being a mom and also being a teacher helps me see the whole kid, so when I'm in the classroom, or I'm being a parent, I get to see the good sides of kids, the hard sides of kids, the things they struggle with, and also the things that aren't so great about them—the bad decisions that they make.

That makes for really interesting

characters that aren't one sided or one dimensional," said Gabriel. In order to balance teaching and writing, Gabriel focuses on compartmentalizing.

She said, "I wake up very early in the morning to write. I woke up at about 4:30 this morning, and I wrote before I came here. Sometimes I revisit it throughout the day, but one thing I try really hard to do is to be present in the moment. If I'm writing, I'm not thinking about teaching or being a mom (which is nice because in the morning, my kids are asleep). When I'm at my job, I try really hard not to think about writing. Then, when I'm with my kids, I'm not thinking about teaching or writing, I'm with my kids. You have to realize that every now and again, as you're juggling, you're going to drop the ball. If you're ok with that, if you can pick it back up and keep going, you are going to be successful."

Gabriel found the marketing side of writing a book to be one of the most challenging aspects.

She said, "The other hard part of writing that I never anticipated, that isn't the writing at all, is publicizing the book. Social media is a big part of that. While social media can be fun, it can also be daunting staying on top of social media while trying to teach and be a mom."

Through the writing process, Gabriel has also discovered an online writing community that she leans on for support. "I am a part of several Facebook groups for writers, and in those Facebook groups, we share stories and talk about what we're doing. There's this whole part of writing a book where I need critique partners who are going to critique my work and help me make it better, but then, there's also this part of marketing your book, and getting into the publicity stages, and even acquiring agents. It's so nice to have other people that you can talk to about these experiences," said Gabriel.

The book is up for preorder right now. You can order it at Amazon, or Target, or Indiebound. The Bookstall is also selling the book right now and accepting preorders. Gabriel added that "If you preorder, you get a pre order incentive. I have an author commentary where I've gone through the book and I include all my thoughts: how I came up with characters, what the setting means to me, or what I was thinking as I was writing. I also have cute little pins that come in the pre order incentive package. Then, once it's out on November 5th, you can get it anywhere where books are sold."

# Boys soccer rebounds in the second half to beat Loyola

Franzen's goal in the second half seals the win

by *Mattea Carberry*

In a tough game against Loyola on Sept. 5, the boys' soccer team came out with a 2-1 win.

After a slow start in the first half, in which Loyola scored the first goal, the boys rebounded, landing two goals in the second half.

Head coach Matt Ravenscraft said the team wasn't where they needed to be in the first half, but the fresh mindset going into the second half is what brought home the win.

"We were pretty down at half time because we gave up a late goal which was sloppy on our part," said Ravenscraft. "But we came out in the second half and I saw my team again."

Junior Will Franzen noted how the team wasn't happy with how they were playing in the first half. But at half time, they took the opportunity to reset.

"We got in the huddle, just the players, and we said to ourselves,

'we're going to go out and win the game,'" said Franzen.

Junior Jake Krueger thought that senior Aidan Crowder's gameplay also contributed to the team eventually being able to come together in the end.

"Crowder put them to work the whole game," Krueger said. "He made some big tackles that gave us faith in the game."

After senior Ryan Ball scored the first goal, Franzen was convinced the team would only continue to succeed throughout the rest of the game. His conviction was proven correct when he landed the second goal, securing the win.

"I knew the second [goal] was coming after he scored the first one," Franzen said. "I was just happy to get it myself."

Ravenscraft believed the fact they were playing Loyola may have contributed to the rough start.

"The majority of these kids know each other from playing club soccer and so that can be a difficult thing to manage as a high school player because there's so many intersecting relationships," he said.

Ball said that despite having

some connections with Loyola's team it didn't hold them back from pursuing their ultimate goal of winning.

"A lot of us knew guys on the team but we just tried to treat it like every other game," said Ball.

Franzen thought that the familiarity of the opposing team only enhanced the energy of the game and made it more fun.

"We definitely wanted to win tonight, badly," he said. "Winning against Loyola – against friends we know from our club teams – is an amazing feeling. Especially when they thought they were going to win at half."

Krueger appreciated the tough competition Loyola brought to the table.

"They got a lot of young players who are confident and they're good players," he said. "They gave us a fight today and I think they were great."

Going forward, Ravenscraft hopes for the strong offensive play to continue while also looking to strengthen their defense.

"Our front six is strong when they're locked in," Ravenscraft



Ryan Ball scored the first goal in the 2-1 win against Loyola | NT Twitter

said. "We are still waiting to click defensively, so [we should continue] to improve on our ability to defend set pieces and also defend in the run of play."

Krueger agreed that their offensive play is essential to their success in the future.

"Our strength is definitely keeping the ball in the final third, finding those spaces, getting to the box, and finishing like we did today," said Krueger.

Ball also noted their dominance when the team is clicking, but acknowledged that they could work

on getting to that point more often.

"When we get the ball moving on the ground, the teams can't stop us," he said. "We just need to work on consistency."

With new players on the team, the boys have yet to fully sync up with one another. But with every practice and game, they're getting closer to being that unstoppable team Ball described.

"With time and team chemistry, we'll get it down," Ball said.

# Girls golf opens season at Waukegan Invite

Treves show promise in first tournament of season

by *Cleo Pool*

On Sept. 7, girls golf participated at the Waukegan Invite, known as one of the best invites, drawing teams from across the area. The girls will see many of the teams again at state. Overall, the team scored a 333, which placed them in the middle of the pack.

Despite some rough matches, including some that were rained out, the start of the season has been looking good for the team.

The team is beginning to get back into the groove and looking forward to more challenging matches to come.

Junior Audrey Tir believes that although the weekend did not go as planned, the team will make a comeback.

"It was a little rough for our team yesterday but we're keeping our heads up and won't let this deter us," Tir continued, "Even though none of us played our best games we still managed to stay in contention for the top 5 which means that our team definitely has the potential to win other invites."

The Waukegan Invite was crucial to the season. Head coach, Scott Fricke, sees this invite as one of the best, considering that it was made up of the top teams in the area.

"The Waukegan Invite this weekend is probably the best invite in the state," said Fricke.

The team saw this invite as a checkpoint and learning opportunity in the season. This season has been different from past years due to the young lineup, which consists of three juniors, two sophomores, and a freshman.

"Even though most of our team is gone from last year, we gained many valuable players who more than make up for our losses," said Tir.

This is junior Elise Parker's first year on the team and she has already learned how the team views these invites. Parker saw the invite as an opportunity to adapt and get a feel for



Girls' Golf show off their win at the summer Prospect Invite | NT Golf Twitter

the competition.

"At the invite I think we all know we could have done better but it was a good chance to see some of the teams we might be competing with in the future as well as getting to play another 18 holes," said Parker. Sophomore Carter Sichel agreed.

"We've been working on our short game a lot and playing on the course to prepare for the season."

As the team approaches state they are constantly looking for ways to get practice in. Right now practice and gaining experience is essential for the team.

"We are looking to gain experience by playing a very competitive schedule," said Fricke.

The team has begun preparing for state next month working on a variety of skills to make sure that they are prepared for what is to come. The end goal is to lessen their scores.

"Our team has been practicing every week on the course, putting greens, and range to work to lower our scores through the rest of the season," said Parker.

In 2017, the girls finished first in state, and in 2018, they finished

fourth. However, last year's state team was made of mostly seniors. In fact, juniors Olivia Siebert and Tir are the only returning state finishers.

Tir and Siebert know the team now. Although Tir does see a change in the team due to the loss of many key graduates, she sees the young members as having a good opportunity to grow.

She knows that the younger girls will have a lot to adjust to but she knows that they will put in the work.

"Last year we lost four seniors on the varsity, so a lot of the girls are new to the courses we play and even new to the campuses of New Trier," said Tir.

The Waukegan Invite may have not ended in the team's favor, but the girls are keeping their heads up and looking forward to a good end to the season.

"Overall I think that New Trier's girls golf season looks promising and I'm super excited for what's to come," said Tir.

# Alumni vs. student football

Play by play of the 1919 Alumni vs. Student football game as reported in the first issue of the New Trier News

**NEW TRIER, 14; ALUMNI, 7.**  
On Saturday afternoon the Big Black Team opened its 1919 season with a 14-7 victory over the Alumni. Although handicapped by apparent lack of practice, they put up a remarkably fast game and showed unmistakable signs of strength and speed. Their attack, confined mostly to straight football, was fairly smooth and well developed. Their off-tackle plays and cross backs were particularly effective, the backs showing promising driving power and the forwards considerable skill in opening holes.  
For New Trier, Wright and Clore were especially brilliant on the defense. Time and again they turned back the Alumni rushes and frequently converted them into losses. The plunging of Richards, Weinecke and MacLean were the features of our offense.  
For the Alumni, Hale, Borgfelt and Moore were the defensive stars, while Ambler and Moore bore the brunt of the attack. Moore's spectacular 40-yard run for a touchdown in the fourth quarter was easily the feature of the game. His forward passes were worthy of special mention also, for these, with Ambler's rushes, were responsible for all of the Alumni's touchdowns.  
The Black backs marched down the field for touchdown in both the first and second quarters. The retirement of MacLean at the end of the half weakened the offense very noticeably and thereafter the Alumni were able to stop all our efforts before their 20-yard line was reached.  
The score is hardly a fair indication of the relative strength of the teams. The Alumni made only three first downs by rushing, their progress being mainly due to their ability to recover their own fumbles after the ball had rolled considerable distances. Their lone score came as a result of a misdirected forward pass, which fell unluckily into Moore's hands and left him practically a clear field. The game in detail:  
**First Quarter.**  
Hale kicked off to MacLean, who returned the ball to his 30-yard line. MacLean failed to gain through center. Weinecke also failed to gain through the same place. MacLean

through guard. Richards was thrown for a loss in attempting to skirt right end, but on the next play slipped through tackle for a 10-yard gain. Weinecke made it first down with a 3-yard drive through center. The same player made 14 yards on the next two plays by his powerful plunges through the line, putting the ball on the Alumni's 30-yard line. Richards made 2 yards through guard and 3 around right end, but MacLean failed to gain through guard on the next play. Richards' attempted drop-kick went wide of the uprights and it was the Alumni's ball on their 20-yard line.

Wright threw Moore for a loss and Weld turned back Ambler. Keith fumbled, but recovered the ball after it had rolled to his 5-yard line. Moore punted from behind the goal to Richards, who ran 35 yards for the first touchdown of the season. Wright punted out and Richards kicked the goal as the quarter ended. Score: N. T., 7. Alumni, 0.

**Second Quarter.**  
Richards kicked off to Hale, whom Killen tackled on the 40-yard line. Ambler fumbled and Clore recovered the ball on the 35. Richards made 2 at end and Weinecke 7 through tackle, but Borgfelt and Hale smothered the next two plays and the ball went to the Alumni on downs.

Ambler made 2 through the line. MacLean threw Moore for a loss and Ambler failed to gain. MacLean blocked Moore's punt and Kuelzow recovered on the 20-yard line.

MacLean plowed through center for 5 yards. Richards added 4 more through tackle, making first down on the 10-yard line. Weinecke plunged through the line for 4, and Richards made the same amount on a cross back. Borgfelt stopped MacLean a yard behind the line, but Barrows went over on the next play on a quarterback play through guard. Richards kicked the goal. Score: N. T., 14; Alumni, 0.

Richards kicked off to Phalen, who returned the ball 25 yards to the 40-yard line. Wright threw Phalen for a 6-yard loss. Ambler fumbled. Wright stopped Ambler's attempt at center. Moore's forward pass went wide and N. T. took the ball on downs. Richards fumbled on the first play and Calhoun recovered for the Alumni. Phalen and Keith failed to gain. Ambler made 8 through guard, but Clore threw Phalen again on the next play and the ball again went to N. T. on downs. Weinecke plunged through for 7 yards as the half ended.

# Girls swimming and diving defeats Ramblers in rivalry meet

## Trevians Pass An Early Test Against Quality Opponent

by Connor Caserio

On Sept. 20, girls varsity swimming and diving won an early-season dual meet against the Loyola Ramblers at the Winnetka campus natatorium.

New Trier and Loyola's fierce rivalry and the fact that swimmers from both schools compete on the same club teams during the offseason made for an exciting and energetic atmosphere at the meet.

Though the Trevians came out on top in the end, both sides savored the added competitiveness of the match-up.

"Loyola is always a good competitor because they've been our rivals for so long," said junior Greta Pelzek. "It was great to see all of them again and super fun to race them—it was like we were back at a club practice just racing our friends."

Along with being an exciting rivalry meet, it was also an opportunity for many Trevian swimmers and divers to test themselves in a competitive environment.

Head Coach Robert Guy felt that his team did an excellent job handling this early-season challenge. He attributed much of their success to hard work during the offseason.

"Even though this is the beginning of our season, we have so many girls that have just been working hard for many months with their club teams," said Guy. "It's just really fun to see how much growth

there has been for so many of our swimmers."

Pelzek echoed Guy in saying that Trevian swimmers and divers have trained extra hard in preparation for this season.

"Everybody has been working super hard already this season in the water and in the weight room. Everyone seems like they're working for that top goal and are invested in this team," said Pelzek.

By working to be the absolute best they can be at swimming or diving, the Trevians have prepared themselves well for the rest of their season.

Against Loyola, the Trevians faced a challenge because Guy made most varsity swimmers compete in their "off events."

Winning the meet despite this difficulty showed the team that they can still accomplish a lot in challenging situations.

Guy felt that this decision, along with the simple competitive exposure of an early-season meet, helped him and his swimmers' better understand the team's current strengths and weaknesses.

"I was really happy with the performances today," said Guy. "We are starting to figure out where everybody is at this point and what we need to work on."

Senior Audrey Richardson agreed, "For my first meet of the season, I'd say it was pretty successful. It's always good to race and know what I have to improve on in practice."

Looking ahead, the Trevians will have to keep up the hard work if they are to improve upon last year's



Trevian and Rambler swimmers compete in the varsity 200-meter freestyle relay at the Sept. 20 meet | Caserio

3rd place finish at state. There are several key meets on the way to state, of which the Trevian Relays on Oct. 19 is perhaps the most important.

"I think the Trevian Relays will be a good indicator as to how we are looking for the end of the season," said Richardson.

When the state finals do roll around in late November, the Trevians will have to contend with a host of formidable opponents. Neuqua Valley and Aurora, the top two finishers from state last year, are

both back strong.

A host of other excellent teams including conference opponents Evanston and Maine South are also ready to compete.

Despite these opponents' formidability, Pelzek was confident in the attainability of a state trophy for the Trevians.

"Our biggest team goal is to win state, which I think is definitely possible," said Pelzek. "All the girls on varsity are super talented and we can put together a great team and

good lineup for sectionals and state.

While Guy was more pragmatic than Pelzek, he demonstrated similar confidence in the Trevians' ability to compete with anyone in the state.

"If we are taking care of the things that we can control and really focusing on the season one day at a time, the results on the clock at the end of the meet are going to speak for themselves and everybody is going to be really pleased with their performances," said Guy.

# Boys golf's perfect season spoiled by Glenbrook North

## Team Remains Optimistic About State Title Chances Despite Loss

by Matt Murray

The varsity boys golf team's run of eight consecutive victories to begin the 2019 season was halted on Sept. 17 in a 150-148 loss to Glenbrook North.

While narrowly losing to a perennial sectional qualifier is nothing to be ashamed of, the loss in the nine-hole match to Glenbrook North marked the first defeat of the season for the boys golf team.

"I think that losing builds character more than winning does, but obviously [losing] is tough to take," said senior Brian Joseph. "But I think the fact that we actually did lose on Tuesday. While it was a tough loss, will help us in the future."

The loss to Glenbrook North was the first blemish in what has otherwise been an outstanding season for the team.

Although an undefeated season is now out of the realm of possibility, the team remains undefeated in 18-hole invitationals as of the writing of this article, which tend to more accurately exhibit a team's abilities.

"We have an invite every Saturday [until the postseason starts], and those are typically the more important tournaments," said senior Davis Johnson.

The team's dominance this season can likely be traced back to their season opening victory at the Woodstock Invitational.

Despite playing at the notoriously difficult Bull Valley Golf Club, the team's top four golfers tallied an invite-winning score of

309, headlined by junior Charlie Creamean going one under par with a score of 71.

"[Bull Valley] is one of the hardest courses in the state, and, in years past, we've struggled to play well there," said Joseph. "But this year we won there by a large margin, and that helped to increase morale and make us believe that we could do [very well] this year."

The team's energizing victory at Bull Valley has translated into the scorching start that has put the team firmly in the state championship conversation.

Creamean and senior Daniel Tanaka have led the way, consistently flirting with and scoring under par respectively.

In fact, Tanaka shot a combined five-under par between the Buffalo Grove Invite and Deerfield Invite, tying for the best individual score in the former.

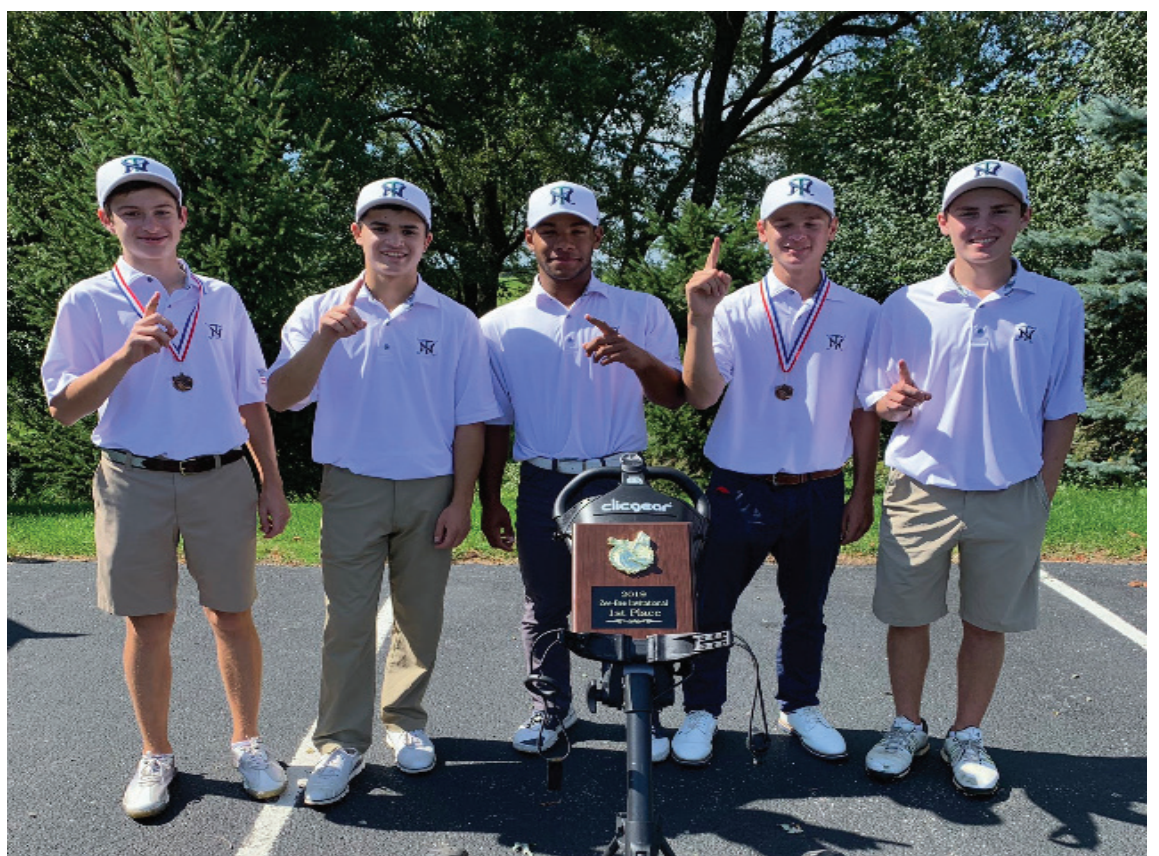
"We've been playing really well as a team. We've been winning all of our invites against some of the top teams in the state," said Tanaka. "We've been playing really well, and hopefully we can keep it up and win a state championship."

However, while the individual play of Tanaka and Creamean has been exceptional, the abundance of quality golfers has also played a major role in the team's dominant start.

The roster around Tanaka and Creamean features many players from last season's state-qualifying team such as Joseph, Johnson, junior Michael Rudnick, and senior Sam Weber.

The regular rotation has also been bolstered by the addition of sophomore James Pryor, a consistent mid-70's shooter in 18-hole rounds.

"We have ten varsity golfers,



The team celebrates their most recent invite victory at the Zion-Benton Invite on Sept. 14 | NT Boys Golf Twitter

and the quality of golf is some of the top in the state of Illinois. One through ten, we're very consistent at shooting low scores," said head coach Pete Drevline. "Some of the best competition [the players] see is not only our opponents, but also in practice."

Although the talents of the individual players have been an integral part of their success, the players' experience playing with each other has built unwavering trust and confidence between them.

"We've gotten to know each other very well as teammates. We've had a lot of interactions with each other and gotten to know each

other very well over time," said Joseph. "We've been able to harness that individual quality of golf and translate it into being a team sport."

Despite the loss to Glenbrook North and the numerous invites before the postseason begins on Oct. 7, the boys golf team's success this season puts a goal greater than any invitational victory at the forefront: capturing the team's first state title since 2003.

"The goal is always to improve and to peak at the right time," said Drevline. "I think that this team is very focused and determined to win a state championship, and I think if we had any result but that they'd be a

little disappointed."

With seniors such as Tanaka, Joseph, and Johnson in their final seasons, taking advantage of the championship window will be paramount for the boys golf team.

With the combination of talent and experience on the roster, the seniors' final title shot may also be their best.

"Our goal this year is definitely to win state. It's my last year, so I don't see a better year to be able to do that," said Joseph. "We have such a good team both talent-wise and chemistry-wise, and this is the year that we can do it."