

**peek INSIDE FOR SATIRE**

# Everything I-Days

By VALENTINA VIANNA

Lights, music, costumes, sequins, glitter and more glitter. From 8 a.m. on March 6 through the evening show on March 9, the hallways of Lane Tech are abuzz with all things I-Days. “This is our fifth year doing I-Days,” said Maureen Bradish on behalf of herself and her co-sponsor, Ms. Atwood, “and we really feel like we have got it down to our system where it almost runs itself.”

For many years I-Days has drawn a crowd. “Oh, I’ve been at Lane, 24 years now, and I’ve come every year,” said Gregg Mitchell.

Various things keep students and staff coming back year after year. “The commitment of the students who perform in I-Days never ceases to amaze me,” Bradish said. “Every single year, I am overwhelmed with their talent.”

This commitment means more than simply putting on a good show. To senior Jazz Gonzalez, the commitment built a family. “I feel like it’s very friendly and very, like, a second family to me, just in the same club for three years, you grow a lot, and you learn a lot, especially with the people that you started with,” Gonzalez said.

Despite the consistency of commitment, I-Days has changed significantly, according to Martin Nguyen, a senior in Vietnamese Club. “Definitely, when I started, it was three days, so the first day was kind of like, practice day, or, like, a break day, but then Friday comes, and then it’s, like, getting more serious and serious,” Nguyen said. “So, before, like, 3 years ago, it used to be: It gets, harder and harder every day.”

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PHOTO COURTESY OF JACE SIKORA

Karyssa Vasavanont and Wenjun Ou closing the Vietnamese Club dance.

## New pizza restaurant opens in old Hero’s building

By HENRY LANDAZURI-MORTENSEN

A little over eight years ago, in June of 2017, the Lane community said farewell to an institution: Hero’s Sub Shop. After over 50 years of operation at the northwest corner of Western and Addison, the restaurant closed its doors and the building was left vacant.

Norberto Rodriguez, a Lane alum who graduated in 1995, has fond memories of the establishment. “[Lunch] was as it is now, it was open campus, you know, so we probably hit that place about once a week. The food was good...and it was just like a line out the door,” he said.



PHOTO BY HENRY LANDAZURI-MORTENSEN

Retro Pizza is located at 3600 N Western Ave.

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## Committees and crisis at Lane’s first Model UN conference

By SARAH ROJAS and ELLIE SANDERSON

The World Health Organization, Trump’s Cabinet, international security issues, and even orange face paint took center stage April 4 at Lane Tech’s Model United Nations conference. Model UN allows high schoolers to act as diplomats or counties in general committees, or also act as delegates from fictitious places in crisis committees.

In this conference, which was the first hosted by Lane, students were brought together to simulate distinct and real-world discussions in politics. Months of preparation made the event possible months before delegates were able

to step into their complex roles. Crisis Captain Roman Brice, along with many other team members, worked on the creation of the conference for over a year—leaving enough time to put together committees and invite schools from around the city. “[The conference is] just the sort of thing where you just have to go through with it,” said Brice, who is a senior. “You tell yourself ‘OK, we’re gonna start organizing this.’ And we have lots of connections with other schools.”

These connections are what got numerous schools and independent delegates to participate in Lane’s first Model UN conference.

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## Lane Tech choir places third at IHSA contest

By JONAS GRAY

The Illinois High School Association (IHSA) contest, which happened March 7, is an annual event of choir clubs and classes from all over Illinois. The schools perform, get awarded points based on the quality of their performance and then receive feedback from the judges. “I think we did really well,” junior choir student Amelia Taylor said. “We brought less entries than we normally do, and we still placed top three.”

The more entries they bring the more opportuni-

ties they have to score points. “Normally, we have about 70 to 80 [entries]; we brought, like, 50 this year,” Taylor said.

However IHSA is less of a competition and more of a way for choirs to get critiqued and improve. “The big point of IHSA is getting judge feedback,” said choir teacher Ashley McKinstry. “So when you go in, you sing for the judge, they’re writing down comments, critiques, all of that fun stuff, compliments,” said McKinstry.

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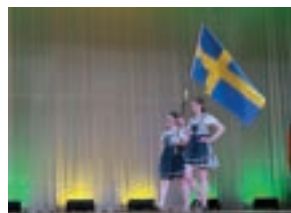


PHOTO COURTESY OF ASHLEY MCKINSTRY

Choir members from left to right. Back: Makayla Mason, Angel Ramirez, Joniah Munoz, Alan Ramanathan, Henry Wachob, Katarina Bumbaris, Harper Henderson, Molly Lewis, Penny Cunningham, Vivian Cooper, Olive Grieco, Mathilde Arabie. Front: Vivan Gerogianis, Mallory Finnigan, Amelia Taylor, Violet Wolfman, Gianna Chumil Lazio.



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# Committees and crisis at Lane's first Model UN conference

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According to Brice, a simple message on Instagram can be enough to invite teams to the conference.

Enthusiasm was needed from Lane's team, too. "What we needed for [the conference] to happen was people to create committees and be willing to chair them and have them happen," Brice said.

One of these Chairs was junior Joc Krysik, the Chair of the World Health Organization (WHO) Committee. Krysik has been participating in MUN for three years—only as a delegate. "But now as a Chair, I get to create my own committee," Krysik said. "Mila and I are the ones running the committee, and we are in charge of it."

Being a Chair is a greater responsibility than just being a delegate, as more preparation is needed. "This will be a different experience to run [the committee], so we'll definitely have more of a leadership role," Krysik said.

The preparation came to life during the conference itself.

Competing in an ad hoc committee, sophomore Evie Chamlin entered without knowing her role ahead of time. "You don't really know what your committee is deciding on or what position you have until you get there," Chamlin



PHOTO COURTESY OF ADAM PARSONS

## Lane's Model UN team celebrates after a successful conference.

said.

Instead of representing a country, her committee simulated a presidential cabinet and took on the roles of different political figures. Their task was to decide who they would nominate for the 2028 election.

Despite the uncertainty and need to adapt quickly to new information, Chamlin said this experience gave her a new appreciation for the challenges of debate. "It kind of makes me understand more how you actually need to debate people that don't agree with you," she said. "And how hard it is to kind of convince them to do something."

Like many students, Chamlin was originally hesitant to join Model UN but encouragement from her friends helped her to take that step. "If they can kind of help me out, then I don't see any reason why I shouldn't join," she said.

While delegates experienced the event firsthand, club leaders worked behind the scenes to ensure the conference ran smoothly. Junior Deniana Clemente, a co-president and Deputy Secretary General of the Model UN, played a major role in organizing the meet. The team began planning in the summer and, with challenges such as schools cancel-

ing at the last minute and needing to quickly find replacements, Clemente said, "Honestly, it feels like a miracle and I'm just so grateful that it happened."

Beyond logistics, Clemente highlighted the importance of leadership and representation within Model UN. "There's not a ton of representation of brown women in politics," she said. "So I just think it was important for me to stick with the team and do well."

For senior Adam Parsons, preparations included reaching out to other schools, coordinating logistical arrangements, and planning productive committees. His and the rest of the team's efforts helped establish the foundation for future conferences. "[To my knowledge] it's the first time Lane Tech has ever had a conference," said Parsons, who's a Secretary General for Model UN. "And it's really important that we start this tradition at our school because it promotes a new legacy of leadership."

Model UN has also changed the way Parsons views global issues. "Being aware of things and learning about different sides and perspectives, different arguments makes you a more well rounded, thoughtful person," he said.

# New pizza restaurant opens in old Hero's building

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"That place was around since before I got there...before my days at Lane. Yeah, I mean, it was definitely an institution," Rodriguez said. "It was definitely sad to see it go."

But the week of March 1st, a new restaurant (technically a new

## Correction from the previous issue

### GENERAL FEATURES

An article in the March issue about the Rang attendance rewards program misidentified the name of the Co-founder and CEO of Rang. His name is Brian Malkin, not Brian Hill.

location, the restaurant also operates in the French Market downtown) called Retro Pizza opened in the old Hero's location, and it has seen many student customers just like Hero's did. Restaurant manager Victor Gonzalez has been happy with the number of students coming during lunch periods. "The waves of students have been really, really nice," he said. "It makes my day go by faster."

But he is aware the new restaurant has big shoes to fill. "I know that this place used to be Hero's Subs, and it was beloved by the community," he said. "If I had a dollar for every time someone came in and was like, 'I'm so glad something opened' or 'I've been coming to Hero's for years,' it would pay for my salary...So it's

nice to know that an establishment like this was beloved by the neighborhood."

But what about the food itself? Retro Pizza's mission is to "rewrite the pizza experience playbook with culinary masterpieces," according to their website, so high expectations are bound to be placed on the new restaurant. Nevertheless, junior Ezra Galant was pleased with it: "Man, it's great. It doesn't really compare to anything around here. Dough is great. Cheese is great. All their ingredients, I mean, really just...just so good. So good."

It's worth noting that Retro Pizza doesn't sell normal pizza; they instead make Roman Pinsa, which is best described as a cross between a flatbread and pizza. The dough is composed of three

different flours—wheat, rice, and soy—allowing for increased water absorption and improved digestibility, according to pinsaromana.info.

Galant was also happy that the place wasn't just another chain. "I think it's a great addition to the food spots around Lane," he said. "I'll take a local spot over a fast food joint any day, you know?"

Galant did note, however, that the restaurant does not come equipped with chain prices—\$8.50 per slice is the baseline there (though students do receive a 10% discount), with prices rising the less basic the pizza gets. "It would be difficult to go there every day," he said in regards to the prices. "But every once in a while, it'd be nice to get some good pizza and support a local business."

# Choir prepares for spring at IHSA

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"And they give us a score at the end and they tell us some things that we can keep working on as we're getting ready for our concert."

A lot of preparation goes into the performances. Senior choir student Henry Wachob said, "I think I got my solo piece, maybe like two or three months ago, and I've been working on that since. And we've been working on the songs in class since like after the winter concert, which was also quite a few months ago."

All this work seems to have paid off. "I thought Lane Tech did amazing. We had some really, really strong people going in for this

competition," said McKinstry.

Choir is built around preparing for these performances, like the spring and winter concerts or IHSA. For IHSA in particular, the process is very student-driven.

"A huge part of our curriculum is learning how to learn music on your own," said McKinstry. "And so it's a more independent study situation. And so IHSA is a great channel for that because the students, we help them, like I help them pick their music and so does our music of the Baroque teacher, Ms. Nelson. But they're basically responsible for learning their own music and students can, we have a little bit of class time that we use, but it's mostly them coming up during their lunch periods or after

school to learn their music."

Although schools were ranked for their performances, IHSA had a fairly friendly atmosphere. "I'll go in and I'll hear them doing musical theater and I'll just be singing along," said Taylor.

"It's really fun, but you can also hear other people like doing those classical pieces and they're like tough pieces. And for me, I like, I love classic music. So I listen to them a lot."

"I'm friends with several of the other teachers," said McKinstry. "For example, I saw the teachers from Whitney Young and from Walter Payton. Saw a couple other teachers from Hubbard were there."

For most members of choir,

IHSA is a great place to continue their passion for the class. "I switched out of my art class to join choir," said Wachob "And ever since, it's just been very fun for me to sing songs that I like, and my teachers have shown me a lot of songs that I wouldn't have discovered without choir, like classical stuff that I just find very beautiful. And over the years, I've just been a part of so many beautiful things. I love music and choir is just a great way for me to kind of practice and experience that love of music."

After the feedback from IHSA, the choir will continue preparing for the spring concert on May 13.

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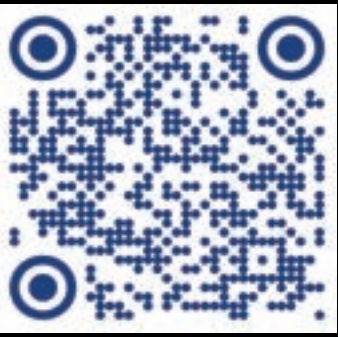
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# Women's History Month reflected in female led spaces at Lane

By ANELIESE YEAGER

At Lane Tech, Women's History Month is more than just a celebration of the past, it's a reflection of the present. Across the school student-led clubs are creating spaces where girls can connect, lead, and make an impact in their community. Through service, advocacy, and shared experiences, these groups highlight the importance of women's voices both inside and outside of the classroom.

Ireland Costello, co-president of Girls for Change, described her club as a space built on connection in action. "We essentially wanted to make a club that would help younger students and girls from different grades connect with each other and get them involved in volunteering opportunities," Costello said. The club focuses not only on community service, but on also raising awareness about issues affecting women. Costello emphasized that leadership opportunities for girls are crucial, and said female role models are particularly important. She added that

Women's History Month helps bring attention to important topics: "There are a lot of issues that we're not aware of and things that we can bring to light during this month." The Girls for Change club recently visited the Claims litigation management center for a seminar on women in the workplace and time/work management.

Other clubs at Lane are also working to create safe and supportive environments. Lyra Calik, Vera Rosenberg, and Nula Fitzpatrick helped start the SISTA club, focused on improving everyday experiences for girls at school. According to Calik, the goal is "to help women in Lane feel more comfortable," especially when facing issues like "jokes at the expense of women or lack of access to necessary resources." Rosenberg said that they "wanted to create a community of girls where girls at Lane feel safe and can make positive change."

Calik also highlighted how male-dominated spaces can make it harder for girls to lead. "A lot of the spaces at Lane are male dominated so it's hard for wom-

en to have a more powerful lead," Calik said. SISTA Club works to counter that by "giving girls a place to take charge and show that they are women who can make Lane the best it can be."

Fitzpatrick connected this work directly to Women's History Month. "It's a really important time to celebrate what we've overcome as women, especially in a school that used to be an all boys school," Fitzpatrick said.

In STEM, Adya Bhushan, founder of the Society of Women Engineers, created her club after experiencing similar challenges. "[Other engineering clubs] were mostly filled with guys and it was hard to find a voice," Bhushan said. "So I wanted to create a space where girls are free to do engineering and their ideas can be used." Bhushan emphasized that women's perspectives are essential: "adding that perspective can create a lot of new ideas."

For Abby Crews-Anderson, her club combines discussion and service to address issues related to feminism. Crews-Anderson

said the club was "inspired by the worsening political climate and aims to support both women and the broader student body." Crews-Anderson also stressed the importance of inclusivity during Women's History Month, explaining that "It's important to include trans women and women of color in these celebrations."

Across all of these groups, there is one shared belief that stands out: learning about women's contributions to history is essential. "[This history] helps students envision themselves in these roles," Costello said. "[This history] shows how women have been persevering and innovative even when faced with challenges," Crews-Anderson said. Women's achievements are often overlooked, according to Calik, and contributions are overshadowed, despite the work women put in.

Despite their impact, many student leaders face challenges in being taken seriously. Costello admitted that "Some people would not take the club seriously," especially when they hear the word "feminist." Crews-Anderson pointed out that

online stereotypes about feminism can influence how people view her club: "This bleeds into people's perception which has been an obstacle to membership and outreach efforts." Calik also described moments when others dismissed their club, recalling how some students had said "No way I'd join that club; it's all about girls," even though their mission is inclusive.

Even facing all of these challenges, these student leaders remain motivated. Many draw inspiration from women in their own lives, especially their mothers. Vera Rosenberg shared, "[My mom is] a lawyer, and she was telling me about how it was so hard for her to get any respect as a female lawyer. And now she's on the executive committee of her firm, and it just shows how far it can get if you really persevere."

# Facing the lack of research on women's health

By SOPHIE WU

It's no secret that women have been historically excluded from fields that were predominantly male led, and the lack of women's health research in the medical and scientific spheres are no exception.

Chemistry teacher Leah Roskin says that it seems that we keep learning about how certain conditions are affecting women much later than how men are affected.

"I always think about heart attack symptoms and what we are all warned about is not the typical symptoms in women," Roskin said. "It seems that inferences into women's health are ever changing and that women have started talking more about symptoms which has changed how the medical field looks at women."

This gap in medical research is not only limited to health issues that arise in both men and women, but Roskin says it can also be seen in the way medicine and science approaches diagnosing and treating endometriosis. "Lots of women have period pain and finally they are being listened to and diagnosed which is ultimately leading to them getting treated," Roskin said.

Researcher Kathryn Zamiela, who is a volunteer for Dr. Ece Mutlu's microbiome lab at UIC, is someone who has been struggling with endometriosis for years and has even joined in the efforts to discover more about the disease. With very little sexual health education and a more conservative family, Zamiela described growing up not entirely prepared for her future and how her own body functions.

"Even doctors were kind of dismissive, and it just went on like that until I had a cyst rupture, and then they were like, 'That's not good,'" Zamiela said. "So just having no understanding about what's going on in my own body was very frustrating."

Senior Ella Lateano, who is hoping to pursue a biomedical major on a pre-med track, also recognizes the lack of research on women and women's health in STEM and medicine—saying that women have remained significantly underrepresented and understudied in medical research.

Being a Women in Lit student, Lateano also studied this topic for her class project, "Left Out: The Hidden Cost of Representation Gaps in Medical Research," and she says that many think of these representational divides as supposedly things of the past, when they are very much still an ongoing concern for women.

She points to pharmacology, which greatly demonstrates the gap in women's health research.

"Because most drugs are tested on men, women have actually reported higher rates and differing adverse side effects because a lot of the time, dosages are adjusted for a man's body composition and metabolism," Lateano said. "Some other examples include how women often go misdiagnosed when they are having heart attacks because symptoms can differ between men and women and also how even though autoimmune disorders disproportionately affect women, we still know very little about them."

But these divides in medical and scientific research surrounding women's health have been long standing gaps for decades. Lateano says that these voids in research are mainly due to the fact that there have always been deeply rooted biases against women when it came to social and scientific inclusion.

She says that for years, men's bodies were always considered the "standard" whereas women's bodies were declared "atypical" simply because of their hormones throughout their menstrual cycles, which, as a result, has led to the greater exclusion of women in clin-



PHOTO BY SOPHIE WU

**Ella Lateano and Penny Dammeyer sharing their project, "Left Out: The Hidden Cost of Representation Gaps in Medical Research," at the Women in Lit Fest event this past January.**

ical trials and biological research.

"This male-norm bias meant that drug-testing and clinical trials used mainly male subjects and then the results were generalized to women," Lateano said. "This imbalance was furthered because of reproductive concerns, specifically following a period of birth-defects that were caused by a drug called thalidomide, where 'women of childbearing potential' were subsequently excluded from all trials."

Roskin also said that these gaps exist due to our culture and society that does not necessarily prioritize women's health. "I would say in the last 20 years women have begun to talk more openly about medical conditions, which I think forces the medical field to look more into those conditions," Roskin said.

Zamiela also said funding for women's health is a subagency of the National Institutes of Health (NIH)—barely even registering as its own specific fund for women, and if anything, that subagency,

the Office of Research on Women's Health (ORWH), is mainly focused on childbirth and childcare, leaving a small sliver of research funding for non-childbirth related issues.

And since women fall under the DEI umbrella, the funding for women's health research has been decreased, forcing some researchers and labs to consider ceasing their work due to a lack of funding.

These traditional gaps in the past have still continued to bleed into the current curriculum that students are taught in secondary schools, especially female students. "If students are learning examples from textbooks that are based on male centered biology, women are not going to have adequate health literacy about their bodies which can lead to more problems down the road," Lateano said.

As for ways to get more involved in helping bridge the research gap for women's health, Roskin suggests talking to different non-profits and organizations that are

available to give information to students with questions. Zamiela also references the Endometriosis Foundation of America which is a very approachable organization.

Lateano says that the first step is to be educated on the matter, as the root of this issue is due to ignorance.

"You can also create or participate in science clubs that discuss these issues and advocate for equality in scientific research, as well as write letters to universities and scientific institutions advocating for more funding towards women centered studies," Lateano said, as she also recalls how many who visited her Women in Lit Fest project didn't know about the disproportionate representation of women in research.

"This is not just a 'women's issue.' Women make up approximately half of the global population—chances are, you know somebody that has been or will be, impacted by the lack of research into women's bodies."

# International Days photo gallery

All Photos by  
JACE SIKORA



Anika Datta from Middle Eastern Club performing with her cane. This year Middle Eastern Club represented Egypt.



Nicaraguan Club poses at the end of their dance.



Connor Chen poses during French Club's dance in the gym.



Dancers from Columbian Club during their performance in the gym.



Dancers from German Club showing off a lift in the gym.



Miya Van Patten, a dancer from Pakistani Club, performing their dance in the gym.



Sophie Wu dancing with her fans with Chinese Club.



A dancer from Filipino Club putting on his blindfold for a portion of the dance.



Sophie Halliday displays the Swedish flag at the end of Scandinavian Club's performance in the gym.



Sloane Benson being lifted on a chair during a celebration in Israeli Club's dance in the gym.



Alizay Kashif from Pakistani Club performing.



A dancer from Polish Club performing.



Dancer from BSA (representing Nigeria) performing.



The chicken from German Club making its appearance.



Dancers from Hellenic Club pose during their dance.



Dancers from Aztlan performing a dip during their performance where they represented Mexico.

# Everything I-Days

Continued from Page 1

"But now it's just straight to I-Days, and then I-Nights," Nguyen said.

This development has not been the only one to update how I-Days is run at Lane. "When I first started, everybody had booths," Mitchell said. "Everything was all set up."

When the booths were in action at I-Days, they usually had cultural foods to be shared all throughout the day.

Remembering those same booths, Nissa Applequist said, "It's just too hard to monitor, make sure it's safe for everyone. But it is a shame that we don't

need to have that element anymore, but for safety's sake, I get it."

Yet, Ms. Applequist said, "I think every new group of students brings their own energy and twists and spin to it."

And clubs sometimes, they'll disappear and reform."

"It's just, it's everyone building each other up," Dean Casey Cheatham said. "There's lots of clubs in there that are from countries who are in the news right now. And just seeing those countries celebrated, seeing everyone together, cheering everybody on."

For Shyla Young, a freshman, serving as a door guard from JROTC, I-Days can be improved by new additions. She said she

would add "Definitely, definitely more cultures, 'cause not all the cultures are introduced."

However Matthew Trice, a junior student council member, said I-Days will not be getting any bigger club-wise. "Next year, we're gonna have 34 clubs participating, which is a lot," Trice said. "We're actually capping it at 34."

India Club's president, Natasha Matznik noted the difference between the gym and the auditorium. "The gym is a lot more hyped. Like, the auditorium's super quiet, which is fine, but it's a lot more fun to be in the gym." Matznik said.

Having participated in I-Days for two years, Matznik said, "I think that it's become more open."

But for viewers like sophomore Ella Vicknair, I-Days is a moment of appreciation of friendship. "I'm so proud of my best friend. She's killing it," said Vicknair, of Marissa Rodriguez in ABC.

Which is something that other viewers appreciate. "Oh, I love the energy," Applequist said. "I love seeing everyone so excited, dressed up, cheering for their classmates, cheering for their friends."

Khadijah Khalifala, the president of Palestinian club added, "I feel like since there's a lot of people out there, it's so much fun and it becomes more hype every year, especially with built confidence, like the older you get."

Khalifala noted the same

change as Ngyuen: the number of days. "The fact that they changed, it kind of makes you want to have fun, like, the only day you have," Khalifala said.

Fellow senior member of Palestinian club Hijaz Kajra said, "I just feel like the biggest change with most people is like how strict it is to be able to perform."

"Like, with the tardies, absences and stuff. I just feel like it should be more lenient since, like, there's tons and tons of people that are ineligible and can't perform."

And I feel like, especially for your seniors, [you] should be way more lenient."

# Creating an ideal classroom environment

By JULIA HICKSON

At 8 a.m., students begin their first period class each day, and their work environment can set the tone for how their class period, or even full day, plays out. “I like a class where the students are talkative, but not disruptive-talkative, and the teacher takes people’s ideas and what works best for them into account,” said senior Indra Catolico.

Similarly, senior Adam Parsons shared the importance of community in terms of productivity and motivation in class. “I feel most motivated when surrounded by other motivated people. It encourages competition, which I think is healthy sometimes in moderation, and it’s also really helpful when other people know what’s going on in case you don’t,” said Parsons. “So I feel most motivated when, not only there’s work, but there’s also other people who are ready to do it in case I fail, there’s other people there to help me out.”

Furthermore, Parsons said, “I think tables are really good for fostering a group effort, especially when there’s a correct answer, it makes certain that everyone can succeed together.”

The goal for students to be most productive in class is also reflected by teachers. “I want an atmosphere where people feel free to ask questions or talk to their group about material, but also where they are comfortable talking to me about material, asking questions if they need to,” said Horticulture and Zoology teacher Kelly Heath. “I do like the group setting, and that makes it easier to have people like to work collaboratively.”

While group seating can often provide freedom to students,

there are times where more strict rules must be put in place. “They might think they’re happier [when choosing their own groups], but it might not be a very efficient way to go about things,” said Heath. “And you know, you have groups that I get less complaints when people choose their own groups, but sometimes there have to be changes.”

This sentiment is shared by art teacher Elizabeth Chisholm. “I let students sit where they want to until I feel like there’s a reason to switch seats, usually behavioral or just mixing it up if the energy is dragging,” said Chisholm.

However, Heath acknowledges that as students get older, they begin to become more aware of the environments that they are choosing to place themselves in when choosing their own seats. “It’s also seniors, so they kind of know they may not choose what’s right for them, but they know what they’re getting into usually,” said Heath. “And I think whereas freshmen, it’s just kind of, nobody really knows each other yet, and it’s a little bit different, you kind of have to manage that more.”

Catolico also agreed that there is a proper time and place for seating charts. “I think at the beginning of the year, I like when [the seating is] teacher assigned, because I think it’s awkward if people don’t know each other, but then towards second semester or something, then I would say choosing groups,” said Catolico.

Additionally, Parsons said, “I think I prefer assigned seating charts for the most part, just because it’s easier, you know, there’s no feelings involved. It just sort of is the way it is. It gives a good chance to connect with other people. There’s a time and a place for, you

know, choosing your own seats.”

While community in a class environment could make or break a class experience, the physical layout of the classroom could also impact a student’s experience. On lighting in classrooms, Catolico said, “I’ll get really bad headaches from artificial lighting. And I feel like a lot of the time, as long as the blinds are open, I feel like it’s not hard to see in any of the classrooms.”

Heath shared that keeping lights off has been a common theme throughout her 23 years at Lane. “I feel like I don’t like it when it’s dreary outside and the lights are down, but students do, like I joke around, but I’m like, a student has never asked me to turn on the lights,” said Heath.

On the same topic, Chisholm said, “I prefer [the lights] off, especially close to our beautiful windows that we have. So, I try to remember to turn off at least two sets of lights, because I think it makes for a nicer, more relaxed environment.”

Aside from her views on lighting, this is not the only thing she does to create a more comfortable environment for students. “I strive to create an environment that is fun, colorful, relaxed, and inspiring,” said Chisholm.

Furthermore, to ensure the students stay motivated, she likes to make sure that they are engaged and excited in what they are working on.

“When they’re getting rewarded and they like what they’re making, and it’s like feeding them, and they want to keep working on it,” said Chisholm. “And so they kind of go right to it and try to use the most of their very short class period.”

Ultimately, when students feel motivated and comfortable in their class environment, it can



PHOTO BY JULIA HICKSON

Paint containers set up in room 447 for students to have easy access to the materials they are currently working with in class. Chisholm said she aims to create an environment “where students know where things are, so that they can be a little bit more self-serving.”



PHOTO BY JULIA HICKSON

Plants from Ms. Heath’s Horticulture class sitting on the windowsills in her classroom, 430. Heath said “I love the view. I love the sun of the south facing windows.”

lead to their success and the success of others. “I think [being motivated to succeed and connect with others is] really important, because a big part of succeeding is that succeeding with other people just feels better,” said Parsons.

## Spring: Fashion’s revival

By DASH ROREM

When cold weather becomes warm and greenery returns to Chicago, many students begin to feel alive again. This revival of energy and excitement is something represented within their clothing.

“Winter is a really hard time for everyone just to do anything, and then it’s even harder to try to look cute at school while you’re miserable,” said senior Ruby Fuller. “So, I think, as we get into the Spring, a lot of Lane students will start to be more ready to go to school and prepare their outfits.”

Senior Evelyn Stang said people gravitate towards sweats and Uggs due to comfort.

However, once warmth is no longer needed, students often become more fashion-forward. “I like to wear knee high boots and in the Spring, I don’t have to care about the snow and any of the weather restrictions as much,” said senior Lana Surgit.

Surgit also said that once she doesn’t need to wear a jacket, she can “show [her] clothing more.”

Fuller shared similar sentiments: “I think it’s easier for, at least for me to express myself more through

my outfits without me having to wear a coat all the time,” Fuller said.

Stang, on the other hand, likes wearing Spring jackets. “I’ve been interested in Napoleon jackets for the past 2 years,” she said. A Napoleon jacket is a French style jacket with lots of dramatic buttons and often metallic detailing.

Stang also said she is interested in “really funky hats” with feathers. “Whatever I like to wear depends on the silhouette of it more than what it actually is,” Stang said.

Furthermore, all students said they enjoy thrifting their new clothes. “I like to wear a lot of thrifted pieces,” Surgit said. “A lot of my clothing is like things I’ve collected over the years.”

Fuller and Stang said they buy a lot of fashion pieces from online second-hand websites, such as eBay or Depop.

“I kind of gravitated towards online second hand thrifting just because I can have more time to relax and not be overstimulated by Goodwill or Village Discount,” Stang said.

Stang also said how thrifting is a more environmentally friendly alternative to buying from fast-fashion



PHOTOS COURTESY OF RUBY FULLER

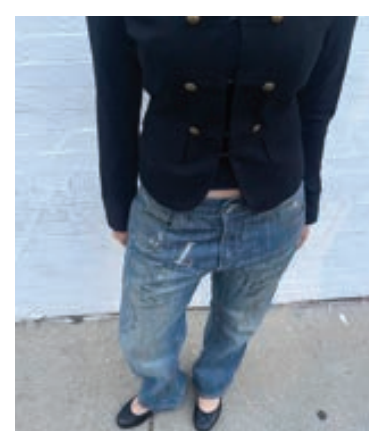
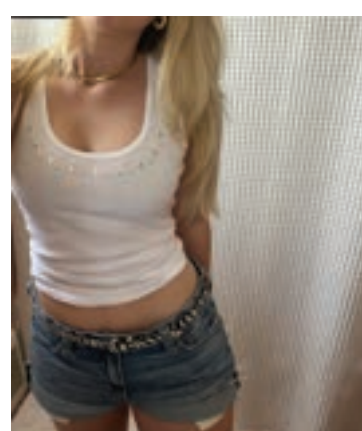
Seniors Ruby Fuller, above, and Evelyn Stang, below, wearing their spring outfits.

ion brands. “Nowadays fast fashion is such a problem that no one thinks about it anymore,” Stang said.

This Spring, Stang, Fuller, and Surgit all said they will be wearing skirts. Surgit said she will “[pair] it with a sweater and like cute boots,” while Fuller enjoys wearing skirts with “a long sleeved top.”

Stang and Surgit also said they will be wearing lace this Spring.

“Wear whatever you want,” Fuller said.



PHOTOS COURTESY OF EVELYN STANG

# Romanian Club returned; Scandinavian Club debuted at I-Days



PHOTO BY ELAINE NGUYEN



PHOTO BY ELAINE NGUYEN

Romanian and Scandinavian clubs at the end of their I-Nights performances in the auditorium, each holding up their country's flag.

By ELAINE NGUYEN

## Romanian Club performed for the first time in five years

Romanian Club, led by senior Justin Luput and juniors Caitlyn Faul and Sakura Sodergren, returned to performing on I-Days March 6 and March 7. The last time Romanian Club performed on I-Days was the 2020-21 school year, in which the COVID-19 pandemic heavily affected the performance, as the club had to record and submit a video of themselves dancing, while wearing facial masks at the same time.

For the 2025-26 school year, the Romanian Club usually held meetings in Room 220 on Wednesdays after school, sponsored by teacher Amy Stolz. The club also held meetings on Sundays in the mornings and/or the afternoons in Dance Center Chicago. The description of Romanian Club found on the Student Clubs page on the Lane Tech website reads, "To participate in I-days in order to share the Romanian culture."

Romanian Club was revived in the 2024-25 school year by Luput, who was a junior at the time, before regaining its I-Days status in the 2025-26 school year. Faul and Sodergren, who were sophomores then, were involved in the Cambodian Thai Club, which ended up becoming the Romanian Club.

The reason behind the conversion was that there were problems and concerns with having European dancers representing an Asian club.

Sodergren, one of the Co-Presidents said, "We decided that we needed to pick a new culture that better represented the people on the club, and so we decided to change."

Faul, another Co-President, said that the Romanian Club was a natural fit for her because she had a lot of experience with Romanian culture due to her relationship with her friends that are of Romanian descent.

*"As a brand new group, I feel we only have potential to grow, not only in our influence, but in our ability to dance and put on a good show."*  
- Justin Luput

In order for the Romanian Club to recruit students to dance for I-Days, Luput said that his club required candidates to submit a video of themselves performing the choreography the Club Presidents created and taught them during tryouts and clinic days. The Club Presidents and the pre-

existing members judged on the candidates based on student age, involvement, whether or not they were Romanian, their ability to dance, and the potential to shape the Romanian Club in a desired way.

Romanian Club sourced their clothes online to be worn during I-Days through a wholesaler that made cheap replicas of traditional Romanian dance clothes.

Luput helped Sodergren and Faul on the decision of the soundtrack used during I-Days, which was traditional Romanian music that was used to accompany Hora and Sârba dances.

"Folk music and dance are central to Romanian life, especially in villages where celebrations, weddings, and holidays bring communities together," according to Romanian Club. "Dances like the Hora, a circle dance, and the faster Sârba reflect joy, unity, and social connection. These traditional dances are still taught worldwide, showing how Romania's cultural spirit, resilience, and love for music and movement have endured through the centuries."

After Romanian Club performed at I-Days, the Club Presidents felt satisfied and proud of what they have done with their club, in preparation for this year's I-Days.

"I feel very confident, especially within the last few weeks, we really got it together, and we put

together a great performance," Luput said. "And as a brand new group, I feel we only have potential to grow, not only in our influence, but in our ability to dance and put on a good show."

"Obviously, as a president, there was so much work and so much time that I put in as myself, and we had a great dance, and I had, like, so much time with my friends and the people on the club, so it was just extremely rewarding," Faul said.

"I'm really happy [the way the Romanian Club performed] went pretty well, and I'm really excited for next year [to continue becoming the Romanian Club President]," Sodergren said.

## Scandinavian Club's I-Days Debut

Aside from Romanian Club's return, they were joined by a new club. Scandinavian Club represents the culture of Sweden and is led by junior Erin Doherty.

For the 2025-26 school year, Scandinavian Club usually held meetings in Room 249 on Wednesdays after school, sponsored by teacher Gretel O'Donnell. The club also held meetings on Saturday mornings in a church basement.

Scandinavian Club was introduced in the previous school year by Doherty, who was a sophomore at the time, before gaining its I-Days status the following year.

Doherty, the Club President said, "[Scandinavian] is a culture that wasn't really represented [at I-Days] yet, and I'm Scandinavian, so I thought it would be nice to [have Scandinavian Club be represented at I-Days]."

In order for the Scandinavian Club to recruit students to dance for I-Days, Doherty said that her club "has one clinic day where people were able to practice the dance, and there were in-person tryouts, and then there were also virtual submissions", in which the candidates sent a video of themselves doing the dances they learned and practiced during the clinic day and tryout days.

She said that the soundtrack used during I-Days was a mashup of a couple of traditional Scandinavian folk songs.

"Today, we invite you to join us in a dance of our combination of performances of the Pluska Springar and Humppa," according to the Scandinavian Club.

After the Scandinavian Club performed at I-Days, Doherty felt proud of what she had done with her club in preparation of this year's I-Days.

"I had a lot of fun [managing the Scandinavian Club and performing at I-Days]," she said. "I'm sure everyone else had a lot of fun. It was great seeing all of everyone's hard work."

# Lane Tech's spring play takes on farce in 'They Came From Somewhere'

By ALANA NICHOLS

This year's LTAC/freshman spring play, "They Came From Somewhere," brings strong southern accents and an unexpected message to the Lane Tech auditorium starting April 15. Director Julie Allen, who is producing her 8th show for the school, said she chose this play to introduce something "more outrageously funny, ridiculous" than last year's comedy. "I immediately knew that it was something I wanted to do," Allen said after reading the script.

This year's play is a farce, which is known for exaggeration to call

out social norms. To Allen, the show's message is especially relevant to today. "We're living in a world right now where some people in the country are afraid to go out because of the judgments people will make about them," Allen said. She explained that the story reflects this idea of judgment. "This story is poking fun at the idea that we can't know about a person before we really talk to them," Allen said.

Before blocking and production, Allen has actors read and discuss the script to understand its themes. "The writing is really strong, and so if they're em-

bodying the characters, if they're invested in who these people are and what they learn about themselves, without others, then that message will come through," Allen said.

Co-director Parker White said the biggest behind the scenes challenge is coordinating multiple technical elements. "There's so many different elements of the theater from stage crew, lighting, sound, backstage spots," White said. "Getting them to work in sync is really difficult, but we make it happen."

He also shared that the meaning of the play becomes more clear

as the cast works with the script. "It is very silly, and on the surface, it's really funny," White said. "The more that we understand the lines and the characters, the more we understand how much it's really about loving each other and how we're all not really that different at all."

Freshman Will Manners, who plays the lead, said he didn't anticipate his current involvement. "I don't think my audition was really that great, but I was really surprised at the outcome," Manners said. He said that the LTAC and freshman spring play was his only chance to audition for the

role. "So it's kind of like, Go big or go home," he said.

Manners described his character as a kind and confident man whose goal is to save the town of Latigo, Texas. He said that the hardest part has been acquiring the Texas accent. "It's hard to like, really capture like, someone who's so different from me in terms of, like, language and dialect," Manners said. One of Lane's theatre teachers, Molly Meacham, serves as the students' dialect coach to practice during rehearsals.

# En route to the polls: Informing and involving new voters

By HANNAH SPERLING

Voting Day for the Illinois General Primary Election, March 17, marked the first time many members of the class of 2026 could cast their ballots.

For Senior Karina Bergman, this was an experience which came with much excitement as well as responsibility. From doing proper research in advance to speaking with family and new-voter friends about candidates and the voting process, Bergman said, “It’s important because we’re going to run the world one day.”

Senior Arhum Butt said that he hoped young people would vote more because of their ability to influence election outcomes. “If all the people of that age demographic voted, we could swing it really easily,” Butt said.

Appreciating that potential impact, senior Kaline Adams said, “I definitely have a lot of contempt for the system of government that we have, but as long as we’re in this system of government, I’d like to have as much control as I can, and I’d like to have at least some say.”

“I can’t complain about it if I’m not going to do anything about it,” Adams said, “so something as simple as voting is just the least I can do.”

Adams took her involvement a step further than voting by becoming an election judge. “It was good to really know what the system was, and made it quicker and easier when I actually went to

vote,” Adams said.

Conducting research before voting to streamline and inform his decisions, Butt said that he worked with his sister to find an online resource “that agrees with our views a lot. And we used that resource to see what candidates were endorsed.”

AP Government and Politics teacher Melissa Smith said that careful research has become especially important due to the proliferation of AI media. Smith recommended referencing official Board of Elections websites. “My advice would be to try to get your news from multiple sources so that you can have multiple perspectives on things and fact check,” Smith said. “Be a smart consumer of content.”

Electioneer Margot Lovill served as one source of information about candidates for passers-by at an early voting site for the General Primary, and said that she is careful in the research process on candidates herself.

“I find special interest groups that I care about and see how they’re voting,” Lovill said. “Let’s say if the candidate has a record if they’ve been in office before,” Lovill added, “I look at what bills that they voted on that may be aligned with unions or environmental groups that I care about and see if they have a good track record of supporting those things.”

Lovill also recommended viewing candidates’ social media accounts to take note of what issues they pay attention to and

who else they follow. “Who they surround themselves with will be a good reflection of how they also operate,” Lovill said.

Electioneer Pat Graham said that when speaking with prospective voters, “you try to align who they are and what they care about with what your candidate can do for them. Importantly, we want to listen to them because very often people aren’t heard and they need to be heard.”

In order for young people to raise their voices, Graham recommended that people involve themselves in addressing local issues. “Take an issue that you’re mostly interested in,” Graham said, “and find an organization that’s working on that on a ground level so that you can not only influence what they’re doing as a younger person, but learn how to organize. The organizational piece of it is crucial if you want to really get something done.”

This is not only a way for newly involved voters to learn about issues they care about, Lovill said, but to find evidence of candidates who will work to address them. “I think going out and protesting and seeing what politicians and representatives show up and stand with the community is really important,” Lovill said.

Providing opportunities to become politically involved, Smith encourages her students to contact their local representatives and lawmakers about pending bills through a civic service learn-

ing project. Smith even brings a group of students to D.C. each year through a program called Close Up to allow them to “see democracy in action.”

“I try to show them through example that they can make a difference. I’m hopeful with your generation that your generation seems to be a little bit more politically active and willing to take a stand with walkouts and everything,” Smith said. “That excites me for the future that the status quo won’t necessarily be accepted, and that we will look to change things for the better.”

Smith said that this political participation of individuals is one of the driving forces of democracy. “Even just being cognizant of your plate and of other people’s plates and trying to make the world a better place is a good mindset for anyone to have, but definitely with the kids,” Smith said. “It’s hard when you’re an 18 or 17 year old in the big world, and you don’t really see that you can make a difference. But if everybody thought that, then nothing would ever get done.”

Data from the Illinois State Board of Elections indicates that youth votership is rising in Illinois, as the number of voters between the ages of 17 and 34 increased from around 62,000 in the 2022 primary to over 85,000 in this past primary.

“I can see where it would be daunting to think you don’t have a difference to make, but the young



PHOTO BY HANNAH SPERLING

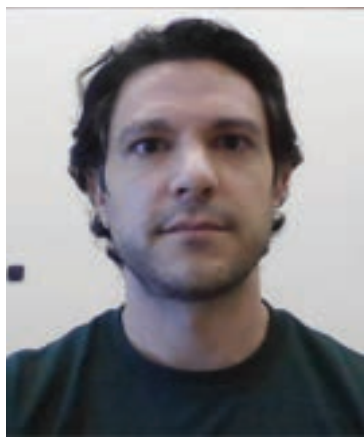
## Lawn signs promote candidates at an early voting sight.

generation is typically the most underrepresented group of people in voting,” Smith said. While this may be due to complications such as being away from home at college, Smith said that she thinks young people should and are getting into “the mindset that, hey, this world is my responsibility. It’s everybody’s responsibility. We have to work together — it’s a collective thing.”

“The earlier they can start to see that,” Smith said, “the earlier they’ll be willing to step out and step up in terms of making their voice heard on what they want and what they think is best.”

# New Staff Spotlight Pt. 2 *Staff new in the 2025-2026 school year*

By ELAINE NGUYEN and ALANA NICHOLS



**Christopher Brady**

Mr. Brady currently teaches social studies to 7th graders and world studies to 9th graders. Before teaching at Lane, he taught in Mundelein, at Grayslake Central High School, and at UIC College Prep High School. Brady said that he is very happy working at Lane because he sees that everyone in the school has their own ideas.



**Krista Booth**

Before becoming a PE and health teacher at Lane, Ms. Booth worked at Senn High School for one semester, covering a teacher who was on maternity leave. She also worked at DePaul College Prep. Booth said that she enjoys working at Lane. In addition, she said that her daughter will attend LTAC for 7th grade for the 2026-27 school year.



**Connor Buckridge**

Mr. Buckridge teaches unified PE at Lane. Before coming to Lane, he taught Special Education for seven years in Orlando and then taught Special Education at New Trier for a year. Buckridge said that Lane is the best school in CPS and one of the best in the state. He added that kids enjoy being part of Lane because they “really focus on academics and sports or whatever their niche might be.”



**Bryan Alosio**

Mr. Alosio is a PE teacher at Lane. Previously, he taught at DeWitt Clinton Elementary School, John Jay Elementary School in Mount Prospect, and Lyons Township. “Lane’s been amazing,” Alosio said. “The staff has been super friendly, super inviting, fun to work with, very collaborative.”



**Madison Arkwright**

Ms. Arkwright teaches AP World History. Originally from the state of Ohio, Arkwright has also lived in Boston and taught U.S. History at a school there. One thing she likes about Lane is that she gets to “work with wonderful people” who are intelligent and willing to collaborate.



**Robert Brooks**

Mr. Brooks is a PE teacher at Lane. Previously he taught at Irving Elementary School. Brooks has had a completely different teaching experience at Lane, as he now works with high school students.

**Rachel Fain**

Ms. Fain is a science teacher, teaching physics and chemistry. Before teaching at Lane, she taught physics and biology at Lindblom Science Academy for 3 years. Fain said she really likes working at Lane. She used to be a professional scientist before becoming a science teacher.



# Lane Tech students take a bite out of businesses

By NAIMA JOHN

Lane Tech students' relationships with businesses can be described as a love-hate one, said workers pointing out students' disruptiveness, while many employees enjoy the company each student brings to the counter.

A popular spot for Lane students' lunch is Mariano's on Western. According to Ellen, an employee at Mariano's, students tend to act "obnoxious." "They just hoot holler with each other through the aisles," Ellen said, describing the store as a "playground" for the students.

In fact, Ellen described a policy instilled by Mariano's which permits only one student per register due to large crowds. "If you guys come in with like five friends at a time, we just ask that the rest of them wait outside," Ellen said.

Large groups don't seem unique to Mariano's, as students crowd in other restaurants— notably so during Friday

night football games in the fall. "In the [Wendy's] parking lot, there be hundreds of them over there," said Marcia, a manager at the Wendy's on Western.

Marcia described how police are often called to Wendy's on football nights, as students are "just acting crazy." She said that the consistent behavior may cause her to close down during that time completely. "Maybe I have to start closing the door, and that's making me lose business," Marcia said. The students at football games are a mix of Lane students, as well as whatever other school is playing against Lane.

The constant turmoil that students and these businesses have can lead to extreme measures, such as in sophomore student Skylar Walter's case of being kicked out of the Popeyes on Addison and Western among most other students there. Walter said a student was filling his water bottle with soda that needed to be paid for at the Popeyes Fountain

Machine. This opened up other unresolved issues, displayed when "The worker started yelling at [students] that they were getting complaints from customers, and that [students] couldn't eat outside food in Popeyes anymore," Walter said, "And she kicked us out."

Walter said that she thought being kicked out was "unnecessary." "I feel like the worker could have done something other than yelling at us, and completely kicking us out of the restaurant," Walter said. According to her, businesses shouldn't be throwing them out. "I think that students are pretty good for business around here, because they are the customers mainly," Walter said.

Sarah, a Popeyes employee, has a different take. She said that students regularly bring in food from other restaurants during lunch periods, in turn leading to the loss of business "You would think that we would gain more [business] because of the students, but they always like to

bring the pizza, or they just bring, like, the Wendy's food, and don't actually buy anything," Sarah said.

In addition to bringing in outside food, most students "will leave their food here for [workers] to clean and throw away," Sarah said. "I say for the kids that are actually eating here, I feel like [the students bringing in food] interrupts them, and kind of ruins it for everybody else." Not only do students act "rebellious" on the regular, according to Sarah, sometimes they can be downright mean. She recalled that "there were students banging on the door," and "being very rude" one day a little bit before opening at 10 o'clock. "Verbatim, they would be like 'oh, it's always that same ugly \*\*\*\* that never wants to open the doors at 10:00'."

Despite atrocious behavior demonstrated by some students, many students provide a positive atmosphere for businesses. Samantha Hardace, a manager at Dave's Hot Chicken on

Western estimated about 45% of students coming in for lunch make purchases, though despite the percentage being relatively low, Hardace "loves that [students] come in and support our business, as well over a lot of these businesses on the strip."

"I think it's a little bit easier to flow with the students," Hardace said. "Sometimes they want to be silly and showcase their personalities," Hardace said, describing how she has many opportunities to "connect" with students throughout the school day.

Similarly, Ashley, an employee at the Circle-K convenience store, said she typically gets lots of business activities throughout the school week. "[When] there's no school, I actually be missing students," said Ashley, unlike many business employees in the Lane area. According to her, their company makes the day go faster. "I actually like having my students in here," Ashley said.

# A home away from home: BSA's impact on Lane Tech

By JILLIAN HAYES

When entering a school with thousands of students, it's common to feel overwhelmed or isolated. It can be important to find a community where one feels safe, comfortable, and supported. This is the experience described by Ms. Williams, sponsor of Lane's Black Student Association (BSA) along with many members of BSA.

According to senior Trinity Vernonpye, BSA offers a multitude of beneficial resources to students especially in education. "I personally was able to decide what college I want to go to because of the resources the club had for me," Vernonpye said. Resources included scholarships, programs, internships, and financial opportunities for BSA's annual Historically Black Colleges and Universities (HBCU) field trip.

While BSA has events like the pumpkin carving contest and the Taste of Africa, the club offers more than just that. "Part of BSA is not just hanging out," Williams said. "We are all about uplifting the community."

During Black History Month, BSA held two events that allowed for important discussions.

One event held was the Black Alumni Panel Discussion. Senior and secretary of BSA Duane Bright said the Black Alumni Association donates to BSA every year and also helps fund the annual HBCU trip. Bright said the trip also helped him figure out what college he would like to attend. The professional panel consisted of Lane alumni who grew to be CEOs, company owners, doctors, and therapists. Some alumni members were millionaires. Williams said it is important for BSA's current members to hear from people who experienced the same things as them, walked the same halls, and eventually grew up to be successful, motivating

them to understand that they can become successful too.

The club held another event with Lane's Black alumni called "Empowering Minds," the event focused on mental health in the Black community. Bright said this event stuck out to him because mental health is not often discussed in the Black community, and he expressed his gratitude with the event's turnout. Williams said that even though the panel had alumni from Lane's class of '77, students were still able to relate their experiences to the panel members.

Members of BSA said that they felt they'd found a family after joining BSA.

"It's all about family," Williams said. "We as a school, Lane Tech, we are the Champions, we are a family, but because it's so big we do need those areas where we can be supportive to each other."

Williams said the importance of this space is directly related to Black students making up such a small percentage of students. "There's only 7% Black students in the building. Some students are in classes where it's just them. So, I wanted to create a space they can come to and feel it's theirs," Williams said.

Senior Yasir Beloch said when he joined BSA he found people who grew up in ways similar to him, which helped him understand himself more as a person. "It helped me evolve and respond to everything differently, because I've seen how other people feel exactly how I feel, and I'm not alone."

Bright described a similar experience. Bright said as a freshman, he felt as if he was still "committing" to Lane Tech, but upon joining BSA sophomore year, he made plenty of friends. Bright said, "I'd enjoy being safe because I was afraid of actually being around more people more



Lane's Black Alumni association smile for a photo.

PHOTO COURTESY OF DUANE BRIGHT



Ike Nkwocha, Trinity Vernonpye, and India Davenport participated in BSA's pumpkin carving contest.

PHOTO COURTESY OF DUANE BRIGHT

often."

The experiences of these students shape the reason Williams believes BSA to be so important.

"When they leave this building, when they cross that stage, they'll know they were loved here, every experience they had, every tear,

every laugh, we were around to support them," Williams said.

# Trends moving faster than ever

By IRELAND COSTELLO

Junior Joice Hirstick was sitting in the Lollapalooza queue on her computer during her Spanish class, anxiously awaiting tickets among thousands of other people. After seeing numerous people repost headliner line ups on Instagram, she was determined to get tickets.

"Last year I didn't go, but as I've seen more TikTok posts about Lollapalooza, it's made me feel inclined to go because I get FOMO," Hirstick said.

From Lollapalooza tickets, to Needohs and Parke sweatshirts, trends are appearing all over the Lane Tech hallways, and now with social media in the picture they're moving even faster.

Juniors Mia Wojcik and Nate Schram said that TikTok's algorithms are influencing their purchasing habits and have created a fast moving cycle of what's trendy and what's not. "TikTok has made it so that trends don't last very long," Wojcik said. Schram added, "companies are really smart with their advertisements these days over social media, and they know how to appeal to Gen Z."

Schram and Wojcik both say that companies advertising on social media can be a driving factor of these digital movements. Wojcik

highlights that online users often don't fully recognize companies' roles behind products gaining popularity. "I think some trends are started by companies as an advertising scheme, but the public doesn't really see that," Wojcik said.

Hirstick added that through the influence of trends, people are becoming less individualistic, "I think some trends are definitely skewed to make companies look better and look like their product is a necessity," she said.

When scrolling on TikTok, Wojcik said that ads are frequently hidden in normal videos. She explains that influencers will often use sponsored products in their videos, acting like they use them regularly. She voiced her annoyance at that fact "I didn't want to see this ad and I just got tricked into thinking it was a normal post."

This leads students to question whether these social media trends actually reflect what people care about, and if they would participate on their own. Junior Colette Heneghan recently purchased a Parke sweatshirt for \$120 and she said if it was not a trend, she would not have purchased it. "I think that the algorithm on TikTok shows you products that you're more likely to buy," she said.

When Hirstick recently pur-

chased Lollapalooza tickets she made a similar observation. "Without seeing a lot of posts on social media in the past year, I would definitely be less inclined to buy them." She mentioned that all the "FOMO" from social media impacted her. "There's so much stuff that you're taught to like because the content is promoted to you," she said.

Despite the many aforementioned downsides, Schram also shared the positives he has witnessed from social media trends. "Some trends allow others to be vulnerable and really share how they feel on the internet and I think that's really special, how people can make that connection with other people online," Schram said.

Wojcik also said that pilates and fitness have become very popular on TikTok, and this has helped connect her to something she enjoys.

As Wojcik says, excessive advertisements ranging from sweatshirts to pilates can be an annoyance. But, as Schram highlights, trends aren't all bad. "[I] don't believe [trends are] a bad thing, but also I think people would have more individual lives if they didn't use social media," Schram said.

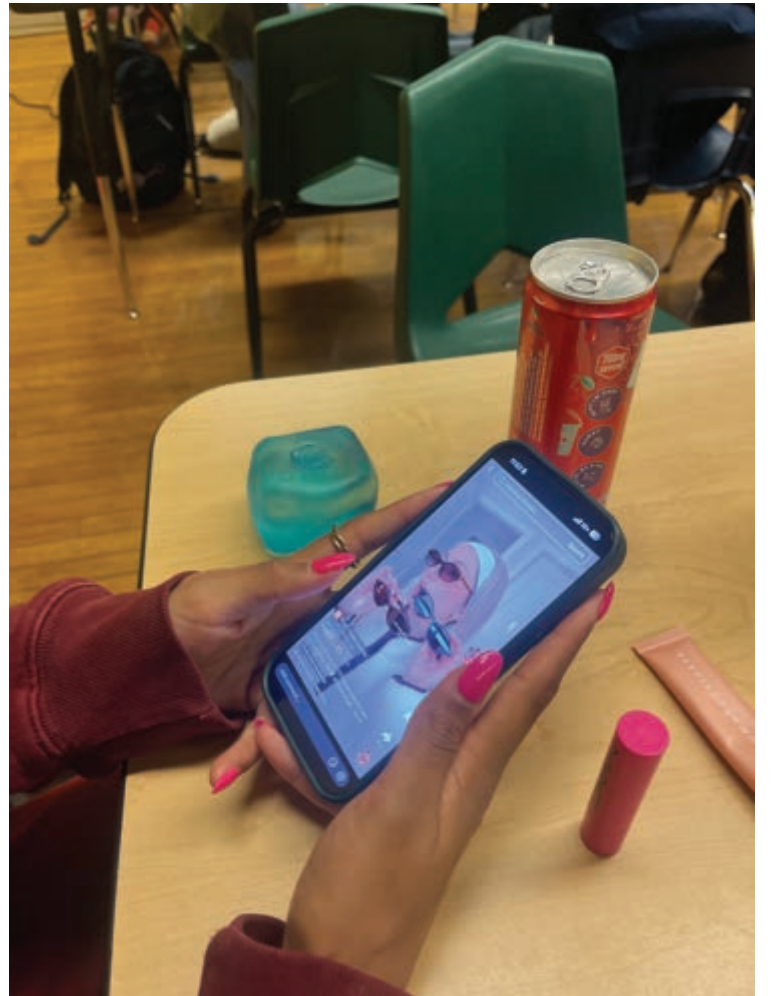


PHOTO BY IRELAND COSTELLO

A student drinking an Alani Nu energy drink, watching TikTok videos with her NeeDoh and Summer Fridays lip balm beside her.

## Lane's open mic isn't only for musicians

By JULIA HICKSON and ETHAN MAZZEO

Students arrived at the open mic on Feb 25, right after school ended to help set up seats. While it was quiet at first, the sounds of performers methodically tuning and practicing with their instruments soon broke the silence.

Rows of chairs were lined up and quickly filled by students coming to support their friends who were performing in the show. After 10 minutes had passed following the end of school, about 20 more people had entered the room. Students of varying artistic abilities and skillsets continued to practice before the first performer went on at 3:15 p.m.

Senior Austin Johnson started the show by performing an original song titled "Till The Bank Runs Out Of Money," on his acoustic guitar. "I find inspiration in a lot of music I listen to, but also life experiences or things I feel," said Johnson. "Music is an outlet for me, and the Lane open mics have helped me grow a lot as a musician."

The fact that the open mics are so accessible to Lane students has also been a factor that has drawn Johnson into performing and attending these events. "It's a nice low stress environment that's super accessible and has helped me meet and become closer with a lot of people, and find inspiration in all the cool and unique

performances people do there."

Johnson was introduced by emcee Grey Baum, a senior, who also performed. While this is Baum's first year being the open mic emcee, she has been a frequent attendee since her freshman year.

Baum performed the song "Back In Town" by Annie Dirusso and used a backing track for the first time while performing. Baum said, "It was a chance to experiment and share my music."

Baum has attended nearly every open mic since her freshman year at Lane. "I like sharing new things I've written, but also the freedom to share whatever I want to play," said Baum.

While there were many musical acts in the open mic, which are typical of the open mic scene at Lane, sophomore Elodie Labelle performed a comedy set. Elodie's performance was about her identity and sexuality, even including moments of crowd participation as another unique aspect of her set.

Sean Doyle, a musician and senior at Lane, played his original song called "Mystery Girl," a song he wrote about 6 months ago from his album "Love Again." "It's a song just written about, you know, finding the right person, but in a kind of flirty and fun way," said Doyle. This album took Doyle 18 months to make and release. The performance of "Mystery Girl" was a preview of the album for the audience, and

Doyle said he is looking forward to doing more shows like this one.

While the performers make the show happen, the support of the audience encourages them to keep coming back. Gianni Recchia, a senior at Lane Tech, said he showed up because his friends Ruby Miller and Milo Satelli had asked him to attend. Recchia also complimented the duo, "the Asian Brothers" on their guitar skills, saying that during the last open mic "[Satelli went] crazy on guitar."

Senior Jude Hirsch began attending the open mics his sophomore year. "I think it is interesting that Lane has a space for people to perform, and as a person who loves music but can't perform, it is a fun space to listen to other people," said Hirsch on why he chooses to attend the open mics.

Leaving the open mic, Hirsch recalled, "The song performed by Henry Wachob was good—I like when people are able to sing and play an instrument at the same time," said Hirsch. "Also, Ben Sweeney did a great rendition of a song by Waxahatchee."

Ultimately, the community of the open mics is one that encourages people to keep coming back. "I have gone [to an open mic] twice now, the first time playing for a friend, I really just enjoy the vibe," Doyle said. "And I'm thinking of maybe going to the next one or, you know, see how many I can make before graduation."



PHOTO COURTESY OF JUDE HIRSCH

Senior Henry Wachob performing "And I'm Aching" by Black Rebel Motorcycle Club.

# The 'Boys of Tommen' adaptation is a little concerning



OPINION  
By SOPHIE WU

The one morning I decide to wake up and immediately check my Instagram feed is when I receive the news that one of my favorite book series, "Boys of Tommen," by Chloe Walsh, is becoming a TV show on Prime Video possibly sometime in 2027, and honestly, I think it's safe to say that I'm worried.

First of all, the series takes place in County Cork, Ireland, in 2005, something I'm not sure will be kept accurate in the adaptation. This setting is crucial to the plot as it somewhat justifies how normalized blatant abuse and sexism were back then, as well as just how the characters looked.

Speaking of looks, there's also been controversy surrounding how casting will work. I will say

that the characters in the books are not very ethnically diverse at all, and there have also been people questioning who will be chosen to play their beloved characters on screen. Some argue that the casting should be as accurate to the book as possible; however, others say that the casting should attempt to be more diverse and incorporate more representation.

Some are also adamantly stating that they think the actors should all be Irish with a few exceptions for English actors too, and they're also questioning whether or not there will be fresh faces in film or if there are just going to be big name actors.

However, aside from the arguments about ethnic representation, I think that one of the biggest things would be whether or not they keep their characters' body types close to the descriptions in the books or not.

As the Lynch children, some of the series' main characters, grew up abused and neglected in their home, it's a huge plot point that they are small and skinny to truly drive home the impacts that their domestic life has on them and to further track their progress as they begin healing in the end.

Some of the creators of the show include, but are not limited to, the creators of the "A Good Girl's Guide to Murder" series

adaptation, which faced a lot of backlash, and creators from "One Day," "To All the Boys I Loved Before," and "Twilight." But these movies and shows are drastically different from the type of book series the "Boys of Tommen" series is.

There's also talk of the adaptation being an eight episode per season limited series. For the most part, with the exception of book five, every two books center around a specific couple in the friend group.

*Like, what happened to making TV shows that had over 20 episodes and were over 40 minutes long each to really pack in the content?*

And given that each book averages about 500-700 pages long, how on Earth is all of that going to be shoved into eight episodes per season? Another question would be whether the creators decide to allocate one season per couple or have all of the storylines overlap throughout the episodes like the timelines do in the books.

If anything, I feel like Josh Schwartz should be called in as he

was the creator of both "The O.C." and "Gossip Girl" and the author of the series admitted to being inspired by former 2000s TV shows like "One Tree Hill."

The fans of the book series were also wondering if this means Walsh will finish the book series as it feels incomplete with some characters not yet having a second book like the rest, and fans are even wanting books for other characters who are part of their friend group such as Patrick Feely and Katie Wilmot, and even backstories for some of the characters such as John and Edel Kavanagh.

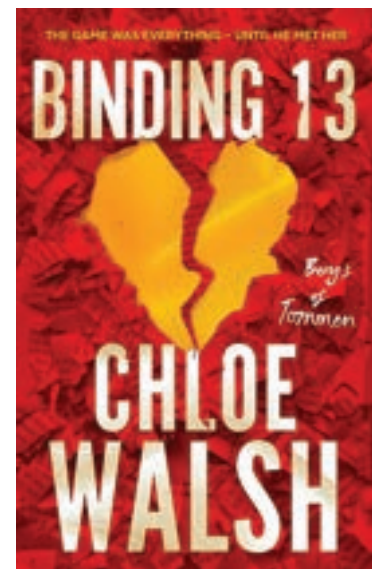
As for the content of the show, I think that there's a huge chance that this show could easily write off other characters' trauma simply because it's not part of the bigger picture of the Lynch family's abusive household. They might minimize and misinterpret aspects of Johnny hiding his injury and his guilt after Marie's death, Claire slowly losing her spark, and Lizzie's and Giesie's trauma that spiral into each other on multiple occasions.

They also might not accurately portray the different points of view when that is the exact message Walsh tries to convey—that there is no such thing as taking sides because there are always multiple perspectives and you never know what someone is go-

ing through.

I'm also worried that they will sugarcoat the trauma the characters endure such as the abuse the Lynch kids have to live with—Shannon being a victim of bullying, Aoife's pregnancy, Joey's addiction, and more—when the books did such an excellent job of trying to portray their characters and their experiences as accurately as possible.

And as much as I don't like gatekeeping, I fear that this fandom is already toxic enough on its own, and if this series isn't as accurately portrayed as it was in the books, then the fandom might get ten times worse.



Bloom Books

# Scrubbing back into Sacred Heart Hospital

## 'Scrubs' is back for season 10 after sixteen years

REVIEW  
By ELLIE SANDERSON

After a quarter of a century, J.D. is still climbing onto the back of Turk for the pair's infamous "Eagle." That's right—after a sixteen year hiatus, the medical dramedy "Scrubs" is back with Zach Braff and Donald Faison. And in a world full of reboots, it may seem difficult to care.

But when J.D. walks into Sacred Heart Hospital and we see Carla and Turk and Elliot and Dr. Cox, well, it's like we've never left. Our characters are older, yet everything picks up right where season eight ended (because let's be honest, no one watched season nine). Turk is still Chief of Surgery and married to Carla; Dr. Cox holds his post as Chief of Medicine and continues to chastise interns and J.D.

We quickly learn about the di-

vorce of J.D. and Elliot, which almost feels like a betrayal. Because after eight seasons of will-they-won't-they, they finally did. A divorce is a slap in the face. All that buildup, and for what—half an explanation in the first episode for their demise? It's a lot to process, but J.D. and Elliot can be forgiven. Following a few painfully drawn out arguments, the characters fall back into the playful banter that has carried through past seasons.

Sacred Heart has changed, and Dr. Cox has not. He recognizes this in his inability to connect with the new interns—the world moved on without him; Dr. Cox is not meant to teach anymore. Only after a few insults and nicknames have been thrown around does Dr. Cox offer J.D. the Chief of Medicine role—which J.D. accepts, of course.

Now, Dr. Cox is known for his abrasive yet committed personality, and J.D. stepping into Dr. Cox's

position is that validation that J.D. had searched for throughout the first eight seasons. The qualities—compassion and sensitivity, to name a few—that drew J.D. endless insulting nicknames from Dr. Cox—Bambi and Newbie, most notably—are also the same qualities that put J.D. in the Chief of Medicine position.

*And then there's the new interns, composed of the phone-obsessed, self-confidence lacking, arrogant, and British.*

This influx of new characters is actually manageable, only because the interns complement both each other and the returning cast. They are part of the new modern world of medicine, and tension builds from our older doctors on how medicine used to be taught versus



ABC

how it is taught now. This carries through the season so far, from Instagram gym influencers with eating disorders to brand deals with the interns.

Season ten is set to finish April 15 after just nine episodes, and it has not yet been renewed for season eleven—despite over ten

million viewers tuning in weekly. Scrubs has long been a comfort sitcom, finding balance between comedy and connection; Sacred Heart and its doctors present the highest highs and lowest lows. And most of all, the Scrubs reboot can bring laughs and tears and maybe even some Appletinis to a younger audience.



## Alpha wins 3 - 1 against Omega in annual dodgeball game

Left: Freshmen face off in final game of the competition.

Right: Omega students cheer on their team from the stands.



# Harry Styles's new album is 'Coming Up Roses'

"KISSCO" showing it was well worth playing 'The Waiting Game'

By CHARLOTTE KNEER

Harry Styles's fourth solo album—"Kiss All The Time. Disco, Occasionally."—is a synth-heavy, semi-disco departure from his former style that shows the effect his three-year hiatus from the spotlight has had on his music. This new album is a dance-pop journey that demonstrates Styles's seemingly newfound comfort with letting musicality take the front seat and his vocals falling back. While the word "hiatus" can be panic-inducing for fans of Styles's former band One Direction, the artist took a well deserved break after years of touring and returned this March with a 12-song album that explores life, love, and passion.

The first song, "Aperture," is the most different from songs Styles has released in the past, and he's described it as the most "free" track on the album. With a prominent kick drum and plenty of vocal effects, the song is one of the more "disco" tracks. It's slight-

ly wacky, full of joy, and indulgent, with the repetitive reminder of "We belong together" letting the light in throughout.

"American Girls" hides a theme of loneliness and isolation behind a funky bass and upbeat tone that some have found reminiscent of Styles's 2015 era in One Direction. Styles sings of travelling the world as friends one-by-one find their life partners in "American girls," while he remains generally without. The lyrics are in no way happy, but the music encourages you to dance and sing along anyways.

Many have compared the sound of the album as a whole to LCD Soundsystem (a comparison I wholeheartedly agree with), but it's especially noticeable in track seven, "Season 2 Weight Loss." The song is more heavily produced and shows how Styles has become more comfortable allowing the music to take point and the vocals to fall back.

"Taste Back" and "Carla's Song"

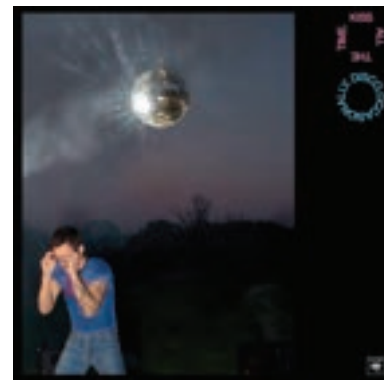
are two personal favorites featuring comforting vocals and melodies. "Carla's Song" is a sort of love letter to the fans named after Styles's friend, whom, he's shared, he always enjoys showing his music to because she has such special reactions that allow him to feel as if he was listening to it for the first time again. "Taste Back" has an addictive dance-pop melody with clever lyrics singing of a reformed connection with a past relationship.

"Dance No More" would seem at home in a 1980s roller skating rink or drag club, with its groovy beat and chorus of shouted lyrics. Styles encourages listeners to "Respect your mother!" as the sliding guitar and keys pull you onto the dance floor. It captures the feeling of letting go and having dance consume you, so much so you "Can't tell the difference between the tears and the sweat."

Styles slows it down in "The Waiting Game," "Paint by Numbers," and the popular "Coming

Up Roses," which show a more melodious side to the album. "Coming Up Roses" is a beautifully composed song with a unique string section and soft vocals that seems fit for a dreamy midnight slow dance or Christmas stroll (Styles shared that the song was originally intended as a Christmas song). In it, Styles encourages his love to go "hangover chasing" and enjoy a night together "only me and you." It feels a little like spring and certainly shows the romantic side of an album heavy on plain pleasure.

Styles even incorporated elements of rock in songs "Ready, Steady, Go!" and "Are You Listening Yet?," both with driving drums and bass. "Ready, Steady, Go!" comes flush with vocal effects and an intense sound while "Are You Listening Yet?" sounds fit for a 120 mph drive or dramatic chase scene. Both songs serve to show the range Styles has with his musical style, though the sound still blends seamlessly into the album.



COLUMBIA RECORDS

To me, "Kiss All The Time. Disco, Occasionally." needed multiple listens before I could fully appreciate the sound, but it's an album with a lot of dimension. Each listen can give you a new favorite or show you a song you'd overlooked in the past. For die-hard Harry Styles fans, or curious listeners, the album is well worth the listen, especially for those in search of a diversion from today's stereotypical pop sound.

## Becoming a victim of the bass

Bassvictim's rise to the mainstream and release of new album titled '?'

By JULIA HICKSON

Following the rise of "27a Pitfield St" on Tiktok from their 3rd album, "Forever," Bassvictim has been on a steady incline heading to the mainstream. The London duo composed of Ike Clateman and Maria Manow made waves with the release of their first album "Basspunk" in 2024, leading to the creation of a new musical subgenre of the same name.

Including songs such as "L-ON-D-ON," and "Canary Wharf Drift," Bassvictim cemented themselves into the music scene creating unique music of their self proclaimed genre of high-energy electronic music with distorted basslines and almost screamo vocals. This album was followed by the release of a sister album titled "Basspunk 2" with standout tracks such as "Alice," and "Forever salty," with their classic high pitched vocals and almost overwhelming amounts of noisy production.

This was followed by the release of their 2025 album "Forever," a beautifully cohesive album that explores more sounds outside of

what they are known for in the slower tracks such as "Grass is Greener," and "Ike piano." But at the peak of their fame, Bassvictim did not view this as a time to slow down, but rather a chance to keep releasing music for their newly gained audience.

On March 6, Bassvictim released a surprise 4th album simply titled "?" With no leadup to the release of the album, I was unsure what to expect from it, and despite being plainly named "?," alluding to the album being unsure of what purpose it serves as a whole, it is far from that. Like "Forever," "?" is a cohesive album that ranges from their normal "basspunk" genre to more slowed and calm tracks.

The album begins with an eerie violin screeching on the track "Dirge" as Manow sings, "Nothing, going / Now you going / Nothing's coming / Nothing's solving," conveying the sense of uncertainty that the title of the album plainly displays. This track, while short in length, kicks off the album and leads into the second track titled "Sometimes I believe in God (Sometimes I believe

in Me)." This track is extremely catchy with its melodic and more upbeat tempo, similar to their other songs within the basspunk genre.

Track 4 in the album, titled "Going Home," is one of three songs in the album including the word "home." The track carries the same violin sound from the first song but makes it more upbeat as Manow sings of being unafraid to leave when she has to as she has "money on [her] mind."

This idea is continued in the track "Home" in which Manow sings "Home, there's a reason to let go, we don't know" and displays more vulnerably the uncertainty of leaving. This track perfectly juxtaposes the fearlessness within "Going Home," and displays the range that Bassvictim can reach from basspunk tracks to vulnerable ballads.

Following with their more emotional ballads, "Babcia Jadzia" was my favorite track on the album with its very emotional contents and length of the song, as if to represent spiraling when thinking of a deceased loved one. "Bab-

cia" is Polish for grandmother, and in this track, Manow directly asks her grandmother questions such as "Do you see your granddaughter is born? / Do you see your daughter, great-granddaughter is born? / Do you see, me and my mom together," overall connecting back to leaving home and the many emotions one can face in doing so.

With the distorted vocals in this track and the voice of her grandmother in the background, this track displays an extremely vulnerable side of Bassvictim that I have not yet witnessed in their other projects.

With the closing track of the album, "Home!!! (wake up)," Manow repeats "Wake up we going home / Stand up we going home," no longer feeling the need to leave, but rather to return to where she once came from. Throughout the album, we are taken through a progression of feeling a need to leave home in search of money, but ultimately returning for one's family.

While the title of the album hinted to the idea that it was un-



DOMINO PUBLISHING

sure of what to make of itself, the album quickly revealed that the question mark was a progression of growing up and discovering oneself and the value of family and coming home. This showcases the intentionality and certainty that came with creating this album. Furthermore, this album solidified the diversity of music that Bassvictim can make and has left me thoroughly excited to see them launch into the mainstream and continue creating albums that tell a story.

## Noah Kahan teases new album

By CHARLOTTE KNEER

Noah Kahan has released two new heartwrenching and moving singles in anticipation of his fourth studio album "The Great Divide." So far he's released the title track and "Porch Light," both dazzlingly emotional songs as Kahan has come to be known for. Though the teasers to his new album reveal Kahan hasn't branched out from his traditional folksy sound, it's not an unwelcome continuity.

The sound has been largely ab-

sent from popular music in the 2020s, which is more heavily inclusive of catchy processed vocals and synth. Instead, Kahan's music is reminiscent of 2010s icons like Mumford and Sons. It's guitar-heavy and the individuality of each song stems more from vocal and lyrical choices than melodic differences.

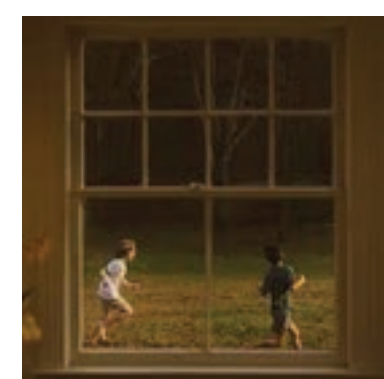
Kahan's new singles have a darker sound than seen on "Stick Season" as Kahan laments the deep pain experienced by someone else in both tracks. "The Great Di-

vide" features lines like "So I tried to read the thoughts that you'd worked overtime to stop / You said, 'F-k off,' and I said nothin' for a while" in which Kahan examines a crumbling relationship filled with resentment and a growing "divide" between two people.

"Porch Light" is sung from the perspective of Kahan's mother as she worries about all her son could be pulled into. With swelling keys and guitar, the chorus sings, "I ain't holdin' breath, ain't holdin' any faith at all / And I'll pray for

you, be in pain for you / I'll leave the porch light on / Heartbroken, each morning when it's me that turns it off."

Needless to say, excitement is mounting for another installment in Kahan's discography, releasing April 24, whether he adapts his sound or sticks to the basics.



REPUBLIC RECORDS

# 'Devotion [Deluxe]' is amazingly melancholic yet blissful

By JULIA HICKSON

As the leading track of the album titled "Devotion" began playing, I knew I was in for a treat. With Paige Turner of Sunday (1994)'s light and airy vocals and instrumentals reminiscent of a 2000s coming of age movie, this album felt like a breath of fresh air.

With the 2026 Lollapalooza lineup being released on March 17 and having never heard of this group before, I was encouraged to listen to new artists that I would potentially have the ability to see perform live this summer.

Released March 13, the deluxe version of an EP from mid 2025 includes three new songs. Beginning with the title track, "Devotion," I was automatically reeled into this album that radiates the vibrance of a spring into summer feeling.

As Turner sings "And I know there's an ocean between us / And I wanna drown in you," she conveys exactly what the title suggests, a deep devotion to a partner with metaphors to convey just how deeply in love she feels. She continues on singing "You slur your

words, and it sounds like heaven to me," furthering her display of how entranced she is by this person.

The use of lyricism paired with her beautiful vocals made me incredibly excited for what was in store for the rest of the album.

The next track, "Doomsday," continues on with the deep feelings of love, but portrays it in a different light, displaying a fear or losing it. Turner sings "I don't want this to end / But I'm waiting for doomsday" into the catchy chorus paired once again with her airy vocals and an upbeat bassline.

Into the bridge of the song, she continues to catastrophize this love in singing "You're the best I've ever had / I want you to know when it turns black" — once again displaying her skillful lyricism to convey messages of darker themes whilst still carrying a cheerful and upbeat melody.

The next track that stood out to me was "Still Blue," as the instrumentals were more aggressive than the other two aforementioned tracks. The aggressiveness is certainly fitting for the track as Turner speaks of combatting depression and speaks of doing so by going on

walks as she sings "I, I should take a walk while the sky is still blue / I, I wanna stick around for a while, do you?"

While the EP was solid to begin with, the addition of the final three closing tracks definitely added to the work as a whole. "Shame" is an upbeat ballad that once again has a more serious undertone with its lyrics as Turner sings, "It's such a shame / We wanna be lovers but they want us dead."

Paired with the visuals of the album and the Spotify canvas displaying a woman in what appears to be a wedding dress running from an old fashioned house and a man in a suit, this song tells a story, perhaps one with more sinister undertones than would meet the eye based upon the lively instrumental.

Despite this, it can also be a song to casually listen to as an upbeat track that is very fitting for this transitional period from spring into summer.

Finally, the closing song on the album "The Fairground" is a beautiful track that speaks about the fragility of life and love. Turner sings, "Take my hand, it's time to fly / 'Cause you're born alone and

you die alone / And in between I'll see you at the fairground," contrasting the deep need for love in the beginning of the album and leaning more into letting go and seeing where life takes you.

Thus, Turner releases herself from the pressure that coincides with love as life is a fleeting thing and one must make the most of it while they have the chance.

Overall, this album was a quick listen of only 34 minutes, but it was absolutely worth every second and has definitely solidified me as a fan of Sunday (1994) due to their beautiful vocals and lyricism.



Sony Music Entertainment

# The world of Westeros grows with 'A Knight of the Seven Kingdoms'

By SARAH ROJAS

"A Knight of the Seven Kingdoms" has proved that a show about a knight and his squire can be one of the most entertaining and enjoyable stories in the "Game of Thrones" Universe. This series, based on the book series "Tales of Dunk and Egg" by George R.R. Martin, follows the adventures of Ser Duncan the Tall, or Dunk, and Egg, as they journey through Westeros and encounter the many truths of knighthood, friendship, family, and loyalty.

As a lighter, more comedic spinoff to "Game of Thrones" and its counterpart "House of the Dragon," this series feels very fresh. Undoubtedly, its best feature is that it skips all the appalling themes you'd find in the previous shows. Without all the power struggles, weird romance plotlines, huge wars, and constant betrayal, AKOTSK feels more personal while managing to keep your attention the whole time.

The friendship between Dunk and Egg carries most of the story. Their back-and-forth banter and innocent yet immature wits show an interesting dynamic. Dunk is the perfect "gentle giant." As a hedge knight with no land and titles he often shows his naivety,

but his loyalty to the innocent never falters. Egg has been impetuous since the second he met Dunk. All his actions are done off pure impulse and his not-so-small secret proves to be one of the biggest plot twists of the season. His recklessness pulls Dunk into messy consequences that they have to solve together.

What stood out to me the most is how different the show feels compared to its counterparts. You don't really need to have seen "Game of Thrones" or "House of the Dragon" to understand what's happening. It's also pretty easy to follow and you don't need to memorize a bunch of families or understand a complicated backstory just to know what's going on. This makes it a really good starting point for new viewers. At the same time, if you have seen them, there are many small details and references that make it more enjoyable to watch and definitely add to the experience, like familiar names and past events.

The pacing of the show also plays a big role as to why the series works so well. The episodes are much shorter, like sitcom length, and stay more focused. This makes the show really easy to binge without getting bored. Each episode also has its own main conflict or situation that

keeps things interesting. Nevertheless, everything still connects to Dunk and Egg's journey and the story feels like it's constantly moving forward. There's always something happening that keeps you watching.

Easily one of the most memorable parts of the series is episode 5. Without getting into spoilers, the episode is centered around the trial of seven, or a trial by combat in which two teams built of seven knights fight each other until one team yields or is killed. The fighting in this episode stands out as one of the best in the "Game of Thrones" universe. The beginning scenes are heavily focused on dialogue and are character-driven as Dunk's backstory is revealed. Later on, the high stakes of the fight make the trial so thrilling. And in true "Game of Thrones" fashion, a heroic moment amidst the trial comes with serious, deadly consequences.

Visually, the show remains as good as the other series. The settings, costumes, and overall designs make the world feel real rather than cheap or rushed. If anything, focusing on fewer characters makes everything feel a little more detailed.

Overall, "A Knight of the Seven Kingdoms" is a really strong addition to the world of West-

eros. It doesn't try to be another "Game of Thrones" and that's what makes it work. By mixing humor, strong themes, and memorable moments it's clear a show can still be interesting without all the throne drama. I'd recommend it whether you've seen the other shows or not simply because it's a solid, entertaining story on its own.

Plus, the series' showrunner, Ira Parker, has expressed his determination to make the show over 10 seasons long as it follows the rest of Dunk's and Egg's lives. Combined with an ambition to wait years between every three seasons, the show is expected to run for decades.



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one day at a time  
JAN 26 | NETFLIX

"One of my all time favorite shows since middle school. It's a very heartwarming family show and has become very nostalgic."  
-Julia Hickson

THE WEST WING

"I love the political drama and in the current world climate, it gives me a lot of hope."  
-Charlotte Kneer

LITTLE MISS SUNSHINE

"This movie is an immediate classic upon first viewing with its captivating perspective on an unusual family dynamic."  
-Julia Hickson



Sony Pictures Television, Act III Television, Snowpants Productions, Small Fish Studios; John Wells Production, Warner Bros. Television; Big Beach Productions, Searchlight Pictures, Deep River Productions, Bona Fide Productions

# High school tryouts: Too much pressure, too competitive?

By LILY ROYER

Violet Bramley, a sophomore on the girls JV soccer team, said that the tryout process was definitely a stressful process. “Something specific about it, I think, was just the social aspect and the pressure to perform really well in front of people, especially because I made frosh last year and I felt as though I needed to advance to the next level or else I wasn’t going to be good enough in the eyes of my peers,” Bramley said.

According to the National Library of Medicine, “Studies have proven that there is a direct correlation between exercise and improved health. Nevertheless, athletes seem to experience mental health problems more frequently than many people acknowledge. These mental health problems are often a result of factors such as stress.”

Sophie Valdes, a sophomore who tried out for softball this year, said she experienced stress during the tryout process. “Even though I was returning from last year, I didn’t know what team I would make, since a new team would be added,” Valdes said.

Davis Gebhart, a senior on the lacrosse team, reflects on how he feels like friends and other people make pressure during tryouts worse at least a little bit because of their expectations. “I have a lot of friends that are on varsity, and they’ve been for years, some since freshman year, and it’s always a big thing,” Gebhart said.

“I think it’s a big thing in high school, to be like, yeah, I’m a varsity athlete,” Gebhart said. “So when you’re just on JV, even if you’re really good and would be on varsity at different schools, it’s still like you feel like you’re not as good. Especially now being on varsity, I feel like I have more authority when I’m talking about my sport or playing it,” Gebhart said.

High school is the end of the line for many athletes, as most students don’t get to play their sport in college. It varies every year and between each sport, but according to the University of Olivet, only about 6 out of every 100 student-athletes continue to play their sport in college or university.

Valdes said that sometimes other people’s opinions and lives can impact the stress of a sport

due to feeling pressure to achieve their abilities, especially during tryouts. “Because if you look like a 13-year-old on USA softball, it’s definitely a lot of pressure to perform that way. And if you see someone on your team performing a certain way, it may put pressure on you to do that good,” Valdes said.

Senior Benjamin Bock said that throughout the tryout process, other student athletes and social media do not significantly impact him. “I don’t really care about social media. I’ll look at it, but I don’t think about it at all when I look at it,” Bock said. “So it doesn’t affect how I think. I assume for some people it does, like living up to the expectations that other people have, like trying to place yourself against others, but not for me.”

Tryouts are one only step of many that athletes may have to take to get onto a team. “I’ve tried out for three different sports, and this year was my varsity tryout, and I was pretty confident that I would make it,” Gebhart said. “But it’s still one of those things that you got to get through, you know, you got to do well.”



PHOTO BY LILY ROYER

## Girls trying out for soccer team partner up and pass the ball.

Bramley said that one of the most important things to remember is to remain confident, even when you doubt yourself or mess up. If you have confidence the coaches will take note of that.

“They’ll see your recovery, and they’ll see how you perform. Even under the pressure of thinking you might not do well, they’ll see the effort you’re putting in to remain positive,” Bramley said.

# The power of pregame rituals: Routine and superstitions in sports



PHOTO BY SAMIRA SOORYA

## Varsity cheerleading doing their pre competition ritual.

By SAMIRA SOORYA

Varsity boys volleyball player junior Colin Ray said that a big part of sports is being mentally in tune, and having a routine ensures that. Ray said, “Before every game, I like to listen to the same playlist in my headphones to lock in and focus. And I take time to stretch individually while listening to the same few songs.”

Junior Abigail Feller of Varsity Cheerleading has a similar idea to Ray about the impact of routine. “I feel like if I don’t go

through with one of my traditions, it’ll throw me off and it’ll distract me and I’ll be thinking about how I didn’t do one of my rituals,” Feller said.

The cheerleaders’ routines at competitions begin with a traditional routine in practice. “The practice before every competition, everyone lays in a circle and we all cross our arms and link pinkies and we visualize our routine to the song, ‘Keep Holding On,’” Feller said. “At the actual competition, after we warm up and we’re about to compete, we all stand in a circle

and our coach and captains give words of inspiration. And then our coaches will walk around and wish us luck by kissing their hand and then touching our foreheads.”

Junior Sabrina Kaloudis, who plays on the girls volleyball team, explained her long-standing routines in games that keep her grounded. “During games, I’ve had this thing since 7th grade where I sing this one specific section of a song, and I have to replay it in my head before the 1st play, or else, like, I’m just not gonna play good,” Kaloudis said. She also mentioned a ritual in

which the first time she goes front row and makes the sign of a cross with her hands three times.

Ray explained that he started playing volleyball in 7th grade, and as he started club volleyball freshman year the stakes and pressure became higher, so he started his pregame routine. “Being locked in didn’t really affect the result back then, but now in high school, if I’m locked in with my routine and can focus, I could be better ready and play under pressure,” said Ray.

Kaloudis said that her song habit started in 8th grade, but her rou-

tines matured as pressure in games increased. “The cross habit started more freshman year when I started playing high school volleyball, because I was really nervous,” Kaloudis said.

Ray explained before stressful high stakes games it is important to have a good mindset. “It’s really easy to get into your head during games making you play worse,” Ray said.

Feller said that this cheer tradition is very significant to her. “I think our tradition really helps unite us and to ground us to make sure we are calm and acting as a team before such a stressful day,” Feller said.

Kaloudis said, “These habits kind of assure me that I’m gonna do good, because every time I have done these habits, I’ve succeeded.”

Feller explained that while she believes these superstitions and routines are mental, without them the team would feel mentally disconnected.

Kaloudis and Ray agree that these superstitions are mental, and may not directly affect performance. “Having these superstitions and routines is a lot about the desire to succeed and like, feeling the need to make people proud or make themselves proud,” Kaloudis said.

Nevertheless, they said that without their respective routines and superstitions, they would feel less focused. “I’d definitely be less locked in, and that negatively affects my performance,” Ray said.

As Feller said, “having a habit or a routine is really good for your mind to get in the zone, and as a team it helps that we are collectively focused on our goal.”

# Boys Water Polo takes dominant win over Taft in 21-3 victory

Lane continues undefeated season after April 4 game.

By CHARLOTTE KNEER

Lane Water Polo dominated Taft Friday night, April 4, taking a 21-3 victory to remain undefeated this season. Lane quickly gained a significant lead in the first quarter with six goals – three from Mateo Venegas, two from Ayan Ahmed, and one from Jose Barrias, who are all sophomores.

Lane extended their lead in the second quarter with nine more goals – three more from Mateo Venegas, three from junior Benny Lanza, and one each from junior Felix Gamble, Jose Barrias, and Ayan Ahmed. The score was 15-0 as the teams headed into the third quarter.

One fan, Allison Gutierrez, who is also a varsity water polo player on Lane's girls team, said that Lane had been dominating Taft since the beginning of the game. "They've just been scoring and scoring, and like shutting them out," said Gutierrez.

Taft accomplished their first goal in the third quarter, and gained some momentum, managing to get two shots in before Lane answered with 3 goals – two courtesy of junior Toma Sinanski and one from Felix Gamble. A blocked shot by Lane ended the third quarter with a score of 18-3.

Despite the Lane bench getting put in for the fourth quarter, Taft didn't succeed in making any more goals. Lane's Benny Lanza and junior Jack Foos added three more points to the team's scoreboard and a blocked shot by Lane with 33 seconds left brought the game to an end with a score of 21-3.

Gutierrez said, "Lane, they're very quick and very powerful. Taft just can't catch up to the [Lane]

swimmers."

IHSA referee Tom Ure said he saw both teams giving it their best effort throughout the match. "They tried to do their best. It's a little uneven in how they could play, but it was very well played," said Ure.

Gutierrez gave her assessment of the team's strategy, saying, "I mean for the boys team they don't care, they just shoot. They don't have mercy. They just shoot." Ure shared a similar perspective, saying he saw Lane being more aggressive in the way they wanted to score.

Lane head coach Kerry Goodspeed said of the dominant win, "We have a really great group of guys this year who have a lot of camaraderie, who really have a true love for the sport so it's been great to see them come together early in our season."

The boys water polo team is currently undefeated 11 games into the season. Goodspeed said their goals for this season were, "to win the sectional for the first time in program history and make the state tournament."

Lane continues their season on April 7 with a highly anticipated home game against Whitney, who are currently 8-4. Goodspeed said that people should look out for this year's team because, "They're having fun playing a game that they love and they're doing it at a high level. And that's really exciting."



PHOTOS BY CHARLOTTE KNEER

Lane Tech's Nathan Charpentier with the ball in Taft territory.



A Lane player raises the ball in anticipation of making a shot on goal.



Lane's team huddle during a timeout in the 4th quarter.

# Varsity Girls Soccer wins 3-0 against Taft

After an unexpected 0-0 score at the half, Lane took a victory after a physical game.

By FAITH GALIK

Lane geared up for what they expected to be a rough and trying game against Taft on Wednesday, April 1st. "I thought they [Taft] were going to be really physical," Lane's Head Coach, Robert Harkness said.

Prior to this game, Taft had a 1-1 record and Lane 2-0.

The first half of the game proved to be unsuccessful for both teams. The first 40 minutes were played mainly surrounding Taft's goal. Lane often had control and looked to be leading the game however the score board did not reflect as much with both teams being tied with no points.

The roughness was apparent on the field with lots of contact between players. Tensions were especially high as Jeffrey Lucco, Taft's head coach, could be heard yelling consistently throughout the game. "It was definitely a distraction for some of our girls playing on that side of the field," senior Captain Lindsay Peterson said.

"I think the first half was not at all what we expected to happen," said senior captain Jackson Caffey. While being faced with a difficult and discouraging first half, the team did not back down.

Following a 0-0 first half, Lane continued to push against Taft's defense but came up short of any successful goals.

Then, with 22:24 on the clock, Taft's head coach was penalized with a yellow card after yelling during a sideline throw-in. Following the yellow, Coach Lucco failed to quiet. As a result, in the next minute, the ref gave Lucco an additional yellow for yelling, resulting in a red card and his removal from the game.

"[The red card was] very abnormal," said Harkness. "This is my fourth year head coach at Lane, and I think that that's the first time I've seen a coach get a red card."

While this was a shocking turn of events, it seemed to rock the boat just right for Lane. In the next 20 minutes remaining in the game, Lane scored 3 times.

"I'm really proud of the fact

that they maintained their composure," Harkness said. "They were very frustrated to be tied at halftime. It'd be really easy to get frustrated and angry and lose our rhythm after not scoring for the first 20 minutes of the second half. So I was proud of the way that they responded and that they continued to just push and push."

The first goal was made with 13:22 remaining and the next one three minutes later. Then, shortly before the game ended, Lane scored a final goal resulting in a 3-0 win.

The first two of these goals were made by freshman Olivia Winters, and the final goal by senior Catlyn Shane. "They all played really, really well, but Olivia Winters, she just had a great second half," Harkness said.

This game proved to be one of energy and perseverance. "Lindsay Peterson, I think she just really did a nice job of not getting frustrated and sticking with it," said Harkness. "Jackson as well. Even if they weren't necessarily on the score sheet, they continued to play and keep everybody positive and

that just went a really long way with people not getting frustrated and instead just being really excited once we finally got the breakthrough."

"I think we just need to have the same energy that we had in the second half moving forward for our future games," said Peterson in regards to the rest of the

season.

Harkness highlights the importance of team cohesion for future games. "I think just being more connected, communicating better, just finding a rhythm more quickly, trusting each other," Harkness said. "It's just all that soccer is all about to me. It's just finding those connections together."



PHOTO BY FAITH GALIK

Varsity girls soccer playing in Lane Stadium during the second half of the game.

# Varsity Baseball Falls to State Champs in Season Opener

By HENRY LANDA-ZURI-MORTENSEN

March 18—The day's drizzle cleared as Lane's varsity baseball squad took the field for the first time this season against Libertyville, the defending state champs, at Kerry Wood Field.

After holding the Wildcats scoreless in the first inning, an effort spearheaded by sophomore Dodger Friedrich, Lane's starting pitcher, the second inning saw Libertyville connect on a triple deep to left center field following multiple walks, giving them a 2-0 edge over the Champions. In the third, the Wildcats connected on three hits—though they scored only one run—and the fourth saw them bludgeon Lane with three runs on three hits, and, after holding Lane to no runs in four straight innings, Libertyville entered the fifth in-

ning leading 6-0.

It was then that Lane pitcher Charles Lust, a junior, entered the game. Lust promptly made his presence known, making the top of the fifth a brief one with three consecutive strikeouts.

"I just wanted to go out there, throw strikes, and keep us in the game," Lust said. "My mindset was just, you know, keep the game close, do my job, let the hitters take care of the rest."

And the hitters soon obliged. Three singles and a walk in rapid succession gave Lane its first run of the game and of the season, getting them on the board against the defending state champs. Lust again didn't allow a hit in the sixth inning, giving Lane an opportunity to gain more ground, which they did; a series of walks and singles made the score 6-2, then a

Libertyville error on a Champions steal attempt made it all too easy to close the gap to 6-4.

"I knew they weren't gonna quit or give in," Lane varsity baseball coach Sean Freeman said. "And they knew they were gonna have to play 7 innings of baseball. We put effort into all our games," Freeman said.

But while Lust's inspired performance continued, again preventing a run, Lane's comeback fizzled out with a scoreless seventh and final inning. Libertyville wins 6 runs to 4.

Starting pitcher Dodger Friedrich looked at the loss and his performance with optimism: "I think it definitely prepared me by getting a rough start out of the way just so that I know where I stand with really competitive teams and how I should attack those kinds

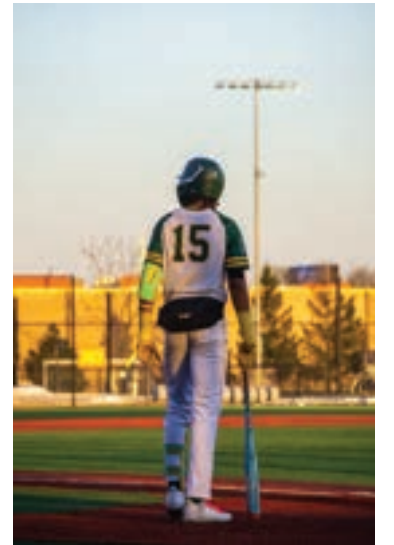
of teams," he said. "Most of the teams we're going to play are not as good as that team. So it's going to be a little easier going forward."

His coach agreed. "That's a really quality team, the number 3 ranked team in the state," Freeman said. "So I'm glad we were able to compete, give ourselves a chance, you know—we had chances there at the end."

"[But] I think we need to be more aggressive at the plate. They have good pitchers—there's a reason that kid, the starter, went 10 and 0—but we should have been a little more aggressive, and...we got to clean things up a little bit defensively," Freeman said.

The next game for Lane Tech's boys baseball will be on April 4 against Crystal Lake South.

PHOTOS COURTESY OF ELIE KHOUSHABA



Paris Head, 15, stepping up to bat.

## The issue with spring

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## Women's History Icons

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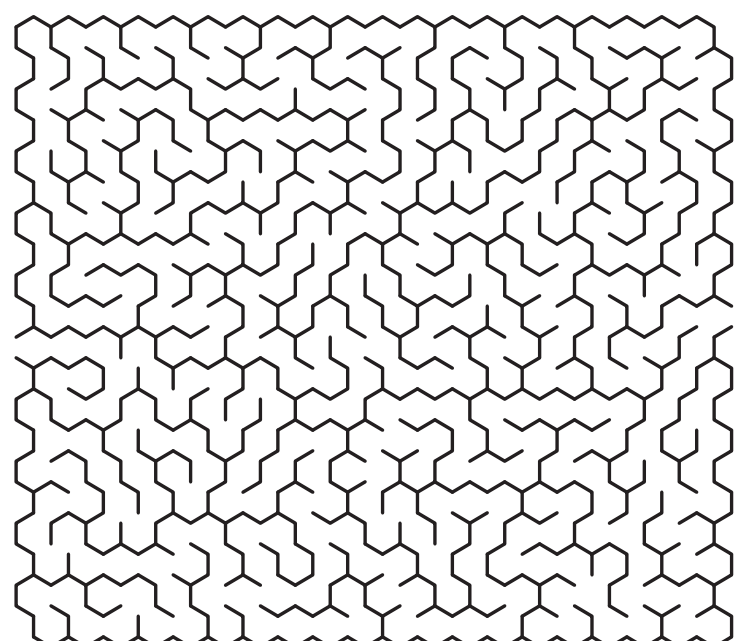
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### Word Bank

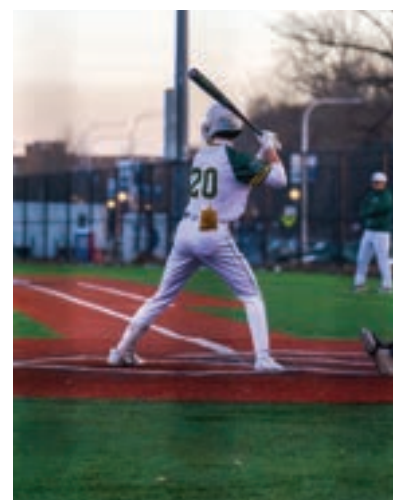
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3. Maya Angelou
4. Marie Curie
5. Rosa Parks
6. Malala Yousafzai
7. Kamala Harris
8. Jane Goodall
9. Amelia Earhart
10. Ruth Bader Ginsburg
11. Aretha Franklin
12. Jane Austen
13. Sally Ride
14. Princess Diana

## Maze

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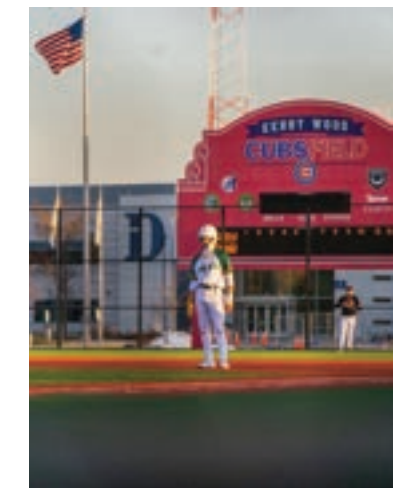
Lane Tech varsity Boys Baseball celebrating at home plate.



Eric Acevedo, 20, getting ready to swing.



Sophomore pitcher, Dodger Friedrich, Lane's starting pitcher during the second inning against Libertyville.



Paris Head stands ready as shortstop.