

CHECK IT OUT!

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The Echo

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CU Scholars Mentoring Program

By Shauri Gonzales

Having a mentor isn't just having a trusted advisor; it's having a friend.

Lorene Ellinger, mentor coordinator at Urbana High School shares the impressive statistics of the program. The CU Scholars mentoring program has helped 95 students in the 2016-2017 school year alone. Throughout the district, over 600 pairs have been matched, ranging from third grade to senior year.

The goal of the mentoring program is to provide a positive adult influence in students' lives. The mentor is someone whom students can look up to, build friendships with, and have someone to help them accomplish their personal goals.

Their official program overview states:

"Mentors are matched one-on-one with a student of their own gen-



Photo credit: Myles Cobb

der when the student is in 3rd-7th grade. Mentors meet with their 'mentees' for one hour a week during the school day on school grounds. They may read together, play games, go for a walk, workout in the gym, discuss current events,

work on a school project or just talk.

Coordinators at each building help provide activity suggestions.....

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Photo credit: www.statefarmcenter.com

Graduation is finally back at the State Farm Center

By Joey Wright

From the very first day of Freshman year, few events are as anticipated in the eyes of a student as graduation. After a three-year absence, Urbana High School's commencement ceremonies will be returning to the State Farm Center.

The ceremony, which for the past three years has been held on Urbana School District 116 property (three years ago at McKinley Field

and for the past two years at the Urbana Middle School gym due to rain), had been forced to relocate from the arena due to the various renovations it has undergone over the past few years. With those renovations now over, the ceremony is now free to return to its former home.

One advantage to hosting graduation at a venue as large as the....

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Does School Start Too Early?

By Wren Wheeling

Just about every student in America has, at least once in their lives, complained about school's early start times being unbearable. They whine and drag their feet, and at times they have to be forced out of bed by their parents. It's all really getting old, but are these tweens and teens just complaining for the sake of complaining, or do they actually have a point?

As it turns out, circadian rhythms, driven by a change in melatonin levels in the brain, shift signifi-



Image credit: Zoe LaVigne

cantly during the teen years. This causes a person's mental "clock" to shift as well, so it is very difficult for a teenager to fall asleep before 11 p.m., and 8 a.m. actually feels like the middle of the night.

Because students are often forced to be up as early as 5 a.m. or 6 a.m. in order to make it to school on time, they are unable to complete their full sleep cycle. This means they lose a large amount of the type of sleep that is essential for helping them control their moods. REM—"rapid eye movement"—sleep plays a large part in keeping teenagers in good mental health. Without it, they are moody, anxious and irritable... sound familiar?

What is probably the worst part of all of this is that various chronic conditions and diseases are arising in tweens and teens because of

it. According to the Centers for Disease Control and Prevention, insufficient sleep is heavily linked to obesity, cardiovascular disease and depression.

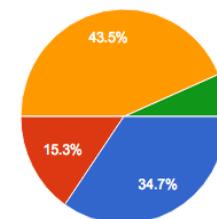
So exactly how much needs to

change in order to solve this? The American Academy of Pediatrics strongly encourages all middle schools and high schools to aim for start times no earlier than 8:30 a.m.

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Do you feel a lack of sufficient sleep negatively impacts your grades?

124 responses



● Yes
● No
● Sometimes
● Doesn't apply; I get enough sleep

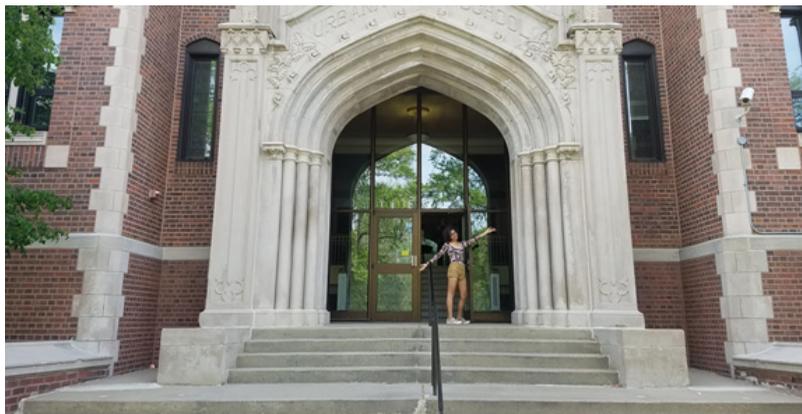


Image credit: Zoe LaVigne

10 Things You Didn't Know About UHS

By Zoe LaVigne

1. This is Urbana High's third location



Old picture of Thornbury High School (Photo credit: UHS History website)

According to the yearbook, the first building was built in 1872 and was located where Leal Elementary is now. That building soon became too small for the growing population of students and the second building, called Thornbury High, was constructed in 1897 at the current location of the Phillips Recreation Center. That building also became too small going from a population of 200 students to 450 students in just seventeen years which led to the creation of our current building that opened for students in late 1914.

2. UHS has been through multiple renovations



The school before the 1955 addition (Photo credit: UHS History website)

Urbana High School had three major additions. The 1916 addition added an athletic wing including a gymnasium and pool. The 1955

addition created a new cafeteria, industrial arts space, more athletic locker rooms, a library, and several classrooms. The 1967 addition added an entire new floor of classes. There were also renovations, one 1977 and a total renovation in the early 1980's which saved as much of the original high school as possible, but changed the locations of many things.

3. The completion of the current building was delayed by a fire

Designed by Joseph Royer, the \$150,000 building was set to be opened to students by the fall of 1914. However, it was delayed by a fire that broke out in the coal bunkers and lasted two months.

4. The tower is illegal



Old photo of the tower (Photo credit: UHS History website)

It is indeed illegal to have classes in Urbana High School's famed tower/fourth floor. The only way to reach the tower is a flight of stairs and federal law states all parts of a public building must be handicap accessible. The tower at first consisted of two classrooms believed to be a music and art room, but have since then been combined to form a utility room.

5. There used to be a smoker's alley



(Photo credit: UHS History website)

To provide easy access to the boilers, which were in the center of the building after they were under the auditorium, workers created an alley down the center of the school. It was called "grit alley" or "smoker's alley" as both students and teachers alike would hang out smoke there between classes. When the boilers moved, the alley was no longer needed and enclosed. Smoker's alley is now the commons, the janitorial hallway, and classrooms on the second floor.

6. There are owl statues above the Race Street doors



Photo credit: Zoe LaVigne

You may have seen the owls if you've ever entered from the Race Street door, but you probably didn't know that a group of citizens called "Save the Owls" (because of said owl statues) fought to save the original 1914 structure of the building during the 1980's renovation. They succeeded and the original building as well as three additions were saved.

7. The locations of many things changed during the 1980's renovation

Before the 1980's renovation that made the school the way it is today, many locations of places changed. There used to be a pool where the science rooms are now located. Our current library used to be a gym and if you look at the windows, you can see where they were cut off during the renovation. The old library used to be where the main office is located. The commons used to be an outdoor

courtyard area.

8. UHS has a room full of trophies from the past century.



Photo credit: Felicia Tufano

This picture only shows a small portion of the trophies in the trophy room, which is currently undergoing renovation. We aren't allowed to tell you where it is, but just know it's there.

9. There was a time before computers



Mimeograph (Photo credit: Bradford House Antiques)

Okay, this is a given, but have you stopped to think about how schools worked without modern technologies? Attendance couldn't be taken by Skyward so the attendance office sent "runners" to go to each class and pick up the sheets by hand. There were no printers so mimeographs had to be used. Mimeos force ink through a stencil onto paper when a handle is turned. It was often difficult and the ink smelled and would easily stain skin and clothing.

10. In the office, you can fill out a blue slip to talk to directly to an administrator

It's exactly like it sounds. This was discussed during the last homeroom representative meeting.

Graduation is Finally Back at the State Farm Center

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.....State Farm Center is that students can invite as many people as they would like to watch the ceremony. For the past three years, students were limited in who they could invite due to the relatively cramped confines of McKinley Field and the middle school gym.

"The main reason I am excited for the ceremony to be back at the State Farm Center is because students will now be able to invite as many people as they want to watch them graduate," says Kim Summers, English teacher and senior class sponsor. "I know that this is really important to some students who have large families or multiple friends."

Most people are happy to see commencement return to its former home, Summers says.

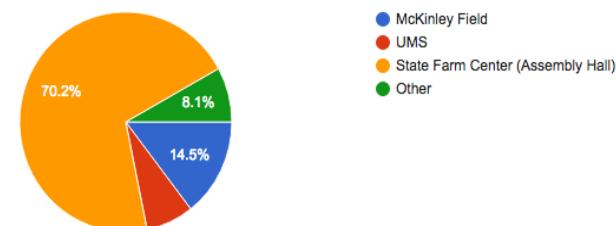
"I have spoken with several students, and most of them are excited to be graduating at the State Farm Center this year. Students do not like having the ceremony at UMS, so this seems to be a better alternative."

The State Farm Center in the past has typically hosted commencement ceremonies for Centennial High School in addition to UHS. Centennial moved their commencement to the Krannert Center, the longtime home of Central High School's ceremony, during the renovations to the arena.

Graduation is Saturday, May 27 at 11:00 AM.

Where would you prefer graduation to be?

124 responses



The Process of Making Our School's Yearbook

By Bayyinah Hill

It's almost the end of the school year. Students are studying for exams, seniors are preparing for college and some are planning their summer vacations. Even though we're looking toward the future, we still like looking at the past. Thankfully, the Urbana High School Yearbook has us covered.

Usually students don't even think about the people who make their yearbooks. It is all about who is the Cutest Couple, Most Likely to Succeed, or Class Clown. We want to sign them, write in our numbers, and say our goodbyes. Yet, there is so much more that goes into this process.

So how does it all come together?

First, the Yearbook class must choose a theme. Editor Maritza Rodriguez explains: "We choose a yearbook theme that can relate to our school. If we can't find one that does, then we try to think of something that students or faculty can relate to. This year we chose 'Pack Pride Purpose' because the student

cheer section had created the Paw Pack. We chose something related to them because we enjoy seeing our students come together to cheer on the athletics of this school."

After choosing the theme, photos and copy comes next. Throughout the year, the class takes photos and writes stories to represent the events happening throughout the year. This is definitely not an easy task.

"Challenges I face are deadlines. Deadlines are a big part in yearbook because everything needs to be submitted within a certain amount of time for it to be published so it's kind of rushed when working on it, trying to make it look really good," says Armon Owens, senior.

Even through this hard work, sometimes students feel they are underrepresented.

Rodriguez explains, "When kids aren't featured in the book it is because they either didn't take their school photo, they signed a waiver



Comic by Ksenya Kouzminova

form saying they don't want to be photographed, or the outside photographers place the student's photo in the wrong category."

There is a way to prevent this, however: "As long as the student takes their photo at the right time then there should be no issues," says Rodriguez.

Another way to prevent it is to avoid pranks. Rodriguez tells us that sometimes students have taken to "switching names with each

other for fun which makes things harder for us when we get feedback on the book."

To some, the yearbook is just like any other book you would find in the Urbana Free Library—it has a cover and a bunch of pages. With the yearbook, the difference is that it is filled with memories of our past school year.

Yearbook staff member Armon Owens says the yearbook is important because "it gives the students and

parents something to look back on when they're older and out of high school and reminisce on good times they had in school."

Ana Guerrero Casas agrees. "The importance of having a yearbook is to have a way to keep memories, to remember the friends we had and how we were. A yearbook is a way to record history."

It is clear that creating the yearbook is no easy task. When we get our yearbooks, let's take a moment to thank our yearbook staff.

CU Scholars Mentoring Program

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training and support.

Mentors commit for one year at a time. Students who stay in the program through high school graduation receive a scholarship for continuing education funded by our community partner, the Mentoring Scholarship Foundation."

This brief description of the program highlights how the mentoring program is centered around youth. UHS extends the program's expectations to include peer to peer mentoring. Ellinger created a group of older mentees, juniors and seniors, who work to motivate incoming freshmen mentees who are new to high school or new to the mentoring program.

Known as Meente Leadership, this is the first year of this part of the program. In the future, Ellinger hopes to expand, holding monthly gatherings of fun games and learning amongst the mentees in order to let incoming mentees know that they are welcome to the program and to the school.

"We know from our research that students from the mentoring program feel better about school and themselves," says Ellinger.

"The goal is to help students succeed and reach their potential, by providing a caring listening adult who makes a commitment to stay with them."

Junior mentee, Wesley Jones, has been with his mentor since third grade. He describes their relationship as "well connected." His mentor has influenced him mostly as a person. Jones mentions he doesn't want to get in trouble anymore because he doesn't want to disappoint his mentor.

"He's made me more of a polite person," Jones says. With a laugh he adds a unique perspective to their relationship: "He has pet chickens so that impacted me to want pet chickens."

A long lasting relationship between someone young and someone older proves that youth can be influenced in a positive way.

An engineer, Jones's mentor has taken him to the Engineering Open House at the University of Illinois. Jones appreciates going to this event with his mentor because of the company; and to go to an event Jones's mentor is passionate about can't help but bring a smile to Jones's face.

Although the goal of the mentoring program is student-centered, the mentors are impacted as well. Mentor Melissa Newell has been in the mentoring program since 2007. She helps her mentee by providing her advice, care, and support.

Newell meets with her mentee once a week to play games, talk, and eat.

"The mentoring program, and my mentee, have been such a big part of my life for the past ten years," Newell says. "My mentee has taught me so much and brings a new perspective which I would not otherwise have. The mentoring program connects generations who would otherwise be disconnected. The mentoring program has made me love my community even more. I couldn't imagine my life without her, as she inspires me!"

Newell encourages her mentee to look for ways to benefit in the community and their own lives; she pushes her mentee to do the right choice and to be a good person. She also helps her mentee with college and summer pre-college course searching that can influence her career path.

"A lot of mentoring is trust you build between each other," Newell says. "Working through things together and growing over time."

Mentees can also agree with Newell's perspective.

Skylar Grindley has been in the mentoring program since third

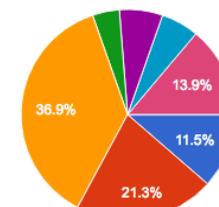
grade. She looks forward to every time she and her mentor meet and time flies by when they do. Grindley also shares her happiness at mentor's support for her in her personal life.

"She's always been very supportive and helped me when I was stressed. She's the reason I was able to seek out help when I needed it."

People within the mentoring program admit to numerous benefits that come with it; varying from emotional, social and Grindley can't forget the most important benefit of having a mentor, "Educational benefits?" she asks, then jokingly adds: "Well a scholarship is pretty helpful."

What is the major reason you don't do your homework?

122 responses



- I forget I even have it.
- I don't have time to do it.
- I get distracted/procrastinate
- I don't want to. It's not worth my time.
- It doesn't count as a grade/teacher doesn't look at it.
- It won't affect my grade too much.
- Other

Spring Sports 2017

By Joey Wright and Steven Thompson

QUESTION: What are some strengths of this year's team?

QUESTION: What are you looking forward to this season?

QUESTION: How has the team changed since last season?

Does School Start Too Early?

...Continued from page 1

Unfortunately, very few schools actually follow these guidelines. Students at Urbana High School have to be in class by 8 a.m., which makes it very difficult to get the nine hours of sleep that the CDC urges them to aim for. According to Livescience.com, the average school start time in Illinois is actually only 8:13 a.m.

A study conducted by the University of Minnesota, which collected data from 9,000 students at eight separate high schools, shows that delaying the first school bell until 8:55 a.m. would lead to a significant increase in students' grades. Though this would be a major improvement, it may not yet be enough.

Research from both Harvard and Oxford led the universities to urge school districts to adjust schedules so they matched the biological clocks and wake-up times of their students. For a 16-year-old, this would mean a school start time of 12 p.m., allowing students to sleep in until 10 in the morning.

A change that large is not likely to be made at any point in the near future, but perhaps it could be reached by making some very small steps in that direction. For now, students should work on getting to bed as early as their bodies can allow, and teachers should assign less homework on school nights.

Like what you see?

Then make sure to check out our website at www.uhsecho.com and follow us @UHSECHO on social media for the latest news updates on your Urbana Tigers!

<p>Spring Sports 2017 By Joey Wright and Steven Thompson</p>	<p>QUESTION: What are some strengths of this year's team?</p>	<p>QUESTION: What are you looking forward to this season?</p>	<p>QUESTION: How has the team changed since last season?</p>
<p>Baseball Head Coach: Geno Hoffman Key Players: Tim King Luke Stephens Jacob Welbes Dan Wachtel ></p>	<p>Positivity is one. We definitely haven't had enough of that [previously], and that would lead to us getting short-gamed a lot in the past.</p>	<p>I'm hoping to take home W's from both of our cross-town rivals, Central and Centennial and get a little more wins after or before that.</p>	<p>We've had quite a few roster changes this year with the new kids coming in and the last graduating class leaving. Also, like I said before positivity has gone up since last year and we've been playing more full 7-inning games. I feel like with enough hard work, we could hit at least a .500 winning percentage next year.</p>
<p>Softball Head Coach Billy Harmon Key Players Erin Wright Khamerin White Lauren Matson ></p>	<p>One of the biggest strengths of the team this year in my opinion is the sense of unity and teamwork that this team has. Every girl on the team contributes to the team in a different way, whether it's speed, power, or even just encouragement. Many of us have been playing together for 4+ years and I think it really shows. This team is definitely stronger when it comes to offense. This year we have several girls that we can depend on to get hits consistently, which I feel we didn't have before.</p>	<p>I'm looking forward to playing as hard as I can on the field. I know that a lot of the girls on the team went to winter workouts and really put in the effort to improve during the off-season. Even though we might not always come out on top, I trust that these girls will work hard regardless. I'm excited to see what the future holds.</p>	<p>Well, for one thing, we have no seniors this year. We are a young team with loads of potential. Things may not be perfect but we have another year together to keep working out the kinks. Also, the entire mood of the team is different. I feel like the girls have a true passion for the game, which I love to see. Softball is so much more enjoyable to play when the people around you love to play it as well.</p>
<p>Boys' Track and Field Head Coach Forrest Farokhi Key Players Shelbert Nance Zach Glass Michael Mboyo ></p>	<p>Our relay teams. They are very strong and competitive.</p>	<p>I anticipate many personal records. We have great times, and thus great chances for people meeting state time</p>	<p>We are more focused and hungry for first place. We're tired of all the second place medals on our walls.</p>
<p>Girls' Track and Field Head Coach Leslie Edmondson Key Players Libby Cultra Diamonasia Taylor Jyana Anderson ></p>	<p>Working as a team. We need to look out for everyone, not just ourselves.</p>	<p>[We need to] keep working hard and win more titles.</p>	<p>Our team is more humble. We put in lots of work, and we work our butts off to become number one.</p>
<p>Boys' Tennis Head Coach Matt Avery Key Players Cameron Trail Matt McCarthy Sam Arend ></p>	<p>The strengths are our varsity leaders, Cameron Trail and Matt McCarthy. Both have at least a year of varsity experience behind them and are able to set an excellent example for the larger group of younger guys on the team. With their help and guidance, our team has gone from a group of friends to a real team, one that knows how to play at a high level</p>	<p>As our season begins to wind down, (3 varsity matches left) as individuals and a team, regionals and the post-season comes into view. Counting on what we've learned and experienced this year from the regular season, our varsity players hope to go as far as possible into the postseason</p>	<p>Youth. Only 2 varsity players [from last year] returned this season. The team last year had known each other for many years and become close, but with their absence, and many freshmen and sophomores joining the team, our team has worked hard to rebuild [those relationships]. It has been a challenge, but with the help of our great coaches, we've really come together as team, learning from last year's example.</p>
<p>Girls' Soccer Head Coach David Dunlap Key Players Lexi Jones Courtney Fouke Ashia Ravanh Jewelry Keodara ></p>	<p>Although we are still learning to play together, everyone on the team gets along and respects each other. A strength we have is supporting one another and growing as a team.</p>	<p>I'm personally looking forward to seeing how we progress over the weeks and winning more games, as well as getting to know my teammates more.</p>	<p>Many things have changed from last season, including a new coach, and large amount of new players, among other things. Our varsity is comprised of really young girls that are still new to the game so we are still learning how to work as a team.</p>

Stressed Out?

By Zoe LaVigne



Photo credit: tobyneal.net

“Wish we could turn back time, to the good old days when our momma sang us to sleep but now we’re stressed out”-twenty one pilots, “Stressed Out”

Do you find this twenty one pilots song to be extremely relatable every time it comes on the radio? Do you find yourself stressing over all your un-started homework, but still find yourself a sluggish resident of the procrastination? You’re not the only one. Keep reading for some helpful tips.

High school is a stressful time full of homework, sports, projects and extracurriculars. It’s near impossible for a person to keep up with everything. We live in an age where everything revolves around time, and when things don’t get done punctually, there are consequences. That’s what makes it so frustrating when you can’t seem to get up and moving.

It’s easy to get distracted when you’re on a deadline. However, the stress of not starting a task is a lot worse than actually doing the task. Getting started is the hardest part.

When your cutoff date is steadily approaching, you might just have to sit yourself down and force yourself to get started.

Everyone faces this, it’s in your brain. The brain has two parts that often fight each other when facing a difficult task. They’re called the limbic system and the prefrontal cortex.

The prefrontal cortex is the decision making part of the brain located directly behind the forehead. It’s a newer and weaker part of the brain.

This is the part of the brain that really separated humans from animals, who are just controlled by stimulus,” says Timothy Pynch, Ph.D., a psychology professor at Carleton University in Ottawa.

This makes it hard for the prefrontal cortex to fight the limbic system, which is an automatic system. Automatic systems are what told cavemen that fire was hot and not to touch. The prefrontal cortex, however, is not an automatic system; you have to make it work yourself.

The limbic system is also one of the oldest parts of the brain. Since the limbic system is automatic and seeks pleasure, it makes it easy to give in to the desire of distractions when trying to complete a difficult task. When not consciously engaged in a task, the limbic system takes over and you do what feels good, often anything but what you’re supposed to be doing.

Everyone has fallen prey to procrastination before; science pretty much says it’s a given. But with patience, you can train yourself to push through and learn a valuable skill that can last a lifetime.

Some Urbana Tigers have shared their best tips on getting things done:

A recurring theme, organization came up many times from those interviewed. Sophomore Sophie Huff agrees. “Organization is really important so that you can prioritize what needs to be done.”

“Always write all your assignments in your assignment planner,” says junior Claire Henry.

Avoiding distractions is also key. Junior Paul Nguyen sides with this as well. “When you get home, turn off your phone and give it to your parents.” He also mentions setting up a timer to help keep track of how long you’re working. “Gauge how long each assignment should take and try to do it in that time.”

Junior Janasha Stuckey agrees. “I work and I dance and I sing so I don’t have much time. I take an hour out of each day to catch up on things I need to work on.”

Many other students agreed with cutting out distractions, but some say background noise, like music, helps them focus.

“Music motivates you.” states junior Danielle Wheatley.

Junior Charlyne Evans warns, “Stay away from YouTube. Use your iPod or playlists you already have.”

Many Urbana Tigers also agree with better focus helping to get things done.

“I sleep more. The more I sleep, the less distracted I am.” says Freshman Aaron Shpungin Lyubanksy.

Great advice Tigers!

Many websites and experts also recommend information like this for getting things done. Here’s some advice from the experts:

Make a prioritized schedule

Decide what tasks are most important and try to get those done first.

Stay organized

Know everything that needs to be done, the materials needed, and where everything is. Try to keep it in a clean manner. Many people find that having a clean workspace leads to better focus.

Cut out distractions

It’s hard to get work done when much more tempting things are surrounding you. Hide away all your electronics, turn off your phone and stay away from your computer. If you really have to, turn off your router. Just get to it.

Set up a routine/specific time for tasks

Many people find that having a set routine helps them get to work. If you get used to having an hour

of homework time every night, it makes it easier to get started.

Set a timer

Force yourself to do your task for a set amount of time. Getting started is usually the hardest part. Once you get into it, it becomes a lot easier to continue. There are a few different methods to timing yourself. You can just set the timer for a desired time. Some recommend a 30 minute time period for work with 5 minute breaks in between work periods and 15 minute breaks every third break.

Use delayed gratification

Give yourself a time period and a reward such as, “If I do homework for 30 minutes, I get to take a short break and eat some candy.” Your body doesn’t like doing hard things without getting something in return, so give it what it wants. However, don’t get too caught up in the reward or you might just quit your task all together. Keep it simple.

Don’t burn yourself out

Once you find yourself getting frustrated or zoning out a lot, take a break. Don’t get too settled in though, you might just get sucked into procrastinating. Eat something or drink water. Do some exercises to wake yourself up.

So when you’re stuck doing a 10-page essay or cleaning your room, science concludes the easiest thing you can do is get started and try to stay focused enough to see it through. Try and see what tips work for you and maybe you’ll get a few free hours to turn back time to the good old days.

Stopgap State

By Laisha Gaona

The state of Illinois is in debt. This affects everyone: rich, poor and those in between. This budget crisis has especially affected public schools, and therefore the communities of which students are a part. It pushes kids away from getting the rightful education they are required to receive. Schools are being forced into giving less to students, affecting their studies and educations.

Filing in the St. Clair County Circuit Court in the Illinois suburbs of St. Louis, schools took action by suing the state. About 17 school districts in southern- and cen-

tral- Illinois have taken part in the lawsuit. They claim the state hasn’t provided enough for public schools, hindering students from receiving “high-quality educations.” The lack of funding has forced schools to cut programs, scheduled maintenance and improvements, and to lay off staff.

Schools in southern and central Illinois are not the only schools facing crisis due to the state budget. In court, Chicago Public School lawyers have asked the state for more money. Without it, they will close school 20 days early and cut summer school programs.

Some schools have received financial aid, but from unlikely sources.



Photo credit: The Sun Times

At the end of March, Chancellor J. Bennett, also known as Chance the Rapper, donated nearly 1 million to public schools in his hometown

of Chicago. The Chance Arts and Literature Fund targets schools with decreased graduation rates. In addition, fundraising has contin-

ued through Bennett. A total of 2.2 million dollars have been raised for Chicago Public Schools. At Urbana High School, the problems seen elsewhere in the state are not apparent to students.

Myles Cobb, senior says, “We’re looking good. We have a new cafeteria. I heard they are starting a new wifi plan for all floors to have. My freshman year the auditorium was brand new, and the year before that we had new fields. I mean, we have a lab full of Macs. Other students from other schools are surprised that we have that because they don’t have them.”

Successful things have been happening at Urbana slowly every year.

The Dark Side of Livestreaming

By Wren Wheeling

Everyone is at risk.

Last year, a man was shot and killed in a drive-by attack in Chicago. In 2016, an 18 year old woman from Ohio recorded footage of her 29 year old boyfriend raping a minor. In late January, three men were arrested after raping a woman in Sweden.

More recently, four people kidnapped and tortured a man that they knew from school for no reason other than his political views. Each of these crimes have one thing in common: they were broadcast through either Facebook Live or the live streaming app known as Periscope.

Most people are familiar with the recent murder of 74-year-old Robert Godwin, Sr. by the Facebook Live killer known as Stevie Steve—or Steve Stephens. Stephens claimed to have “snapped” after going through a difficult breakup, and he allegedly decided to go on a killing spree, live streaming the death of his first victim.

This murder is alas not the first



Photo credit: Dissolve.com
tragedy that has occurred while being streamed live to the public. The invention of Facebook Live could have brought a trendy new feature for people to dip into and have fun with, but it quickly took a dark turn as criminals adopted it to misuse and abuse. The new trend of unthinkable crimes committed while livestreaming has brought rape, torture and murder to the cellphone and computer screens of just about anyone who has access to the internet.

The video of Godwin’s murder was thankfully taken off of Facebook after being reported by numerous viewers, but many curious eyes have been able to find it on other websites.

In fact, a vast majority of the horrific things seen on live streaming platforms can still be accessed despite having been flagged and taken down. This means that anyone on the internet could stumble upon it and share it, potentially scarring innocent social media users.

There are, of course, already restrictions on live streaming platforms that prohibit nudity or acts of violence, but nothing can be enforced until the unlawful content is reported. When criminals are allowed to stream for a number of minutes before they are shut down, they still receive the attention that they are after, and countless view-

ers still accidentally witness live events that could be traumatizing to them.

This brings up the question of whether or not the restrictions that are currently in place are enough.

In 2015, when Facebook Live was initially launched, it was only usable by celebrities, journalists and those with verified accounts. Unsurprisingly, when the general public didn’t have access to Facebook’s live-streaming features, they were not misused.

The problem is not with the live streaming feature itself, but with the people who use it. Because of this, there are people who believe that live streaming platforms should just be shut down altogether.

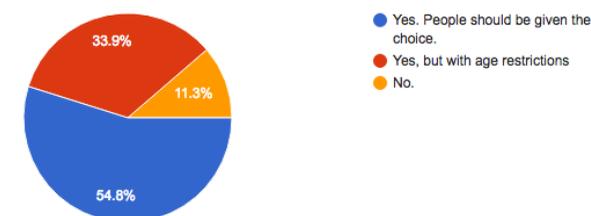
A Care2 petitions user, ShonTae

Hawkins, created a petition on Thepetitionsite.com that is targeted towards Mark Zuckerberg, co-founder of Facebook, for Facebook Live to be taken down. Hawkins says that Facebook “perpetuates and encourages violence” by allowing people to stream anything they want live to their friends and followers and that it needs to be entirely eliminated.

It is a controversial subject, as many people enjoy the concept of streaming events and daily activities to their friends, drawing in “likes” and validation. Maybe it is time for people to ask themselves: what is more important—enjoying a few minutes of live-streamed entertainment or protecting people who could potentially be victimized by the sick criminals who misuse these social media platforms to get attention?

Do you believe livestreaming (ex: Facebook Live, Periscope, YouNow) should be available to the general public

124 responses



What’s More Dangerous: The Battlefield or Your Home?

By Brittney Williams-Poke

Studies published in the Journal of Traumatic Stress examining the spectrum of community violence have concluded that children living in urban settings are twice as likely to form PTSD than soldiers coming home from war.

PTSD or Post Traumatic Stress Disorder is a disorder characterized by failure to recover after experiencing or witnessing a terrifying event. Psychologists are now referring to the PTSD that youth are suffering from as Complex PTSD because unlike standard PTSD, Complex PTSD results from repetitive, prolonged trauma.

A study by the National Urban League Policy Institute found that 47 percent of low-income African-American youth have witnessed



Photo credit: CeaseFire

a murder and 56 percent have witnessed a stabbing.

Children in urban settings can’t

recover from their experiences because these experiences are continuous. Researchers state that while soldiers get to eventually

leave the battlefield and come home, children in some urban settings live their lives in the battlefield: their neighborhoods.

“Growing up where I did definitely caused me to see things most kids don’t see, but I don’t think it was necessarily bad. I think it just showed me how not to live my life,” says Reginald Williams, a resident of Dallas, Texas.

Studies also show that most of the children who struggle with Complex PTSD live their lives without treatment. Children are reliving

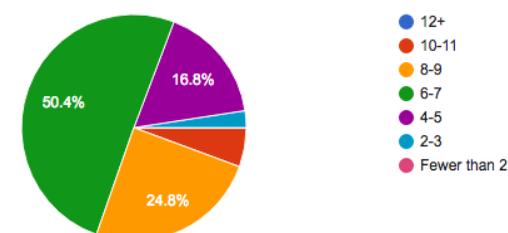
tragedies and are receiving little to no emotional or mental support because many don’t even know they’re suffering.

It is important for people to realize the symptoms of both PTSD and Complex PTSD. Some of the symptoms include persistent sadness, suicidal thoughts, explosive anger, and inhibited anger.

If you or anyone you know has symptoms of PTSD or Complex PTSD, talk to your doctor today.

On average, how many hours of sleep do you get a night?

125 responses



Slept On Artists

By Brittney Williams-Poke

2016 was considered one of the best years music-wise. While many artists did get credit for their talent, there are also a very large number of artists who haven't. These are just a few artists who deserve to be recognized.



Photo credit: thehundreds

ABRA

Abra is a singer, songwriter and producer who makes mostly slow, shadowy music that flirts with both R&B and Hip Hop. Her music is highly noted for its ambiguity. Her songs are reminiscent of 80's boogie as they are full of light, with beautiful piano and heavy bass. Her song "Fruit" is a perfect example as it displays all her talents as she uses heavy bass coupled with her soft, yet commanding voice to deliver a message of love and lust.



Photo credit: plug-society

LUCKI

Lucki is a rapper who makes somber, yet upbeat songs. In his songs he talks about death, drug abuse, and love. Lucki's utilizes his beats and lyrics in a way that makes such depressing and vulgar topics seem natural. His song "Self Destruct" serves as a perfect example, as Lucki utilizes his beat to speak of his love of things both positive and negative.



Photo Credit: Sabrina Claudio

SABRINA CLAUDIO

Sabrina Claudio is an R&B singer

and songwriter who recently came into the spotlight after the release of her EP *Confidently Lost*. Claudio uses her achingly beautiful voice to write ballads about love and love lost. Her music has been described as soothing and angelic. Her song "Runnin' Thru Lovers" captures this soft romance essence perfectly.



Photo Credit: The Fader

STEVE LACY

Steve Lacy is a singer, songwriter and producer and is best known for being the guitarist of the group *The Internet*. Although he produces his own songs, he has also produced for J. Cole, Kendrick Lamar, TWENTY88, Gold Link, Denzel Curry, Matt Martians and Chloe X Halle. In the past few years, Lacy has released several songs and recently released an EP entitled *Steve Lacy's Demo*. Lacy's music is soothing R&B that has a lazy, soft tone to it. Lacy's song "Looks" captures his essence perfectly as the soft beat and calming words are almost trance-like.

Dress Season

By Shauri Gonzalez

Spring cleaning is upon us, but hearing that is always a drag. What's the number one clothing item your closet is bursting with right now? Sweaters. Clean that out by restocking it with dresses!

Make this season fun. Let's call this season, Dress Season!

Dress Season is to some also Wedding Season. A joyous season when people are getting married, being bridesmaids or going to prom! One thing all three have in common is, you guessed it, the dresses!

The number one dress you definitely need this season can be found at Forever 21; its selection of styles can help you find your Dress Season dress. Maxi, midi, mini, party, or casual, you name it! Forever 21 will most definitely have the dress you need this season.

One option hot in fashion right now
Page 7

is going flowy and loose with your dress. Long or short it shouldn't be tight around your waist. By going this loose, your silhouette shouldn't have a defined waist but defined shoulders. This look can be achieved with sleeveless or off-the-shoulder straps.



All photos in article are courtesy of Forever 21

Dress Season this year highlights mainly solid colors. Light nature

colors like light greens, light blues, light purples, yellows or blush are everywhere this season.



Continued on next page....

Heartbreak Much?

By Harmoni Dortch

other person.

At this time of 2017, I'm seeing breakups taking place back after back after back.

24/7, 365, all day everyday, I'm dealing with the old fashioned ranting, questions, and crying: "Should I text her?" "Should I try and talk to him?" "Do you think she still wants me?" Breakups are not easy. Trust me, I would know.

However, they are not impossible to overcome.

If you're currently struggling through a breakup, do yourself a favor and continue to read.

The very most important thing to do first while dealing with a breakup is to just let it all out! Many people make the mistake of not acknowledging their true feelings first hand. Keep in mind that we are all human. It is okay to cry, to be anxious, to feel depressed. These feelings are all a part of the process.

Don't be in denial of your feelings! This will only make the breakup process much harder for your mental state. Give yourself an extended amount of time to allow yourself to be completely vulnerable. We're talking weeks here, not days. Be patient with the breakup process, and you'll be better in no time. When you let it all out your feelings are not being trapped, giving yourself a chance to truly heal. Although you might not feel great, you're preparing yourself for the next part of the breakup process.



Photo Credit: Futures Without Violence

During this part of the process, it's important that you keep your distance. Don't try to push or force anything to happen with the partner that you have fallen out with. Instead, just keep your distance. Delete their number. If you need to, block it. Unfollow their social media. This is time for you, so you must focus on yourself, not the

Now that you have given yourself time to be vulnerable and you've been keeping your distance, the next important step in the heartbreak process is to accept things for what they are. Once you've come to acceptance, your breakup will be so much easier to process.

Take the time to sit and reflect. Think about the reasons why the breakup happened in the first place. Take these thoughts and feelings and turn them into something positive. Keep in mind that everything happens for a reason, and most things don't last forever. In fact, breakups can turn out to be beneficial in the long run. Your breakup is teaching you life lessons and making you stronger.

After looking at the relationship itself, keep staying positive. I can't stress this enough.

Compliment yourself for something small, recognize what you have to be thankful for, thank a friend for being there for you. These are small, easy ways to add some positivity, and here a little can go a long way.

Now to the fun part! You've conquered this breakup and can finally take the time to just do you! If you still find yourself thinking about your ex, distract yourself! Call your friends and have a fun day with them. Pick up a new hobby. Learn to cook something. Learn a new sport. Dance alone in your room. It's important that your body and mind stay active. Distract yourself by doing what you like best or what you're passionate about, and you'll be back to your old self in no time!

Breakups are not easy, but they are not impossible to overcome. Anyone can overcome from a breakup and learn from it in the long run. Just follow a few steps; before you know it, you'll be living-happy and carefree!

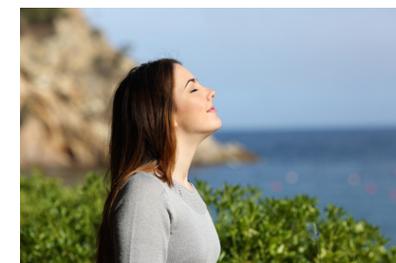


Photo credit: Tiny Buddha

Dress Season

.....Continued from last page

Patterns are rare this season, but those that shine are mainly floral or striped. Like a hippie, think positive thoughts when dress shopping. Crochet or knits from cotton, polyester, rayon, or chiffon fabrics are careless and free, like the wind of Spring. They're light and airy, like your hairstyle to match.



The dress you pick out should be special enough to just wear with any simple pair of shoes you already own, yet still look like you put in the effort to look nice today. No one needs to know that in reality you were just too lazy to match

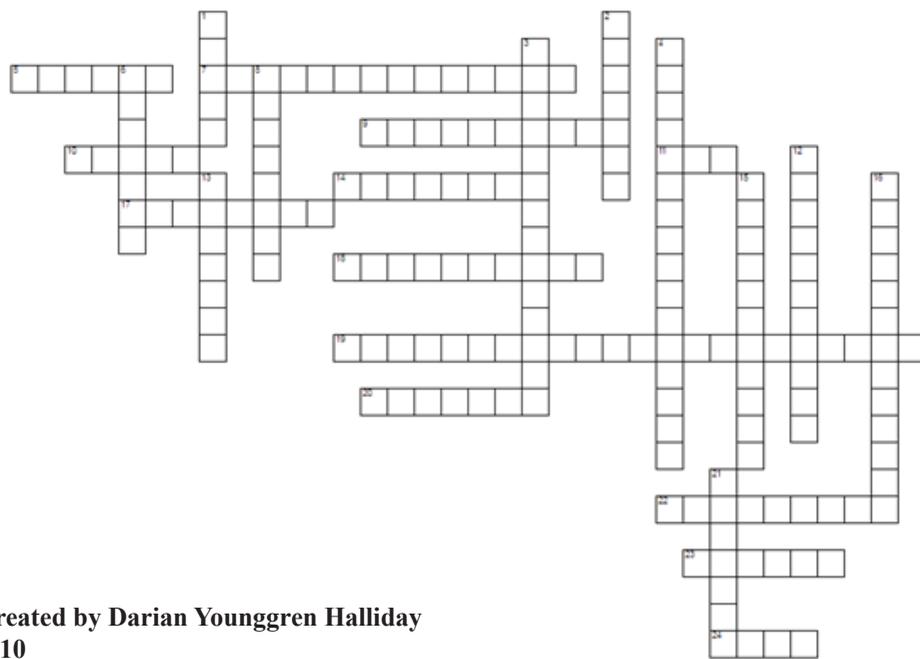
a bottom and a top together!



Dresses are supposed to make you feel not just like a princess this season, but like a fun fashionista with a sense of freedom and casualness.

Urbana High School

Solve this by looking throughout The Echo



Crossword created by Darian Younggren Halliday
Key on page 10

DOWN

- 1 I am the tallest staff member. Who am I?
- 2 I am an art teacher who is retiring this year. Who am I?
- 3 I'm new to the athletic hallway and I <3 your \$.
- 4 I am a great program at UHS that helps a ton of students. What am I?
- 6 I am a newspaper written by the students. What am I?
- 8 This class helps students remember their high school years.
- 12 I am supposedly haunted. What am I?
- 13 Which group of students is graduating this year?
- 15 Seniors voted for the best of

- the best. What is this called?
- 16 I am the head softball coach. What is my name?
- 21 Whenever someone is dating another person and they get in an argument, what might they do?

ACROSS

- 5 I teach a social justice class at UHS. Who am I?
- 7 These two journalists are retiring from The Echo. Who are they?
- 9 The big gym is named after me. Who am I?
- 10 I coach the tennis team and I also teach P.E. Who am I?
- 11 I am the animal found on the main entrance. What am I?
- 14 I have a soccer field named after me. Who am I?
- 17 I see you on Mondays, Tuesdays, Thursdays, and Fridays, but not Wednesdays. What am I?
- 18 This UHS sports team had the most wins last year
- 19 Next year, you will see me on Saturday. I am a school event. What am I?
- 20 I am the only veterinarian at UHS. Who am I?
- 22 These rhythms affect your sleep.
- 23 This comic company is adding girl power to their movies
- 24 Post Traumatic Stress Disorder is also known as?

Horoscopes

By Shauri Gonzalez



Photo credit: www.zodiachoroscopesigns.com

Aries (Mar. 21- Apr. 19)

You may be feeling a burst of energy thanks to the weather change, but don't forget to still think through all of your decisions. Think wisely and don't forget to stop and smell the roses every once in a while.

Taurus (Apr. 20- May 20)

You look out for others so often you forget to look out for yourself. Stressed out lately? It's time to take a day to relax and recharge in order to look at life through a new lens: your own.

Gemini (May 21- June 20)

You're good at adapting to your surroundings, but the question is do you actually like your surroundings? Pause to think and consider. Listen to your inner voice and make the changes you need to. Don't let the problem get too out of hand.

Cancer (June 21- July 22)

Something has changed in the past month that has been nagging you. Don't let the change possess your life; acknowledge the change and move on. Take a nice walk and think.

Leo (July 23- Aug. 22)

You've made a mistake lately. Purposely or not, it hurt someone. Try to walk in the other person's shoes and acknowledge their feelings. Then, understand yours and apologize. Sometimes it's better to surrender than to fight.

Virgo (Aug. 23- Sept. 22)

A task you had high hopes for hasn't turned out the way you wanted and lately you're beating yourself up about it. Don't beat a dead horse; you're tired. Forgive yourself. You deserve it.

Libra (Sept. 23- Oct. 22)

Following the rules has done you well, but don't lose the person that you are on the inside. Don't listen to what others say for you to do; do what you think is best for you. Trust yourself.

Scorpio (Oct. 23- Nov. 21)

You've let jealousy into your heart lately. Acknowledge it and accept it. Then let it go. Focus on yourself instead of others; you've got a lot to offer the world.

Sagittarius (Nov. 22- Dec. 21)

Adventure is out there, and you're living the fast life. However, don't be so careless and be on guard. With a shielded heart and a wise mind, keep going on with the adventure of life.

Capricorn (Dec. 22- Jan. 19)

Someone hurt you in the past, and this person has resurfaced in your life again. You may be joking about the hurt you've felt, but only to make things easier for yourself. Your feelings are important, not something to joke about. Confront them.

Aquarius (Jan. 20- Feb. 18)

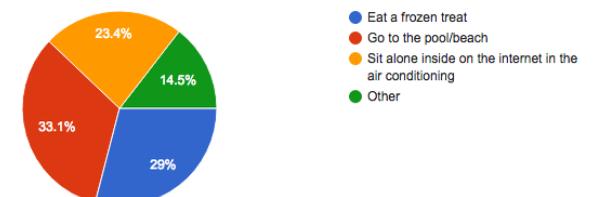
Your honesty has made you unpredictable lately. Watch what you say around the people you love; they might be scared of you and your words.

Pisces (Feb. 19- Mar. 20)

You've been trying to express a need in a relationship lately, but you're being vague. You're expecting one thing, but it's coming across as something else. Be clear and specific and you'll see a change.

What is your favorite way to cool down in the summer?

124 responses





Goodbye, Teachers



The Echo Staff wants to thank this year's retiring teachers and wish them good luck in their futures!

Goodbye, Ms. Cohen

By Alyssa Sullivan

A 36-year-old teaching career comes to an end as Laura Cohen is retiring from UHS. Cohen has been a teacher at UHS for 18 years. Over the years she has co-taught in the math department, primarily Algebra 1 and 2. She is also a Special Education teacher and currently teaches Health and Civics.

Cohen's favorite part about teaching at UHS is the voice teachers have.

"We are asked what we want to teach and consulted about all decisions before being finalized. I also really like our diversity, makes it challenging, but definitely more interesting!"

As for her plans after retirement, Cohen wants to travel the United States and "eat a freshly boiled lobster in Maine and walk the beaches in Florida and South Carolina."

Her ideal day of retirement will

include coffee, a nice breakfast in her sunroom, and of course, some relaxing reading and writing in her journal. In the afternoon, Cohen says she wishes to "go to [the] gym for water aerobics in afternoon, come home and pick fresh vegetables and herbs to make dinner."

Her perfect day away from home may be on a beach in Florida or South Carolina with her one-year-old Goldendoodle puppy, Gus.

Cohen will miss the students a UHS the most. Cohen possesses the ability to connect with faculty and students alike. She still stays in touch with students that have graduated years ago. After years of teaching, she will take countless memories with her into her retirement.

She will "especially take with me the shared influences of certain students I have encountered throughout my career here."

We will miss you, Ms. Cohen!

Goodbye, Mr. Furrer

By Laisha Gaona

Sam Furrer, counselor, will be retiring after 23 years of working at UHS. His feelings towards leaving are in a twist: he'll miss UHS, but after nearly 36 years of service in total, Furrer figures "I've put up enough years to retire."

Mr. Furrer attended Fairbury Cropsey High School. Continuing his education at Parkland College, he then transferred to the University of Illinois.

Before coming to Urbana, Furrer worked as a teacher in Potomac, Illinois for five years, teaching English and Social Studies. Finding that interacting with students one-on-one was more fulfilling, Furrer found his calling by switching to counseling. Clearly, this decision worked out well for him.

Junior Mario Gamiz says, "He's a good counselor who cares about his students."



Interacting with students has been a highlight of Furrer's career. Furrer compares his students to books because each relationship he's built is unique.

As he retires, Furrer says he will miss his students, the school, and his colleagues: "I work with excellent people in my department."

Susan Gleason: Retiring from Teaching, but not

Creating

By Shauri Gonzalez

Electives at Urbana High School are here to help students broaden their interests or experiment before college. One of the most popular of these elective programs is art, a subject Susan Gleason has been teaching for 38 years. Teaching painting, drawing, photography, digital imaging, and AP Art, Gleason is integral to the UHS art world.

Unfortunately, the time has come for Gleason to retire.

Students are reacting with heavy hearts as Gleason was very impactful to young artist's lives. Sophomore Lilly Hall met Gleason as her homeroom and drawing teacher. Looking up to her for guidance and support, she says, "Mrs. Gleason and her classes have been a constant source of inspiration in my life, and the skills she has taught me have gone beyond that of drawing. I hope that she knows how influential she has been in all of our lives and what good she has done for us. We---I---will miss her."

Paris Sharp, senior, agrees: "I owe a lot to Mrs. Gleason. Without her I probably wouldn't be where I am today. I probably would've quit a long time ago, honestly. She just gave me the extra push that I've always needed."

As a teacher, everyone can agree that Gleason is very educated. With intense, rigorous classes, Gleason has taught some of the most talented students at UHS. Sophomore Evan Brown says "her work ethic is very impressive and also her abun-

Working at UHS, Furrer has built many connections and relationships with many people, especially through working with members of the community.

His plans after retiring will involve traveling. In addition to Switzer-



Photo Credit: Maritza Rodrigues

dant knowledge provided a great service to her students."

Gleason wasn't only a teacher to students. Jill Lagerstam, the other half of the art department, tells us that "Gleason taught me as a student teacher. So hopefully I will be able to honor her legacy through my continued teaching."

Students will miss Gleason, but her retirement isn't all negative. As Skylar Grindley, drawing student, highlights, "this isn't the end of her career as an artist, now she'll have more time for her own development."

She will in fact keep doing art; she is excited to have her own time. "After I 'graduate' from UHS, I am looking forward to pursuing my own artistic pursuits, including photography and painting. I am kickstarting my retirement with a trip to Italy that will include hiking in the Dolomites and some walking in the Tucson area with my camera."

The school has changed drastically as it modernized, but Gleason

land, Furrer plans to stick to his Social Studies roots by visiting Boston for its history.

When not travelling, the newfound free time he'll have will allow him to work around his house. In his retirement, he will continue to help

admits that one thing has never changed: "Urbana High School has consistently been a strong educational institution that puts students first in all decision making."

Gleason also puts her students first. She goes the extra mile to help them succeed and improve their art techniques. Students know she's there with a welcoming smile and a wise mind to help any student out with a problem; whether it's from how to make a color with oil paint to being a teacher reference for college applications.

"Absolutely I will miss UHS! I love the students, the creativity, the energy, and the caring environment I have been lucky enough to be a part of for many years. I went into teaching because I love kids, and that will never change. I feel incredibly lucky to have been able to be a part of this school for all these years."

Although Gleason is retiring, this doesn't mean she's leaving our hearts. She has created something even greater than classes at UHS; she has created future artists.

foster growth, although now it will be with the plants in his garden and not just his students!

Goodbye to a great counselor to many.

You've earned it, Mr. Furrer!

SENIOR SUPERLATIVES

By Myles Cobb and Alyssa Sullivan

Most Likely To Be...

On The Voice: Marteon Howard

Famous: Jackson Smart

Filthy Rich: Neel Patel

A World Traveler: Candy Leti

Most...

Addicted to Social Media: Cecilia Abbamonte

Artistic: Paris Sharp

Athletic: Jaimin Carter

Likely to Change the World: Ruth Sussman

Most Changed From Freshman Year:

Takela Lucas

Angel Nieto

Cutest Couple: Chelsea Tuel and Andrew Eubig

Best Dressed: Diamond Palmer

Class Clown: Myles Cobb

Best Bromance: Jackson Smart and Myles Cobb



SENIORS OF THE ECHO SAY GOODBYE



ALYSSA SULLIVAN

Four long years are finally coming to an end.

I always imagined graduating high school. Not the ceremony itself, but the feeling it would bring me. I thought of the release of stress of the sameness of life, the bordering-on- euphoria feeling. But as I finish these last long months, I realize that I'm more stressed than I've ever been.

As I look back on my high school career, and my four years with The Echo, I have a faraway feeling of nostalgia. I don't think I will miss the moments of sitting through 8 hours of class, but I know I will

definitely take both the good and the bad with me.

I started off high school with lot of optimism. I came into school excited about everything. Even the unrenovated lunch room at the time was a little thrilling to me. After a year, I gave up my optimism and my soul turned black (okay, maybe it wasn't that dark). It's okay if high school isn't your thing, but I learned if you're going to be stuck in high school, you better make the best of it.

Going forward I can't see myself being in one place for four years—partially why I'm going to school hundreds of miles away from Chambana. But one constant throughout the last four years has been my involvement in The Echo. From the crappy features I started with, to the surprise sports article that placed me at state, I've grown through my writing exponentially. I used to write articles using fragments of others, not knowing my true voice; but now I see myself in my words.

I didn't follow through in all my stories—I'm an Aries, okay. But I interviewed a homeless man in Chicago, policemen on the south side for an article about police brutality.

And as the editor-in-chief of The Echo, I pass on my torch. Thank you for treating me well!

MYLES COBB



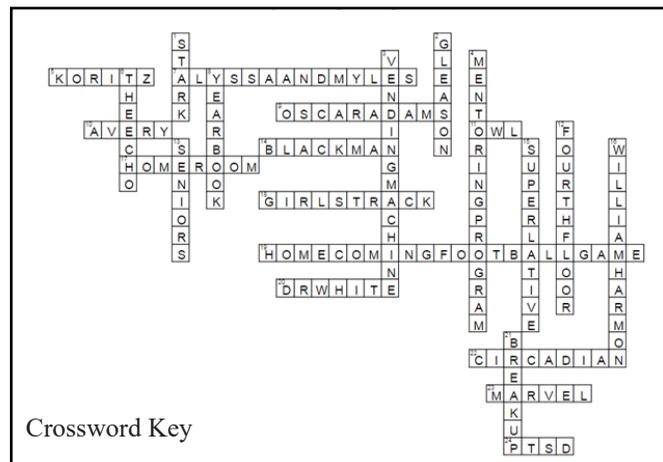
This year was my first, in regards to my involvement with the UHS Echo publication team, and now that I'm reflecting back on it, I'm realizing how much fun I had being a part of this sort of family throughout my senior year.

Openly discussing our opinions on the country and the state it's been left in, watching the presidential election unfold on inauguration day in class, and even talking about the journalism I love and hate with my fellow writers has made it easy to say that this class has always had my complete attention.

Next year, I will be attending Parkland college. It's crazy to think that my high school journey is over. It's been an amazing experience being a part of the Tiger family.

I'm definitely going to miss being a part of this team next year. Though I never thought I'd be in Journalism, I regret not doing it all four years of my high school career.

To all the young fellows reading this, I strongly suggest you give The Echo a chance because it could change your life.



Crossword Key