



How to stage a protest



by Cambria Johnson

In April, Urbana students began publicizing a walkout for Sexual Assault Awareness month on social media. Though anonymously published, the posts quickly gained traction as students began planning for the event.

The energy was high as the day of the walkout arrived. Students wore statement T-shirts, made posters and signs, and left the building en masse. The chants were loud as students crossed Race street to Carle park, but within minutes, the protest itself became chaotic as many students didn't know what to do next.

The April walkout had everything in the beginning, but in the end, what it was missing was a plan. So, here's how to stage a protest!

Assemble: Gather people who want to support your cause. Exchange information with others about what you know and stay in touch throughout the whole planning process. Here is where you begin brainstorming

Organize: Assign duties. Know who is in charge of each element. Have a specific goal in mind and make sure all plans are working to meet that goal. Ask yourself: what do we want?

Research: In public places, know what to expect. Gather information that can be useful, be informed of things that could be used against you. Basically, know your rights!

Prepare: Make sure everything is in order: meeting time, place, agenda, list of speakers, purpose. Buy or create materials you need.

Publicize: Spread the word through social media, friends, and family. Go door-to-door, use an email blast, bring back snail mail. The more people, the more noise!

Protest: Do what you came to do! Speak your truth passionately and be proud of what you have accomplished!

Disclaimer: Even if you follow the proper way of forming a protest, anything could go wrong, but with preparation, hopefully you can stop things from going too awry. **Happy Protesting!**

Spiral Dynamics: High school edition

Understanding the different cliques of high school

by Santiago Gonzalez

Spiral Dynamics, developed by Don Edward Beck and Christopher Cowan, and based on work from Clare W. Graves and Richard Dawkins, is a theory that presents the evolutionary development of society and humans.

Using this model can help us understand patterns, development, and different stages of consciousness, from groups as big as human society as a whole, to small ones like the one and only Urbana High School.

Spiral Dynamics has eight levels split into two tiers in which a person or a society is placed based on their traits, values, culture, and practices. To the right, you can see the different levels and characteristics of each level.

These levels start from the most primal state of consciousness to the most self-aware point of consciousness we believe humans can achieve.

INTEGRAL – TURQUOISE Sees the World as alive and evolving. Holistic & kosmo-centric. Lives from both individual self and trans-personal Self. Emerging now.
INTEGRAL – TEAL (Spiral Dynamics Yellow) Sees natural hierarchy and systems of systems. Holds multiple perspectives. Flexible, creative and effective. Leading edge of consciousness and culture.
POST MODERN – GREEN Values pluralism & equality. Relativistic & sensitive. Civil rights & environmentalism. World centric. Online 50 years.
MODERN – ORANGE Values rationality & science. Individualism & democracy. Capitalism & materialism. Risk-taking & self reliance. Online 300 years.
TRADITIONAL – AMBER (Spiral Dynamics Blue) Ethno- or nation-centric. Values rules, roles & discipline. Faith in a transcendent God or Order. Socially conservative. Online 5,000 years.
TRIBAL – RED Ego-centric, vigilant & aggressive. Impulsive and ruthless. Courageous, determined and powerful. Online 15,000 years.
INDIGENOUS – MAGENTA (Spiral Dynamics Purple) Sees the world as enchanted. Values ritual & deep community. Individual subordinate to group. Online 50,000 years.
ARCHAIC – INFRARED (Spiral Dynamics Beige) Dawning self-awareness. Survives through instinct, intuition and banding with others. Online 250,000 years.

In hopes of being unique and quirky (that was a joke), this article will apply the fundamental principles of Spiral Dynamics to the American public high school ecosystem.

We will go through each level, starting with Red and ending with Teal, as hopefully, no high school student sees the world as enchanted or is only just dawning on self-awareness...

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Two Freshman Classes

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Top 5 Parks in C-U

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Students reflect on first year in the building

by Syniyah Quenga

This year, students returned to Urbana High School in a unique situation: a majority of the sophomores had never been in the building.

For Shianne Harris, this was an adjustment, especially the social aspect of school. "I would give it a 7 out of 10," she said. "I like being in the building and seeing people, but since this is my first year in the high school, it feels crazy busy."

And while some loved being back to in-person learning, it was a struggle for some.

"I feel like there was too much drama, and I had to figure out who my real friends were," said freshman Danyella Corriano.

Despite some setbacks, students were overwhelmingly enthusiastic about the opportunities being in school brought with it.

"My hoco night, the football game, track, and volleyball... I would rate [school] a 10-10," said freshman Sofia Recio.

Recio also appreciated the academic aspects of high school. "It was better than middle school," she said. "I thought it would be harder, but really it's not. You just have to pay attention."

With a year under her belt, freshman Monica Rivas-Parker agreed, giving some advice for incoming freshmen. "I would recommend AP Prep classes because even though it is a bigger workload, it prepares you for college," she said.

Whether focused on academics or social engagements, both classes new to the building had positive things to say!



Three months of reading: books with visual adaptations

by Rebecca Headley

Summer vacation is arriving! Instead of spending your whole summer inside binge-watching TV shows or movies, read these books! Each one has a visual media adaptation, whether that be a movie or TV series, so you won't feel too far away from your TV.

Coraline by Neil Gaiman

This is an easy read with less than 200 pages in total. If you've never seen the film *Coraline*, you can easily finish this book with enough time to watch the movie after!



Good Omens: The Nice and Accurate Prophecies of Agnes Nutter, Witch by Neil Gaiman

This novel tells the story of the end of all times or Armageddon as most call it, and how an angel and a devil work together to prevent it. Amazon Prime Video has a TV series following their journey under the name, *Good Omens*.

Something Wicked This Way Comes by Ray Bradbury

Love spooky stories and carnivals? Then this book should catch your eye! It follows the events of a mysterious traveling carnival in Green Town, Illinois. A movie based on this book was released in 1983.

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Top 5 parks in Champaign-Urbana

by Park Mitchell

In central Illinois, the barren wasteland of corn fields and rolling meadows can often become monotonous. If you find yourself yearning for an escape or a change of scenery this summer, try one of these parks!

Meadowbrook

Meadowbrook Park has pretty much everything you would want in a local park. Wide-open spaces, playgrounds, mini-trails, and art sculptures fill the vast area. Meadowbrook has just slightly more diversity than some of the other options on this list which is why it's number one.

Arboretum

The Arb offers many similar things to Meadowbrook. During the earlier summer, it has some of the most beautiful scenery in the CU. With the combination of the Japan House and an amazing flower display, it lands at number two.

Busey Woods

Best trails in the CU. In the fairly flat and dull landscape of central Illinois, Busey Woods is one of the few oases. It's great for runners and hikers or anyone looking for a good walk.

Compared to national parks it might be underwhelming, but I promise you after seeing cornfields for hours this will be a haven.

Hessel Park

Along with its playground and tennis courts, its location is a big appeal for Hessel. The park has a nice walking path that wraps around the park which is always soothing. That combined with an icy cold snowstorm from Jarling's is a one-two punch hard to turn down.

West Side Park

Location is also a big factor for West Side. The park surrounds a large fountain and has paths that weave throughout. The park itself would not blow you away, but combined with only being a block away from downtown Champaign, West Side sneaks onto the list at #5.

Whether you're looking for the perfect picnic spot or something within walking distance to another activity, one of these parks will be perfect for you!

Three months of reading

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Star Wars: Ahsoka by E.K. Johnston

A perfect read for Star Wars fans! It follows the journey of the character Ahsoka Tano after *Star Wars: The Clone Wars* and before *Star Wars: Rebels*. With the new Disney+ series following Ahsoka Tano announced, this is a great book to read to learn more about her character.

Howl's Moving Castle (series) by Diana Wayne Jones

This first novel in the *Howl* series is what the Studio Ghibli film under the same name is loosely based off of. Sophie Hatter has been cursed by the Witch of the Waste, turning her into an elderly woman. Trying to figure out how to break this curse, Sophie encounters Wizard Howl and joins him on his journey.

Kiki's Delivery Service by Eiko Kadono

This is another easy read with less than 200 pages. If you are a fan of Studio Ghibli films, this is a quick one to read before watching the film by the same name. 13-year-old Kiki moves to a seaside town with her talking cat, Jiji. There they spend a year alone in accordance with her village's tradition for witches in training.

Disney Frozen: A Frozen Heart by Elizabeth Rudnick

This novel tells the story of Disney's *Frozen* from the perspective of Prince Hans and Princess Anna. A good read if you are interested in seeing *Frozen* from the villain's perspective!

Disney A Twisted Tale: A Whole New World by Liz Braswell

If you are a huge Disney fan, there are multiple books in this series that twist the tale of Disney movies. Based on the film *Aladdin*, the signature question for this novel is: What if Aladdin had never found the lamp?

Long Live the Pumpkin Queen by Shea Ernshaw

This book will be released on July 5th. It is a sequel to *The Nightmare Before Christmas*, told from Sally's perspective after she is married to Jack Skellington and becomes the Pumpkin Queen of Halloween Town. Perfect for Christmas (or Halloween) in July!

Strange Case of Dr. Jekyll and Mr. Hyde by Robert Louis Stevenson

An older addition to this list, with the book being published in 1886 originally, this novel follows the story of Dr. Jekyll, an intelligent scientist who takes on a darker experiment. This story is one of the unique recommendations on this list because it has several movie adaptations!

Whether looking for a classic, an updated tale, or something completely new, take time this summer to turn down the TV and turn some pages!

Spiral Dynamics: High school edition

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The skipping class, disruptive, non-cooperative bunch (Red)

This group is where we find a lot of students maturing. This means most of the students in this group are impulsive and could probably work on their decision-making (hence the weird fashion choices made by everyone during this stage of life).

This group has gained the reputation of being obnoxious and disruptive due to their egocentric tendencies. This is shown in a multitude of ways, but my personal favorites include: throwing food, stealing your crush's phone and proceeding to run a 100m sprint down the hallway, and last but certainly not least, clogging the toilets with ketchup packets.

What these students need during this time is guidance and empathy, not being talked down to after committing an honest mistake. It also takes determination to break the bad habits they have grown accustomed to, and then, on top of that, they have to develop new ones that benefit them, which is more difficult than we give credit for. Especially when your only responsibility as a teenager is to see how much you can get away with.

Toxic, drama-driven friend-groups and cliques (Amber)

In this group, we find the students whose values depend on the opinion of people who they respect or see as "equal." The main characteristic of this group is their ethnocentrism, meaning they care about and take into account the people in their clique but not anyone outside of it. This is shown through the classic drama between friend groups where everyone is trying to come off as confident and unbothered when in reality, they are watching the others' every move. Here lies the "popular kids" stereotype, in the sense that everyone is trying to conform in the hopes of being recognized as "cool."

The average student (Orange)

This is where we find the bulk of students. When this level is applied to human history, this is where humans as a society shift from religion to science to answer their questions.

The high school equivalent of this is called being a student, where you follow your teacher's advice of staying in class and not your friend's of skipping class to go smoke in the bathroom.

The student who understands the importance of school but does not let their grades determine their self worth (Green)

In this level is a mixed bag of students. Many, once they find out that their grade is not the only thing that determines their worth, hit a massive slump where they lose their motivation. Worst case scenario, the kid starts skipping class or just not "performing" to the level that they are capable of.

This is often caused by realizing the world isn't going to blow up if you don't get a 100% on a quiz about Abraham Lincoln.

In the best-case scenario, the kid does their best in school while not burning themselves out from the mental exhaustion that is a side effect of listening to teachers talk for 8 hours a day. No matter the scenario, every student in this level can see the bigger picture. This is seen through their work ethic: though the student knows that this is a very important part of their life, some still struggle with motivation, as well as the overwhelming amount of pressure put on them to perform well from their parents, who are either neurosurgeons or people who are still stuck in the 80s.

Teachers*

At the top, of course, are the teachers: the ones who tame the zoo. They see the social and power dynamics of their students and adjust to them accordingly so their students have the best opportunity to succeed. These teachers think about the impact they have on their students, which is shown in the way they teach and build relationships with their students. Though what they are teaching might be as boring as watching baseball in the summer, at least they are considerate enough to admit it!

The power dynamics that high school has is a unique one, but that's what happens when you put kids that haven't hit puberty, 18-year-olds with a full beard, and 30-60-year-olds all in the same building. Spiral Dynamics levels vary, which is why we see the cliques we all know of: the nerds, the class clowns, the popular kids, the jocks, etc.

Unless, of course, you are the "popular loner," in which case you believe that you "don't fit in" when in reality, it's just that no one wants to listen to the "super underground" artist you found on SoundCloud.

All About The Echo!



A message from senior Isaiah Hamilton:

The UHS Echo has been a great experience with amazing people that I've been able to work with over the years.

I want to give a shout-out to one of the best teachers here at Urbana, Ms. Tufano. She's helped me improve a lot while I've been in The Echo. She's helped me eliminate my fear of speaking to other people who I don't talk to on a daily basis. She's always encouraged me to get out of my comfort zone to open up new opportunities, and I'm very glad I listened to her.

I plan on continuing my education in liberal arts at Jacksonville University in Florida. I appreciate what I've been able to pick up from Ms. Tufano and my peers and colleagues, and I wish nothing but for the best for them.

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Visit uhsecho.com to see previous years' work!

Grade changes: from zero to 50%

by Isaiah Hamilton

It has now been a full school year since the 50% rule began. For those unfamiliar, this means that students no longer receive a zero for missing work, but instead receive a 50%.

For Principal Taren Nance, the decision was less about grades and more about emotions. "Say if the first semester you were mentally checked out, it's harder to come back from zero percent than 50%, and I want everyone to succeed," he said.

Senior Andre Hunt agreed that this change "could be a great opportunity for other students who do get behind for some reason to catch up."

Students were positive about the change, though many didn't see it impacting them in a major way.

"It didn't affect me because I'm a hard working student, but it did help a lot of other people because it encourages others to try," said junior Gedeon Kapongo.

Though coming from a positive place, the plan did present some challenges. "It's brought some definite frustrations," said English teacher Taryn Smith. "I'm not against offering more chances, no late points taken off, etc., but I do feel this was rolled out too quickly and without enough planning."

As UHS plans to roll out Standards-Referenced Learning in the future, there are sure to be more adjustments to grades for the Fall of 2022. With more time to plan, perhaps this will be something we can all feel good about.

Stay tuned, UHS!

The ultimate summer playlist

by Cambria Johnson

Summer is nothing without music. The perfect song can make any moment special, especially when you're dead inside (like me, Cambria, the author). Here are some suggestions from UHS students to get your summer flowing!

"Butter" by BTS: Angel Cuahuey, 10

"It's super catchy and gives positive energy all around. Perfect for hanging out with friends in the summer."

"Juice" by Lizzo: Amara Marlow, 11

"The beat makes me happy and it has uplifting lyrics. Lizzo makes the world feel protected with the words she writes. This could be the best summer song ever!"

"Hot Wings" by Anne Hathaway, Jamie Foxx, and Will.i.am: Brianna Manuel, 11

"This song reminds me of my childhood, watching this movie makes my heart warm. It brings memories that me and my friends could bond over."

"The Night is Still Young" by Nicki Minaj: Crystal Castro, 11

"It makes me feel like I'm at the beach or a pool party with my friends, living my best life. There's good energy everywhere with smiles on all the faces of my friends!"

"Hot Girl Summer" by Megan Thee Stallion: Delaishea Hunter, 11

"It gives me a sensation that I could be the baddest girl out in the world. It makes me feel like I could be anybody I want to be!"

"Every Summertime" by Niki: D'meneca Turner-Winston, 10

"It's simple: this song gives a nice beat that makes me happy. That's all I need!"

"Bell Bottoms" by The Jon Spencer Blues Explosion: Park Mitchell, 12

"Every morning I wake to the sound of 'Bell Bottoms'. The piercing guitar fills the empty void that is my life. When this song bellows throughout my ears, I feel something that I have never known. My heart expands to a level unimaginable to the human brain. Adrenaline becomes my bloodstream and all I can do is scream at the top of my lungs. This song is so much more than the 5 minute run time: it is LIFE."

"Twerkulator" by Ying Yang Twins: Raimoni Bradford, 11

"This is a throwback, and what I love about this this song is that it's the type of song that you can blast while driving with your friends. Just a good time all around!"

"Funkier than a Mosquito's Tweeter" by Nina Simone: Santiago Gonzalez, 11

"The vocals and drums are amazing. When I hear it, I just want to groove and let loose."

"Grabba" By Ron Suno: Tysen Dodson, 11

"I listen to this while playing basketball with my friends, and it always reminds me of them. Perfect song for a competitive pickup game!"

For these songs and MORE from UHS students, scan the code!

