

The Mustang

Leading the stampede with award-winning coverage



AREA Coffee spotlight>> feature on Trey Baker>> pg. 2-3
 College Basketball preview>>Baseball World Series Review>> pg. 6-7
 Club versus athletic funding>>Seasonal Depression story>> pg. 8



Vol. 65 Issue 2

Mundelein High School, 1350 W. Hawley St., Mundelein, IL 60060

November Issue

State for musicians: ILMEA - What is it and why does it matter?

Darby Schwerman
 Staff Reporter

Have you ever walked past the lit-up display of students in the A Wing and wondered why they were up there? That wall showcases the many students from MHS who have competed at ILMEA at an All-State level.

ILMEA stands for the Illinois Music Educators Association, a professional organization of music teachers in Illinois. To students involved, ILMEA often refers to the district and state festivals held by the organization.

“Our state is divided into nine different districts and each of the districts holds festivals and students audition across the state to participate in their district festival, with the top students from each district performing at the state festival in January,” explained band director Andy Sturgeon. In a nutshell, ILMEA represents the audition process and the festivals students train to get into.

Auditioning is a rigorous, but often highly rewarding, conundrum. Band director Jerry Shelato added, “There’s a lot of musical preparation that goes into it, both for the scales that they have to play, but then also for the etudes that they have to play. The music chosen for those is typically very challenging, either technically or musically or frankly both.”

Students competing for choir face an added challenge. Choral director Corey Thompson explained, “One major difference between choir and band is that when the band kids (separate from jazz) go to district level and get their chair assignments, they’ll probably have a good idea of if they’re in the running for All State.



photo courtesy of @mhs_fineartscte Instagram

Pictured above are the 2024 ILMEA Honors musicians participating in band, choir, and jazz.

At the choir level, you show up to the district festival and you are the same as every other kid. So you really don’t know on the choir side who might make All State until the lists come out.”

Though it can be a challenge, the audition process itself provides numerous benefits. “It provides students an opportunity to be self-reflective in their music making. Anytime you are recording an audition you’re hyper focused on your performance and pushing yourself to make that audition as strong as you can. That process of learning, growing, and continually listening and challenging yourself to improve is really where the growth happens for music development,” said Sturgeon.

The technical aspect of recording and submitting videos provides students with another helpful takeaway. “The reality is you’re doing a ton of virtual auditions in this day and age. I also think it’s a life skill that kids that are going into performance need to know how to do because a lot of auditions have moved to virtual,” said

finally the District Combo again his senior year.

The most difficult aspect of the experience was playing with different ensembles at each of the festivals. “This is a whole new group of kids that have never met each other before. But that makes it a really beautiful thing too. At the end when we’re all playing the music it’s like even though I just met you an hour ago we’re playing as if we’ve been playing together for years,” added Penteado.

Connections like the ones Penteado made tend to be a common outcome of the ILMEA festivals. “It provides students an opportunity to broaden their musical world to include students from other schools who are just as interested and passionate about music making as they are. It’s fun to see our students build friendships and relationships with students from other schools based on these one-day festivals,” Sturgeon explained.

At Berklee, Penteado carries with him not only the memories and connections from each festival, but also a valuable insight. Competing gave way for a new motivation to continue pushing himself. “It made me want to practice a lot more. Especially after All State because All State is like the best of the best. Being with all those different people and having conversations about their knowledge of jazz when I barely knew anything made me want to learn and become a better player,” Penteado recalled.

His advice to anyone going through the process of ILMEA themselves is to “just keep practicing because even if you make the highest band there’s always something new to learn.”

Thompson.

On top of the audition material itself being challenging, our district is among the most competitive in the state musically. “Having grown up and taught in District 3 downstate and now teaching in District 7, I will say that it’s highly competitive among all the districts in Illinois. It can be pretty difficult to get into a state festival if you are auditioning from District 7,” said Shelato.

Along with talent, the sheer size of our district narrows the pool even more. “There’s somewhere between 54-55 high schools participating. Whereas, our athletic conference includes eight other schools, this is 54 schools and so it’s a pretty unique honor to be selected for one of these ensembles,” said Sturgeon.

For MHS alumni, Sam Penteado, who is now a freshman at Berklee School of Music, ILMEA undoubtedly paid off. Penteado competed at the district level his sophomore year in Jazz Band 2, Jazz Combo for district and All State his junior year, and

ILMEA District VII Concert Ensembles

Band

Matthew Adamczyk - Trumpet
 Emilio Burgos – Eb Clarinet
 Jacob Dubinskiy - Trombone
 Andy Gallup - Tuba
 Paola Vargas - Trumpet

Orchestra

Dylan Buisson - Bass Trombone
 Mariana Van Eycke – Trombone

Choir

Alex Benassi – Tenor II
 Adren Delos Santos – Tenor II
 Aedan Hogan - Bass II
 Lia Kagan – Soprano II
 Sam Zwiefelhofer - Tenor II

ILMEA District VII Jazz Results

Jazz Combo

Chloe Langford – Trombone

Jazz Band I

Jacob Dubinskiy – Trombone
 Emily Grandt – Drum Set
 Mason Jerome - Guitar
 Aidan Ross – Alto Sax
 Mariana Van Eycke - Trombone

Jazz Band II

Dylan Buisson – Bass Trombone

Jazz Band III

Shawn Mastandrea - Piano

Jazz Band IV

Daniel Fishel – Bari Saxophone

Former MHS student class of 2021 Trey Baker spotlight

Ashton Salski
Staff Reporter

Trey Baker, a 2021 graduate of Mundelein High School is making a change for the world at age 22. Baker's resume speaks for itself: a special advisor for the Obama Foundation, a two time Emmy nominee, a children's book author with Scholastic, and a spoken word artist for the Seattle Storm. Baker is busy at not only working towards success for himself, but helping others become successful in their own way.

The achievements of Baker are not something that you just look past. Baker continues to add goals to his future to help make an impact in the best way possible. Baker says "My goal is to use the power of storytelling to leverage school communities, a broader society, and to ultimately impact change."

Baker believes storytelling can be used to change outcomes for students and bring everyone together. Storytelling creates an opportunity for people to feel emotions that we need as humans.

Inspiring others is something Baker has passion for. Creating sacred places or private areas for people to hear, see, and un-

derstand each other is Baker's inspiration. In addition, in his mentorship responsibilities he tries to create spaces where people from different perspectives and backgrounds can come together and share their stories. "One of the issues that I see in our world is that we are very quick to make assumptions; we are very quick to rule out somebody for reasons in which we may not know who they are," Baker stated.

A significant portion of Baker's own motivation comes from his desire to make his family proud and to represent his last name. He uses this motivation to become his best self and to try and find joy from the little things. The people who saw things in him that he couldn't find in himself, who mentored him through the struggles of managing basketball and his passion in social justice, is why he keeps going. "When you're facing adversity, when you're facing a roadblock, go back to why you're doing it," is Baker's advice to people struggling to find motivation for themselves.

Baker feels people get too caught up in the little things and try to find instant success, which is really what brings them down. Staying on the path to success and not skipping any steps is key to an ac-

complished life so you don't miss things that will matter in the long run. Baker believes that comparison can lead to failure. Instead, he emphasizes the importance of self-confidence. These principles, according to Baker, are key steps to motivation and achievement.

The definition of leadership in Baker's eyes is someone who uses the influence they have and the ability of their example to lead others. A leader doesn't focus on themselves, but focuses on what they can do for others to help gain more success.

Pressure is not something new for Baker as he has dealt with it since the start of high school as a student athlete. Trey remarked "I really try to take care of myself, there can be a lot of anxiety with doing a lot of things at one time. I think it is important that we focus on taking time to take care of ourselves," Baker's strategy towards pressure is something that he would suggest people take on.

With that being said, Baker believes it is super important for students to get involved in as much as possible. While trying to do a bunch of activities is great, challenging yourself, but also making things manageable, is necessary. Baker suggests that try-

ing a variety of things is crucial as he never thought while being a basketball player he could have as many opportunities for things such as a children's book author.



photo courtesy of Trey Baker

Trey Baker is a children's book author and award-winning spoken word artist.

AREA Coffee: bringing Mundelein together one cup at a time

Darby Schwerman
Staff Reporter

Ability, Reliability, Endurance, and Action, is what the acronym AREA stands for. It was also the name of our town itself, after educational entrepreneur Arthur Sheldon's sales school philosophy from 1909 until 1924, when we became Mundelein after Cardinal Mundelein of St. Mary's on the Lake.

To owner Frank Mahar, preserving the name of what once was AREA general store was crucial to honoring our town's history. "We didn't really want to change anything," said Mahar, "It's a coffee shop in the area, so it just fit."

Faith and intuition have led Mahar through his business journey. "I wasn't even looking to get into the food business, never been in it before," Mahar mentioned. "I knew the guy who ran the AREA General Store and we would meet there for Bible studies. I asked him if he'd ever thought about selling and he said as a matter of fact I have, I was just making small talk then."

By February of 2019, that small talk became a reality and AREA Coffee opened its doors. "We came together and decided it was a win-win for everybody," Mahar added.

Though Mahar had to work through the ins and outs of starting a food business with virtually no experience, the mission was clear from the beginning - community. "Enjoy coffee, enjoy community. That's



photo courtesy of homes.com

Mundelein community members occupy AREA's outside seating, complete with turf, play structures, and a fire pit.

probably the biggest part because we really wanted to just be a safe place for people," said Mahar.

Various events throughout the year showcase these connections, one being their weekly "Cup of Joe" night, where veterans can enjoy a free coffee and bakery item, along with a thank you for their service. Other events include weekly small groups, and in the summertime, joint open mic nights with Park Street restaurant.

Out of all the different perks and experiences running a business can bring, the heart of it all for Frank is the people. "And that's both the customers and the people we get to hire, a lot of our high school stu-

dents. That's a big joy, watching you guys grow. Even if a lot of times it's your first job," Mahar stated.

AREA employee and Junior at MHS, Sam Beginski, has experienced these connections firsthand, "My favorite part of working at AREA is how connected I feel to the community since I started working there."

The business intends to prepare MHS students for their futures in their time working there. To achieve this, their training prioritizes autonomy. "We try to give you guys responsibility where you're running the shop for two hours, three hours by yourself. There's a trust level there. But we feel like that's a big part of where hopefully

people can grow. Our big thing is to teach you guys, we can mess up a cup of coffee, but we can't mess up that first interaction. We want to love and encourage everybody that walks through the door," Mahar explained.

AREA extends that encouragement by providing job opportunities through the MHS Transition Center. "They've been a part of our daily two or three days a week where they come in and work about an hour, hour and a half. We teach them different facets of the business," Mahar explained.

Ultimately, a safe space for people of all backgrounds is what AREA aims to be. Mahar's main goal as a business owner is "to love our community, just to make people feel loved and encouraged, like they matter. The rest of it falls in line if you're doing that."

To Mahar, maintaining that safe space means being able to speak on what's happening in the community and in the world as a whole. "A safe place where people could share their views and not have walls go up right away. I'd love to be able to talk about politics and get other people's views and just be open to listening to where and why they've come to that choice," said Mahar.

Whether it be for a cup of coffee, to study, or just to socialize, AREA Coffee is a place where the people of Mundelein can do it all.

Around the globe in two hours and 38 seconds flat

Hannah Roberts
News/Feature Editor

Two hours and 38 seconds, that's how long it takes Mundelein English teacher Colin Franklin to run a marathon. That's an average pace of just over six minutes per mile; a pace that helped him place 384th out of the 52, 150 finishers of this year's Chicago Marathon.

With a time like that it's easy to think that Franklin has been running all his life, but that's not the case. Franklin started his athletic career as a baseball and hockey player and played through high school, but not in college.

Franklin said, "I was feeling a bit lost and missed competition, so towards the end of college I started running, I liked that I could be an athlete on my own terms."

Franklin quickly realized that he needed a goal to work towards and decided to sign up for that year's Chicago Marathon, a decision that sparked a passion for marathon running; now Franklin has run 20 marathons.

With all the marathons Franklin's tackled it's easy to wonder, what keeps him motivated?

Franklin has two motivations, "First, I love the process of training-that sense of growth and accomplishment. Second, the people who support me...I feel like I always have an army behind me."

These marathons have taken him all over the world; he's raced in Chicago, Boston, New York, London, Berlin, Tokyo, San Francisco, and Sacramento. This list of cities includes all six of what are called "major" marathons (all the listed cities except San Francisco and Sacramento), a feat that has earned him what is called a Six Star Medal for completing all six of them.

When asked about his favorite marathon Franklin said, "Boston for sure...there's history...there's a magic to this race that isn't quite captured in any of the others."

While Boston is Franklin's favorite marathon, that certainly doesn't mean he didn't enjoy the rest of them. Franklin mentioned how he loves the creative signs that spectators come up with and enjoys dressing in outfits that are easy for the crowd to point out.

Franklin described the marathon experience as, "Electric. Tens of thousands of runners run in the races I've competed in, so each city feels like it's swarmed by them and their loved ones. The energy is high. Everyone supporting everyone."

Many marathon runners experience what is called "hitting the wall" in the last ten or so miles of the race. This "wall" is described by a marathon training website as, "exerting the most effort...your legs are complaining...and your head feels cloudy."

For Franklin, this experience hits him with around six miles to go, not just physi-

cally but mentally as well. However, with thoughts of the finish line and people waiting there for him, Franklin can push through.

He said, "There's a specific deep sense of pride and euphoria I haven't found in anything else I've done. After a few hours, a bit of hunger creeps back in that pushes me to my next goal and to sign up for my next race."

Franklin's advice for any runner is, "Just get out and go. It doesn't matter if you're fast. Running is like life. It's hard. But the distance and journey is the reward."



photo courtesy of Mr. Franklin

Mr. Franklin ran this year's Chicago Marathon. He finished less than 40 minutes behind the winner.

Fall baking ideas: apple cheesecake pie

Eric Beauchamp
Online Editor

This apple cheesecake pie is the perfect fall dessert, with a three layers of cheesecake, apples, and an oat crumb filling on top. It balances a creamy and crumbly texture, creating a delicious combination. While this pie can be difficult to bake, I still highly recommend giving it a shot this year for Thanksgiving.



photo courtesy of Eric Beauchamp

"Heaven to my tastebuds" - Darby Schwerman

Ingredients:

Crust

1 and 1/2 cups (180g) graham cracker crumbs (about 12 full sheet graham crackers)

1/4 cup (50g) granulated sugar

6 Tablespoons (85g) unsalted butter, melted

Streusel Topping

1/3 cup (28g) old-fashioned whole rolled oats

3 Tablespoons (24g) all-purpose flour (spooned & leveled)

3 Tablespoons (40g) packed light or dark brown sugar

1/2 teaspoon ground cinnamon

2 Tablespoons (28g) unsalted butter, cold and cubed

Apple Layer

2 cups (250g) peeled, thinly sliced, and chopped apples

1 Tablespoon (13g) packed light or dark brown sugar

1 teaspoon lemon juice

1/2 teaspoon ground cinnamon

2-3 Tablespoons salted caramel (plus more for topping)

Cheesecake Filling

12 ounces (339g) full-fat brick cream cheese, softened to room temperature

1/2 cup (100g) packed light or dark brown sugar

3 Tablespoons (45g) sour cream

1 teaspoon pure vanilla extract

1 large egg, at room temperature

To find the directions for this recipe, visit Sally's Baking Addiction at sallysbakingaddiction.com/caramel-apple-cheesecake-pie/

The Mustang Staff

The Mustang is a student-produced publication published in print about every six weeks and also online by the journalism students of Mundelein High School, 1350 W. Hawley St., Mundelein, IL, 60060, phone (847) 949-2200. The Mustang provides accurate and objective coverage of events and topics that are interesting and relevant to high school students. The staff welcomes signed letters from readers for possible publication. These letters can be submitted to the Journalism Room A101.

Editor-In-Chief
Lia Koski

Online Editor
Eric Beauchamp

News/Features Editor
Hannah Roberts

Staff Reporters
Sunday Daniels
Blake Guenther
Xavier Hilgart
Ashton Salski
Darby Schwerman
Shrushti Shah
Daniel Stricklin

Adviser
Diane Covert

Follow us on Instagram
[@mundynewspaper](https://www.instagram.com/mundynewspaper)

Check out the
online edition at
mhs Mustang.com

A+ or Bust? What to expect when taking AP classes in high school

Sunday Daniels
Staff Reporter

Since the 1950s, education has transformed significantly, particularly with the introduction of Advanced Placement (AP) classes, which aimed to prepare high school students for college-level coursework. Over time, the motivations for taking AP classes have shifted. Today, students and families often view AP courses as a strategic advantage in the competitive college admissions process, particularly for prestigious universities. Many students now enroll in AP classes not just for the academic challenge but to enhance their college applications, believing strong performance can make them more appealing candidates.

While these classes are designed to be challenging and provide a deep understanding of subjects, the pressure to excel can lead to varied outcomes.

Mundelein High School offers 18 Advanced Placement (AP) courses. Since 2024, there has been an increase in the number of AP courses. A significant number of students suggest that the motivation behind this trend is the desire to enhance their college applications or to reduce the number of required college courses.

However, one must consider whether students are also pursuing these classes for the sake of the experience itself. What is the current experience like for those enrolled in these courses, and how do teachers characterize an AP class for newcomers?

Susan Theotokatos has been a teacher at

Mundelein High School for 29 years, and she began teaching AP classes, particularly AP U.S. History, in 2013, marking 11 years in that role. She thinks that since that time, the College Board has been requiring less memorization and more connections between content.

“It used to be a lot of memorization, and you had to know a lot of dates, people, and places where it’s changed now. Now they’re asking students to do a lot of more thinking, critical thinking, and understanding the big picture,” said Theotokatos.

Conversely, this could make things simpler for some students, but what happens if others find it tough too? Everyone’s brain works differently. How can a teacher explain the same subject to a diverse group of students and ensure they all grasp it?

Theotokatos said, “It’s just that, well, maybe their thinking just doesn’t work that way...you may not get an A or a B, but at least you feel like you’ve been exposed to it. And in the future, you’re going to be able to do better when and if you go to college.”

The readiness for AP U.S. History (APUSH) cannot be definitively determined. However, rather than succumbing to fear or questioning its value, Theotokatos offered some insightful guidance.

Theotokatos explained, “Being a solid reader is really important, because you do have to do a lot of reading, and being a decent writer also helps.”

English teacher Ryan Buck is a relatively new AP English Language and Composition teacher. Buck transitioned to AP Lan-

guage just two years ago. “For the most part, students are very self-motivated, which is infectious for me. Seeing students’ success beyond just a grade is rewarding,” said Buck.

The approach taken by Buck is more hands-off, necessitating that students grasp intricate concepts from their individual viewpoints rather than conforming to the thought processes of their peers. This can be particularly challenging in Advanced Placement (AP) classes.

The fundamental principle of Buck is to embrace creativity in all endeavors. Nevertheless, he had high expectations for his AP students.

“I want them to have read more than they’ve ever read, write more than they’ve ever written, and think more critically than they ever have before about complex ideas,” Buck said.

Both Buck and Theotokatos mentioned how AP courses often involve a lot of reading and writing. It’s implied that students’ skills regarding reading and writing often translate into their success in an AP class.

Yet the experience of Stella Moon waivers, as it involved wisdom and development as her key to success in Advanced Placement classes.

Senior Stella Moon has taken numerous AP classes throughout her high school career. Currently, in her senior year, she is taking five AP classes, and her journey thus far has equipped her with valuable experience in managing high-pressure situations.

“I was a freshman [when I took] my first AP class (AP Human Geography). Ms.

Theotokatos made it so much fun. I really liked her, and I actually ended up really liking the class material as well. I didn’t know much about the subject, but taking the class really helped me in other AP classes that I took in later years too,” said Moon.

Moon also said that her decision to enroll in most AP classes was primarily driven by the desire to earn college credits and increase her chances of receiving college acceptance letters. Moon also ensured that she took courses that genuinely interested her, allowing her AP experience to be less centered on academics and more aligned with her personal aspirations.

At first, Moon expressed that it was an adjustment from taking normal courses to now AP courses. Moon said, “I’ve definitely enjoyed some of them once I got the hang of the material. At first, it’s kind of hard because you’re exposed to a lot of new concepts, and you think ‘What’s happening?’”

Moon, however, did not emphasize the application of reading and writing to AP subjects. Instead she said, “Honestly, it’s just a little bit of work each day... just try to keep a balance.”

Students’ experiences in AP classes largely depend on their individual characteristics and approach to learning. Not only will the classes help develop essential skills for an academic journey, but they can also provide the opportunity to earn college credit and stand out in college applications. Embracing the challenge of AP courses could be a rewarding decision that aligns with many interests and academic goals.

Now what? How the plan for the referendum will continue

Lia Koski
Editor-in-Chief

On Nov. 5, 2024, the MHS school referendum vote passed by over 14%. Now that the referendum passed, the next steps for action are being considered by the School Board, Finance and Facilities Committee, and the Director of Facilities at MHS who works with the architects.

Peter Rastrelli, President of the MHS School Board and member of the Finance and Facilities Committee, worked hard in order for the referendum to be shared and promoted to the community.

“We held tours at the school and reached out to groups who are impacted by our facilities whether that’s the Stallions football team, the library, village hall, or feeder schools that use our facilities or incoming students,” said Rastrelli.

Nicki Sullivan, community member and chair of the Citizens for Mundelein HSD 120 Referendum Committee, also worked tirelessly to spread the word about the referendum and its proposal.

Specifically, she said how the committee, “distributed branded signs, car magnets,

and flyers across the community, joined in local events and reached out to our networks to build excitement and support for the referendum,” Sullivan added, “Individually, we worked to highlight the importance of the referendum and correct misinformation both online and in person.”

Rastrelli shared why the passing of the referendum was essential. “We were at a point where it wasn’t going to be safe for our students to be in our school past functional capacity,” he said. Rastrelli continued with a metaphor, comparing the school to a car that doesn’t have enough seatbelts for its passengers—an unsafe environment that can’t be prepared for emergencies.

Rastrelli mentioned that now the focus is on the next steps. For starters, the election will go to the county which will certify it on Nov. 22.

While planning out these next steps, Rastrelli said that it is challenging because the administration wants to limit any disruptions that the construction process might have on staff and students. Therefore, the school board decided that they wanted to complete most of the process while students aren’t in school or in spaces where

students are not located.

“They can start on some of the construction that doesn’t affect students or staff and the spaces they work in. This includes starting the work on Village Green to add softball, baseball, lacrosse, and tennis courts to the area. They can work on the drainage systems and the field house that will be behind the North Gym,” Rastrelli said.

However, he mentioned that it won’t be until the Spring of 2025 when we will start to see changes being made to the school and areas around it.

Throughout this process, the administration wants to inform the community and MHS staff and students on the changes.

“We are going to do everything we can to keep our community involved,” said Rastrelli. This includes having a timeline of the construction process posted on the school’s website @d120.org as well as photos and videos. “We want the kids to get excited about [the changes] because it’s their school,” he added.

Sullivan said, “With Mundelein’s growth, this construction was long overdue. Our high schoolers deserve a safe, modern space where they can learn, connect, and

explore who they are and where they want to go. The new facility also means expanded programs, like skilled trades, to help them prepare for whatever future they choose. Passing this referendum is an investment in our students and Mundelein’s future, showing our community’s commitment to education and our kids’ well-being.”

She added that after the passing of the referendum, she is “incredibly grateful to our community for coming together to pass it. I feel proud to live here and excited about Mundelein’s future,” Sullivan said.

Director of Facilities Kevin Quinn said, “Our sole mission and focus are delivering on our commitments made to the community over the past few years. District 120 and our partners, Wight & Company Architects and Elara Engineering, continue preparing construction documents and project schedules. Our goal is to complete the project safely and expeditiously while minimizing the daily operations of MHS. Staff, students, and the community will be regularly updated as we proceed. We continue to be ‘Focused on a Strong Future.’”

Donald Trump has won the 2024 election. What are some of his policies?

Eric Beauchamp
Online Editor

Donald Trump is set to be the 47th President of the United States. Here are some of his proposed future policies that may affect students on three of the most pressing issues of his campaign.

Tariffs & Taxes

When a tariff is placed on another country, U.S. businesses importing goods from that country pay a tax that goes to the U.S. Treasury. While tariffs have not been common policy in the recent past, Trump brought them back in his first term through tariffs on Chinese steel, aluminum, solar panels, and washing machines. In the September presidential debate, Trump stated that if elected president, he is going to “have 10% to 20% tariffs on foreign countries that have been ripping us off for years.” This implies a blanket tariff on all imports coming into the U.S. from any country.

Additionally, while addressing the Economic Club of Chicago, he proposed placing tariffs of over 60% on Chinese goods. In the same address, he claimed these policies will “bring manufacturing back to the U.S.,” and raise revenue for the government. Despite this, economists argue over the efficacy of such a plan. In a study from the Peterson Institute, experts estimate that Trump’s tariffs may cost the average household \$2,600 due to rising prices.



photo courtesy of Associated Press

During the 2024 election, Donald Trump won the electoral college and popular vote, with his party winning majority control in the Senate and House. Trump will be inaugurated on January 20th, 2025.

Trump is also in favor of lowering taxes, a similar policy to what he pursued during his last presidency. According to Agenda47—Trump’s official campaign plan—his goals are to eliminate taxes on social security, tips, overtime pay, and lower the corporate tax rate to 15% (down from 21%). Additionally, he has also proposed removing the cap of \$10,000 for the state and local tax (SALT).

Education

Of Trump’s policies on education, the largest is the proposed dismantling of the Department of Education (ED). The ED is in charge of services like Title I grants, which provide federal funding to schools in low-income areas, distributing Pell Grants, and handing out federal financial aid. While it is a large task, dissolving the ED is possible, and would likely distribute

its responsibilities to other departments, while also cutting some.

According to his website, Trump has promised to “cut federal funding for any school or program pushing Critical Race Theory or gender ideology on our children.” This policy is generally vague, but would restrict the material educators are able to teach. He has also floated the idea of creating “a credentialing body to certify teachers who embrace patriotic values.”

Immigration

In Agenda47, Trump has stated that he will conduct “the largest domestic deportation operation in American history.” He has proposed using the Alien Enemies Act of 1798 to deploy military forces to apprehend migrants at the border, though it is unsure if this will be put into action due to potential challenges in court. Trump has promised to expand the border wall, and proposed building detention camps to hold undocumented immigrants during the deportation process.

Additionally, Trump has stated that he will sign an executive order on “day one” to end automatic citizenship for children born in the U.S. to non-U.S. citizens. In a video posted on the Agenda47 website, Trump said “at least one parent will have to be a citizen or a legal resident in order to qualify [for citizenship].”

Changing ways: the evolving process of college application

Xavier Hilgart
Staff Reporter

As college deadlines come and go this fall, with the most notable being the November 1st early action deadline (for many but not all schools), it is important to look back on the college application process and how it has changed throughout the years.

College has been a staple of human education over most of the past millennia, with the first European college being founded in 1088 in Italy, however the first American college was founded in 1696, being St. John’s College. College has become the pinnacle of education and a fixture in our academic culture.

However, as technology became more prevalent in our society, the process for getting into those colleges and the idea of college has changed drastically. Cost has gone up. Standards have changed. So much about college application and commitment has changed in the past 20-30 years.

The most notable change to college application in the past 25 years was making the common app fully online in 1998. The common app was introduced in 1975 as a way to make the college application pro-

cess easier and more streamlined, however for its first 23 years, it was like all other applications of the time, on paper. While this worked fine for hundreds of years, as colleges continued to grow more and more, they were beginning to become overwhelmed with the number of applications sent in through mail, making the process longer. With computers becoming more mainstream and other forms of technology beginning to grow, it was imperative that they make a change.

There have been many other changes not directly a part of actually clicking apply, including an increasing pressure to apply to lots of schools in comparison to just one or two.

College application, expectation and perspective is different for every place on earth, but Mundelein is similar because many of its residents end up on similar paths, with one of the most popular leading through Illinois flagship university, University of Illinois at Urbana Champaign.

Whether you call it UIUC or U of I, it is undoubtedly one of the most popular options for young Illinoisians. Year after year, countless graduates from Mundelein and surrounding schools commit to the

school, with some of the top athletic and academic performers choosing U of I. As a resident of Mundelein, UIUC is a great example for comparing how the application has changed.

Among the flurry of Illinois residents who have gone to UIUC, many MHS teachers are graduates from the university, including two, English teacher Madeleine Licata and Math teacher Gregory Dorgan, whose experiences highlight just how much college applications have changed.

The most major difference between the two was shown in how many schools they applied to. Dorgan, a 2002 graduate, applied to only two, whereas Licata, a 2020 graduate, applied to six, yet felt pressured by her peers over the amount of schools she applied to. “I feel like there was a lot of pressure with my peers for college because it was like a competition. Most people I knew applied to 10+ schools...” she said.

That shows a massive difference from Dorgan, who was comfortable applying to only two schools. This inflation in schools applied to is one of the biggest changes in the college application process. According to the college board, on average, people are applying to more schools than ever

before. In 2023, on the common app alone the average was 5.7 schools, up 8% from just 2019, and way higher than the early 2000’s.

This increase in schools applied to stems from the massive increase in tuition in the past 20 years and the ease of application. Touched on earlier, now that the common app is fully digital, it has become much easier to apply to many different schools. Instead of writing out the same thing over and over for different schools, now all that information is easily copied into one place to be sent to almost any college you could possibly want.

College is an ever changing process, and will continue to change in the future. Expectations will change along with prices, but the one constant is the students spending long hours of their senior year applying to these many institutions. With their future in their hands, it is important that we understand their perspective as well as our own, as nobody has the same experience when it comes to applying. It is much different now than it was in 2000, and it will be much different in 2040 than it is now.

New 12 team playoff system brings attention to smaller schools upsets

Ashton Salski
Staff Reporter



photo courtesy of Bleacher Report

Featured above is Autzen Oregon Stadium where the Ducks play.

An historic year for college football? Top teams have been falling each week as every team is working their hardest to beat the top dogs so they can have a sliver of a chance at the playoffs. With big time upsets each week, teams ranked in preseason

polls have dropped after losing to some unknown teams.

This season there has been a new addition to the playoff system with 12 teams having a chance at the national championship. The top four conference champions will get a

bye week in the playoffs while the fifth will get an automatic bid in the playoffs with no bye week. Every team has been trying their best this year knowing that they have a shot at the college football playoffs. Teams like unranked Northern Illinois beat a top ranked Notre Dame team 16-14 September 7th earlier in the season. Teams have unexpectedly risen in the rankings to become top ranked such as Iowa State and BYU out of the BIG 12. Indiana coming out of the BIG 10, Pittsburgh ACC and Boise State Mountain West are just a few others to name. With that being said, top teams have tremendously dropped out of rankings such as the downfall of Florida State, and NC State out of the ACC, Michigan, and Iowa out of the BIG 10. Lastly Utah, Oklahoma State, Arizona, and Kansas all out of the BIG 12.

With the volatility of team rankings it is not crazy to say that this has been one amazing college football season. Not only have teams been playing great, but players have been outstanding as well.

The Heisman Trophy is awarded to the best player in college football; the race for this trophy has been like no other. This

year it isn't only quarterbacks who have been involved in the race for the Heisman but Colorado star wide receiver/defensive back Travis Hunter has been included in talks of it as well.

Ashton Jeanty, Boise State running back has taken over the world of college football. Barry Sanders has the current record of rushing yards of 2,628 which is the current single-season record. Ashton Jeanty is on pace to come within range of it with a current amount of 1,376 yards with an average of 8.7 yards per carry in just 7 games. Ashton has a projected amount of 2,752 yards with a included conference championship game and bowl/playoff game.

With that Dillon Gabriel now leads in Heisman winner odds after week nine of the season and has just surpassed some huge names such as Cam Ward out of Miami, and Travis Hunter. Gabriel stated in the 10/28/24 issue of Sports Illustrated, "Dude, I'm chasing wins, dude... I choose winning 100% of the time. Special, as in a lot of guys came together to make this happen... Don't want to dodge that, but I'm chasing wins, and that's all I'm focused on."

The Dodgers Win their second World Series in the 2020's

Dan Stricklin
Staff Reporter

The World Series was a highly anticipated matchup between the AL MVP and NL MVP. Aaron Judge and the Yankees vs Shohei Ohtani and the Dodgers. These teams had the two best records in each division, Yankees at 94-68 and the Dodgers at 98-64.

With the Dodgers having the best record, they started with home field advantage which played a big part in the game one win. The Dodgers opened up the scoring in the bottom of the 5th, with Cather Will Smith hitting a sacrifice fly to give the Dodgers a 1-0 lead. The Yankees went on to score two in the top of the 6th. But their lead wouldn't last long as the Dodgers would tie the game in the eighth, forcing the game into extra innings. The Yankees struck, scoring a run in the top of the tenth to give the Yankees a 3-2 lead going into the bottom of the tenth, when Firstbasemen Freddie Freeman came up with bases loaded and hit a game ending grand slam to end the game. The first walk off grand slam in World Series history.

The Dodgers would take the second game at home 4-2 as Freeman and the Dodgers would hit three homeruns to seal their first two home games to start. The Dodgers would also go on to win the first game in the Bronx 4-2 aging as Freeman would hit another home run making it his fourth straight game with a homerun and third straight game in the World Series with a

homerun.

But game four would be different as the Yankees would fall behind 2-0 in the top of the first. The Yankees would fire right back, putting up one in the bottom of the second and four in the bottom of the third making the score 5-2 going into the 4th inning. The Dodgers wouldn't go away as they would add two more in the top of the fifth making the score 5-4 Yankees going into the 6th. The Yankees would add one more in the bottom of the sixth, making the score 6-4 .as the Yankees wouldn't look back from there on. Putting on five in the bottom of the eighth making the final score 11-4 as Freeman would hit another home run making that five straight games with a homerun.

Game five was looking like it would be pitchers dual as each team would have both their aces going. But that's not how it started as Dodgers Starting pitcher Jack Flaherty would give up three runs in the first inning off an Aaron Judge two run home run and a Jazz Chisholm homerun. The Yankees didn't stop there as they would add one more in the second off an Alex Verdugo single and one more in the third off a Giancarlo Stanton solo home run. The Yankees were looking like they were going to force a game six after going up 5-0 in the third inning. But disaster would strike as in the fifth inning the Dodgers would put up five unanswered runs on four hits and two big errors by the Yankees. The Yankees would be able to take the lead back in the 6th off a Stanton sacrifice fly

making the score 6-5 going into the seventh inning. In the top of the 8th the Dodgers would take the lead 7-6 on two sacrifice flies meaning the Dodgers were only six outs away from winning the World Series. The Dodgers would hold them in the eighth and wouldn't score any runs in the top of the ninth making the Dodgers three outs away. As they would call on former starting pitcher Walker Buehler to close the game out, he did just that, striking out two of the three batters.

The MVP of the World Series was Dodgers Freddie Freeman. As the Regular Sea-

son MVPs both struggled in the World Series with Judge batting .182 and Ohtani batting .230. People were expecting the series to go to game six or game seven and the games to be close with Judge and Ohtani going back and forth. But in reality it was Freeman and Juan Soto that both did well, as Freeman made history as he had six straight games with a homerun the most ever. And Soto batting .327 in the World Series. The Dodgers won the series 4-1 in five games making it their second World Series title in the 2020's.



photo courtesy of Marca.com

Dodgers celebrating the 2024 World Series title. Freddie Freeman holding up World Series MVP trophy

Coaching changes and new players shake up the 24-25 College basketball season

Blake Guenther
Staff Reporter

The 2024 NCAA Men's College Basketball Champions were the UConn Huskies. The Huskies may have a chance to repeat because the Huskies are ranked third in early season rankings headed into the 2024-2025 season. The remaining top five teams according to the AP Top 25 headed into the season are the Kansas Jayhawks at number one, the Alabama Crimson Tide at number two, the Houston Cougars at number four, and rounding out the top five are the Iowa State Cyclones.

Along with these top teams, there are also of course top players in college basketball that are expected to make a big impact on their team this year. CBS Sports put out a Top 100 players list for the upcoming season.

The top five players include the number one player Mark Sears, a guard who is in his graduate year for the Alabama Crimson Tide, RJ Davis, a guard who is in his graduate year for North Carolina Tar Heels, Cooper Flagg, a forward who is in his freshman year for the Duke Blue Devils, Ryan Kalkbrenner, a center who is in his senior year for the Creighton Blue Jays, and Hunter Dickinson, a center who is in his graduate year for the Kansas Jayhawks.

The past couple of years the teams with the top ranked players have seen success during the season. This trend may repeat this year as two of the top players play for teams who are ranked in the top five pre-season.

Teams that were not as strong last season when it came to their player development took an opportunity during the offseason to



Some top CBB players headed into the season (Far Left: Mark Sears, Mid-Left: Hunter Dickinson, Mid-Right: Johni Broome, Far Right: Cooper Flagg)

make some coaching changes. Two teams who made big changes were the Arkansas Razorbacks and the USC Trojans. In an ESPN article published on October 17th, new Arkansas head coach John Calipari was quoted as saying about his team, "I met with the team. There is no team."

Calipari is a new hire to the Razorbacks, but is not new to the landscape of college basketball as he previously spent time coaching the Kentucky Wildcats where he had decent success but also is well known for producing many NBA talents specifically guards.

Calipari came over to Arkansas and with him also came six transfer players as well as five new incoming freshmen. It is well known that many times players will follow coaches that they like to go and play for them and with Calipari's well documented coaching success it is certain that some of

these players did just that to get a chance to play for Calipari.

The other coaching change, the USC Trojans, is not so much about the caliber/success of the coach like the coaching change for Calipari and the Razorbacks, but more about the transfers that the coaching change has brought to the Trojans.

The new Trojans head coach is Eric Musselman and with him also have come eleven new transfers and two incoming freshmen. There is only one returning scholarship player for the Trojans this season so it is sure to be a different as well as very unique season for the Trojans. As you can tell, this offseason has been a rebuild for a lot of teams and that will sure to be an impact this season.

The top teams include the Kansas Jayhawks, the Alabama Crimson Tide, the UConn Huskies, the Houston Cougars,

and the Iowa State Cyclones. However, not all these teams are in the top teams odds wise to win the championship. According to CBS Sports, the UConn Huskies have the best odds of winning the championship at +1000, the Arizona Wildcats and Duke Blue Devils have the second highest odds at +1200, the Houston Cougars then have the third best odds to win the championship at +1600, and lastly the Kansas Jayhawks and North Carolina Tar Heels have the fourth highest odds at +2000.

The Cinderella story predictions for the season include the New Mexico Lobos and the Northwestern Wildcats. MHS Freshman Ethan Mason shared his thoughts on why he thinks the Wildcats may have a chance to make a run for the championship this season, "Northwestern has a very good returning core in Brooks Barnhizer, Ty Berry, Nick Martinelli, and Matthew Nicholson and they've had a lot of success in the last few years and haven't gotten the attention they deserve."

Similar reasons have been given for the Lobes from various sport outlets. One specific reason is the Lobes, which consists of Jaelen House and Jamal Mashburn Jr., who combine for an average of 30.5 points per game. There are also many other teams that will be in the mix for the upcoming season and that will be sure to lead to a chaotic and very interesting season.

Overall, this upcoming college basketball season has had one of the most interesting off seasons in recent years that has set up the season on a silver platter for one of the most exciting seasons that we may see in a long time.

Will The Bears and Caleb Williams be able to Bear Down?

Dan Stricklin
Staff Reporter

With a 4-3 start, their best since 2020, the Bears had their best record yet with rookie quarterback Caleb Williams. While Bears fans were regaining hope, others question whether Williams is the real deal.

There is a tough competition for Rookie of the Year between Caleb Williams and Jayden Daniels, quarterback for the Washington Commanders. When the Commanders beat the Bears, the two quarterbacks had a head-to-head matchup, but Daniels and the Commanders came out on top.

Williams has shown potential in the Bears three game win streak when he threw for 687 passing yards, seven touchdowns, one pick, and a 74% completion rate. In two games he threw for more than 300 yards and in one he completed four passing touchdowns.

However, Daniels has had only one game with 300 plus passing yards and no game

with four plus touchdowns. Now it's clear that Daniels has a better offensive line than Williams, as he has been sacked 22 times and Daniels has only been sacked 17 times. The Bears's offensive line is 5th in most sacks given up in the league while the Commanders are 16th.

The Bears offensive line needs some upgrades if Williams is going to play up to his potential coming out of college. The Bears may need to go out and trade for another lineman. Some options might be Jacksonville's guard Brandon Scherff, or guards Wyatt Teller or Joel Bitonio from Cleveland. In addition, in the game against the Commanders, the Bears starting left tackle Braxton Jones and left guard Teven Jenkins both left the game with knee injuries. Both are currently week to week.

Sure, the Bears offense has been decent this year, but the only thing keeping them at a winning record is their defense. According to Football Reference, the Bears defense has allowed only 11 touchdowns this year, the second least in the NFL,

and are fourth in points-per-game against at 17.0. The defense also has the seventh most takeaways with 13.

The Bears have an above average defense, but if they did want to make an upgrade to their defensive side, it should be the pass rush as they rank 12th in sacks at 20. Now there are other players that the Bears could trade for on the defensive side like the Raiders' edge-rusher, Max Crosby, or the Browns' edge-rusher, Myles Garrett, but the cost for them would be significant.

Another impressive statistic for the Bears is that they have the best RedZone defense and the sixth best third down defense. Against the Commanders, the Bears were able to hold them to four field goals after being in the RedZone four times. In the end, the Bears fell short of winning the game after Daniels threw a 52 yard pass, tipped by the Bears cornerback Tyrique Stevenson into the hands of Commanders receiver Noah Brown.

With Williams having one of the toughest schedules remaining, and Daniels having

one of the easiest, it will be interesting to see how the rest of the season plays out. Additionally, Broncos's quarterback, Bo Nix, also has the potential to win Rookie of the Year. The Rookie of the Year is still up for grabs. Viewers will have to stay tuned to see if Williams is the real deal.



Bears cornerback Tyrique Stevenson taunting Commanders fans on final play. Caleb Williams frustrated at the loss.

The money question: club & athletic funding

Shrushti Shah
Staff Reporter

Many MHS students participate in a variety of sports and clubs. Administrative decisions are made to decide specific funding amounts for these programs. Individual clubs and sports can also obtain additional funding through individual team and club fundraising efforts.

Sports and clubs at MHS follow a similar process of money allocation. Although the funding process works similarly for both, the items they spend money on are different.

Stevee Libert, the assistant director of student life, oversees the district budget for clubs and activities. She said the budget for activities and clubs is a part of the overall MHS budget. Essentially, the money comes from the school's revenue. For additional funding, clubs can fundraise.

"Clubs and activities also have what is called a Student Activity Fund (SAF) which they can fundraise into," Libert explained.

plained.

In order to get school funding, club sponsors must give Libert a breakdown of the money they need for their club.

Libert has to prioritize budget requests, taking into consideration the number of students in the club and the reason for the request.

Libert said, "We like offset costs for students as much as possible so I always encourage club sponsors to fundraise whenever they can as district funds are limited."

Student Leadership is the MHS club that receives the most funding. According to Libert, the money they get is spent for the whole student body; they plan school dances, back to school bash, talent shows and other school-wide events.

The lead sponsors of Student Leadership are Carly Schwartz and Nicole Pomerleau.

Pomerleau explained that the club looks at the budget of each event from the past year to decide the budget of each event they plan for the present year.

"We try to be conservative in terms of the money while also having a good experience for students," Pomerleau said.

Student leadership raises a lot of money from their fundraisers that include partnering with local restaurants, selling senior class shirts, holding soda pop-up shops and fall breakfasts, and selling candy grams. However, they raise the most money from the talent show, from which they also donate money to a cause or charity in the community.

There are similarities and differences in the way that clubs and sports are funded. Most of the money sports teams receive from the district budget is used for their supplies.

Troy Parola, the Athletics Director at MHS, explained, "We ask head coaches of all programs to put in a request in Jan, Feb, March. They will put together their wish list, they list the things they need and want... if we do not have money to purchase everything, we buy what everyone absolutely needs," which is similar to how Libert decides how much money the clubs should get.

The athletics department has to spend a lot of money on all kinds of sports equip-

ment each team needs.

Uniform rotation is something that only the athletics at MHS have to spend money on, unlike the clubs. Every four or five years, each sport or program will get a new uniform for the varsity team. The current uniforms then rotate down to JV or another lower level team. If a team wants a third uniform, since they only need one for home games and other for away games, they then have to fundraise like clubs would if they needed more funding.

Athletics may have to spend more money than many clubs to follow safety guidelines. According to Parola, the helmets for football are only good for 10 years, so after that, new helmets need to be purchased, so they try to maintain a rotation of purchasing 15 new helmets every year.

Libert and Parola agree that fundraisers are the best way for programs to get additional funding on top of what the district provides. There is no limit on the amount of fundraisers programs can do. In fact Libert and Parola both encourage clubs and sports to fundraise.

Fall's chill: combatting the winter blues

Sunday Daniels
Staff Reporter

It has suddenly turned to fall; the breeze has become chillier, the leaves are falling, the days are becoming darker, and people seem sadder; this feeling is called winter blues or SAD (seasonal affective disorder).

This is particularly common among adolescents, especially high school students. While it's easy to dismiss feelings of sadness by attributing them to "just the weather," it's important to consider what students can do to help themselves or support others in overcoming the winter blues.

Optimistic thought process.

Marisa Graham, school psychologist at Mundelein High School, provides valuable guidance to students by promoting a shift in perspective during the winter blues. She acknowledges that it's natural to experience sadness, but highlights the importance of, and enabling a positive mindset. By adopting this approach, students can find navigating challenges easier and enhancing their overall well-being.

"Think about ways or things in winter that you can embrace, like, curling up with a good book on a comfy couch, or having a cozy blanket, getting together with friends for hot chocolate, playing board games with family inside, just even recognizing



Photo represents a warning sign that we should be aware of symptoms of SAD while the weather becomes colder these next few months.

how beautiful it can be in winter at times with the snow.... We don't deny the negative, but we also have that appreciation for the positive" she said.

Control stress

Jonathan Mahoney, social worker at Mundelein High School with a master's degree in psychology, emphasizes that everyone experiences stress. While some stress can be beneficial; it's important to recognize when the negative effects of stress outweigh the positive. When that happens, it's time to reflect on strategies to manage it effectively.

"Stress can be motivating, and can be helpful. When things transition beyond

just stress, then we're looking at sort of the more detrimental negative impacts to something like seasonal affective disorder or depression or things like that... suddenly you're missing a whole bunch of school, relationships are suffering, and you're not taking care of yourself," he said.

Embrace the warmth of sunlight.

Mahoney emphasizes that an environment filled with sunlight is important. He explains that exposure to vitamin D is essential for maintaining an alert state.

"Brighter light tends to help people be more awake and more alert. If you're not even seeing the sun because you're at

school before the sun even comes up, yeah, that's a problem that is absolutely going to have an impact," he stated.

Graham explains that sunlight is available wherever you go, and if you're busy with activities, there are ways to ensure your body still gets enough vitamin D.

"So, really seeking out exercise, particularly, when we can get it (sunlight), so being outdoors, whether that's for a walk, taking up a winter sport... looking for ways to be able to get that even on a cloudy day, but particularly if it's a sunny day, even allowing light naturally into your room or spaces in your home." she replied.

Engaging in meaningful conversations

Both Graham and Mahoney emphasize student resources to support students personally during the winter blues. Mahoney also mentions that involvement in sports and clubs is extremely beneficial.

"There's a lot of options for people to be able to be connected with others, whether it's a club or an activity or sport or something like that," he stated.

Graham shared that participating in "groups, workshops and individual sessions with social workers, counselors, or school psychologists" can be helpful to connect with others and discuss feelings during a sometimes isolating time of the year.