

# Art For Health

By Arianna

In February of 2015 a team made up of healthcare professionals and artists put together by Art For Health traveled to Port au Prince, Haiti. According to artforhealthbenefit.org, Art For Health was started by a group of artists and medical doctors committed to providing and improving healthcare for underserved communities around the world.

There have been a total of 6 trips to Haiti and the Dominican Republic since 2011. After each trip, the number of adults, children, and infants that are given medical attention rises. In the years 2013-2014 over 6000 medical visits happened and over 200 surgeries were performed.

One of the reasons why artists go on this trip is to make art from what they see and feel while providing help in Port au Prince. Another is to provide the children of the Le Fleur Orphanage with a chance to be artistic and have the tools to do so. The Le Fleur Orphanage is an orphanage run and taken care of by Madame Le Fleur. There are currently more than 40 homeless and parentless infants, chil-



GSA Poster  
Photo by YDC Staff

dren, and adolescents under her care and her care alone.

Hague, who is an art teacher here at the O' School, was a part of Art For Health this year. AFH first approached him because

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## Evolution of the Modern Gay-Straight Alliance

By Sasha

Throughout the recent history of the Orthogenic School, there have been many clubs. One recent club that was proposed and worked on was a Gay-Straight Alliance (GSA).

The Gay-Straight Alliance is a safe and inclusive environment for everyone of any sexual orientation or gender identity. People who identify as anything - be they a straight person that identifies as the gender they were born as, or someone who isn't straight or gay and sees themselves as neither a boy nor a girl - can treat a GSA as a safe haven. According to the Gay, Lesbian, and Straight Education Network (GLSEN), they were first started in Boston, but eventually spread to the rest of the nation.

Presently, less than 50% of secondary schools



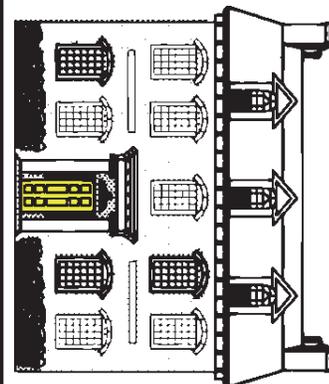
GSA Poster  
Photo by YDC Staff

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**Year**  
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The student newspaper of the  
Sonia Shankman Orthogenic School



# yellow O'School

## Students Form First Food Council

By: Sebastian

“Yum!” The taste of a croissant sandwich in the morning or the aroma of your favorite dinner is always a mood changer. One might ask, “Where do all these new changes come from?” Food Council! Food Council provides ideas for the kitchen to help everyone enjoy even more of the meals.

Food council is a group of students and staff who work together to help everyone be pleased with each of the meals that the school serves. Food council has many responsibilities including adding new meals to the menu, surveying the school, and advertising positive motivators to try new foods.

Food Council started with an idea Ellie had in which she brought to Leo. It started because some of the staff thought it was another good way for them and the students to get involved.

In Food Council everyone has a say in what is going on. It is only fair to have it set up so that everyone in the entire school is being represented. Alyssa O, Ashley M, Ellie, and obviously Leo are the staff in charge of Food Council. When Alyssa heard about Food Council, FoodCo, she took the opportunity. “Nutrition is a major part of what I do, so I really wanted to join!” Each of the staff involved volunteered for the position.

Obviously, the kitchen can't produce all of the foods that everyone wants all the time, even if Food Council is always requesting everyone's favorite meal. Leo commits to balancing the nutritious meals with all the things that aren't so good for our bodies; this includes fried food. When the O'School hired Quest Food Management Service, Pete and Diana worked with Leo to make strict agreements to ensure that all the food is healthy and tasty.

According to Leo, “I start planning a menu about two

weeks out.” When planning a menu, Leo must not only consider the weekly budget but also the difficulty and time that it will take to produce that meal. Leo says, “If the menu for Wednesday is very difficult to produce we will make Tuesday's menu easier.”

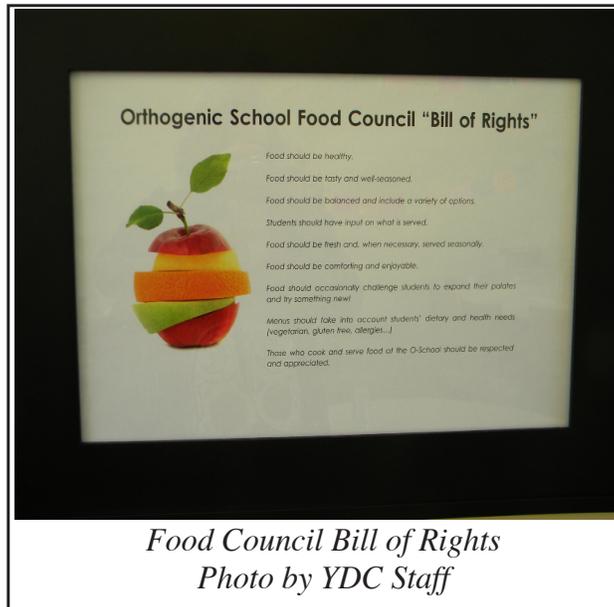
Without Food Council, a lot of the meals we see on our plates, wouldn't be there. Leo relies on Food Council's input to make his meals. “I would have a lot harder time keeping a healthy balance in the menu,” says Leo. Recently, FoodCo put together a breakfast food survey to help the kitchen understand what people are enjoying during breakfast and what people would rather not see. In Leo's opinion the survey was “Very good!”

Like anything in life, things don't always go as planned. FoodCo has not been receiving

enough suggestions for meals. The way a FoodCo representative gets suggestions is through his or her base class or dormitory. Without suggestions on what to cook Leo won't know what everyone wants to eat.

Make no mistake, not only is it FoodCo representatives that make suggestions to Leo, but it is all the students. During a standard meeting for a representative, he or she brings a list to that meeting full of suggestions from base classes and dorms. Everyone shares their information, and we brainstorm our next project. Finally, they make any final comments and the meeting is adjourned.

Food Council brings changes to the menu and works hard to give ideas that are both healthy and tasty. Without the help of FoodCo and the voice of the student body, you might not be able to enjoy the breakfast croissant or the marvelous aroma of your favorite dinner as often.



## Art For Health

*Continued from cover*

this year they wanted to have a different form of art featured at their 2014 and 2015 auction. That art was printmaking. Hague is sort of well known for what magnificent pieces and ideas he comes up with, especially when it comes to printmaking.

In order for Hague to travel to Haiti there were a few things that had to be done first. All of his vaccinations needed to be up to date. The environment in Port au Prince is quite different than in the U.S. His presence was not only needed for the art but also to help care for the sick.

This was a brand new experience for Hague. He was “involved with something that I’d never done before; providing health care”. Hague was impressed by the effort and dedication brought out by bringing health to these people. “I don’t think I have ever worked with a more dedicated group of people” said Hague about the team that he was with in Haiti. When asked what his trip was like, Hague responded with “Inspiring, in so many ways”. “Sorry” is not something that he felt when with the people of Port au Prince, rather, thoughts and feel-

ings like; “We can help and should help”.

Something that is currently up in the air is AFH having a long term relationship through the O’School. There is much more that can and needs to be done through this organization for the people in Haiti. A long term goal is to set up and keep a permanent health clinic in Port au Prince, Haiti. Along with that, someone living and staying there would be trained to become a physician for the clinic.

The best way to help and get involved with AFH is to donate through Art For Health’s official website. There are limitations on who AFH can take on these trips because of the seriousness of the situations at hand in whatever environment the trip is being taken to.

“Heart wrenching” that is what Hague used to describe his overall experience. “I got a lot more out of it than I anticipated.” Doing something for someone else can be extra helpful. Donating a penny into a charity jar at the gas station means just as much as going to Haiti.

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## Spaghetti Lunch

*By: Arianna*

On March 7th 2015 the Orthogenic School held the annual Spaghetti Luncheon. During the lunch students, their families, and staff attend an auction for student made art. Of course a lunch made of Spaghetti is served after.

The art provided for this event was made by students of the O’ School. Anyone can bid on the art, just like your average auction. All the money from the art goes to a charity. This year the charity was Art For Health. This was the first Spaghetti lunch at our new location. At the old building these events in the past were quite different.

Student council, along with Joseph and Ellie had a great deal of responsibility preparing for this event. Stu-Co first started to prepare for the lunch in December. The charity in which the money was going to go to was chosen by the O’ School student body.

The O’ School is filled with many great artists, so in that case it comes as no surprise that many students submitted art. They were all wonderful of course. The auction went great, also all of the art was sold. Some pieces were sold for a high amount of money. For instance L’s paper

crane mobile went for 125 dollars, courtesy of Michelle McMartin. There were plenty more projects sold for high bids.

The person in charge of the spaghetti was Gary, Leo, and the kitchen staff of course. Normally making food for a school is a big task already. Making the lunch for the students, staff, and the families took a great deal of work and focus. Something new added this year was the options for families to bring in desserts for everyone. When speaking with some students about how the lunch was I only received positive feedback.

The art sale gathered all together over 1,100 dollars. All of the money went to Art for Health. This year’s spaghetti lunch was one to be proud of and to remember.

There was a lot of hard work put into this day. Put into by, students, staff and families alike.

A silent auction what was introduced this year.

Ailish and Amit provided us with a bake sale. In the past the spaghetti lunch and art sale were separate. In the last few years they have been combined.

## The Psychiatry Program at the Orthogenic School

By: Rosie

Here, at the O' School, all residential students see the Psychiatry fellows who come to the O' School on Monday mornings. For all students, it is almost impossible to walk the halls or be in class and not run into one or several of them. They are led as a competent team by Dr. Kraus, who is the head of Child and Adolescent Psychiatry at Rush Medical Center.

At the beginning of their stay at the Orthogenic School, residential students are assigned a Psychiatric Fellow to see for their psychiatric treatment. The Fellows are students from Rush Medical School who are participating in their Clinical Psychiatric Rotation. According to the American Academy of Family Physicians website "The third year of medical school is composed of core rotations... in which you apply the classroom knowledge acquired during your first and second years as a medical student to clinical experience."

All types of doctors have to go through rotations, as they choose their specialty, ie. family doctor, surgeon, neurologist, psychiatrist, etc. Once their specialty is chosen, in some fields, they have the opportunity to choose a subspecialty, such as Adolescent and Child Psychiatrists, Addiction Psychiatrists, Neuropsychiatrists, and others.

Medical schools require students to do rotations in their chosen field. This is a requirement to get their degree in medicine. Learnhowtobecome.org states that "a psychiatrist is a medical doctor, which means you need to complete four to five years of training in medical school." They also state "after you complete your schooling, you need to enter a four-year residency program in a clinical or hospital setting.

During your residency, you work under the direction of licensed psychiatrists." This is what the Psychiatric fellows at the O' School are in the process of doing.

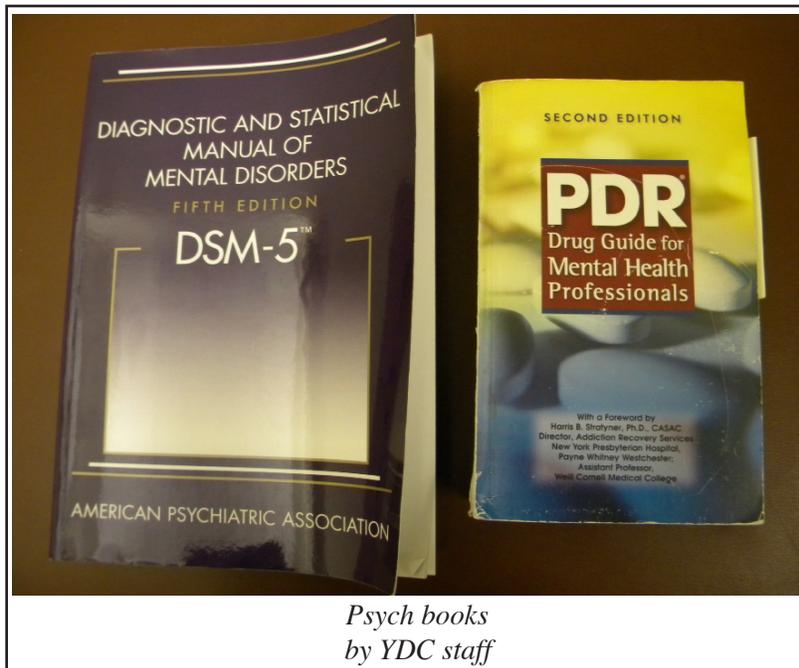
Rush Medical School's website states that "Fellows have the unique opportunity to treat patients and work with the staff of the Sonia Shankman Orthogenic School, a residential treatment center for children and adolescents. Fellows acquire experience in the evaluation and treatment of children and adolescents with a broad range of psychiatric disorders." The rotation that the Orthogenic School is grouped into Rush is called General Outpatient Child/Adolescent Psychiatry Clinic.

Each psychiatrist has a caseload of residential

students here. They keep up to date on our charts, case and treatment. Our psychiatrists call home and speak to our guardians (if we are under 18) if and when there is a change in medication. They are made aware if we are hospitalized or have a significant issue that concerns our medical and psychiatric treatment.

Most importantly, our psychiatrists are people too. They are dedicated

to help us along the way, and help us get to a safer place in our lives. The decisions they make are based upon their medical knowledge and studies, and the decisions they make are for our own benefit. They are important members of each of our individual teams. Next time you see your psychiatrist, thank them, they are truly going above and beyond to help.



Psych books  
by YDC staff

# Hot Topic

## If You Were A Book, What Genre Would You Be and Why?

Realistic fiction because it really helps reading books with characters that experience real life situations, because it gives me something to relate to.

Memoir because duh... Rosie

Adventure fantasy, because I'm an adventure to fantasize about

Classic – My favorites are Pride & Prejudice and Jane Eyre

#\*Thug Life\*#

Fantasy because I'm magical

If I were a book I would be a adventure book for a fantasy medieval time

Helping People Get better

Architecture

Horror, adventure

Sci-Fi

Something with a lot of information and a little bit of everything because who would want to be like one subject or good at only one thing? Not me.

Drama because I'm like that person in the book who is targeted but try to escape

I-Spy Book

I would be a non-fiction book because anything could happen

Mystery/Love Story because that describes me a lot right now

Fantasy because I have a magical personality

Mystery, because I don't talk much

Sci-Fi Action

DRAMA I don't know

Any

Adventure Book cause it you make it better

I would be non-fiction because my life is interesting enough.

Science Fiction – their ideas build the future... Yael

Choose you're own adventure book because I am adventurous... Arianna

Horror because it's fun to write about taboo subjects but with interesting creatures that are that subject and allows the characters to with that subject whether positive or negative.

Realistic-Fiction because it would be slightly over-extended, but true in most ways.

Fantasy 'cause that's my life tbh

Action

Drama

Fiction/Realistic Fiction

Fantasy

Fantasy because my brain is imaginative and wild... Mac

Fiction because they are cooler

Horror IDK CUZ :!

Mystery, because I don't tell anyone my past or show my feelings to anyone except myself... Carolyn

I would be romantic, because ;) ... Stephen

True

Non-Fiction... Benji

Drama, because my life is full of drama... Evan

Sports humor because I love sports and being funny

Action and Adventure because of the thrill

Crime Fiction... Gabe

Si-Fi because I think it's cool and it can also deal with realistic futurism... Sean

I would be urban fiction because my life is ghetto.

I would be a Fantasy book because I love to read about make-up magical topics in those kinds of books.

# yellow Chicago

## Authors with Roots in Chicago

By Samantha

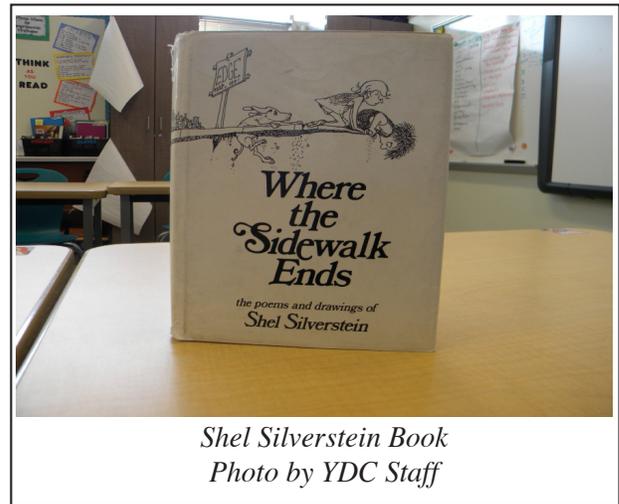
There are so many authors out there in this place we call the world, even in this city we call Chicago. Some local authors from Chicago are Sara Paretsky, Samuel Park, Luis Alberto Urrea, Audrey Niffenegger and, Blue Balliett. This is important to know because if you love to read but you have never read a book that an author wrote in Chicago try reading it they might surprise you by chance you might even enjoy it.

According to CBS Chicago, Sara Paretsky writes murder mysteries. She has been writing for over thirty years now. She writes about an investigator who solves crimes in the windy city. This is a whole series of books. The next one came out in October. It is called Critical Mass. She is also trying to write murder mysteries where the investigator is a woman.

Another Chicago author, Samuel Park, wrote a book based on his mother's story which takes place in South Korea in the 1960s. It is called *This Burns My Heart*. The book was published in 2011. It was named the best fiction of the year by Kirkus Book Review. He wrote other things too, such as Shakespeare's Sonnets, Shakespeare's Bulletin and, Black Camera.

Luis Alberto Urrea, Latino author, wrote the *The Hummingbird's Daughter* which takes place in Mexico in the late 19th century. There is also a sequel to the book called *Queen Of America*. He wrote other books called *Into The Beautiful North* and *Six Kinds Of Sky*. He writes non-fiction, fiction, and poetry. The *The Hummingbird's Daughter* is non-fiction as is *Queen Of America*. *Into The Beautiful North* is fiction. *Six Kinds Of Sky* is a collection of short fiction.

According to CBS Chicago, Blue Balliett writes children's books. They are about art history and and mystery. She lives in Hyde Park's neighborhood now. She was native to New York City. Her Edgar award and Book Sense Book of the year according to Barnes and Noble is called *Chasing Vermeer*. It is set in Chicago where two



*Shel Silverstein Book*  
*Photo by YDC Staff*

people are tracking down a famous painting by Vermeer. She also wrote sequels to the book called *The Wright 3*, and *The Calder Game*. Her new book that just came out this year is called *Hold Fast*. *Hold Fast* is about a girl who lives in a shelter in Chicago and has to solve her own father's disappearance.

Audrey Niffenegger, who wrote the *The Time Traveler's Wife*, also lives in Chicago. Her most recent novel is called *The Raven Girl*. She drew pictures in her books and you can see her drawings at Printworks Gallery. She was born in South Haven, MI. She works at Columbia College in the department of fictional writing in Chicago. She sometimes gives tours of Highgate Cemetery in London.

According to bio. another popular author who lived in Chicago was Shel Silverstein. He was born in 1930. He died in nineteen- ninety-nine. He wrote the *The Giving Tree* which is his most popular children's book and a poetry collection called *A Light In The Attic*. He was an illustrator, a poet, a songwriter and, an author. He also wrote *Uncle Shelby's Story of Lafcadio: The Lion Who Shot Back*. He also wrote *A Giraffe and a Half*.

# Feeding Addison Children Enough

By Margaret

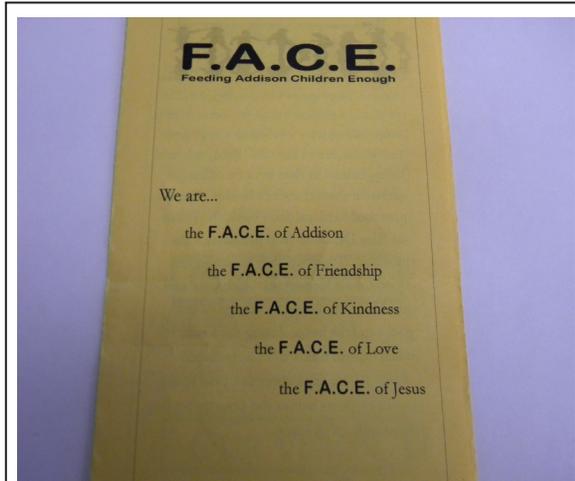
So many people are focused on helping end hunger around the world. But people need help in America, too. In fact, in Addison, Illinois many children and teens are starving, some even without a home. F.A.C.E. (Feeding Addison Children Enough) is a non-profit organization that puts food in bags for the children and teens in need of food over the weekend.

The first idea of a backpack program began in Little Rock, Arkansas there were many students who were weak, tired and falling behind in class because of hunger due to the lack of foods in their homes. This worried the school nurse so much that she went to the local food bank. This is how the Food for Kids program started. What Food for Kids does is it has volunteers that put food in bags for the neediest students to take home over the weekend. It started in 1995 as the first backpack food program and it is still going strong.

There is as much of a hunger problem in Illinois as there was in Arkansas in 1995. The business offices of the school districts in Addison, Illinois have shared the numbers of the 2014 school year with the F.A.C.E. pamphlet. Currently, 3,734 students enrolled in school are on the free and reduced lunch program at their schools. Over 100 of these students are homeless. "The vision of the F.A.C.E. program is nourishing the community of Addison to help end hunger," states the F.A.C.E. pamphlet. This shows that the people in F.A.C.E. have acknowledged that there is an issue in Addison and that they are willing to try to make a change.

Feeding Addison Children Enough was started by a woman named Karen Jeschke. When she heard that people in her own neighborhood were going without meals, she felt the need to take a stand. Since January, 2015 Karen's idea has made a huge difference in the lives of many families. After proposing the idea of F.A.C.E. to Good Samaritan United Methodist Church (the church she actively attends), Karen went to many banks and businesses for their support as well. The word of F.A.C.E. got around to other churches also. Feeding Addison Children Enough is currently supported by seven churches, four banks, three businesses and people all over the Addison community.

According to the website *Snack In A Backpack*, it isn't easy to start a backpack food program because there are many steps one has to take to get a food program up and running. First, it is best to identify where one would



*F.A.C.E. Pamphlet  
Photo by YDC Staff*

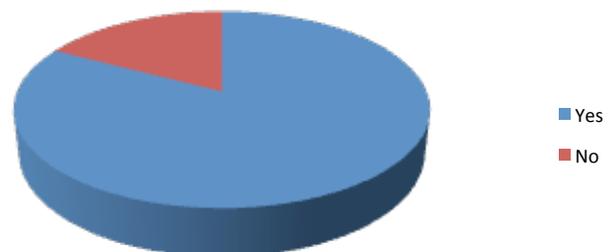
want to start a backpack food program, this usually happen in schools. Then one must schedule a meeting with the superintendent (the top executive or "CEO"), principal and counselor of the schools.

Once that is done, one should plan out the specifics of their backpack food program. This would include how many children it would involve, how and where one would package the food, even what day of the week one would plan to package the food products. Next is the budget of the project, followed by getting volunteers to help pursue the idea of a new backpack food program and begin fundraising.

After all of this extensive planning is done, then the

Yellow Chicago

## Do you think hunger is still a problem in the US?



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## Feeding Addison Children Enough

*Continued from page 7*

next step is to actually plan the food bags and purchase non-perishable foods. One must always make sure to confirm the start date of their program and make sure everything is calculated precisely again and again. All this work was put into starting F.A.C.E. and is continually used to keep up with the high demand for food.

According to Nick Poulos (a member of Good Samaritan United Methodist Church, and an avid helper in the F.A.C.E. program), there has been a financial shock as of late. When Karen tried to get into the DuPage Food Bank, their representatives put up many obstacles. "She went home and immediately started to write emails to every person who had anything to do with our food program including political representatives and both senators," says Nick. As food was being purchased the next afternoon, the head of the DuPage Food Bank did a complete turnaround saying that they didn't know who Karen knew, but that they would support F.A.C.E. in many ways. One of these ways is that they will give Feeding Addison Children Enough all food needed to feed 500 children weekly, for free. This will help Feeding Addison Children Enough a lot because they don't have to pay for those

meals and are now able to spend more money on other items F.A.C.E. needs.

As Addison, Illinois has more opportunities for children and their families to get the food they need, other communities are still struggling to get food to everyone. This shows that there is still work to be done not only in Illinois, but across the nation and the world. Although Feeding Addison Children Enough, like any food program, took a lot of work to get to where it is and requires a lot of management to keep up with the hungry kids, the contributors to F.A.C.E. are glad to do it.

As the Feeding Addison Children Enough took the opportunity to help their community, they were - and still are - happy to do what they can. There are many opportunities for the Orthogenic school students to get involved, too. These would include community service, volunteering at a food bank or program, or contributing to any O'School fundraiser. Anyone can make a difference, big or small, no matter what there was still a difference made and it impacted someone or something.

## Movies and TV Shows Come to Chicago

*By Sebastian*

"Action!" That is what is being yelled around the city of Chicago every day. Currently, Chicago Fire, Chicago PD, and Empire are the three of the many TV series being filmed along with many other movies.

Filmmakers love to film in Chicago. Chicago Film Office Director, Richard Mokal says, "Chicago is a very glamorous and cinematic space to film." Chicago has many different looks when it comes to the setting of a space to film in. There are parts of town that are old buildings with lots of bricks and there is also a area of town with all the most modern parts of a building. It is easy for people to film in the same area with a totally different looking setting.

DNAinfo journalists, Emily Morris and Tanveer Ali, explain why Chicago is such a popular filming city as well. Chicago offers many services including the state's Film Tax Credit, Cinespace Chicago, and Chicago Studio City.

Movies and TV series have been filmed all over Chicagoland area. Everywhere from 63rd street all the way up to Evanston and everywhere in between. "Chicago looks different but the same everywhere you go" writes Tanveer Ali. He says, "Chicago has a feeling." When everyone watches the production, most people know that it is being filmed in Chicago, but aren't completely focused on the setting whether it is in the title or not writes Emily Morris.

Illinois Film Studios is a company that manages all

of the TV series and movies that film in the state of Illinois. Illinois Film Studios offers many features including filming, crew members, actors, and industry vendors as said on their website.

Also, they offer a wide variety of filming space including a green screen and many sound proof sets that you can build on. IFS website says the reason it is common for films and TV series to film with them and others similar to

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*Filming in Progress  
Photo by YDC staff*

## Movies and TV Shows Come to Chicago

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IFS is because it is much cheaper to film using all of their equipment and not having to get all the very expensive permits that it takes to film a movie or TV series. Cinespace Chicago and Chicago Studios City are companies that work with IFS and help filmmakers film around the city along with providing a space for them to film indoors for a lower cost than buying a warehouse.

On the website, Illinois.gov it says that Illinois is the only state that offers a 30% tax credit. The tax credit gives a credit of up to 30% towards all purchases that have been approved. On the website Illinois.gov, it says the reason that they passed The Film Tax Credit in 2008 was to “attract the industry vendors and union leaders.”

Another goal they have is to increase job opportunities and have a more diverse population that they are hiring. According to the U.S Bureau of Statistics, in 2010 was when Illinois has had their highest unemployment rate at about 11.5%. Since then, more productions have begun filming in Chicago, and in December 2014 our average unemployment rate is about 6.2% which is nearly one half of what the peak was. The graph proves that since more productions have started filming in Chicago, the unemployment rate has gone down with many job openings in the filming industry.

When filmmakers film in a big, bustling town it

causes a lot of disruption to the entire city. Batman vs. Superman did most of their work in Chicago during the night. According to a Chicago Tribune journalist, Luis Gomez says “There will only be two road closures over a 24 hour period of time.” Considering that Batman vs. Superman is such a big production, it is a very big task to get filming of any amount done in such a short time. In big productions, like Batman vs. Superman, directors like everything to be perfect.

Having multiple productions being filmed in Chicago influences some aspects of everyday life in Chicago, mostly it introduces at least 1 new major tourist site. A fire Chief that allows Chicago Fire to film at his station, Station 18, he says that “the house might see 200-300 visitors each weekend because it is the main fire station in Chicago Fire... I have seen a big increase in the number of tourists around here.”

With all the productions being filmed around Chicago, it has many effects on the whole city. Tourist attractions and road closures are just a drop in the pool of what is added to the great city of Chicago when people film. With all the great benefits of filming in Chicago, there is no question about why people film in Chicago. “That’s a wrap!”

## Evolution of the Modern Gay-Straight Alliance

*Continued from cover*

in the United States have GSAs. Therefore, while a large quantity of LGBT students want to have a GSA, not very many of them actually have Gay-Straight Alliances, or safe spaces in general, for them to feel like they can be themselves.

GLSEN’s national school climate survey for 2013 states that 65% of LGBT+ (Lesbian, Gay, Bisexual, Transgender, and more) students have heard homophobic remarks, 30% have missed at least one day of school a month due to bullying, and 85% have been verbally harassed. Throughout all of the interviewed LGBT+ students, 56% have been the subject of discriminatory school policies. Further, only 19% of schools surveyed had an LGBT+-inclusive curriculum that taught about individuals of other identities in a positive light.

In schools where students are bullied for their identities, GSAs can push for change in their high school community. In schools where people are mostly accepted, some also push for greater support in the school’s infrastructure and the community as a whole.

The Orthogenic School’s GSA has been proposed by a TLC member and a day school student, at least one of which has been part of a GSA before. One of the advisors for it has also been a GSA advisor before, and the only issue towards getting it started is finishing the rules and guidelines for the

club itself.

Most clubs run here have a finite duration and are not “indefinitely lasting”, instead running typically 4, 6, or 8 weeks. The process of starting these clubs is that, according to Ellie, someone goes to her with an idea and they’ll make a formal proposal to present to executive staff. Then, if feasible, the club might start right off the bat, but that means a lot of prior planning, to establish structures and rules. If not, it’s usually not immediately discounted, instead being worked on and refined some more.

The reasoning behind this lengthy process is simple: the O’School runs best when plans and preparations are made. When you rush a process to start a club, it almost always fizzles out. On the other hand, if a plan is made and stuck to, it’s almost guaranteed to succeed.

In the past, there have been several Sports Groups as well as some Poetry Clubs, Creative Writing Workshops, and Dance Groups. Interestingly, there have also been one-day special events for people to enjoy and which don’t necessitate as much planning, due to it lasting for a shorter period of time.

The current status of the Orthogenic School GSA is that guidelines for attendance and participation need to be written up. It is otherwise complete.

# Got Shakespeare?

By *Samantha*

You might not understand the words in Shakespeare's plays and that's okay. You are not going to understand everything he is saying, but maybe by seeing the play and how the actors are portraying the words you might find that you understand a bit more than you think.

This is what Michelle and Geoff hope will happen when we go to see plays at the Chicago Shakespeare Theater (CST). While we may have read the play before hand, we may not know all that goes into CST being a theater.

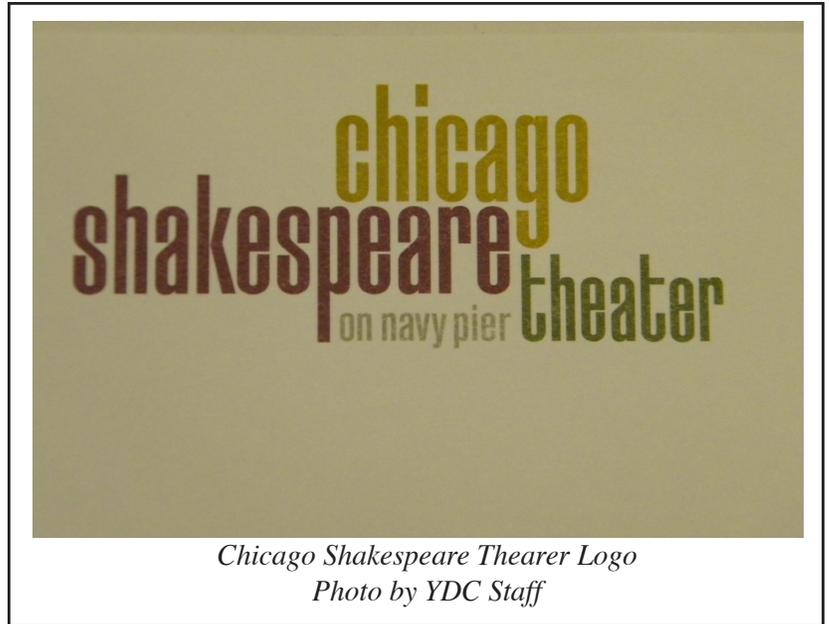
The Chicago Shakespeare Theater is located in Chicago, IL at Navy Pier. It was founded in 1999. The educational department of the theater works with English teachers from different high schools to help the students better understand Shakespeare. According to the theater's website they have had more than six hundred and fifty performances and they attract two hundred and twenty five thousand audience members annually. One in four of the audience members are under eighteen years old. The Chicago Shakespeare Theater has toured to Africa, Asia, Australia, and Europe as well.

I was able to interview Roxanna Conner, who works at The Chicago Shakespeare Theater. She answered a number of questions that came to mind when I was researching what really goes into putting on a play at CST.

With so many actors there, it can be hard for a theater to choose the right person for a role. At CST the casting staff sees many plays at other theaters throughout the year. By doing this they have a good idea of who would be good in the upcoming roles for their plays. Those actors from the notes and the previous actors from the previous plays are invited to audition. There are two rounds of auditions. The second is called a callback that is for the director and casting to decide.

Most of the actors come from Chicago or New York. On occasion an actor will come from Canada or England.

Once they arrive, the actors rehearse for three weeks for the Short Shakespeare productions and for



*Chicago Shakespeare Theater Logo  
Photo by YDC Staff*

the full length shows they rehearse for six to eight weeks.

The theater switches from time to time between comedies and tragedies every year for the short productions The Chicago Shakespeare Theater calls Short Shakespeare.

The Short Shakespeare production is meant for upper elementary to adults. It's the same play adults see as well as the high-schoolers. The actors and actresses enjoy the energy they get from the students bring into the theater, but the early mornings can be difficult to wake up to.

The theater repeats *Romeo and Juliet*, *The Comedy of Errors*, *Macbeth*, *The Taming of the Shrew*, and *A Midsummer Night's Dream* the most, as these seem to be the most popular plays.

Most Shakespeare performances are not full length, as in, they don't follow the text word for word. The director makes the changes to the plays the actors and actresses put on. It's to push the story forward.

In most high schools the students read Shakespeare in an English class and may not understand a word of it from the book but maybe seeing it might help them better understand it. Since Shakespeare has different themes but it is in English and we can relate to it.

# yellow

## National/ World

# To Write Love On Her Arms

By: Rosie

To Write Love On Her Arms is a movement that has a goal of helping sufferers of mental illness and helping make the community more aware of mental illness. TWLOHA started with a girl and a group of friends, who were complete strangers at the beginning and who were also determined to help her get better.

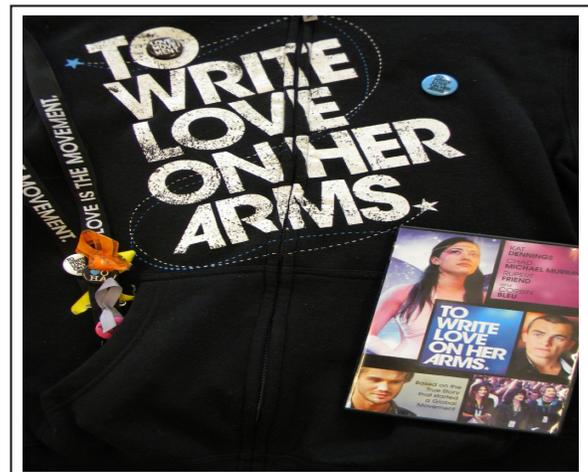
The girl's name is Renee Yohe. She struggled with her mental health a lot. She had issues with addiction, depression, and self harm, TWLOHA's website recounts. "The stars are always there but we miss them in the dirt and clouds. We miss them in the storms. Tell them to remember hope. We have hope." These were Renee's words, the words she wanted to leave to her audience, as she leaves her friends and enters treatment, unaware of the movement she inspired.

Rewind to a week before she utters these encouraging words. She was just beginning to find her recovery story. "She says she'll go to rehab tomorrow, but she isn't ready now. It is too great a change," said TWLOHA founder Jamie Tworkowski, as he met Yohe.

When tomorrow finally arrives, they find she is too much of a flight risk to be taken into a rehab. "For the next five days, she is ours to love. We become her hospital and the possibility of healing fills our living room with life," says Jamie.

TWLOHA began selling t-shirts as a way to raise money for Renee's treatment, but soon after, "It became clear that this story was not just about one person. We heard from people longing to lift the heavy weight of depression, to be free from addiction or self-injury, to stay alive and live fully. We also heard from people mourning those they'd lost to such struggles, asking what they could do to bring hope to their communities," the website states. Since 2006, TWLOHA became a platform of hope for anyone struggling with mental illness.

Over the years, people have shown support for TWLOHA by writing 'Love' on their arms or on the



*To Write Love On Her Arms Merchandise  
Photo By YDC Staff*

arms of a friend. Other ways to support TWLOHA are participating in one of their 'chapters'. Their chapter for high-schoolers is called the Storytellers. Their website states, "The Storytellers is a ten week campaign for high schools to raise awareness, build community, and fund-raise for TWLOHA."

There is also a college chapter called UChapters. For those who are out of school, TWLOHA also has an Intern Program and a Street Team that help raise awareness of mental health issues in their community.

In March of 2015, TWLOHA comes out with a movie. This movie has had several titles before it came out. To Write Love On Her Arms, Day One and Renee are some of the titles. The movie first came out in the Omaha Film Festival in 2012, but is released to the public in March. It centers on Renee and her broken childhood, and that path that led to the finding of TWLOHA.

On their website, TWLOHA has a page called Find Help. This page offers support to those who are looking to receive help for mental health challenges that they are facing. The page has a section for help lines, and lists the phone number and name for each help line.

*Continued on page 12*

## To Write Love on Her Arms

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They also have a section for those who need help finding a place where they can get treatment. They list websites that help search for therapists, treatment centers and additional places that can provide resources. On this page they also have a section that is dedicated to different online resources, such as the Trevor Project, NAMI and USA Cares.

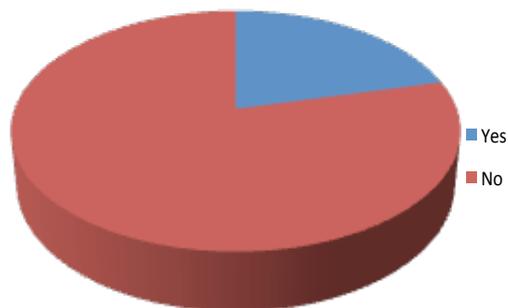
“The title, “To Write Love on Her Arms,” also represented a goal—to believe

that a better life was possible.” TW-LOHA’s website states, “Through musician support, tours, and social media, the message of hope and help has reached an audience broader than we could have ever anticipated.” TWLOHA grew from a way to help a friend to a movement that has potential to aid people who struggle with mental illness across the nation.

As for Renee, she now makes music, and on her website, writes that she doesn’t want to be thought of as just the girl with the story, she wants to start over.

“Take a broken girl, treat her like a famous princess... Tell her something true when all she’s known are lies... Tell her about... the possibility of freedom; tell her she was made to dance in white dresses. All these things are true,” teaches Jamie. This became the inspiration that started a worldwide movement.

**Have you heard of TWLOHA?**



yellow  
National/World

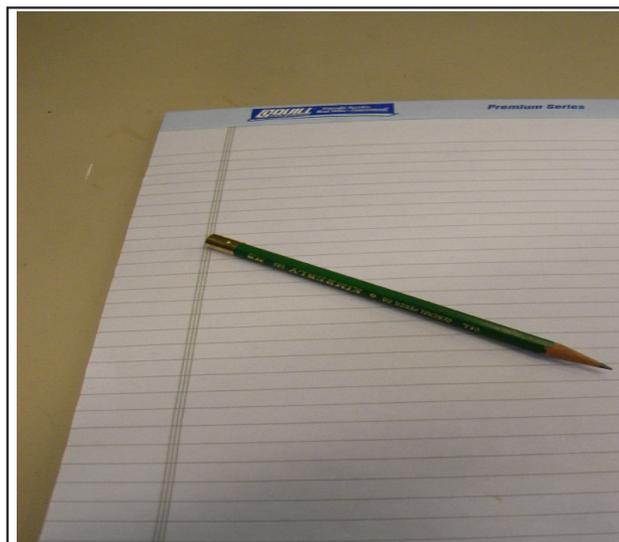
## Freedom Fighting In A New Era

*By: Sasha*

Reporters Without Borders and the World Freedom Index: the names will draw you in, they’re catchy and fascinating, and they appeal to a sense of justice. But then, you get to thinking. What is this? Who are they? Why do they do what they do?

Reporters Without Borders is a non-profit organization founded in Montpellier, France to champion the cause of freedom of information. As stated on their website (<http://rsf.org>); their missions are to monitor attacks on freedom of information, to denounce any such acts in media, to act in cooperation with governments to fight censorship, and to morally and financially assist persecuted journalists and their families. Its president is currently Gérald Sapey. As proof to the importance of their cause, according to the Committee to Protect Journalists, 221 journalists were jailed worldwide in 2014 alone. In the same year, 61 journalists were killed across the globe. As such, Reporters Without Borders

*Continued on page 13*



*Paper and Pencil  
Photo by YDC Staff*

## Freedom Fighting In A New Era

*Continued from page 12*

compiles, according to various criteria, a World Freedom Index every year. This is to measure the freedom of information across 180 countries.

The degree by which opinions are expressed in media - or the plurality - is the first criterion. This means that a nation will score poorly if they want to stick to just objective facts, and the punishment of opinions in media will also lower their score.

Next comes the ability for media to act independently. If the government insists on babysitting the media, their freedom is low. If the media is permitted to act on their own, it's a good sign.

The environment in which media can operate and the government's legislature over media are similarly important. Therefore, if the nation is hostile in nature and the environment isn't good for a journalist, or if the government heavily censors the news, it's not going great.

The transparency of media institutions, or how well the media's methods are allowed to be understood, is another quality which allows measures. This means that when those who make media keep their internal workings wholly under-wraps, even to other reporters, that it's not the best for their score.

The quality of infrastructure, or how the basic building blocks of media stand, is another key category. Therefore, when there's a good foundation for media to exist, the World Freedom Index for that nation reflects positively. How many abuses have been made against freedom of information is also represented.

The final result numbers are measured as follows: a score from zero to fifteen is a good situation, 15.01 to 25 is a satisfactory situation, 25.01 to 35 indicates noticeable problems, 35.01 to 55 shows a difficult situation, and 55.01-100 indicates a very serious situation. Infractions on the prior criteria cause a nation to gain points. Decreasing the number of infractions in the year and allowing media to exist freely on a governmental level reduces a nation's score.

To put everything in perspective of what this means, the World Freedom Index ranks Finland as the most free country... but it has a score of 7.52, meaning it isn't perfect. The United States rank 49th, with a score of 24.41. North Korea is ranked second-to-last at rank 179, with a score of 81.96. Its position is just above Eritrea. China is three ranks higher, with a score

of 73.55. Near Finland's rank are Norway, Denmark, the Netherlands, and Sweden, positioning Scandinavia as a leader in press freedom.

In the United States, despite being ranked 49th, we have the Freedom of Information Act, which allows previously-unreleased government information to be released upon request.

A portion of the reasoning for our drop from 2014 is the arbitrary arrests of reporters covering the shooting of Michael Brown. According to the Washington Post's article on the arrested journalists, there was no reason given for the arrests and threats, and they were not even acknowledged by the police department, although video and photos on social media have proved otherwise.

Additionally, the government's condemnation of WikiLeaks has caused a further drop in score, which has been explained as giving away classified information and threatening national security by making information meant for the United States government available to other nations.

However, the United States House of Representatives had considered a set of laws which would force international broadcasting that is based in the United States to promote United States foreign policy, thus restricting the freedom that independent news outlets have in their material. It did not go through and become a law.

Here at the O'School, there is always confidentiality for various matters, meaning that not everyone can be privy to everything. This is good because sometimes not everything is meant to be shared, and not everyone needs to know everyone else's business. There's also the potential negative impact of sharing every bit of information, which would be that everyone would be focusing on everyone but themselves.

One potential con of total and unrestricted freedom of information is that not everyone is meant to know everything, especially when it comes to potentially delicate situations, dangerous organizations, and the general global scale of the world. Therefore, while some argue for the total freedom of all knowledge, others will argue that it can only exist in moderation.

Over all, Reporters Without Borders has reasons for its actions. Not all of their reasons and decisions are agreed upon by the whole world, but that's why the index exists in the first place.

# Using Electronics While Driving

By: Margaret

Over 153 billion text messages are sent in the United States every month. This number has been increasing steadily since December of 2013. Unfortunately, a portion of texts were sent by drivers behind the wheel. People don't just text behind the wheel, they also do many other things like eating, shaving and putting on makeup. Keep reading for facts and statistics about using electronics while driving and just how dangerous it really is.

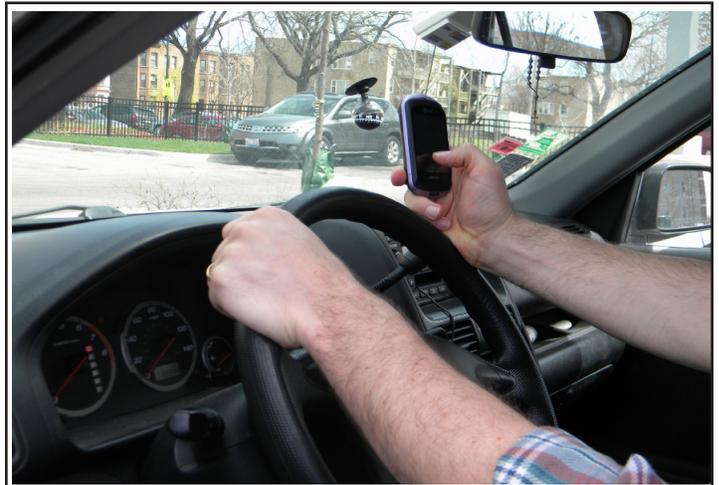
Many people would be likely to say that they would rather get in a car with a driver on the phone than driver under the influence. In reality, it is more risky to get in the car with the driver on the phone. "Talking on a cell phone, even hands free, results in a slower reaction time than if you were driving at or above the legal blood alcohol limit," says the National Safety Council.

A driver is four times more likely to get into a car crash if talking on the cell phone, while texting and driving makes them 23 times more likely to get into a crash. "In 2012, 3,328 people were killed in distraction-related crashes," states the CDC. About 421,000 people were also injured in similar crashes.

All these reported deaths and injuries have made the government take a stand. Using a hand-held electronic device while driving is illegal in 14 states (including D.C., Puerto Rico, Guam, and the US Virgin Islands). Currently, 44 states (including D.C., Puerto Rico, Guam and the U.S. Virgin Islands) ban text messaging for all drivers. And 38 states (including D.C.) ban cell phone use by drivers who have not had their drivers license for two or more years. Only 20 states in the US prohibit the use of cell phones while driving a school bus.

A recent survey by the CDC shows that 98% of drivers who own cell phones and text on a regular basis said that they knew the dangers, yet 75% of them admitted to texting while driving, even though there are laws against it in some states. Two-thirds said that they have read messages while stopped at a stop sign or red light, while more than a quarter said they have actually sent texts while behind the wheel. The CDC says that answering a text message takes a driver's attention off the road for about five seconds, which is enough time to drive the length of a football field.

Even with all the statistics and injuries reported, according to CBS News, 28% of people surveyed said that "they are worried about missing out on something important if they don't check their phones right away." More than a quarter of the survey recipients said that they think that other people expect them to respond right away, and 14% said that they feel anxious if they don't respond to a message in the moment.



*Dangerous Choice Made By Geoff  
Photo by YDC Staff*

According to CBS News, "Catapulting down the highway in 4,000 pounds of steel isn't enough of an activity for the typical U.S. driver." This shows that driving a vehicle is hard enough without distractions. This same article has some statistics you may find shocking, too. The chart below shows the percentage of people who were surveyed and admitted to being distracted while driving by the events stated:

Eating and/or drinking	39.13%
Talking on the cell phone	30.1%
Texting	8.6%
Shaving/putting makeup on	2.95%
Reading	2.33%
Other	2.09%

Liz Marks, a young woman interviewed by CNN News, says she was a girl in high school who was "addicted to her smartphone and was looking forward to graduation," according to CNN News. "My life restarted all over again just because of the one simple text message I was reading," says Liz. Due to her accident, Liz has suffered severe brain injury. "She had to relearn to walk, talk, read and write," says CNN News. "She's now blind in one eye, cannot smell, cannot hear very well and can't create tears." The importance of this is that these numbers and statistics are real people and that anyone can get affected by distracted driving.

Each year, over 3,000 people are killed and more than 420,000 people are injured in crashes caused by distracted driving in America. This shows it's important stay focused behind the wheel at all times because being on an electronic device can always wait until the car is safely parked.

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# Editorial:

## Treat Your Staff Well. They Deserve It.

*By Arianna, Leah, Margaret, Rosie, Samantha, Sasha, and Sebastian*

People deserve respect, plain and simple. This is no different for our staff here at the Orthogenic school. Staff members include teachers, coverage, dormitory staff, and other adults. They aren't just people, they're people who are choosing to take time out of their lives to help us improve ours. Even when they say something we don't agree with, or give us a consequence, the staff members deserve our respect. You can be mad, angry, and upset in any way but that is not an excuse to try to hurt someone else's feelings. Our staff members are no exception and are not here to be mistreated.

Yes, staff members are paid to work here. However, they work here because they want to work here and help us. There are easier jobs with higher pay out there. Instead of just taking a different, potentially lower-stress job, they choose to be here with us. That decision in and of itself deserves our respect.

While staff members choose to be here to help us, we need to remember that they are people too. People have feelings just like you. A staff member can be stressed, sad, or grumpy from time to time, just as students can be, excited, content, and playful. Everyone has their bad days, including our counselors and teachers. In the world, respect is something that is expected and needed from everyone, however they are feeling. The O'School is no different.

In the O'School, there are many types of staff members. While there are, of course, educational and therapeutic staff members, there are also those who form the backbone of our school. The people who cook our meals and clean up after us are profoundly important, because without them we wouldn't have our most fundamental needs fulfilled. Therefore, when thinking about how to respect those who work at the O'School, don't just think to yourself about the staff members that you see at all times

and constantly interact with. Think about those who work behind the curtain and make everything work in the end.

Our staff members are often not showed enough gratitude and appreciation. They do so much for us, and step forward with compassion, kindness and our best interests at heart. Their best intentions can be met with screaming or aggression. This is not fair to them when they spend their time doing whatever they can to help us. Kindness can really go a long way. A simple please or thank you is a great place to start. Writing letters of appreciation is also a nice touch. We should show them kindness and courtesy, as they show to us. Another thing to remember is to follow the golden rule and treat them the way we would like them to treat us. Everyone appreciates being appreciated, and this is something we should try to do more of for each other.

When you're upset, it is difficult to treat your staff with respect, especially when you're having so many emotions run through your head at one time. As hard as it seems, listening to what staff members are saying is one of the more effective ways to help yourself calm down. People who work at the Orthogenic School are trained to help students calm down. If you're overwhelmed with emotions, ask to take space for awhile. That way, you don't say or do something you don't want to, which might damage a relationship. It is to both your benefit and the staff members' benefit to listen to them when you're upset.

No matter what you say or do the staff members will be by your side through thick and thin. They took these jobs because they love helping us kids. They may not know the best thing to say to you, to help cheer you up, or to help calm you down, but they will not give up on you. They might have a bad day once in a while so give them a break for once and take careful control of your feelings.

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