

Student / Journalist / Leader

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FEATURES



## The “New Voices” States Protection for Student Journalists

Reporting by JONAH HILLMAN, News/Sports Editor

In the current state of American journalism, the idea of censorship is a debated and muddled issue. Often though, this is only thought of regarding mostly large media outlets and student journalists are left out of the conversation. After a series of Supreme Court cases which ruled for school administrators over student newspapers, the New Voices USA movement has evolved.

The movement focuses around the basis of securing legal protection for student journalists in public high schools and colleges by extending free expression rights to cover student newspapers. Currently, student newspapers are not protected by the Constitution.

The first time the Supreme Court

heard a case regarding student expression was in 1968, *Tinker v. Des Moines*. Five students wore black armbands in protest of the Vietnam War. Students who wore the armbands were suspended, prompting the lawsuit. In a 7-2 decision, the Supreme Court deemed that the school had violated their first amendment rights, writing that in order to censor, school officials “must be able to show that [their censorship] was caused by something more than a mere desire to avoid the discomfort and unpleasantness that always accompanies an unpopular viewpoint.”

New Voices follows this standard, giving legal protection to students unless it creates a “clear and present danger” or a “material

and substantial disruption” of an educational institution. This can also include libel or invasion of privacy. The bill also waives any liability that faculty could incur as a result of a student publication unless negligence or misconduct is concerned.

The bill was brought into the public sphere because of the Supreme Court case *Hazelwood v. Kuhlmeier*, which ruled that students’ First Amendment rights at their school in St. Louis, Missouri were not violated when the principal prohibited the publishing of articles on teen pregnancy and divorce. The students won at the appellate level, but the Supreme Court reversed the Eighth Circuit’s decision.

Currently, New Voices legislation has not been enacted in Indiana, even after significant lobbying to the legislature. In Indiana, public school student journalists are still not protected. In 2017, the state came close. The House Education

Committee unanimously passed the bill. In that committee room, many student journalists and their teachers testified in support of the bill. It passed the House 88-4.

The bill struggled in the Senate. Before it came to a full vote, Indiana’s superintendent of public instruction, Jennifer McCormick, announced her opposition to the bill. Shortly after that announcement, sponsors removed the bill from the Senate’s calendar.

Despite the inaction of the state legislature, multiple student newspapers, organizations, and columnists have spoke in support of the legislation. “The benefits of allowing, and encouraging, a free flow of information are immense,” IndyStar columnist Matthew Tully wrote in a January 2017 article. “We need a strong and free press more than ever.” The student newspapers at Valparaiso University, Indiana University, and the University of

Southern Indiana have all endorsed the legislation. Additionally, the movement prompted the backing of New Voices USA and the Student Press Law Center (SPLC).

“The voices of student journalists need to be protected and advanced, now more than ever,” the SPLC’s website explains. The SPLC helps support student journalists financially and legally, if necessary.

If this legislation is eventually passed, it would affect public schools, not private institutions, although supporters believe private schools should strive to follow the same standard the legislation presents.

The legislation has succeeded in 14 other states, including Illinois, who passed the legislation in 2016. Indiana’s legislature reconvened earlier this month, and many student journalists hope that this bill will make it to Governor Holcomb’s desk this year.

## First Amendment Protection

### What it does and doesn’t protect

Reporting by NOURA LAMB, Politics/Feature Reporter

Black armbands protesting Vietnam, banishment from Twitter, fired for racist speech in public, vocal opposition to the government, America relentlessly asks the question: where do First Amendment rights end? Where is the line of free speech?

The First Amendment embodies our individual rights as humans in the public sphere. Social media has grown to encompass personal expression and conversely, the power to police the internet. Just as social media develops, the definition of the First Amendment rights continues to evolve. Yet with this growth, some say that America’s perception of the amendment has become distorted.

The First Amendment states that, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging

the freedom of speech, or of the press; or right of the people peaceably to assemble, and to petition the government for a redress of grievances.”

In daily use, Americans reference this to defend or condemn unlimited speech and personal assertion. However, this amendment only specifically mentions Congress’ limitations, implying government restrictions upon citizens, not in the private sector.

In terms of private sector vs. government control, several cases regarding hateful speech in public and on the internet predominately presented themselves. In one case, an Ohio doctor in residency tweeted that she would purposely give Jews

the wrong medicine, and after the tweets went viral, the Cleveland Clinic quickly ended her employment.

Individuals asked if this was a violation of her free speech rights, but the First Amendment only protects citizens from consequences levied by the government, not from private organizations.

Megyn Kelly, a journalist who worked for NBC was taken off the air and eventually fired by the company for defending the use of blackface. While the government is enjoined from punishing Kelly for her words because of the First Amendment, NBC was well within its rights to let her go. Freedom of speech protects you from the government, but it does not protect you from consequences levied by private individuals or organizations.

Similarly, speech that provokes vi-

olence or illegal acts remains unprotected by free speech. For instance, in 2010, a man who had posed as a female nurse online offering instructions on how to commit suicide, was charged with of aiding two deaths.

When his lawyer asked for the case to be dismissed on First Amendment grounds, the district judge ruled that speech aiding the death of another is not protected. Furthermore, in most cases, the First Amendment does not protect individuals who make threats against the government or public health, despite the congressional limitations. Yet, the courts decide if the threat is credible and then if the protection of the First Amendment applies.

The application of the First Amendment that directly impacts students is free speech in schools. Concerns of constitutional rights within schools have been constantly

raised. The main issues have mostly been decided by state courts or the Supreme Court. One of these cases, *Tinker v. Des Moines*, declared students don’t completely lose their freedom of speech and expression in school. However, this sentiment applies solely to public schools as the First Amendment in general applies to the government- not private institutions.

Private schools are private institutions just like a law firm or NBC, meaning that the First Amendment does not provide protection for those specific students. Overall, private school students do have defined rights, but they are defined and enforced by the institution, not the government.

Although the courts have technically defined our First Amendment rights, they are still constantly changing.

## Five Rights: 1<sup>st</sup> Amendment

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.” THE FIRST AMENDMENT

# THE WORST PART ABOUT CENSORSHIP IS

## First Amendment On College Campuses

Reporting by ABBY RESNICK, Politics/Feature Reporter

To high school students, college is presented as an area of expression and exploration, a place where you can freely express your opinions and learn about any field. That said, some say there’s a growing culture on campuses where free speech is being thoroughly marginalized. As The Washington Post puts it, “Free Speech is flunking out in college campuses.”

There is a growing presence on campuses which does not tolerate speakers who some deem “controversial.” The University of California at Berkeley has become infamous for their protests against right-leaning speakers, such as Ben Shapiro.

At Middlebury College in Vermont, political scientist Charles Murray’s speech erupted into protests which injured a professor. Business Insider published list of blacklisted speakers

in 2015-16, which includes left and right

leaning speakers, such as Anita Alvarez (a Democratic former State’s Attorney in Illinois), rapper Action Bronson, and former CIA Director John Brennan. The Foundation for Individual Rights in Education (FIRE) listed over 300 uninvited speakers since 2000.

Freedom of speech is one of five freedoms protected under the First Amendment of the Constitution, and on par with freedoms such as

freedom of religion and the press. So, why has it become so controversial on college campuses?

Students typically use the defense of preventing the spread of hate speech. According to a 2016 Gallup poll on free expression on campuses, 54 percent of students feel as though the climate on their campus prevents them from saying what they believe because others might find it offensive.

College is presented as an opportunity to interact with others and have an educated debate about differences. In September, 2015 at Wesleyan University, a student published an opinion piece in the school newspaper criticizing Black Lives Matter’s tactics and messaging. The administration defunded the paper under pressure from the student body. The paper published an apology promising to make the paper a safe space for students of color. The writer of the article attended Wesleyan specifically due to their left-leaning student body, hoping to find a community where he would be ideologically

challenged; instead he was met with vitriol from other students. The paper later received half of its funding back, provided they run their articles through a strict editing process to protect students.

As college campuses debate free speech, the challenge is not going unmet. FIRE is an organization with such an agenda. Started in 1999 to educate people about the freedoms granted in the First Amendment, they have since dedicated their work to protecting the individual rights of students, especially the freedom of speech.

They’ve backed several court cases both with legal counseling and funding. Their founder, Harvey Silverglate, and one of his co-workers, wrote a book called “The Shadow University: The Betrayal of Liberty on America’s Campuses,” which critiques modern college campuses and their approach to free speech, especially focusing on speech codes. Speech codes were originally created in the 1980s by administrators to place restrictions on free speech in order to protect

minority students from racial intolerance.

Silverglate maintains that this undermines schools’ ability to teach their students. To defend this, he cites the same Gallup poll. It states that 76 percent of students think news outlets should be able to cover campus protests, but 49 percent of those students believe those reports should be products of biased reporting, where reporters’ coverage is limited or other parts are ignored.

The conversation is not one for a single political party. Left-leaning comedian Bill Maher was nearly stopped from speaking at UC Berkeley’s 2014 commencement after a student group revoked an invite due to sensitive jokes he had made previously. The school eventually allowed him to speak, causing protests during commencement.

Freedom of speech on college campuses emerged as an ongoing issue in the 1990s, and figures on both sides of the aisle believe it is here to stay. With many considering the removal of free speech in the name of political correctness, the issue will certainly continue to generate debate in the future.

## Student Press Freedom Hazelwood vs. Kuhlmeier

Reporting by ISHA PONUGOTI, Feature Reporter

Living in a nation that prides itself on having a free press and free public education, American students often believe their First Amendment rights protect them throughout every corner of the country. Especially in schools, institutions that teach the Constitution and encourage students to defend their constitutional rights, many students expect their rights to be strictly upheld.

Although the Supreme Court has previously stated students do not “shed their constitutional rights to freedom of speech or expression at the schoolhouse gate,” (*Tinker v. Des Moines*) the

ruling of *Hazelwood v. Kuhlmeier* proved, in actuality, American public school students’ right to a free press is limited.

After a controversial set of articles written for the *The Spectrum*—the school-sponsored newspaper at Hazelwood East High School in St. Louis, Missouri—was deemed inappropriate for school, Hazelwood’s student journalists claimed the principal’s decision infringed upon their First Amendment rights. In the Missouri school, every article in *The Spectrum* was subject to a review process in which the journalism teacher and the school principal permitted or denied its publication. When the students wrote articles about teen pregnancy and a particular student’s father’s behavior throughout his divorce, the principal banned them from being published.

In the first article, members of *The Spectrum* anonymously profiled students who had been pregnant or were currently pregnant. The names used in the article were fake in order

to protect the privacy of the students. After reviewing the articles, the principal argued they violated the students’ right to privacy, as he was afraid they could be identified from the text.

Originally, the paper was six pages, but as the principal believed that there was not enough time to change or edit the articles, and therefore, he cut two pages of the paper, making it four pages. Thus, seven articles were removed.

In turn, Catherine Kuhlmeier, a student leader of *The Spectrum*, asserted the principal’s decision was a violation of students’ right to free speech and took the case to court. They were backed by the American Civil Liberties Union (ACLU), an organization with a mission to protect civil rights.

While a federal district court in Missouri sided with the school—stating the school had the right to monitor the publication because the newspaper was merely an educational

tool—the U.S. Court of Appeals disagreed. In fact, the Court of Appeals reversed the lower court’s decision on the grounds that the newspaper was a “public forum” that could only be censored in extreme situations.

Once the school appealed to the Supreme Court, the judges ruled in favor of protecting the school’s right to censor articles that were “inconsistent with the schools’ educational mission.” In the 5-3 decision, the majority opinion allowed censorship as “long as their actions

are reasonably related to legitimate pedagogical concerns.” In other words, student newspapers can be restricted if the material would damage the educational process.

In the opinion, it was made clear that the same standard was not necessarily to be applied at the collegiate level. That said, in 2005, *Hosty v. Carter* held that Hazelwood applied at the collegiate level (if the newspaper’s cost is subsidized).

Critics of the decision argued that student expression would be limited under the new standard. Associate Justice William J. Brennan wrote that “It is particularly insidious from (a school principal) to whom the public entrusts the task of inculcating in its youth an appreciation for the cherished democratic liberties that our constitution guarantees.”

Although this landmark case restricted students’ right to the press, the Student Press Law Center continues to urge students to avoid self-censorship and to continue to exercise their right to free speech for as long as they are permitted.

**1919 – “Clear and Present Danger”** The Supreme Court of the United States ruled that a state could constitutionally limit one’s free speech if it could prove that the speech presented a “clear and present danger” to the US. The lawsuit was named *Schenck v. United States* and concerned the highly controversial Espionage Act, which was passed in order to prohibit interference with military operations. The phrase “clear and present danger” was famously written by Oliver Wendell Holmes Jr., who is pictured above.

**1962 – Prayer In Public Schools** In a 6-1 decision, the Supreme Court struck down a New York, government-approved piece of legislation that suggested to students that they start the school day with a prayer. It read, “Almighty God, we acknowledge our dependence upon Thee, and we beg Thy blessings upon us, our parents, our teachers and our country. Amen.” The plaintiffs in the *Engel v. Vitale* decision were Jewish, and were supported by multiple Jewish and Rabbinical organizations. The American Jewish Community and the Synagogue Council of America supported the plaintiffs. Indiana was among 24 states that openly supported the New York state government and the ability to create such laws.

**1964 – Limits on Libel** In 1960, the New York Times published an advertisement paid for by a group that wished to financially defend Martin Luther King Jr. from a perjury indictment in Alabama. Certain details published in the advertisement were not factual. Although he was not mentioned in the advertisement, Montgomery Public Safety Commissioner L.B. Sullivan believed that the inaccuracies created an inability for him to work, which is grounds for defamation. When the case made it to the Supreme Court, the Times won in a 9-0 decision, with Justice Hugo Black stating that “actual malice” is required to prove defamation. Considering it was an advertisement, the New York Times had not demonstrated actual malice.

**1966 – Freedom of Information Act (FOIA)** The Freedom of Information Act, signed into law by President Lyndon B. Johnson, requires that certain federal agencies must make certain disclosures to the public through records requests. To this day, you can still request records from government agencies from all levels of government.

**1988 Hazelwood vs. Kuhlmeier** Student Newspaper Court Case

**1990 – Flag Burning Law Deemed Unconstitutional** In a 5-4 decision, the Supreme Court upheld a previously established legal precedent that laws that explicitly prohibit flag desecration violate the First Amendment. This specific case struck down a 1989 Flag Protection Act passed by the 101st Congress that made it a crime to burn an American flag. Because this law allowed flag retirement ceremonies but prohibited political demonstrations, the US Supreme Court deemed the law to prohibit political demonstrations.

**2000 – Boy Scouts of America vs. Dale** The Supreme Court deemed that the Boy Scouts of America (BSA) had the right to expel a scoutmaster for being a homosexual, as it violated the BSA’s values. “[T]he right to engage in activities protected by the First Amendment [is] a corresponding right” to religion, Chief Justice Rehnquist said in his opinion.

**2010 – Citizens United vs. FEC** In a high-profile case, the court ruled in a 5-4 decision that some Federal Election Commission (FEC) rules violated the free speech sections of the First Amendment. Therefore, the federal government was barred from restricting independent expenditures from political action committees, which essentially allowed for those organizations to make unlimited campaign contributions. The case changed the political landscape of the country.



Indiana District 4

**Tobi Beck**  
Beck, an army veteran, is one of Indiana's only Democratic candidates who actively supports legalizing medical marijuana. She also is keen on responsible military spending. "Military spending should be efficient and impactful use of taxpayer dollars, rather than a waste of resources in the name of patriotism," Beck's website said.

vs.

**Jim Baird**  
Baird, who announced his campaign after Todd Rokita vacated the seat to run in the Republican senate primary, was an army Lieutenant. He has a strong record on the Second Amendment, which led to the National Rifle Association giving him their endorsement. Additionally, he is pro-life, being endorsed by Indiana Right to Life.

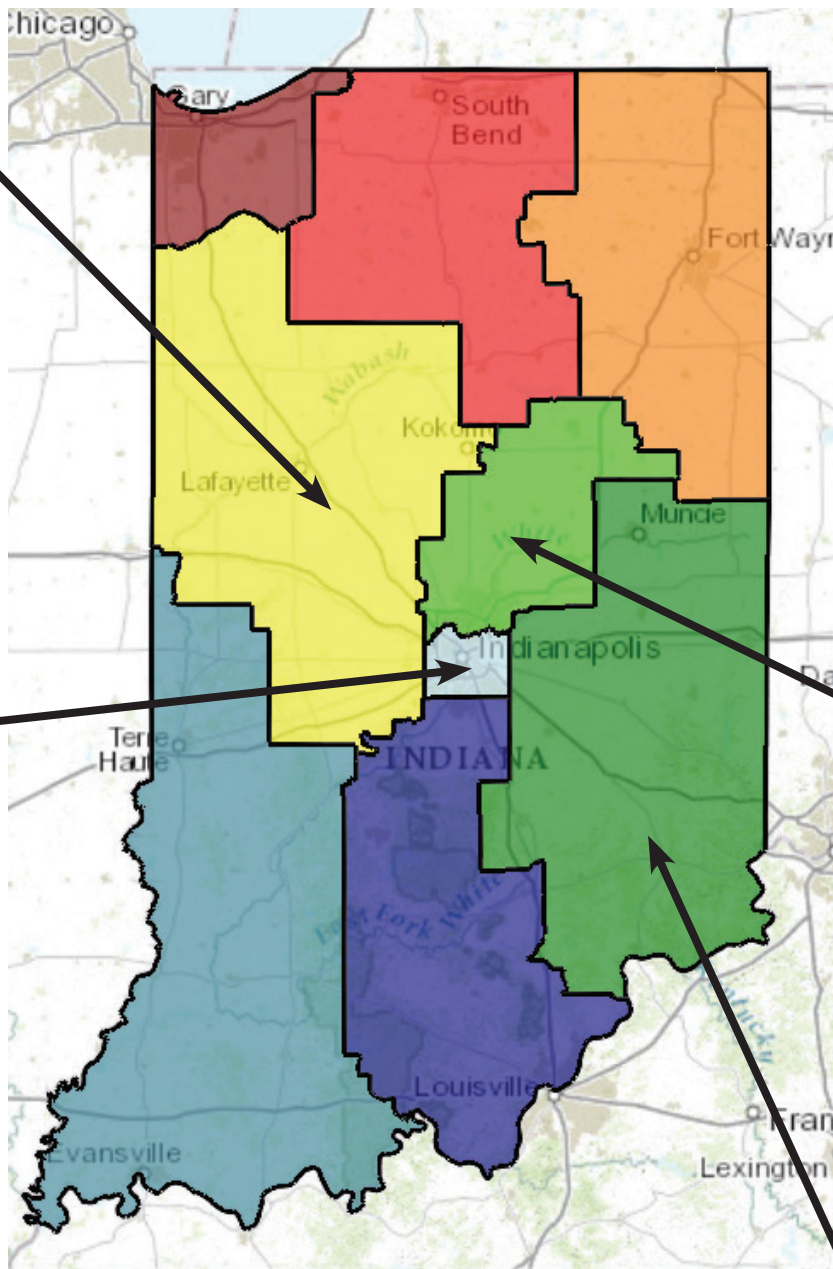
Indiana District 7

**Andre Carson**  
The incumbent Democrat voted for the Affordable Care Act, and has been a strong supporter of that bill. A Muslim himself, he spoke out against President Trump's decision to ban immigrants from majority Islamic countries. He attended a public protest at the Indianapolis International Airport to voice his concern about the policy. He called the policy a "bigotry campaign." He is expected to win his election.

vs.

**Wayne Harmon**  
After a career in public service, Harmon is now running for the 7th district house seat. After multiple primary losses, he came back to win the 2018 Republican primary with 29% of the vote. With a criminal justice background, his priorities include military spending and national security. His platform aims to "rework integration for veterans and released convicts," according to the IndyChannel.

“Who is on my ballot?”



\$19,821,620 Raised By Candidates  
Indiana Senate

**Joe Donnelly**  
The Democrat is one of the most vulnerable incumbents in the United States. His priorities of education, veterans' affairs, and trade equity have earned him support from both sides of the aisle in Congress, but his opponent leads in the polls.

vs.

**Mike Braun**  
Braun, the Republican, is known for his staunch support of President Trump. His policies on the Second Amendment, jobs, and healthcare make him very popular among social conservatives, which won him the republican primary.

Indiana District 5

**Dee Thornton**  
A former Xerox executive living in Carmel for over 20 years, Democrat Dee Thornton is strongly against corporate interests invading elections. "This campaign isn't about special interest groups or rigging the rules for a select few," her website reads. She has vowed to oppose any repeal of the Affordable Care Act.

vs.

**Susan Brooks**  
Serving since 2013, Brooks, a Republican, supports initiatives to lessen government spending, combat the opioid epidemic, and strengthen national defense. She is a strong Second Amendment supporter, promising to "fight any legislation that seeks to undo...Indiana's concealed-carry laws."

Indiana District 6

**Jeannine Lee Lake**  
"Change in the Heartland" has been the centerpiece of Lake's Democratic campaign in the 6th district. While she supports the Affordable Care Act, she believes that it could be improved upon. She states that she will "fight to institute universal healthcare nationwide." It is unlikely she will win, as President Trump won the 6th district by almost 40 points.

vs.

**Greg Pence**  
As the older brother of Vice President Mike Pence, he describes himself as a "staunch supporter of the Trump-Pence agenda." He has vowed to "fight alongside the President to Make America Great Again." He is a business owner, operating antique malls in his district. As he is a former Marine officer, his top issue is providing for our military, during and after their time of service.

What are the midterms?

The midterm elections are held every four years, near the midpoint of a President's four-year term. The 2018 midterms will feature three different types of elections which have gained national attention: house elections, Senate elections, and gubernatorial elections. All 435 members of the House of Representatives must be re-elected every two years, in both mid-term elections and Presidential election years. Senate seats work differently. One-third of the Senate is up for re-election every two years. Therefore, as there are 100 members of the United States Senate, 33 seats will be voted on in 2018. In all but two states, governors serve four years, like Presidents.

The midterm elections typically serve as a test for a President to gauge the public's approval or disapproval of his policies. Historically speaking, the President's party does worse in midterm elections, for a wide range of reasons, one of which is that some United States citizens prefer to vote for a split government, where no one party controls the legislative branch and the executive branches. During the Obama

administration, the Democratic party lost seats during both midterms. This is expected to work against President Trump and the Republican party, as they currently control the House of Representatives, the Senate, and the White House. Additionally, with President Trump's approval rating sitting in the low 40s, more Democrats and lean-left independents may come out to vote.

That said, this is a tough election cycle for Democrats, with senate elections being held in Indiana, North Dakota, Tennessee, Wisconsin, Missouri, West Virginia, and Montana. These are all states in which a Democrat is up for re-election, and where President Trump won in 2016.

On the House side, things are looking better for the Democratic party. The Cook Political Report, one of the most reputable sources for election information, states that of the 31 "loss up" districts across the United States, 29 of them currently belong to Republicans. It will only take 23 seats for Democrats to win the House of Representatives.

\$14,117,055 Raised By Candidates  
North Dakota Senate

**Heidi Heitkamp**  
The vulnerable Democratic incumbent voted "no" on the nomination of Supreme Court justice Brett Kavanaugh. Her priorities include education and energy initiatives.

vs.

**Kevin Cramer**  
As a current representative for North Dakota, Cramer is adamant on cutting taxes. He is considered a strong conservative as his voting record proves he is pro-life, pro-second amendment, and against Obamacare.

\$5,217,466 Raised By Candidates  
Michigan 8th District

**Elissa Slotkin**  
Working in the United States Intelligence Community, Slotkin aims "to set the vitriol aside and put our country and our community ahead of everything else." Some of her priorities are affordable healthcare and affordable drug prices. Photo: Michigan8thDistrict

vs.

**Mike Bishop**  
Bishop has been a strong supporter of a small government, especially when considering education initiatives. He is against the Affordable Care Act. He is popular with conservatives due to his 97.8% voting record with President Trump, who won this district by 7 points in 2016.

\$5,141,326 Raised By Candidates  
New York 19th District

**Antonio Delgado**  
Delgado, an advocate for education, is running for his first seat. His issues align closely to former President Obama's, which earned him the his endorsement. His most important issues are jobs and healthcare.

vs.

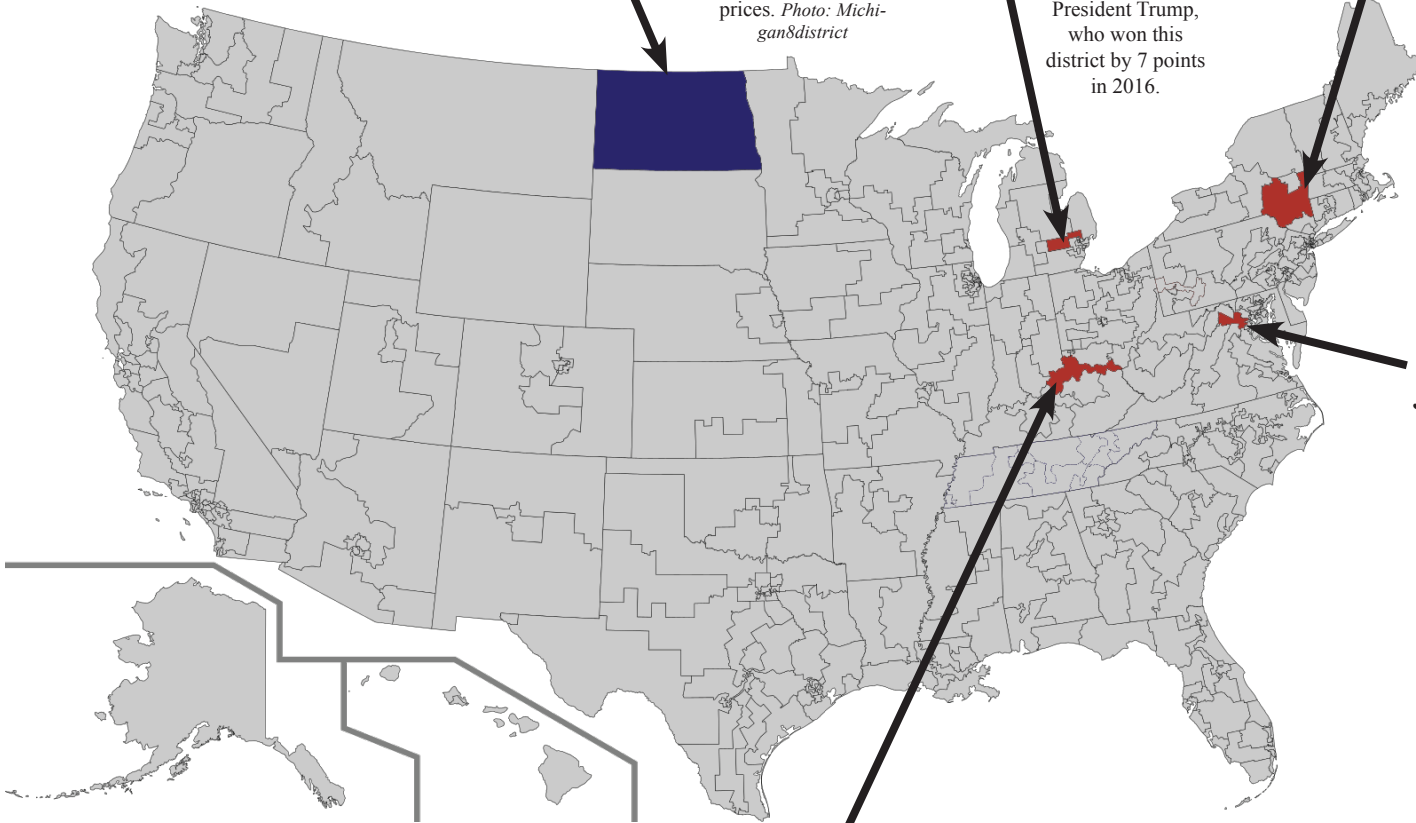
**John Faso**  
A Republican with a strong record of bipartisanship, he supports legislation to combat the opioid epidemic, veterans' affairs, and environmental issues. Most of Faso's bills have been co-sponsored by Democrats, leading to a high approval rating.

\$5,728,012 Raised By Candidates  
Virginia 10th District

**Jennifer Wexton**  
The Democratic state senator from Virginia's 33rd district supports issues such as criminal justice reform, gun violence prevention, and LGBT rights. She has earned the endorsement of Virginia Governor Ralph Northam(D) and Virginia Senator Tim Kaine(D). She is ahead in the polls as of mid-October.

vs.

**Barbara Comstock**  
Considering Secretary Clinton's 10-point victory over President Trump in her district, Comstock is considered one of the most vulnerable house Republicans in the country. That said, the National Rifle Association's endorsement of her campaign makes her popular among Second Amendment supporters.



\$6,165,697 Raised By Candidates

THE FEATURED RACE: Kentucky 6th District

Sister of PT faculty member aims to shake up Kentucky district

Reporting by DAVID WOLFE BENDER, Editor-In-Chief

On October 12, 2018, PT history and economics teacher Dr. Matthew McGrath drove to Owingsville, Kentucky, where his sister, retired Lt. Col. Amy McGrath, was about to receive an endorsement from former Vice President Joe Biden. Amy McGrath is running in Kentucky's 6th congressional District.

"I don't know how she does it," Dr. McGrath said of his sister. Amy McGrath has a strong military background, starting from a young age. Dr. McGrath, who is two years older than his sister, explained how she had a poster of David Robinson on the door to her room at age 15. Robinson, who was a professional basketball player, first served his country in the Navy. "Amy thought this was the greatest thing ever," Dr. McGrath said.

This led to a long life of military service for Amy McGrath, including becoming the first woman to fly a combat mission in the United States Marine Corps. Working under the call sign "Krusty," she flew over 85 combat missions, and accumulated over 2,000 flight hours, according to the United States Naval Academy. After retiring from the armed forces in 2017, she decided to pursue a political career.

That goal will not come easily, as the election in the historically Republican Kentucky 6th District has quickly turned negative. "It's open season on her," Dr. McGrath said. "They have

10 to 15 different commercials attacking her with negative ads, which are 100% untrue." As Amy McGrath has no congressional record to attack, Republican Congressman Andy Barr, and outside spending groups have been attacking her for being closely tied to former Speaker of the House Nancy Pelosi, who is not popular in rural areas. But in her primary, "Pelosi...and the [Democratic National Committee] backed the other guy," Dr. McGrath said. "They did not want her to run."

Despite the opposition of establishment Democrats, Amy McGrath pushed on and won her primary by nearly 8,000 votes, or 8.2 percent.

Amy McGrath's problem is that she's a Democrat running in a conservative district, but Dr. McGrath believes that she can still win this election. "People are responding to her genuineness," Dr. McGrath said. "I think [the voters are] tired of the negativity. They are tired of the partisanship."

McGrath and Barr are very close in recent polls, and the district has been getting lots of national attention, featuring high profile visits from President Trump and former US Vice President Joe Biden (pictured with Dr. McGrath and his mother).



Dr. Matthew McGrath



Andy Barr



Amy McGrath



Dr. McGrath meets with Vice President Joe Biden, alongside his sister.

CAMPAIGN FINANCE

Every election cycle, one of the most discussed topics is how much money is being spent by outside interests. These are some of the most expensive election races and how much has been spent, according to the Center for Responsive Politics (as of 10/11/18)

Senate Elections

Florida Senate (Bill Nelson vs. Rick Scott), \$67,576,967

Missouri Senate (Claire McCaskill vs. Josh Hawley), \$66,828,807

Indiana Senate (Joe Donnelly vs. Mike Braun), \$54,222,408

House Elections

California 39th (Gil Cisneros vs. Young Kim), \$20,283,528

California 49th (Mike Levin vs. Diane Harkey), \$20,200,154

Ohio 12th (Troy Balderson vs. Danny O'Connor), \$16,039,544

POLITICS SPOTLIGHT

Student Involvement in Politics

**Contemporary Legal Issues in Politics (CLIP):** A PT student group for non-partisan debate, CLIP meets in the Lecture Hall every Friday during FLEX Block. Topics vary each week, and are typically based upon the current events of the week.

Faculty Leader: Mr. Fumusa

Congresswoman Susan Brooks's Youth Advisory Group:

This group, made up of students from Indiana's 5th district, meets periodically with their congresswoman, Susan Brooks, to discuss issues that are important to them. It allows students to hear the opinion of one of their elected representatives to the United States congress.

To apply, visit susanwbrosks.house.gov.

**Campaign Volunteering:** Most campaigns in Indiana allow for anybody to volunteer for their candidates. To find these opportunities, visit a candidate's website, or follow them on social media.

American Politics Is Crazy

An Opinion Piece by TRACE HELD, Politics Editor

Has the world gone crazy? Between school shootings, sexual assault allegations, Neo-Nazi gatherings, national leaders lying in court, and a president covering up a 'meeting' with a porn star, it seems like our government, and sanity, are falling apart. The divide between Americans has not been so great since the 1960, when civil rights legislation generated conflict from sea to shining sea. Americans have lost all civility in our daily lives.

But how did America get like this? The Executive Director at Civil Politics Dr. Ravi Iyer, wrote that "politics has become a sport, where the drama of winning and losing is more important than the policies that result." No longer do people hear others out, rather people are rigid in their defense of an issue and their pride. This quest for validation leads people to seek out the news agencies which provide them with similar viewpoints and shut out all viewpoints which do not conform. This is known as the 'echo chamber' complex, and it plagues our society.

News agencies and social media understand this complex and feed the masses information that only aligns with a certain party's viewpoint. Turn on MSNBC or Fox and one can watch hours upon hours of 'unbiased' debates between a professional and an amateur, or vigorous slander or defense of President Trump, not just his policies, but his character too. News agencies also publish articles in which they represent opinion as fact; sometimes leaving out important details to stories. In order to be heard in modern day America, one's option needs to be the loudest and most radical. (As seen by Donald Trump's and Bernie Sanders's sudden rise in the political spotlight.) Self-proclaimed experts on Twitter and Facebook now voice their unreasonable opinions and spread false news across the internet and social media. To gain ratings and to be heard, news agencies and people seek out and debate minor or random events, exaggerating them into massive issues which rock the nation.

All of this culminates into astronomical polarization plaguing our modern political system. People disregard the information present on the other side and believe in exponentially more outrageous

notions on their own.

America is torn in two and only getting worse. Students chase speakers off college campuses for their ideas yet colleges ironically label themselves institutions of learning. Protesters clash in brutal brawls yet speak of respecting the other side's freedom of speech. Furthermore, Marco Rubio and Trump claimed to debate pressing issues during the primaries but scientists have yet to find a correlation between the effectiveness of a President and his hand size. Politics has become a shouting match at a wall, and soon we will be too deaf to truly hear one another.

As Civil Rights icon Martin Luther King, Jr. once famously said, "Hate cannot drive out hate; only love can do that." These words, though certainly not solving the issues raging in the 1960s, provided America an outline in which to overcome our differences and work toward solutions for the benefit of all Americans.

As a PT community, we should strive to follow in Dr. King's footsteps by listening intently to one another regardless of our political background. Park Tudor is an incredibly diverse school with incredibly differing opinions and personal backgrounds, which makes true understanding of one another's beliefs difficult. Only through goodwill and benevolence can we hope to achieve understanding. We must not attack or question each other's character as a method of scoring points in a debate. We must not raise our voice during debates, hoping it somehow increases the effectiveness of our argument, as it only furthers the other side's stubbornness for their arguments. But most importantly, we must disillusion ourselves from the notion that we are always right. Though it might be hard to admit our faults, when we accept this new notion, we shall gain what all of us seek to do when discussing politics, to learn and grow as individuals. The more we listen and learn from one another, the more civil, and happy our community becomes. Then maybe, just maybe, we might make this world a little less crazy.



School Start Times

Reporting by ZAWADI KIGAMWA, Reporter

For as long as Park Tudor has been at its new campus, upper school students have been dealing with the struggle of waking up early on weekdays to make it to school on time.

Most days after racing to beat the early or late morning traffic and having slept past her 6:00 AM alarm, PT sophomore Parisa Mershon, finally arrives at school, tired and lethargic from the mornings itinerary.

In the past few decades research has been conducted by various scientists and biologists, such as Dr. Jay Giedd and Mary Carskadon, to more deeply understand the functionality of the brain in adolescence. A clear consensus has been reached in the science community, although early wake times may be conducive to administrative scheduling, it is not conducive to the adolescent health or education.

So what is the most ideal start time for high school students? Shift in sleep patterns make teenagers the night owls of the homosapien species. Studies done by Giedd in his book “Inside the Teenage Brain” show that there is a “marked shift” in the sleep patterns of children

when they hit between the ages of 11 to 12 teenage years. Melatonin, as defined by sleep.org, “is a hormone that’s made by the pineal gland in the brain. It helps control your daily sleep-wake cycles which affects your body’s internal clock (also know as you circadian rhythm) and influences how much melatonin the pineal gland makes.”

The melatonin in the brain of an adolescent is released on average as late as 10:45 pm and stop releasing as late as 8:00 am. The National Sleep Foundation states that 54% of schools start before 8:00 am and 86% start before 8:30. If adolescent melatonin levels aren’t going down until 8:00, it make it unbelievably hard

for teenagers to get up as early as 6 to 7 in the morning. For that reason, it is recommended that schools start at 8:30 AM, at the earliest. Of students surveyed, the information correlated closely with that of Giedd’s. The majority of students go to sleep from 10 to 12:30. Many wake up between 6:00 and 7:30 due to PT’s early start time. When arriving at school, most agreed that they did not feel refreshed and ready to learn at 8:00 am and often felt more attentive in their 2nd or 3rd period classes (which are between 8:55 and 10:30). These student’s sleep-wake times correlate with the average release of melatonin for a teenager. Some would consider this troubling, as it

Continued on page 5...

Start Times (Continued from page 4)

shows that school start times are not being used to the advantage of the American youth. In the Indianapolis area, schools have similar start times to PT. North Central High School, the local public high school in the area, starts at 7:20 AM. Both Noblesville and Fishers starts earlier at 7:35 AM. Carmel High School starts around 7:50 AM. Westfield High School and PT start at similar times, around 7:55 AM. University High School of Indiana and Brebeuf Jesuit Preparatory School start at 8:15 AM. This data suggests that this problem is not localized to PT, but to schools in

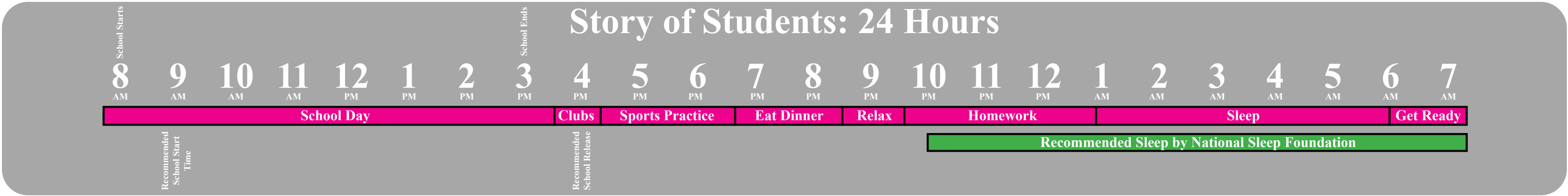
general.

If the students aren’t attentive then they can’t retain the information they are provided with. In comparison to other central Indianapolis schools, PT’s start time is fair, but in comparison to recommended start times, science tells students that schools should be starting much later.

Although there are a plethora of positives to starting school late, there are some potential issues. Public school bus routes and scheduling would have to change. Private schools such as PT would, because of their care for children

as well as adolescents, have to implicate young children who are more inclined to wake up early as stated by Mary Carskadon in a research project conducted at Brown University.

It is understandable that late starts may not be able to be implemented in some schools, but scientists are telling us that it is important for school administrators to know and understand this phenomena because it is a large part of what makes teenagers struggle in school. And if schools understand their students better, they can more effectively teach and help them through the qualms and struggles of teenagehood.



Cyber-Addiction

The Sharp Increase and Dangers

Reporting by JENNY CAI, Reporter

For the past few decades, the internet has integrated itself as an important component of our social fabric: it has inspired new, unprecedented levels of connectivity between people of all walks of life. At least in theory. Recently, there has been a rise in the number of youths who see the internet and technology usage as problematic and even destructive to their mental, social, and physical well-being, a term they have labeled ‘cyber-addiction’. “[I]f [the internet] is constant, and you can’t live without it. You can’t take me from my computer,” junior Mosely Tector said. “It’s the love of my life. It’s the reason I live.”

In this way, internet addiction is akin to substance abuse: both are essential to maintaining a user’s mental health and normal routine, and stopping usage produces withdrawal symptoms. But this analogy is flawed until we can answer the question: can someone really be addicted to being online? In other words, is cyber addiction real?

A 2012 study from the US National Institute of Health (NIH) suggests that it is an issue, writing “Internet Addiction Disorder (IAD) ruins lives by causing neurological complications, psychological disturbances, and social problems”. The American Journal of Psychiatry even published an editorial urging that cyber addiction be included in the next version of the Diagnostic and Statistical Manual of Mental Disorders (DSM), a reputed manual that offers standard criteria for diagnosing mental disorders.

However, is the term the internet too broad be classified as an addiction? After all, it is not a substance but a medium that people use for other means: online shopping, gaming, learning a language, etc. Are teens really addicted to virtually connectivity in itself, or has the web merely facilitated the process of becoming addicted to activities they would have engaged in regardless? It is likely that teens may not be addicted to the specific sites themselves – Instagram, Facebook, League of Legends – but to the illusion of connectedness the web and social media offer. They thus compulsively go online for fear of ‘missing out’.

The next question remains: how can we determine when someone’s online behavior becomes excessive, or constitutes addiction? The screentime feature on iPhones now allows people to document their phone usage each day, and the results, especially among high schoolers, are unsurprisingly high. Tector revealed that he spent an upwards of five hours each day on his phone and 30 hours looking at a screen on weekends alone. After long periods spent online, especially after losing many consecutive rounds of League of Legends, he reported being bleary-eyed and unnaturally pessimistic.

These behaviors epitomize what many believe is the growing epidemic of cyber-addiction, which is defined by symptoms, such as “changes in mood, preoccupation...the inability to control the amount of time spent interfacing with digital technology, the need for ...a new game to achieve a desired mood, withdrawal symptoms ...and a continuation of the behavior despite family conflict, a diminishing social life and adverse work or academic consequences,” the NIH writes.

However detailed this definition may be, skepticism about the existence of cyber addiction remains because many other researchers see these behaviors as manifestations of separate disorders. The result is unlikely the scientific community as a whole will come to a consensus about internet addiction and teens will be diagnosed with other conditions instead, such as depression or anxiety. Whether cyber addiction is merely a symptom of other diseases, or if it is an entirely new issue, will remain only for the individual to decide.

When treating cyber addiction, the same principles apply as do to treating an eating disorder: neither technology nor food can be avoided, but they can be dealt with in healthier ways. New waves of awareness have brought about many apps and extensions that can block tempting websites or disable internet connectivity, eliminating the urge to return to the trigger in itself. The hope then, is that the same means an addict needs to avoid to regain mental stability, is the also the means needed to use to reach the same end.

Teenagers and Sleep

The Danger of Not Getting Enough

Reporting by ISHA PONUGOTI and NOURA LAMB, Reporters

Sleep is a critical aspect of human survival and well-being. Like food, water, and exercise, human beings cannot survive without sleep. Especially at a rigorous school like PT, sleep is the last priority for many students. While some students overschedule themselves, and others overspend their leisure time, most of these students do not get enough sleep every night — and they know it. Yet, they do not know how to counter their severe sleep deprivation.

According to John Hopkins pediatrician Michael Crocetti, adolescents need 9.5 hours of sleep each night. However, 60-70% of American teens sleep for less than nine hours every night, causing them to live with varying amounts of sleep debt. According to a recent study in the Journal of Adolescent Health, 59% of American adolescents are severely sleep deprived, sleeping an average of 6 hours or less on school nights.

Although many students and parents recognize the consequence of having a blood alcohol level of .08% (the level of intoxication that legally disallows driving), they fail to acknowledge the similar detriments of living with unpaid sleep debt. In fact, both being drunk and being sleep deprived have the same damaging effects on one’s cognitive ability. Sleep deprivation causes adolescents to be moody, irritable, and cranky. Additionally, it increases a teenager’s likeli-

hood of engaging in risky behaviors and succumbing to peer pressure. Like ingesting alcohol, lack of sleep can decrease one’s cognitive ability, causing their memory, attention, reaction time, decision-making skills and creativity to deteriorate.

Both biological and societal factors that contribute to a never-ending accumulation of sleep debt in adolescents make sleep deprivation difficult to overcome. Due to the hormonal shift that occurs during puberty, teenagers’ internal clock shifts forward 1-2 hours.

To make matters worse, the blue light emitted from these devices suppresses melatonin, a vital sleep-inducing hormone. Additionally, as students strive to become competitive college applicants, they over-schedule themselves while attempting to earn optimal grades, restricting their sleep to only a few hours.

There are however, solutions to this debilitating cycle. To manage one’s sleep debt, students must commit to making sleep a priority. In order to reset one’s biological clock and ensure a higher sleep quality, students should strive

to maintain a regular sleep schedule. This includes going to bed and waking up at the same time each day (even on the weekends). As many students use the weekends to catch up on lost sleep, oversleeping on the weekend is tempting, but ideally should be avoided. On school nights, rather than taking long naps to recover from a sleepless night, 15-20 minute naps are recommended. Additionally, many scientists recommend that students turn off electronic devices at

least one hour before bedtime, avoid caffeine and stimulants in the evening, and use one’s bed solely for sleeping (and not for studying).

If needed, it may be helpful to cut back on activities until you can reach your desired bedtime. It may take up to 6 weeks to recover from severe sleep deprivation. While reversing your sleep deprivation takes intense commitment, scientists say that being well-rested will improve students’ social and academic life.



Because of this, teenagers feel sleepier about 2 hours later and wake up 2 hours later. At the same time, schools continue to push their start times earlier and earlier, further disrupting the teenagers’ internal clock. On top of this biological disturbance, the distractions and pressures of our modern society make it increasingly difficult to find time to sleep and to fall asleep. Specifically, technology such as phones and computers (often needed for late-night homework) act as a distraction that keeps teens up at night.

What is the College Board?

Founded in 1900, the College Board (originally established as College Entrance Examination Board) aims to connect students to educational success and “expand access to higher education,” according to their website.

They own and manage the Advanced Placement (AP) program, in addition to the SAT, SAT2, and PSAT, some of which are used in order to gauge acceptance into higher education institutions.

But while the organization strives to help kids and their education, it is consistently under controversy.

While it is a non-profit, the organization requires students to pay fees to take their tests. From the SAT, which costs \$40, to AP exams, which cost \$94, some worry that it prevents lower income students from taking the important tests. And while the organization has started providing financial aid for lower-income students, it has been diminished by the fact that over 20 of their employees are paid at least \$100,000 a year, which is almost unheard of for an education-based non-profit.

Advanced Placement classes have also caused issues. Washington Post reporter Jay Matthews created what he called the “Challenge

Index,” which divides the number of AP exams taken at the school divided by the number of students in the graduating class. While this had good intentions, schools began to force students into AP classes in order to get a higher rating on the challenge index, even if students were not necessarily prepared to take them. The New York Times points to a teacher in Washington DC, who has just a few students who can read at grade level. For reference, AP classes sometimes use college textbooks.

Additionally, College Board collects the personal information from students, such as home addresses and emails, and sells them. And although they’ve been sued for this policy, they have been profiting off of this information. Some have called this unethical and outside the bounds of an organization that claims to expand high educational opportunities.

PT senior Anjali Mirmira tells an important story about her experience with the College Board.

My College Board Experience

An opinion piece by ANJALI MIRMIRA, Guest Columnist

SAT, AP, and SAT2: tests we all know too well. But what about who makes them?

For some, such as myself, we have the unfortunate pleasure of knowing the College Board for what they really are: a fraudulent, money-making “nonprofit.” The College Board has been engrossed in many scandals from the scoring of the June SAT, the reuse of questions, and how their CEO makes \$1.3 million a year while low-income students are suffering to afford their tests.

But my own personal experience with the College Board was somewhat different. After having two retinal

into it. For visual accommodation, I needed to hand over all my medical records, visual acuity measurements in each eye, visual fields, a doctor’s note, and photos if necessary. But what they don’t tell you? You can do all this, and the person who

“I was unaware that these requests violated of the HIPPA legislation”

answers the phone at the College Board call center is the one who gets the final say as to whether your condition merits accommodation.

At the time, I was unaware that these requests violated parts of the HIPPA legislation that Bill Clinton signed into law in 1996 and the

Americans with Disabilities Act. Come time for the PSAT in October of my junior year, I was given an enlarged

answer sheet instead of the original accommodation I had pleaded for. I was not given an enlarged test, so I was unable to read the exam.

Come time for AP exams the following May, we went through the same process for accommodation. This time, a survey was sent to my teachers to evaluate my medical condition and all relevant

information was provided. However, my request hadn’t been “processed,” and I struggled through two AP exams without visual help until I was no longer able to finish the other two I was scheduled to take. That same week, I was taken into another eye surgery I had planned for a month later, but the visual

strain I had experienced those two days accelerated my need for another operation.

I believe there is value in standardized testing and I understand why many schools require scores. However, the growing movement of “test-optional” schools is exacerbated by the rampant corruption and disorganization of the College Board.

With students being denied necessary medical help, chances to take the tests, and practice opportunity, there is no way to validate scores given by the College Board. With the more structural problems that students face when going through the College Board, the lower the correlation there is between successful futures and test scores. College Board’s mission is to pave way for successful futures for students, but this can only be achieved if they understand the importance of equity in education and what it really means to be a “nonprofit.”



# SAMPLE #1

This edition of the *Tribune* was published in celebration of World Press Freedom Day. Student newspapers across the United States published editions of their paper dedicated to celebrating press freedom. The *Tribune's* celebration included a feature of the history of the First Amendment of the United States Constitution. The feature was published as a part of the January 2019 issue. It was designed by **DAVID WOLFE BENDER**. Articles were written by staffers of the publication. Images and graphic rights are reserved to their original owner.

# SAMPLE #2

In an issue that was published just prior to the 2018 Midterm elections, the *Tribune* wanted to educate its readership about which candidates will be on the ballot and what issues they support. On the left page of the spread, certain Indiana races are shown with blurbs about what each candidate supports. On the right side, there are highlighted house races across the country that drew national attention. Again, blurbs are shown about what each candidate supports. It also features articles about certain races and infographics about campaign finance. This spread was designed by **DAVID WOLFE BENDER**. Articles were written by staffers of the publication. Images and graphic rights are reserved to their original owner.

# SAMPLE #3

Towards the end of the 2018 calendar year, mental health in schools dominated the news conversation. Because of this growing controversy around school start times and standardized testing, the *Tribune* ran a feature dedicated to mental health. Included is an opinion piece about the College Board and other articles written by members of the staff. This spread was designed by **DAVID WOLFE BENDER**. Articles were written by staffers of the publication. Images and graphic rights are reserved to their original owner.

Student / Journalist / Leader

DAVID WOLFE BENDER