

# WESTWIRE



## Designated stairways help to ease hallway congestion

**w Hillary Lindwall**  
News/Wire Editor

Every student knows what its like to try to get to class through the busy hallways and packed stairways in less than five minutes. This monotonous task can seem daunting when added to the weight of heavy backpacks, oversized books and people who simply stop walking or walk at an extremely slow pace. A concept that could finally ease hallway congestion is the idea of designated up and down stairs.

## The stairwell at the south entrance of the building, #13, would be designated an “up” stairway, making it easy for bus riders to move up the stairs in the morning without much congestion

By making the stairway by the Oakton Lobby, #5, an “up only” stairway, students who enter the building have a close and easily accessible stairway to climb. The Hall of Honor stairway, #6, would be a designated “down” stairway, making it easy for students to get through the crowd with a good flow and without any people getting in the way. The set of stairs between the Hall of Honor and the new wing, #7, would also become a “down only” stairwell. This would make the flow of the middle of the building much less stressful because everyone would be moving in the same direction. The stairwell at the south entrance of the building, #13, would be designated an “up” stairway, making it easy for bus riders to move up the stairs in the morning without much congestion. In all other stairways that are not considered main thoroughfares, such as the science wing staircase or the stairs in the new wing (the stairwell featuring a large DNA sculpture), students would be able to go either up or

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down. Some skeptics may say that having this configuration would make students go out of their way to follow stairway procedures, making them late for class. However, taking a few extra steps is a small price to pay for an easy, stress-free walk to class. Also, time could potentially be saved because students would spend less time to moving through a hallway that flows than stalled in a crowded, often unmoving stairway.

Additionally, a stairway plan could alleviate potential altercations that arise due to hallway and stairway traffic. Both students and faculty tend to get frustrated by people who stop to talk, run into each other, or cause other irritation. The stairway plan would greatly decrease the amount of stress and anger

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caused by hallway congestion.

Both students and faculty would benefit from this new yet structural stairway plan. It would ease some of the stress associated with school while also possibly decreasing student tardiness. Our current, congested situation is not only extremely annoying but also brutal. Students feel as if they need to fight their way through the overly crowded hallways and stairwells just to get to class alive and on time. The concept of designated stairways would create a safer environment that flows rather than the jerky, almost dangerous condition of dreaded passing

## Naviance helps plan students’ futures

**w Zoe Ljubic**  
Editor in Chief

Naviance, a college and career planning provider, is being used extensively this year by district guidance and college/career counselors in an effort to plot students’ futures.

According to [www.naviance.com](http://www.naviance.com), Naviance is the leading provider of planning and advising systems for secondary schools. It serves more than 3 million students in schools across the nation and in 60 other countries. Naviance products are used to manage academic and post-secondary advising, communicate with students and families and analyze data.

Naviance is a website designed for students to learn more about possible career interests and majors, study for ACT tests, and research colleges. The company claims that its dedication of personal support for each client serves each community.

According to College and Career Resource counselor Daniel Gin, Naviance doesn’t only offer possible college and career choices but also gives students information on personality types and writing styles. For students who cannot afford ACT prep classes, Naviance offers test prep skills and strategies.

“This all-inclusive program [is designed] to help students get the best help [and guidance] in the college search program,” Gin said.

Gin added that Naviance has been a part of District 219’s counseling program for the past three years but that this year the counselors’ goal is to get each and every student online and using the service. According to [www.naviance.com](http://www.naviance.com), the website

is linked through the Individual Learning Plan program and is on the college and career website making it accessible at school or from the comfort of one’s own home or local library.

Senior Rebecca Marohn is pleased with what Naviance has to offer. “The program was easy to follow, and it made me discover many possibilities. Along with talking to counselors and parents, it guided me through the entire college search process,” Marohn said.

New this year to Naviance are electronic transcripts. “The newest part to the program started this year at West,” Gin said. “We want all our seniors to use this as well as their school email accounts to keep college information in a secure place.”

Students can now send an electronic transcript through the service’s Docufide feature to the college of their choice. According to [www.docufide.com](http://www.docufide.com), Docufide is a flagship service that manages the ordering and secure delivery of student transcripts for institutions nationwide.

After researching different programs and packages, counselors feel that Naviance has proven to be the most

comprehensive program and one that is very user-friendly, Gin added.

Counselors and students are using it on a daily basis. “I have students come in, and we work through the program together,” guidance counselor Ben Graiss said.

Gin extolled the program’s virtues. “Students from freshman to seniors can get a nice basis of a lot of different things through the website,” he said. “Students must understand this program. With many things coming online, this program makes it much easier for students to access and will be each student’s tool to help [him/her] succeed.”

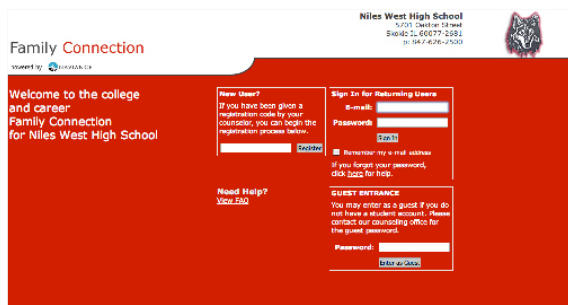


Photo courtesy [www.naviance.com](http://www.naviance.com)

## A Day in the Life...

### New athletic trainer Laura Gorski keeps athletes going

**w Sarah Espinosa**  
Sports Editor

With the departure of Lynn Hohs, Niles West recently welcomed new athletic trainer Laura Gorski. Gorski attended the University of Illinois and has her master’s degree in kinesiology with an emphasis in sports medicine. She was an athletic trainer for two years in graduate school, then at Benedictine University for another three years.

Gorski starts her day arriving at Niles West around 11 a.m. She checks her email and finds out what needs to be done to serve athletes. On the Friday that this reporter shadowed her, she met with new athletic director David Rosengard around 11:45 a.m. to assist him between the sophomore and varsity football games.

After Gorski talked to Rosengard, she went back to the training room and brainstormed what else needed to be done. Gorski still had to set up the football field, get all the junior varsity and varsity players their food before the game and, after all that, she still had to come back in and tape and evaluate all the rest of injured players and it was already 12:13 p.m.

Next on her agenda was to set up the football field. It was already 12:37 p.m. by the time she left to go to the field after she loaded all of the equipment on the golf cart. As she drove out to the field, Gorski talked about how many things needed to be done. Along with the help of second athletic trainer Christopher Austen, Gorski had to put up the yard markers, cover the standard, make sure each team had an examination table, put the medical kit where it was needed and make sure each team had a steady supply of water and Gatorade™.

At that point, it was already close to 1:30 p.m. After she was inside, this reporter and Gorski went to get the food from the staff

cafeteria and take it to the P.E. classroom. Once we were there we unloaded the brown paper bags consisting of sandwiches, an apple, a granola bar and a bottle of water onto the counter in the back of the room.

Gorski was now finished with all of her tasks except taping, and it was 2:45. She had time to kill, so as we were waiting for students to get out of school, she told me about her job. She expressed that it is never easy to be an athletic trainer but it always enjoyable. She also talked about how much she had to do during the week and not only on football game nights.

On weekdays, she has to get water for all the teams and set it out on the fields and courts. She also has to deal with injuries



Gorski stretches the arm of junior Lauren Shimanovsky.  
Photo by Sarah Espinosa

after school every day and plans rehabilitation programs for those who need to go through physical therapy.

Of her new position at West, Gorski said, “I love it here, and I plan to stay for a while.”