Library will be unavailable for finals week

Lounge will serve as a study space until end of year

by Micaiah Buchheim-Jurisson

The library is closing early for its relocation to Judd Hall.

To accommodate the move, Rowell will close earlier than usual this year — May 26. All books are due by May 20.

In the meantime, the senior lounge will also close on May 20 and reopen on May 26 as quiet study and printing space where laptops can be checked out. The Kenwood Cafeteria will also be available as a work space during non-lunch hours.

The day after the library closes, the librarians and a moving crew will begin to move materials.

During the coming months, the high school library’s collection will move to the largest room on the second floor of Judd, which previously served as the library of the University’s Department of Education, and more recently as offices for language teachers and others. Under the new room identification system, "C" denotes central, and will be the high school building’s code.

"So you can imagine, we’re going to have to move 40,000 books, and we have to keep them in order, which is a challenge," librarian Susan Augustine said. "We also have to move all the AV stuff, all the shelves have to be taken out, all the personal stuff, archives in the back, yearbooks, back issues of magazines, supplies, all the behind-the-scenes stuff that you don’t necessarily know the library uses."

As part of this, Ms. Augustine and Shirley Volk are also working to get rid of books no longer needed. A cart is set to reserve some of our summer to place at the front of Rowley, so students can take them home.

After school ends in June, a wrecking crew will come to begin renovation of Rowley.

The space currently occupied by the high school collection will be refurbished, and then converted into the middle school library, retaining the name Rowley. The learning and counseling department will move into the space currently occupied by the middle school library.

"We’ve been told the high school library will be done with renovations in August," Ms. Augustine said, "so Ms. Volk and I are trying to get sense of our summer to come in and work with the movers to get things back in their place."

"Make America Green Again"

"I’m a Be-Leaf-er.

Sophomore Victoria Gin moves a cut-down tree trunk into a bonfire at Whistler Woods Forest Preserve on the morning of April 23, as part of the Earth Day celebration. Green Team organized the Saturday morning outing of about a dozen participants to the preserve located in Riverdale, Illinois. Participants in the trip spent half a day cutting down and burning a variety of invasive trees in order to make a clearing for native plant species to regrow in their former places. The trip also included a bird-watching experience.

"So you can imagine, we’re going to have to move 40,000 books, and ice have to keep them in order, which is a challenge."

— Susan Augustine, librarian

"You have the money got the gavel.

Junior Jonathan Lipman, formerly All-School treasurer was elected All-School president.

"I’m honored, humbled, and hopeful for a productive year of improving the life of a lab student," Jonathan said.

Results from the April 29 election were posted on Student Council’s website and the U-High Midway’s Facebook page later that day. Students also voted on and passed Student Council’s proposed constitution that they’ve been working on all year.

In his candidate statement, Jonathan spoke about his plans to move Student Council to an events, services and advocacy model.

"So events are things like dances, grade events, Labstock, and I think we have a lot of places we can improve on things there," Jonathan said. "I want to move to a services approach. Services are things like the course review. Ms. Fabrice, Mr. Mikaya, Ciara and Orto have been really pushing the course review."

Advocacy is also very important to Jonathan.

"In the wake of the threatened shooting, I thought it was so ridiculous that the administration could not communicate with all students by email," Jonathan said. "So I talked to Mr. Appleby, Ms. Campos and Ms. Braendel. And, now, the administration is actually sending things."

Jonathan took over positions as All-School President on May 2.

"Symbolically handed over a gavel," senior Fabrice Guyot-Sionnest, 2015-16 All-School President, said. "I think Jonathan is going to do a fantastic job. I’ve worked with him so much this year on so many committees. I know that he not only has the best intentions and has many new, creative solutions, but he has the ability to make those changes in a reality. He’s shown that over and over again."

Female students hold all the positions in Cultural Union.

"I think it’s very interesting that all the CU can be female, but I don’t think it’s indicative of any larger trend," Fabrice said. "In all honesty, the class representatives have very similar responsibilities."

4-ARTS

Through sculpting figures and facades with clay, plaster and wood, senior Rosie Weaver finds her passion for creativity, imagination and freedom.

6-7 • CENTERSPREAD

Stephanie Weber begins new role on July 1. Members of the U-High community offer her their ideas and opinions on how the school can improve.

10 • SPORTS

Jonathan Kutatsos finds success through exercising the same passion and intensity on the tennis court as he does in math competitions and independent math study.
New library will house "free expression space" of the students.

**Science team reaches new competitions**

**Academic teams finish their seasons strong**

**Debate team Unsure of next year's coach**

**Scholastic Bowl rebuilds team; poised for success**

**Certamen overcomes member shortages**

**Academic teams finish their seasons strong**

**BY WILLIS WEINSTEN **

**MUN finds success in recruits**

**BY SABRA PAX**

**NEWS EDITOR**

**Recent results: Northwestern University MUN, April 14-17, Best Large Delegation Award (First Place)**

**2016-17 Board: Rising senior Alexander Azar, Gabby Conforti, Jennifer Fantl, Isabella Giannone, Alex Silverstone, senior Julia Smith, Harrison Shapiro and Teresa Xie.**

"This year we recruited the largest delegation in our history," said senior and MUN co-captain Andrew Churchill. "Previously our team has been ranked top five in the nation, but in order to be the best MUN team in the country, you need to bring a large delegation to every conference, and this year we made that transition.""}

**In order to become the best MUN team in the country, you need to bring a large delegation to every conference, and this year our team made that transition.**

--- Andrew Churchill

**Debate team unsure of next year's coach**

**Recent results: During April 2nd, 2016. Our debaters Matt and Rosemarie competed in the California Winter Tournament at the University of Kentucky.**

First and second National Championships at Woodward Academy (for freshmen and sophomores) on March 18th. In the Senior division, Michael Felle and Alex Blocker went 6-1 in preliminaries to finish 2nd overall. During the prelims and were top seed, finishing as quarterfinalists. Additionally, Michael was ninth speaker and Alex was 13th. Dheven Unni and Henry Cassel went 2-4 in preliminaries. In the first-year division, the Anthony and Patrick Blocker went 3-2.

"This year was unsure about their coach for the next season, but members hope to find a more last-minute." From what I know, our coach's situation is a bit of an up in the air," current year's captain Sam Meyer said. "Next year's cap- tain is junior Jackie Walker said.

"Our coach is going to be leaving but we're not sure who our upcoming number one speaker is as of my goals as a company is to be trying to find a more permanent coach. Regard- ed to our teams, we're lucky to have us. I do want to find another faculty advisor that doesn't have to leave, but we'll see. I want to know a lot about philosophy." Jackie Middaugh said the team's competitiveness.

"Next year's topic is about U.S.-Chinese relations, and the "I have a number of concerns about engagement, and it's always really interesting," Jackie said. "I'm also really hoping that we can grow as a team and recruit more, novices, and also send a team or two to the Tournament of Champions. We managed to get to a lot of different tournaments this year, which I think is great to see. Last year we went to States. She said she is happy with the creation of a space with many different themes, but sees ideological inconsistencies surrounding the room's creation. "We've been working on the design of the stadium since the very beginning of the year because we have to have a room that fits the student body," Ms. Campos said. "It's just about making sure that we have the right systems in place to ensure that more young people, regardless of whether they stay or go, know a lot about the research and administrative views. "The system is not ever," Jon- than said. "This is our solution to coming up with a creative solution for how we can respect what they want and still get our agenda passed. At the end of the day we want to do something that benefits the student body, and to be quite honest with you, this compromise is better than having nothing." Jonathan also feels that revising the student handbook is necessary to guarantee adequate rights of expression for members of the high school community. The handbook's Freidman's Freedom of Expression Statement, explains the University of Chicago's policy, which is modified to fit Labs' special educational environment, in order to take into ac- count the ages and developmental stages of other students. On May 9, the handbook com- mittee drafted a working protocol to deal with mature visual media. Students are in display media deemed inappropriate for com- mon spaces in a classroom, with appropriate mediation. "I'm not sure how people feel about this policy because the majority of students, especially seniors and dean of students, if necessary."
Community completes Title IX training

By Clyde Schwab

For the first time, U-High students, faculty and staff will participate in Title IX training led by University of Chicago Title IX Coordinator Sarah Wake. The training took place for seniors on April 28, and is for today's freshmen, sophomores and juniors. Training is expected to continue annually.

Title IX of the Education Amendments of 1976 prohibits sexual discrimination, including sexual assault or harassment, against "academic program or activity participants" for institutions that receive federal funding. U-High's legal relationship with the University of Chicago, which receives federal funding, means that it falls under the umbrella of the University's Title IX office.

Additionally, Acting Associate Principal Francios Spaltro said in an email to U-High students that the administration "will continue to work on annual evaluations of the policies and procedures in the U-High Student Handbook, including those around sexual misconduct, and we will develop a Title IX resource guide for you and your families." The training focused on the purpose and requirements of Title IX, the responsibilities of faculty and staff in reporting misconduct, the different resources available to students, as well as the definition of harassment, discrimination, retaliatory acts, and consent. Ms. Spaltro described the goals of the training, emphasizing the importance of making students aware of the reporting process.

"The goal [of the training] is to make sure that Lab students, teachers, faculty, and parents are more familiar with Title IX and Lab's policies in its handbook when it comes to any kind of sexual assault or harassment," Ms. Spaltro said. "We want to make sure that everybody knows what the resources are, who to contact and how to turn and who to ask questions of, and also that the students and faculty are in response to Title IX as well."

Ms. Spaltro also noted that because of the renovations, the University of Chicago University with working every department, U-High would likely require a Title IX deputy of an assistant provost to manage the new process and oversee the student's assembly. Ms. Spaltro noted that the Title IX training would be part of an attempt to shift the larger U-High culture.

The problems that happen in college don't just happen in college. Our first steps just start in high school either, so start thinking as early as possible is important," Ms. Spaltro said. "We don't think any age is too early to start talking about what behaviors are appropriate, inappropriate, and consent. We think that's something that, moving forward, we can work on together as an entire community. There are a lot of resources that there are. There are 16 hours in the week and we get you for 18 hours so get involved to think about this and getting involved is really crucial."

Senior Ryan Aronson said that while the training was valuable, it needed to be part of a larger discussion.

"I thought the training was definitely a step in the right direction, but it is also kind of alarming because that they did it at this point in the year, because something had to happen for them to bring someone in like that," she said. "I would have wanted a followup session. It all felt very legal, and I think that if they were to do it, it would maybe happen in a way that was kind of in depth, kind of that it could include stuff like what should I do if I'm in this situation or the atmosphere at our school. It was all good information, but a lot of it was over our heads, and it we need to keep the information up to more high level and see how it relates to our school."

Social Justice Week

INSIDE OUT OUTSIDE Rolling wheat paste into sidewalk, freshman Roxanne Neblitt and artist Sonny Neuter help sophomore Elizabeth Van Ha create the Inside Out photo exhibit in celebration of Social Justice Week. Inspired by photographer and street artist JR, Elizabeth began putting together the piece in February. Since then she has taken over 50 photos of faculty and staff in the Lab and shuttled them to the community, asking what makes them who they are. "It's this idea that we are all individuals and yet we all belong to a community. It's this idea that we are all individuals and yet we all belong to a community." The student ambassador program is an example of this idea, according to Mrs. Alicea.

"The goal [of the training] is to make sure that Lab students, teachers, faculty, and parents are more familiar with Title IX and Lab's policies in its handbook when it comes to any kind of sexual assault or harassment," Ms. Spaltro said. "We want to make sure that everybody knows what the resources are, who to contact and how to turn and who to ask questions of, and also that the students and faculty are in response to Title IX as well."

Senior Sarah Wake said that while the training was important, it was only a part of the larger picture.

"I think that the training was definitely a step, but I think that the actual work is still ongoing. That's why we're here, because we need to work and do more."

Junior Clyde Schwab will represent Illinois as one of 51 students in the United States to attend the Al Neuharth Free Spirit Foundation's Civic Engagement Internship from May 23 to 27 in Washington, D.C. He was accepted into the program through a rigorous selection process that included essays, recommendations and sample projects.

"It's a chance for our students to be really engaged in social justice and to be able to shape things. It's a chance for our students to be really engaged in social justice and to be able to shape things."

Junior will represent Illinois in D.C. journalism conference

By Jacob Sosner, Midway Reporter

Senior Clyde Schwab will represent Illinois as one of 51 students in the United States to attend the Al Neuharth Free Spirit and Journalism Conference June 18-23 at the Newseum in Washington D.C. His trip was made possible through the Al Neuharth Free Spirit and Journalism Conference, and he will attend the conference from June 18-23 at the Newseum in Washington D.C.

"It's a chance for our students to be really engaged in social justice and to be able to shape things. It's a chance for our students to be really engaged in social justice and to be able to shape things." Clyde Schwab, editor for the Midway, said he applied for the program in part because of his inspiration, Chicago alumnus and LUV institute.

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Senior Rosie Weaver discovers freedom in creatively molding materials to bring sculptures to life

BY GRACE ANDERSON

P"The wrinkles are just this super-complicated, fascinating feature on people’s faces,” I think. It’s really sad that a lot of society takes that for granted and there are a lot of procedures so that you can get rid of them, but really they’re so complex, and nobody’s wrinkles are the same.”

Reilly in Pompeii

BY MARISSA MARTINEZ

The first mainstream black character represents change in Marvel's “Black Panther.”

Black Panther

BY FAYE FISHER

“Black Panther” is a comprehensive book, made by two of the most prominent black men in their fields today. Veteran illustrator Stelfreeze works well with first-time comic writer Coates to involve the reader in fictional Wakanda. With great scene setting and interesting character development, as well as sharp writing, the comic represents a change in the formulaic books of old. When considered with the implications of a strong black superhero in the most technologically advanced country in the world, the Marvel franchise as a whole has grown stronger because of this comic reboot, assuredly drawing new comic book readers who can be themselves in this classic superhero.
With new album Beyoncé defies expectations

As co-writer, co-producer and co-director Queen Bey earns significant praise for ‘Lemonade’

BY ELIZABETH CHON
OPINION EDITOR

Sorry, Beyoncé isn’t sorry. Beyoncé’s sixth album, “Lemonade,” has captured the attention of millions — as her second visual album, it earned a No. 1 album on the Billboard 200 chart within a week of its release on April 23. Any new album from Beyoncé is going to have its well-deserved fame, but “Lemonade” is different: It’s extremely personal, as it’s mostly about the end of one of her rock marriages with rapper Jay Z.

Beyoncé has been known to be private about her personal life, so “Lemonade” was quite a shock to the public. Fueled with rage and hurt, the music itself conveys her emotions well, but the added visual element of the film truly brings the album alive. In the video for her song “Dernial,” Beyoncé walks down a hallway, she smashes a car window with a baseball bat, fires ringing up behind her. It’s beautifully filmed but painful to watch.

“Lemonade” isn’t just about self-pity or humiliation — those who watch the film will be able to see that Beyoncé did this for herself. It is purely art and self-expression, not an ask for commiseration or an excuse to publicly incriminate her husband.

Aside from her personal life, “Lemonade” also carries themes related to racial and political issues such as police brutality. In one part of the film, the mothers of African-Americans who were unjustly killed hold up photos of their children. Lesley McSpadden and Sybrina Fulton, mothers of Mike Brown and Trayvon Martin, respectively, are included. Beyoncé released a truly respectable album; it’s artistic, empowering, and relatable for many people. “Lemonade” is available for purchase on iTunes and can be streamed on Tidal.

BOY BE. With features and contributions from artists like Kendrick Lamar, James Blake, the Weeknd and Jack White, Beyoncé makes fierce, lyrically driven statements through her music. The hour-long film also has cameos by celebrities like her husband Jay Z and Serena Williams.

“If you think about all the songs that I wrote... you know she can reach, before pulling her body up. The knuckles on her right hand turn white. Taking her first step, Emma’s hand reaches the gray wall. She extends her arm as high as she can reach, before pulling her body up. The knuckles on her right hand turn white. She stops for another second, looking for her next move. Emma moves her right hand further up the wall, trying her best to ignore the pain that extends throughout her body. Pain is one of many challenges rock climbers experience on the path to the top.

Emma and fellow junior Allie Kreitman decided to leave gymnastics, but she still wanted to stay active. She looked for a new labor intensive sport. She got really into rock climbing because I love all of it.”

CLIMBING TO SUCCESS. Jumping and balancing onto a smaller hold with level it will just take time to get used to. Allie explained. “But at a starting level it will just take time to get used to it.”
Dear Ms. Weber,

You are about to become the principal of U-High, the oldest high school in the nation. It’s been an

interesting year, but you yearn for more, and you must never get used to being happy. It’s time to


have another look at the community and life you are about to join. You may want to find out

what sort of changes you want to make this year. You may find yourself

looking at the community and thinking about what you want to do.

The U-High Community

—PEER TO PEER: 12 RECOMMENDATIONS FROM 12 GRADUATES

By Veronica Weis

1. "We need to make up our minds, and things are not

6. "Love that you are doing your best with the state of

3. "We need to focus on competing with each other.

2. "We need to make a difference in our community,

5. "I would love it if people would just stop the

7. "Thank you for being our

4. "I think we should all try to

8. "I think the best advice I ever

9. "I think the best advice I ever

10. "Doing well in college doesn’t

11. "I really feel that

12. "We need to try to

Lisa Spencer

Scott Fech

Mary Kay Weber

Scott Fech

Kendra Schiller

Michael Weber

Phoebe London

Luke Kohut

Ellie Schloerb

Ravi Soto

Hannah Melnyk

Jenna Schiller

Anna Schloerb

Julian Lark

Jenni Weber

Ellie Schloerb

Veronica Weis

Jenni Weber

Nick Soto

Bella Miranda

Milla Baudet

Mary Kay Weber

—LOOKING FORWARD—

While U-High is already a strong and vibrant community, there is room for growth. We polled students, asking what areas they would like to see change in the future.

Community needs greater diversity focus

By Braxton Martinez

Diversity: This past year, the U-High community worked to tackle the issues of diversity in different ways. Between hiring Director of Diversity & Equity Ashley Quintero, Ken Garcia-Gonzalez and holding all-school meetings, the Lab’s administration has tried to rectify what we see as a problem.

Junior Joyner has joined the diverse

program committee, located by Mr. Quintero within the Lab’s administration, to try rectify what we see as a problem.

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Is free expression free if it is cursed?

The issue of student free expression, especially in relation to visual arts, became particularly contentious this year. Two incidents of censorship of student art in the fall, the removal of a poster advertising the Dig Pink Volleyball game, and the display of artwork which involved visuals of menstruation, each stirred controversy because of the administration’s lack of communication with students about the exact reasoning.

Student Council argued in its recent “Statement on Freedom of Visual Expression” that because hallways are shared “by the entire Laboratory Schools Community, ranging from students in the early grade of Lower School to faculty and staff...” art in these spaces needs to limited to what is appropriate for the youngest members of the community. The statement detailed a plan for a room specifically dedicated to worked deemed too controversial and sensitive for the public eye, “a Freedom of Expression Space.” Work including art that is violence, contains lan guage or things that make others uncomfortable was placed outside a space reserved to protect the youngest members of the lab (community and visitng prospective students), which is understandable concern. Clearly, expectations of what is appropriate for such a diverse community vary widely, and perhaps shared hall ways aren't the place for the le ttering of the ceiling social norms.

The hallways are shared work to a corner of the library — the proposed location of the “Freedom of Expression Space” — and creates the assumption that many of the works aren’t by the administration or an official channel. It isn’t part of the conversation where lower schoolers and members of the community might be challenged or learn. Rather than encourage students to explore challenges and learn from their mistakes, the administration is perpetuating the idea that it’s unnecessary for them to participate in the conversation. The administration has launched a recent campaign against microaggressions and other forms of racism, sexism and homophobia, but some feel that it’s an unecessary appearance of a specific portion of students. This campaign, sparked by multiple instances of mistreatment, has been accompanied by a few assemblies to educate students about different ways that discrimination is perpetuated. When the administration keeps these issues under wraps, it undermines the purpose of the assemblies. When nothing is told to the students, we the administration excise that it is part of tradition. Prom is all about seniors coming together as a grade and having an experience that no one else can use. We encourage students to be more careful about the stigma and so much importance on doing things with a group of friends rather than a particular date. Some girls are even able going with a group of friends rather than a particular date. Some girls are even able to go with a group of friends, each friend is expecting to have their own date. My question is why? I expected to have their own date.

However, reality is slightly more complicated. Tradition dictates that seniors are to take dates to prom. Couples are expected to go together. Boys are supposed to ask girls to prom. This is called a promposal, and although not required to be, the gesture generally occurs in a very public fashion. Promposals are expected and respected. The event is one of the highlights of high school in every movie about teenagers. In the movies, the tag line is “The night away into their happily ever after.”

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Biking south on the Lake Shore Drive trail, past 61st Street, beyond Jackson Park, along South Shore Drive and onto an almost completely empty extension of Lakeshore Drive reserved for those few agile enough to skirt toll roads into Indiana, one arrives in an area seemingly severed from the crowded urban life of Chicago. South Chicago.

Started in the post Civil War industrial boom, South Chicago became a hub for steelworking and the corresponding working class community. U.S. Steel used South Chicago as the home of South Works, but the neighborhood declined alongside South Works in the 1980s, and has since struggled economically. While originally comprised of Central European immigrants, the neighborhood has since become 75 percent black and nearly 40 percent Latino. Farther south, the murky Calumet River, flanked by layers of bucking iron bridges and shuttered, crumbling factories, snakes south.

Beyond the banks of the Calumet to the south and Lake Michigan to the east lie single-family homes with green lawn and several blocks of modern homes with tall, gothic windows. One block over, a high school is tucked far back from the street, surrounded by trees and exploring "My Hood My Block My City" exposes teens to new sides of Chicago

"If you take the Red Line from 95th to Fullerton, it’s like going on vacation for a lot of kids. If you show kids better, they’ll do better." — Jahmal Cole

Mr. Cole’s Chicago business is an entrepreneur of the year, the Chicago Ideas Award, but recently the Chicago Urban League Innovator Award. Mr. Cole added that the organization recently secured a tax exemption status to apply for grants from foundations which would provide funding for 10 trips per explorer this year.

Mr. Cole takes teenagers from any school, and has 150 on the waiting list to be explorers. Each trip costs almost $1,300, which Mr. Cole raises through sponsorships on My Block My Hood My City apparel sales on the program website. He hopes to use any grant money he gets to expand the explorers program in Chicago and to other cities.

"Our goal is to be sustainable, to have our own model, but Mr. Cole was inspired to create My Block My Hood My City after volunteering at the Cook County Juvenile Detention facility. "I talked to a lot of young men there," Mr. Cole said, "and it became clear that a lot of them had never traveled beyond their block or their neighborhood. So their entire worldview, what they thought was possible for themselves and others, was almost entirely dependent on the infrastructure of their community. And that’s an inequality that has to be addressed, and I recognized that early on through volunteering." Mr. Cole realized he could make a difference.

"We talk about how Chicago is segregated, but that’s kind of a blanket statement. All these men talked about was my block is 21st street, my hood is the Low End, no street," Mr. Cole continued. "It was a truism that they didn’t feel a part of something larger outside of a few blocks where they lived, so I asked them, ‘What about your city?’"

And so it began. Mr. Cole began distributing sweatshirts saying “My Hood My Block My City” to barbers and barbershops across the city. He told them to recruit the most disconnected youth from the community and explained how he planned to take them on field trips.

"There’s really no rocket-science to it," Mr. Cole said. "I go to other community organization meetings and learn from them, and I do rallies for interconnectivity and affordable housing, where I pass out the hoodies. The best promotion for us is just engagement. People see the hoodies and we get recognition. It’s really simple, but it’s not easy.

And the organization has certainly received recognition. In addition to the six Chicago schools currently participating in the program, there’s outreach for another 15-20 schools in Chicago alone.

"I believe that it’s going to be a national model for educational reform throughout the country," Mr. Cole said. "We even had some outreach in Panama, Harlem, and I saw a picture of someone wearing one of our shirts in Sri Lanka. So many people recognize the power of the program."
Intensity and passion drive junior to success

Jonathan Kutasov brings dedication, focus to pursuits of math, tennis

BY SONNY LEE

Intensity is habitual. Emotions are addicting. And for junior Jonathan Kutasov, the drive is internal. Whether it’s on the court firmly gripping a racket or in a classroom gripping a number two pencil scratching on a piece of paper, Jonathan exhibits intensity by pushing himself — never giving up a point and never giving up on a problem.

On the tennis court, Jonathan pushes his limits and never holds back, even on himself. “I’ve seen Jonathan work really hard,” senior co-captain Julien Bendele said. “It’s not just like natural talent. When you watch his matches it’s very intense, he’s very hard on himself. He’s the type of player who’s just talking to himself during the match and yelling at himself. And you would think that he must be losing, but he’s always winning.”

Jonathan explained that his intensity in the game began at a young age, and the only way he could play seriously was to play with intensity and a dash of self-criticism. “When I was little I played a lot of hard matches, like difficult losses and a lot of big wins and I just kind of got addicted to that feeling,” he said. “Like in tennis, the emotions are so intense because it’s just you, and it’s your name up there in the score.”

Jonathan enjoys playing soccer and occasionally basketball for fun, but he focuses seriously on tennis. He began playing soccer at a young age, eventually picking up tennis as a side sport when he was 7 and finally getting serious about the sport when he was 12. “It was always kind of fun, like whatever, but when I was around 12, I really got intense about tennis. That was my main thing: tennis and school,” Jonathan explained. “And tennis is really a mental battle. It’s really intense. When you’re out on the court, high stakes, every small thing makes a huge difference, and, for me, it’s just kind of how I developed as a player. I could motivate myself, and the way my coaches could motivate me best was intensity, self-criticism rather than relaxed positivity. And his intensity with self-criticism has paid off. Last year, in tennis, Jonathan ranked tenth in Chicago for boys 16 and under and he was ranked tenth in Illinois for high school juniors this year. Mental battles, paradigms and self-reliance intrigue Jonathan. It’s what makes him click. Which is why he also enjoys math and physics.

“I’ve always had that intensity in math,” Jonathan said. “I didn’t really have a way to like to get that frustration out. In tennis, it’s there — you know you missed that shot like that’s your cue to get mad — so it works as a way to release a lot of the frustration I had. I think the intensity is something that I bring to everything that I enjoy as much as tennis or math.”

With many summers spent teaching himself math courses through textbooks, Jonathan always found an interest and hunger to learn and explore math and science. As both a friend and teammate, tennis co-captain Ajay Chopra, a junior, explained that Jonathan’s focus and determination was also exhibited in academics. “He’s really really focused about his studies,” Ajay said, “and so it’s not just like a grades thing, but like a personal edification, like he just wants to learn as much as he can about math because he’s really passionate about it.”

Ranking within the top 350 in the nation in the United States Physics Olympiad, the top five percent in the Math Olympiad Series and all the math courses available at Lab and a year of independent studies under his belt, it was time to move on to college-level courses. But in Jonathan’s mind, learning is about trying out different subjects, topics and never being too comfortable. “I think, really, the goal is just to explore it, so I can try physics, chemistry, math, all those different things that I might like, and see where it takes me,” Jonathan said. “You never want to be in a class that’s too easy for you. The point is to push yourself and see how that feels.

Intensity is habitual. Emotions are addicting. And for junior Jonathan Kutasov, the drive is internal. Whether it’s on the court firmly gripping a racket or in a classroom gripping a number two pencil scratching on a piece of paper, Jonathan exhibits intensity by pushing himself — never giving up a point and never giving up on a problem.
Strong skills propel team to sectionals

By NATALIE GUCK

Off to a slow start, the track and field team won its past two meets. Two of these wins have propelled the team to sectionals this year, like I think that’s something that is very possible, and I think we can get all four of our team goals this year, and it seems to be really cool,” Ajay said. “But beyond that I think our strength is really in read strengths.

As a team, we’re only just started competing against each other. It seems to be really well, and we all put together. It just makes it more fun.”

On the boys side, senior co-captain Julien Bendel said. “In the past the tennis team has not been a team, not be too individual, but have all of us working harder as a team.”

Defeats affect record, but baseball team still bonds

By KATERINA LOPEZ

The varsity baseball team is currently 6-7, and the junior varsity has won one of the two games it has played.

The varsity’s last game will be May 14 at Kenwood Academy High School, and after that they will participate in the ISBA Regional Championship beginning May 18.

Junior Joe Curci, another varsity captain, also noted that while the team faced initial challenges, the team pulled through and is "very good." Even with a closer team, talented players and a good, winning streak, Ajay thinks the team still needs to put in the work if they want to finish the season on top.

“I think it’s important for us to practice a lot harder than we used to,” Ajay said about staying after practice if need be. "We’ve been playing good baseball, and we’ve been playing as a team," Joe said. "Early in the season, some of the team didn’t seem to be taking things as seriously. We had a lot of people missing for silly reasons or that were focused on other things. Our pitching and defense was really good when our offense struggled, but we've been pulling it around recently. We're really excited that the whole team stepped up offensively and defensively as the game was on the line," Dylan said.

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**Water, bananas at core of healthy eating habits**

Sophomore sprinter’s diet keeps him energized for races on track

**BY ELENA MAESTRIPERI**

“In the past, especially throughout middle school, I was a big nutrition freak,” sophomore James Woodruff explained. “I was starting to get serious about track, I really wanted to try staying on my game and stay healthy.”

After researching healthy eating habits for athletes, James made the decision to reduce processed sugars and fatty meats in his diet. He said the biggest casualty of his change in diet was chocolate and other candy, which he cut out all together.

“It does take a while to get used to,” he said. “Once you’ve maintained it for a few weeks, it becomes really easy to say ‘no’ to bad foods.”

Now in his second year as a sprinter for the boys track team, James has come up with a routine to keep himself healthy and in shape for his races.

“I like to think that each meal has a specific purpose,” he said. “You wake up in the morning and your breakfast is made up of mostly things that will keep you energized for the rest of the day. In the morning, you need a lot of carbohydrates, and you need to replenish the electrolytes and protein that your body used when you were sleeping. I usually have oatmeal with maybe a little bit of protein powder and raisins for the electrolytes.”

James also eats a lot fruit. Especially bananas, he explained, are good for restoring energy. The rest of his meals, which he centered around his daily workout routines and are focused on recovery, his dinner is usually light, which makes digestion and metabolism easier on the body before and during sleep.

“For lunch I’ll have something to rebuild the muscle as I sit around at school. Usually I have some salmon, rice and greens,” James said. “Usually people think dinner is supposed to be the largest meal of the day, but I think that’s a misconception. Last before you go to sleep you’re not supposed to eat very heavy and then you replenish yourself in the morning. I usually have a lot of greens for dinner, a lot of carrots and a little bit of meat.”

In addition to track, James also makes time in his schedule for frequent two hour workouts.

“It’s a big commitment to eat healthy,” James admitted. “It takes getting used to. Obviously I don’t know everything about healthy eating, but I think I know enough that I feel confident in what I’m eating.”

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**Post-Workout**

**Dinner**

James fills his plate with rice, chicken, and fruits like banana and watermelon.

In the evening James eats rice, meat, some vegetables and an apple.

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**Senior chooses veganism, eating mostly uncooked foods for her daily meals**

**BY ELENA MAESTRIPERI**

“For almost two months now I’ve been vegan,” she explained. “Meat has protein, but also has a lot of bad saturated fat, and it contributes to high cholesterol. It fat comes from avocados, nut butters, or other plant-based fats that are not saturated, it’s fine, but it does need to be eaten at a smaller rate than carbs.”

Maria’s diet centers around a high-carb, low-fat intake, and her breakfast and lunch are raw.

“For example, breakfast I had frozen bananas, some strawberries, and made ice cream,” she said. “Sometimes I’ll put Hemp protein powder in my smoothies and ice cream. My dinner is usually starch based, so I’ll have a large amount of rice, with vegetables. Sometimes I’ll make potatoes or gluten-free bread.”

After having a digestive issue over the winter, Maria met with a nutritionist to go over possible solutions. She decided to change her eating habits.

“Two days into the diet, all my symptoms were gone,” she said. “My digestion has been better than it’s ever been, and I have so much more energy than ever.”

Maria’s diet requires the consumption of at least 2,300 calories per day, although she says she usually eats around 3,000.

“In the vegan diet you can eat whatever you want,” she said. “There’s a vegan alternative for everything and it’s cruelty-free and much better for your body. Everything that you eat in this diet has all the components of what you need to be healthy, like protein, just in smaller amounts.”

However, what you eat is not the only key to maintaining a healthy lifestyle. “Staying hydrated is crucial as well,” she said. “I usually drink two to three liters of water per day. You should be peeing clear and something like eight to ten times a day.”

James and Maria, although their diets are different, both explained that they spent a lot of time researching what kinds of foods avoid and what kinds to eat more of. They also made sure in their schedules to exercise frequently.

Eating healthy is also a privilege. The Food Trust, an American non-profit organization, conducted over 132 studies across the United States and ultimately found evidence to support the claim: “many low-income communities, communities of color, and sparsely populated rural areas do not have sufficient opportunities to buy healthy, affordable food.”

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**For sale: fresh and local foods**

**BY TAJA COGERE-MARRION**

Assistant Editor

Badishes, beets, rhubarb, oh my! Neighborhoods across Chicago have their own farmers markets and will open in the weeks ahead. According to the Department of Agriculture, the number of farmers markets is up 180 percent since 2006. Farmers markets offer locally grown fruits and vegetables, as well as locally butchered meats, fresh-made pasta and home-made bread.

Located in Lincoln Park or the West Loop, Green City Farmers Market is a favorite among foodies around the city. It opened for the season last Saturday and will be open Saturdays from 8 a.m. – 1 p.m. in its outdoor location at south end of Lincoln Park between Clark and Webster Drive (approximately 1817 N. Clark). Complete with smoothies, freshly made food and guest chefs from ChicagoLand such as Rick Bayless, Green City is the largest farmers market in Chicago, with many of its farmers hanging out its stands or grabbing a carton of fresh strawberries.

Junior Hazel Martello said she frequents farmers markets in Chicago with her family because of the friendly, unique atmosphere and the accessible, healthy produce, which also has a better taste than food engineered to stay on a grocery store’s shelf.

“We like it because there’s usually a better variety of produce and it tends to have more flavor. A lot of times grocery store produce sacrifices taste for longevity,” Hazel said. “Of course, the interpersonal relationship you build with vendors is also pretty nice.”

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**Keep an eye out for markets around the city**

The Hyde Park Farmers Market
35th St. and Harper Ct.
Thursday 7 a.m.-1 p.m.
beginning June 2

Federal Plaza Farmers Market
Federal Plaza in the Loop
Monday - Thursday 11 a.m.-7 p.m.
beginning May 17

Daley Plaza Farmers Market
50 W. Washington St.
Thursdays 7 a.m.-3 p.m.
beginning May 12

61st Street Farmers Market
6100 S. Blackstone Ave.
Saturday 9 a.m.-2 p.m.
beginning May 14

Printers Row Farmers Market
Park St. and Dearborn St.
Saturday 7 a.m.-1 p.m.
beginning June 25

Lincoln Park Farmers Market
Armitage Ave. & Orchard St.
Saturday 7 a.m.-1 p.m.
beginning June 18

NOW OPEN. Customers shop at Green City Market last Saturday, May 7. The first day the market was open. Kale, spinach and swiss chard are some of the options available at the market. The fresh foods attract many people who want to eat fresh in the city.