Artists will involve students in documentary

by PRIYANKA SHIRLAY
OPINION EDITOR

The Kistenbroker Family Artist in Residence Program has brought artists to the Lab Schools with the goal of furthering interaction between students and the arts. Kicking off the program are Allison McGourty and Bernard McMahon, creators of an acclaimed three-part BBC/PBS documentary about the birth of the recording industry, “American Epic.” Music department chair Rozanna Tonto wanted to bring Ms. McGourty and Mr. McMahon to Lab after orchestra teacher Michelle Miles saw and was fascinated by the first part of the “American Epic” documentary, which is about the one-take recording machine which emerged during the roaring 20s.

Ms. McGourty and Mr. McMahon will have any inquiries about the project and the Lab administration and Ms. McGourty and Mr. McMahon were able to launch the “American Epic” project as part of the Artist in Residency Program. According to Cynthia Heusing of Kistenbroker Family Artist in Residence Program, according to Ms. Heusing, "We hope that the program will offer new avenues for learning by doing, for Lab students, and enhance what is already a dynamic arts program." Ms. McGourty emphasized interactivity, noting that she is excited to work with student ambassadors to bridge the gap between the project and the student body. "They will bring the student voice to the forefront," she said. "The group will plan interactions and meetings between the Artists in Residence and Lab students." With the first installment of the program, Ms. McGourty hopes to use music to teach Lab students about the history of the recording industry, "American Epic," research and stories to every department and school.

"Music is a vehicle for bringing the American Epic history, research and stories to every department and school," – ALLISON McGOURTY, ARTIST IN RESIDENCE PROGRAM DIRECTOR

HISTORY THROUGH MUSIC. Folk singer Pokey LaFarge preforms at the “American Epic” inaugurating event on Oct. 6 in Gordon Parks Arts Hall. "American Epic" artists Allison McGourty and Bernard McMahon hope to use music to teach students about the history of the recording industry, an exemplary way to inaugurate the Artists in Residence program with a year-long project involving all grades. The “American Epic” project’s interactivity is a considerable part of its appeal as the first installment of the Kistenbroker Artist in Residence Program, according to Ms. Heusing. "We hope that the program will offer new avenues for learning by doing," for Lab students, and enhance what is already a dynamic arts program," Ms. McGourty emphasized interactivity, noting that she is excited to work with student ambassadors to bridge the gap between the project and the student body. "They will bring the student voice to the forefront," she said. "The group will plan interactions and meetings between the Artists in Residence and Lab students." With the first installment of the program, Ms. McGourty hopes to use music to teach Lab students about the history of the recording industry, "American Epic," research and stories to every department and school.

The Artist in Residence Program’s first event, a music festival in Gordon Parks Arts Hall, was led by Ms. McGourty and Mr. McMahon on Oct. 6. At the event, Mr. McMahon drew a connection between Lab founder John Dewey’s philosophy and the “American Epic” teachings about the recording industry. "Dewey also said that he considered that art was one of the most powerful forms of communication and that every person is an artist in their own way," he said. "And I think the people who made these very first electrical sound recordings embodied that."
New clubs focus on global political issues, children's rights and for the first time, there is a club for conservative students.

**Global Issues Club**
Will host trips to the Chicago Council on Global Affairs and conduct livestreams. “As no global Issues Club we have to educate the lab community further on issues concerning the global community.” — ESHA MISHRA

**Children’s Rights and Education**
The club supports vulnerable children around the world of different ethnicities, backgrounds and social classes that are in dire need of help. “We work with several NGOs such as UNICEF Children’s Rights and You and more to make a larger impact. We will fundraise and collect money for these organizations, hold discussions about the problems children encounter globally and engage with students in different parts of the world.” — JEREMY NG

**Coalition Z**
Coalition Z at Lab is a branch of a national organization called Coalition Z. “Our goal is to amplify the voices of our nation’s generation in politics on the issues we care about. Every week we do an act of civil disobedience such as calling our representatives in Congress. We also plan on hosting a voter registration drive and scheduling town hall-style council meetings.” — OLIVIA CHENG

**La Cedille**
Will watch French movies and listen to French music. "My club’s goal is to speak French outside of a classroom-type environment." — JOEY REYN

**Launch Club**
Founded last year, it will come up with ideas for start-up companies. A program called MET Launch will provide materials for the club throughout the year. "In our weekly meetings, we will help students research their start-ups by demystifying the entrepreneurial process. The team will also be paired with mentors who are also entrepreneurs." — JEREMY NG

**EXTRACURRICULAR EXCESS**
Freshmen Eliza Doss and Iris Xie listen to senior Elizabeth Van Ha talk about Social Justice Committee at the annual club shopping event, where approximately 60 clubs set up in Café Lab Sept. 20 during lunch to attract new members.

**SCAN**
Will protest issues affecting children through political advocacy. "We really want to educate people about the importance of early childhood education and the huge number of kids and moms who are dying overseas and how we can combat these issues." — NATHALIE GLICK

**UNICEF Club**
Will have fundraising events each quarter. "We will also try to do charity work and align ourselves with UNICEF and their ideals as much as possible.” — DANIA BAG

**U-High Conservatives**
"Our club is planning to invite conservative speakers to talk to those who are interested in political topics such as U-High Free Speech Week, where we will show our appreciation for our first amendment.” — MUSELLA YOON

**Women in STEM**
Will have a mentoring program with U Chicago undergraduates, host speakers, networking socials and community service events at elementary schools. "Our goal is to see more female representation in higher-level math and science classes and in STEM extra curriculars across all high schools in Chicago to ultimately increase the number of girls who choose to pursue STEM in college.” — ANANTA ASTHANA

**Miyazaki Club**
The club is dedicated to watching Hayao Miyazaki movies. "We’re not overly active in events and such, though we might have one to fundraise to buy actual movies, as opposed to getting bad online versions." — MICHELLE NOHGINHO

**Sustainable Oceans Alliance**
Will host events to clean Lakefront beaches.
"The goal for my club this year is to educate the next generation of leaders about problems that are just beginning to manifest in the ocean today." — NIKHIL PATEL

**Wildlife Conservation Club**
Will host fundraising events for climate change. "As our climate suffers from climate change, every species in our world is now at risk. From the Great Barrier Reef to the Arctic Tundra, our environment is experiencing a drastic change. It is our duty to do everything we can to help these species thrive." — JOANA ROSE

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**Awards for debate captains**
The Debate Team took part in the Torreyan Invitational Oct. 7 at New Trier High School. No team advanced past preliminary rounds.
The team competed in the Mid-American Cup at West Des Moines Valley in Iowa Sept. 25-27, where debaters gained their first of the two required bids to the Tournament of Champions. Out of about 140 individual speaking spots, Michael Helfen was awarded a second place speaker award and Dherven Unni was awarded a sixth place speaker award. Michael and Dherven as a team were invited by the coaches’ poll, a list of the top 25 teams in the country.
The team began the season with the Niles Township Invitational Sept. 8, bringing home one 16th place speaker award but got the bid for the Tournament of Champions. "It was not the performance that we hoped for,” said Michael. “We worked pretty hard for the tournament and then it was a bit of a letdown.”

**MUN hosts prep conference**
LabMUNC was a one-day conference that took place on Lab’s campus. The main goal of the prep conference was to get students ready for the bigger, more important conferences in the future.
— ARBY SIMMONS

**Midway, U-Highlights gain national awards**
The U-High Midway has recently earned national recognition, and the U-Highlights yearbook also received honors from national journalism associations.
NSPA named 49 finalists for the 2016-17 Pacemaker competition, including the Midway. Of those, 26 papers will be Pacemaker winners, which will be announced at the National High School Journalism Convention in Dallas Nov. 16-19.
The Midway also received an All-American rating, the highest rating in the NSPA student media critique service, and the U-Highlights yearbook received an OAS First Class rating with two Marks of Distinction. The Midway was awarded the 2017 National Gold Circle Awards for individual work, including Michael Rubin, first place, news page design; Mitee Truong, third place, feature page design; Rachel Liu, second place, cultural page; Natalie Glick, second place, single spot news photo; Emma Novo, second place, single spot news photo; Emma Novo, third place, feature page design; Tania Goura-Karron, certificate of merit, page one design. — GRACE ZHANG

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Diversity changes direction under Abelmann leadership

by EMMA TRONE

An administrative vacancy has prompted a discussion about who should be responsible for diversity, equity and inclusion programs at Lab.

Ken Garcia-Gonzalez departed the role of director of diversity, equity and inclusion Sept. 1. Lab School Directors Charlie Abelmann said he does not plan to appoint an interim director for the remainder of the school year.

Helena Abney-McPeek as senior vice president for enrollment, Abigaël Thinakaran as junior vice president, Giyugetaniy and Destiney Williamson are Cultural Student Council members. Joshua, a new student, has been named as freshman student council president.

"Part of the issue is how we keep supporting all these student groups, and how we build support for faculty and staff on the issues of diversity, equity and inclusion, and how we build a more coherent strategy for the work that we can do in different areas." — CHARLIE ABELMANN, DIRECTOR

Dr. Abelmann said having more presence of individual work in diversity, equity and inclusion issues is also a consideration going forward.

"We're also trying to think about who else in the school might take more formal responsibility for working on diversity issues," he said. "A core question that I have is: Should there be someone in each of the schools that as part of their job also are doing work on diversity, equity and inclusion?"

In the interim, Dr. Abelmann hopes to address some of the unique challenges that come with a student body that is mostly people of color and a faculty that is over three-quarters white.

"Students in many ways, because of the diversity, the student body, are having these diffi- cult conversations more than the faculty and staff," he said. "Part of the issue is how we keep supporting all these student groups, and how we build support for faculty and staff on the issues of diversity, equity and inclusion, and how we build a more coherent strategy for the work that we can do in different areas."

Faculty were encouraged to read "Waking Up White," a book by Debby Irving that explores white privilege and to participate in full-day workshops this spring to increase conversations on diversity, equity and inclusion measures with both students and the faculty more effectively.

"I'm interested in understanding more about what we can do with professional development, I'm interested in understanding more about how we can do a better job in terms of student recruitment of faculty, so we can en- sure that the applicant pools are diverse." — MAX GARFINKEL

Students leave early from Homecoming

The Homecoming Dance ended earlier than scheduled Oct. 7, with concerned teachers and administra- tion stepping in to stop the mu- sic for the safety of students due to excessive jumping and moshing on the dance floor.

The turnout at Homecoming was the highest number at a dance in U-High history, but the atten- dance issues was overshadowed by chaperones’ concern over stu- dents’ dancing.

The superhero-themed dance also had some technology glitches, such as a malfunctioning micro- phone and the device that counted the number of attending stu- dents, which prevented Student Council from gauging the exact number of students who attended.

"I was disappointed to see the dance fade out early because it seemed like an unlimited end to a great week of spirit, hype and sports," Senior Class President Ayaan Asthana said. "Attendance was at an all-time high, so it real- ly was a shame to see all that ener- gy get lost in the confusion of the night."

Although the dance was in- terrupted, traditional royalty ti- ties were selected as planned. These titles included Nick Cheney as freshman super-citizen, Gi- ggie Reese as freshman wonder-citizen, Will Koenen as sophomore super-citizen, Abby Stimmont as sophomore wonder-citizen, Whit- ney Merkle as junior super-citizen, Abigail Thinakaran as ju- nior wonder-citizen, Hayward Melton as senior super-citizen, Helena Abraham-McPeek as senior wonder-citizen and finally, Camp- bell Phalen as all school super- citizen. He then introduced the school’s wonder-citizen.

"I was really surprised because this was the first year I was nominated as a nominee and actually won," said Chad Thi- nakaran. "It was pretty great receiving the cape and getting to wear it for the rest of the dance."

In the week leading up to home- coming from Oct. 2-6, Student Council planned Spirit Week for which students dressed in paja- mas on Monday, as twits on Tues- day, as superheros on Wednes- day, in grade-designated colors on Thursday and in maroon on Fri- day. This dance was the first Home- coming held at Ida Noyes since 2014.

"We created an online fundraiser to contribute to Save the Children in order to show our students how they can make a difference in our community," Noor said. "We also wanted to create a more coherent strategy for the work that we can do in different areas."

Jonathan Ma is a new computer science teacher for the high school.

He will teach Introduction to Com- puter Science to freshmen, as well as Advanced Placement Computer Science and Computer Architect- ure.

"My goals for this year are for the students to gain an appre- ciation for computer science, and really enjoy it," Mr. Ma said. Mr. Ma taught chemistry and biology for two years at Florida’s Miami Jackson Senior High from 2014-16 before he came to Lab.

He said although he has need- ed to learn to teach slightly differ- ently than he is used to, to adjust to computer science, he is excited to teach computer science at Lab.

"Students in many ways, because of the diversity, the student body, are having these diffi- cult conversations more than the faculty and staff," he said. "Part of the issue is how we keep supporting all these student groups, and how we build support for faculty and staff on the issues of diversity, equity and inclusion, and how we build a more coherent strategy for the work that we can do in different areas."

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EAT UP! Senior Camille Rehkemper, center, Junior Eddie Boone and others select food from the podlack buffet at the annual Eid dinner in Café Lab Oct. 5. Attendees enjoyed henna tattoos and listened to lectures about aspects of Islam.

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EID DINNER

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NEW ADMINISTRATION

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NATIONAL NEWS

EID DINNER
Summer allows for new artistic opportunities
by PRIYANKA SHRIJAY

Colorful dresses, graceful dance steps, and music fill the air. The Alphawood Gallery has dedicated its exhibition space to recounting a central European with his orher music is universal." Giacomo plans to continue to play cello will play for me in college,” he said. "I learned how to deal with different race relations throughout the Europe. Looking beyond high school, Giacomo looks back at his experience with fondness. "I loved every minute of it," he said. "I got to spend so much time with great people who all share the same love for music."
Balance privacy, transparency

Students should expect a Title IX education, not personal details

T
erapy. It has pervad-
ered many student critiques of the administration, and there's still a long way to go before the school reaches an acceptable standard. The new Title IX coordinator Elizabeth Noel re-
erquires the student body to balance our desire for transparency with understanding of legally mandated confi-
erdentiality. It is legally mandated that Ms. Noel cannot tell students the details of any issue she needs to resolve. Don't forget that this is to protect you. A victim of sexual-
eral harassment has the right to say only as much as she needs to understand our desire for pro-
cessing. We need to know the status of the investigation, the st-
erus and financial information, and how the process is working. But we don't want it all.

For instance, school-wide as-
errible situation may have been spun as nothing more than another assembly in the past. We don't need to know the entire-
eral situation, but the fact that there's a real problem should be mentioned. It's to withhold de-
tails and names to maintain priva-

ty. In order to avoid covering up the incident in secret, with no student ability to advocate for a better path.

As the Midway sees it …

“We can't ask for intensely personal details, but it shouldn't be too much to ask that we are made aware if there are issues our community needs to resolve.”

Just as we must be understanding-
er of the administration, they need to understand our desire for transparency. Our students value-
eral openness and discussion, and Mo. Noel should endeavor to serve as not only an advocate for students but also a conduit of information about the general issues in our school that need addressing, such as specific education practices be-
ing implemented and what situa-
erations are supposed to help us avoid. In order for her work to be effective, Mo. Noel must con-
vey the problems to the students and provide solutions. Again, we can't ask for intensely personal de-
ails, but it should not be too much to ask that we are made aware if there are issues our community needs to resolve. It's easy to get caught up with maintaining Lab's image, but for the ideal of Title IX to be fulfilled we need a coordina-
tor who places students first, and not just themselves. We're being pro-
ected from.

Lately, one of the most dis-
ered issues in the United States has been NFL players protest-
erering the national anthem. We should focus on the actual reason the players are taking a knee, not why they are doing it. Kaeper-

nick took a knee to protest police brutality while on the field. Kaeper-

nicker and bigger over the past five years. There are constantly pro-
tests all over the world with civil-
oran chants thing “Black Lives Matter”. The only way we are going to make change is if people are brave and stand up for what they think is right. If citizens have the right to march on the streets, then NFL players should be able to pub-
licitize their message about po-
lice brutality and fight for what they believe in.

This football players are just using their platform to stand up and fight for what they believe in. We need to stop debating whether it is or not. We protest in front of millions of fans, but start discussing and resolving the orig-
eral reasons the protests are tak-
ing place. By the First Amend-
ment, citizens of this country have the right to peacefully protest. This right is exercised everyday across the country, and in countless common ways people get their opinion out into the public. Pro-
testing gives us the opportuni-
ty to make our voices heard, and without it many people, including myself, would feel like our voices don't matter.
In an age of division, racism and political tension, anger drownes out the conversation around politics. Difficult conversations need to happen between people with opposing views. What we need to do is wake up, understand and move forward. It’s time to ...
Experience
Chicago’s
Chinatown
From egg rolls to bubble tea, vibrant area gives a taste of Chinese cuisine

by IVÁN BECK
MIDWAY REPORTER

Chinatown Square smells not just of exhaust from near-by roads, but also of sauces and spices wafting from near-by restaurants. Rows of identi-cal buildings create a passageway where people dodge among stores purposefully. Teal metal structures with bright red fences support the shops, each with its banner and sign beckoning to pedestrians. Groups of passersby carry out conversations about their day or even what to buy, which overlap to create a background of nearly constant noise. It is here, in Chicago’s legendary Chinatown, that one can find some of the most unique restaurants and places to relax in the entire city.

According to an article in Choose Chicago, the Chicago Chi-natown came about in 1912 as Chinese organizations relocated from what was formerly Chicago’s first Chinatown to an area near Cermak Road and 22nd Street, and from 1930 onwards the area’s res-idents have been predominantly Chinese.

The sheer number of restaurants in Chinatown shows the large role they play in the dynamism of Chinatown. Several of these locations serve dim sum, a type of Chinese cuisine in which food is served in several small portions. Others include highly rated dim sum in MingHin, located at the southwest of Chinatown Square, near South Princeton Avenue. MingHin offers a large selec-tion on its dim sum menu, with dishes such as vegetable fried rice, egg rolls, grilled eggplant and egg drop mushroom soup, some of which are traditional dishes.

Growing kombucha craze ferments among students

by TALLA GOERGE-KARRON
EDITOR-IN-CHIEF

Kombucha is a probiotic beverage made by fermenting tea with a SCOBY, or a symbiotic culture of bacteria and yeast — as the main ingredient — and in natural cookbooks. What is kombucha? A healthy and easy-to-make drink that you can make in your own kitchen. It’s all over Instagram and in natural cookbooks. What is it? Kombucha — a sparkling, fermented drink often flavored with fruits and teas. Not only is kombu-chas tasty, but it has probiotics that are healthy for one’s gut.

There are many benefits to drinking kombucha. It is non-addictive, provides energy and is easy to make in your own kitchen. It’s all over Instagram and in natural cookbooks. What is it? Kombucha — a sparkling, fermented drink often flavored with fruits and teas. Not only is kombucha tasty, but it has probiotics that are healthy for one’s gut.

The fermentation process starts with the “mother” or SCOBY — symbiotic colony of bacteria and yeast — as the main ingredients. The liquid mixture is added sugars to ferment. A study at Cornell University con-firmed that kombucha has health properties that fight bacteria, although some have concerns about the mold that can grow in kombucha. According to a Mother Jones magazine article, a healthy person drinks kombucha at a moderate rate, there should be no concern of infection. Ileana Minor started drinking kombucha as an alternative to coffee. She felt coffee was too addic-tive, as shown by her frequent trips to Peet’s. Now, she drinks less kombucha but gets more energy than the same amount of coffee. “If you’re going to make it, just know that the mold is going to get really really big, because that’s what happened to us. It just grows, and grows, and grows with each batch you make, so just be prepared to drink a lot of kombucha.” — RUTH WEAVER

“A study at Cornell University con-firmed that kombucha has health properties that fight bacteria, although some have concerns about the mold that can grow in kombucha. According to a Mother Jones magazine article, a healthy person drinks kombucha at a moderate rate, there should be no concern of infection. Ileana Minor started drinking kombucha as an alternative to coffee. She felt coffee was too addic-tive, as shown by her frequent trips to Peet’s. Now, she drinks less kombucha but gets more energy than the same amount of coffee. "If you’re going to make it, just know that the mold is going to get really really big, because that’s what happened to us," Ruth said. “It just grows, and grows, and grows with each batch you make, so just be prepared to drink a lot of kombucha.”

Like Ruth, Ileana drinks a lot of kombucha throughout the day, but she cannot drink all of it at once due to its bitterness. This makes the 16-ounce bottle last throughout the day for her. "It’s in such big portions," Ileana said. "And, it is not a drink that I can chug all at once."
A fresh view of U-High

The Midway interviewed 10 freshmen to learn their first impressions of U-High. These interviews serve as an introduction to the Freshman Class, a way to put a name to some of the faces in the hall and understand the perspectives of U-High’s newest arrivals.

— INTERVIEWS BY SONNY LEE AND JACOB POSNER

By the numbers

Class of 2021

29% of all students

Students new to Lab are...

59% female

41% male

164 Total

58 new students

106 continuing students

Of freshmen new to Lab...

51% from Chicago

42% from suburbs

7% from a different state

Grading, planning and now letters of recommendation

by SONNY LEE

DEPUTY EDITOR

Meeting college deadlines. Writing applications. Choosing schools. It’s college application time, but seniors aren’t the only ones feeling stress from deadlines. In addition to preparing for class, grading and reports some teachers will write from a handful to 20 or more letters of recommendation.

By the end of this application season, history teacher Paul Horton will have written 20 letters of recommendation. Mr. Horton, who has taught for 36 years, said he writes a letter in one day.

“Students give me a résumé and then they give me some memories of the class, and what I typically do is I read over that and I say to myself, ‘I’m going to write for this student the next day.’” Mr. Horton said. “So, I sleep on it and I wake up the next day thinking about the words and the phrases that best capture who the student is.”

English teacher Darlene McCampbell, who has taught for 52 years, explained that a letter should be a portrait of words and thinks it’s crucial to have specific examples of a student’s talents — including how the student may have improved over time.

Both Mr. Horton and Ms. McCampbell understand that college admissions officers want in a letter:

“They don’t just want to see a long letter full of facts,” Mr. Horton said. “They would prefer to see a shorter letter that’s more honest and more personal, I think. That’s what I’ve learned over the years, because that’s refreshing. They don’t want to see a mechanical letter, they want to get more personality of the student, an anecdote about that student to make that student come alive to them.”

Ms. McCampbell explained that adjectives like “great,” “serious” and “exceptional” mean things to her, but nothing to colleges, so she looks for specific evidence in student’s writing to showcase their attributes.

As for the students, teachers want them to understand that letters of recommendations aren’t a part of the job description.

“It’s just a big sacrifice. And for every senior who’s going crazy in October, there’s a teacher going crazy in October as well.”

— PAUL HORTON, HISTORY TEACHER

Discussing his future, Senior James Dill discusses his college letter of recommendation with Darlene McCampbell, his English teacher. Recommendations for the Common Application are due Nov. 1 along with the application.

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Fantasy football creates real competition

by DHEVEN UNNI
EDITOR-IN-CHIEF

Fantasy football creates real competition

by EMMA TRONE
SPORTS EDITOR

Fantasy football creates real competition

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SPORTS EDITOR

The fall in the Chicago area offers abundant opportunities to explore the city, get a workout and often support good causes with 5-kilometer foot races. From sweet treats to children’s hospital research, here are four fall races that cater to all sorts of motivations.

RBC Race for the Kids at Comer Children’s
Where: University of Chicago Quad
When: Oct. 15, 9 a.m.
Why: As a charity run to raise money for children’s hospital research, this run combines fitness and a good cause. This 5k is coursed through Hyde Park, and often is an opportunity to earn extra credit for gym classes. A kids-one-mile race is also available. Runners are able to register online, on race day.
Registration: $45. Includes long-sleeve T-shirt. Website: chicagochildrenskid.org/classic/rivets/race/

Pumpkins in the Park 5k
Where: Lincoln Park - South Fieldhouse Pavilion
When: Oct. 21, 4 p.m.
Why: With a name like Pumpkins in the Park, it’s no surprise that this race is Halloween themed. Take in the views of autumnal Lincoln Park during the race, and enjoy a costume contest and a pie eating contest at the finish line. Proceeds go to the Chicago Park District.
Registration: $49. Includes long-sleeve T-shirt. Website: www.pumpkins5k.com

Hot Chocolate 5k/15k
Where: Grant Park
When: Oct. 29, first wave at 7:30 a.m., second wave at 8:45 a.m.; november 16, first wave at 8:30 a.m., second wave at 9:45 a.m.
Why: Chocolate chips, marshmallows, hot chocolate and fun! picturesque run along Michigan Avenue and take in the sites of the city, while also satisfying your sweet tooth.
Registration: $49. Includes a quarter-zip sweatshirt with the Hot Chocolate logo. Website: hotchocolate15k.com/chicago

Turkey Trot Chicago
Where: Lincoln Park
When: Nov. 23, 9 a.m.
Why: Before feasting on turkey, mashed potatoes, and pumpkins pie, start your Thanksgiving Day with some exercise. This race includes both a 5k course and an 8k course through Lincoln Park. Proceeds from this race also go to support the Greater Chicago Food Depository, so you can help other families enjoy Thanksgiving meals.
Registration: $50. Includes a long-sleeve T-shirt. Website: www.turkeytroitchicago.com/

Fall races provide fun for runners, funds for charities

by EMMA TRONE
SPORTS EDITOR

The fall in the Chicago area offers abundant opportunities to explore the city, get a workout and often support good causes with 5-kilometer foot races. From sweet treats to children’s hospital research, here are four fall races that cater to all sorts of motivations.

RBC Race for the Kids at Comer Children’s
Where: University of Chicago Quad
When: Oct. 15, 9 a.m.
Why: As a charity run to raise money for children’s hospital research, this run combines fitness and a good cause. This 5k is coursed through Hyde Park, and often is an opportunity to earn extra credit for gym classes. A kids-one-mile race is also available. Runners are able to register online, on race day.
Registration: $45. Includes long-sleeve T-shirt. Website: chicagochildrenskid.org/classic/rivets/race/

Pumpkins in the Park 5k
Where: Lincoln Park - South Fieldhouse Pavilion
When: Oct. 21, 4 p.m.
Why: With a name like Pumpkins in the Park, it’s no surprise that this race is Halloween themed. Take in the views of autumnal Lincoln Park during the race, and enjoy a costume contest and a pie eating contest at the finish line. Proceeds go to the Chicago Park District.
Registration: $49. Includes long-sleeve T-shirt. Website: www.pumpkins5k.com

Hot Chocolate 5k/15k
Where: Grant Park
When: Oct. 29, first wave at 7:30 a.m., second wave at 8:45 a.m.; november 16, first wave at 8:30 a.m., second wave at 9:45 a.m.
Why: Chocolate chips, marshmallows, hot chocolate and fun! picturesque run along Michigan Avenue and take in the sites of the city, while also satisfying your sweet tooth.
Registration: $49. Includes a quarter-zip sweatshirt with the Hot Chocolate logo. Website: hotchocolate15k.com/chicago

Turkey Trot Chicago
Where: Lincoln Park
When: Nov. 23, 9 a.m.
Why: Before feasting on turkey, mashed potatoes, and pumpkins pie, start your Thanksgiving Day with some exercise. This race includes both a 5k course and an 8k course through Lincoln Park. Proceeds from this race also go to support the Greater Chicago Food Depository, so you can help other families enjoy Thanksgiving meals.
Registration: $50. Includes a long-sleeve T-shirt. Website: www.turkeytroitchicago.com/
SPORTS

Teams promote bonding
Group activities like pasta parties help enhance unity

by LEAH EMANUEL
ARTS EDITOR

Said a group of students frantically studying, excitedly talking to their friends or re-reading their textbooks before their first period classes, sophomore Franzi Wild placed fourth with a score of 99. Rather than bonding through notes and candy, senior Harrison Shapiro said a lot of the bonding on the cross country team occurs during practices.

Group activities like pasta parties help enhance unity.

One of the many ways the girls swim team bonds is through lock-er buddies. Each member of the team picks a name out of a hat at the beginning of the season. Before each swim meet the swim team members put food in their buddy’s locker and every once in a while ask her what is on the sign on their locker or give them a note. Yuyu Katahira said that this is one simple way the swim team connects, and gets to know other swimmers on the team.

“Locker buddies just gets our entire team really excited before games. It’s like a plus side for the can- dy,” junior Erin Rogers said about the group of similar tradi-
tion of locker buddies.

This year, the girls’ tennis team decided to have locker buddies among all three teams- freshman/sopho-

nors, junior varsity, and varsity.

“Last year we didn’t get to help each other as much because we were just freshmen and sophomores,” said coach Amanda Rieper.

“It definitely has helped us get to know a lot of people and to bond,” said coach Amanda Rieper.

“People just stop and chat and then they might get closer,” senior Florence Alma said. “There’s a ton of new mem-

bers on the team this year and locker buddies has made us get out of our comfort zone to know each other better. Rather than bonding through notes and candy, senior Harrison Shapiro said a lot of the bonding on the cross country team occurs during practices.

One of the advantages of run-

ning for practice is we have 45 minutes to have our conversations with our friends, and we talk the whole time,” he said.

During the ISL Championship on Oct. 7, the team placed first overall and placed second in nine years on the Maroons Invitational on Sept. 7, the girls team placed first.

Notable:
During the ISL Championship in nine years on the Maroons Invitational on Sept. 7, the girls team placed first.

Notable:
During the ISL Championship.

Notable:
The team competes against Willowbrook Academy.

Girls Tennis, JV Notable: During the ISL Championship on Oct. 7, the team placed first overall and placed second in first singles and first doubles.

Boys Soccer, JV/Frosh/Soph Notable: The boys soccer team is undefeated in conference play. Their first period classes, sophomore Franzi Wild placed fourth with a score of 99.

Notable:
The team is undefeated in conference play.

Boys Soccer, JV/Frosh/Soph Notable: The boys soccer teams host similar pasta parties before competitions.

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Boys Soccer, JV/Frosh/Soph Notable: The boys soccer teams host similar pasta parties before competitions.
Through new heights and wider beams, Chicago buildings continue to innovate architecture even after being an architecture capital for 100 years.

BY SAM FLEMING
CHICAGO LIFE EDITOR

Chicago has been an architectural hub since the late 1800s. Due to its central location and ease of trade via Lake Michigan, the city became a popular destination for two influential waves of architectural progress, the First and Second Chicago schools of architecture.

Innovation did not come naturally to the city; it was forced when two fires swept through Chicago in 1871 and 1873, effectively forcing Chicago to rebuild from the ground up. In the decades directly following the fires, Chicago landmarks, Navy Pier, the Chicago Cultural Center and the Rookery were built and the foundations for the city’s iconic skyline began to take shape.

Chicago became a testing ground for the innovation of steel-frame structures in commercial buildings which allowed for more floor space and sturdier structure. This progress ushered in a new wave of architecture dubbed the Chicago School, which stressed the use of steel frame and glass windows and limited exterior orientation of architecture and the city would continue to shape trends in global architecture for years to come.

Innovation in Chicago slowed for couple of decades, but came roaring back in the late 1950s with the introduction of the "Second Chicago School" which popularized a unique interior structure that would shape skylines around the world for decades to come.

The Second School introduced a "tubed pattern" which allowed residential and commercial buildings to share supports and made it possible for Chicago to have three of the four tallest buildings in the country by 1974. Although Chicago is no longer the architectural behemoth that it once was, it continues to attract forward thinking architects with creative projects.

For example, 2009’s Trump Tower and 2010’s Aqua Tower manage to combine Chicago’s old school styles with a new school of global architecture, helping to bring the city further into the modern day.

Architecture event exhibits global trends

By Abby Simmon
Midway Reporter

Have you ever wanted to explore the city’s secret rooms, private mansions, theaters and skyscrapers? These gems are visible in hundreds of Hyde Park buildings highlighted by Open House Chicago this weekend.

Open House Chicago: Date: Runs from Oct. 15-17 from 9 a.m. to 7 p.m.

Location: Open House Chicago offices are located at 36 West Madison Street, just north of the Chicago Board of Trade.

The Open House Chicago website, www.openhousechicago.org, is your guide to the city’s architectural wonders. The website includes details about buildings, tours, and maps to help you plan your day.

Open House Chicago encourages visitors to use Metra trains, CTA and Divvy bikes if possible to move among the neighborhoods and sites.

Café opens Chicago for exploration

By Abby Simmon
Midway Reporter

Make new History reads the tagline for the 2017 Chicago Architecture Biennial, which opened Sept. 9, and continues through Jan. 1. The Biennial is the largest architecture and design exhibition in North America and showcases the diverse array of architecture and design from throughout the world.

This year the Biennial will specifically highlight the topics Image, Material, Building, and Civic Histories. Exhibits are at 20 locations, including eight venues in Hyde Park and the University of Chicago campus as well as downtown at locations such as the Chicago Cultural Center and the Museum of Contemporary Art.

The Biennial is "looking at the past to inform the present" and hopes to showcase a more immersive form of architecture that relies on showcasing the evolution of cities and the forward-thinking architects within them.

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