

U-HIGH MIDWAY

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SIX ONE-ACT COMEDIES by Chicago native David Ives will comprise this year's Fall Production. Ives collected the pieces under the title "All in the Timing." Here are glimpses of three of one-acts (photos from left).

ACCOMPANIED BY the rhythmic motions that make up "Philip Glass Buys a Loaf of Bread," the baker, portrayed by Terry Kirk, yells for help. Nick Phalen is another customer.

IN A HEATED New York bar encounter in "The Philadelphia," a customer, Adam Kelsick, attempts to order food from the difficult waitress, McKenzie Zimmerman.

AS LEON Trotsky, Dylan Lambert-Gilliam is shocked by his wife's account of his death in "Variations on the Death of Trotsky." The wife is portrayed by Maddie Lindsay. *Photos by Taylor Crowl.*

SIX ACTS, ALL IN ONE NIGHT

...and all by one
Chicago writer

Nick Phalen and JR Reed
Associate editors

A man approaches a woman in a restaurant on a Friday night.

A woman responds to a newspaper ad to learn a new language.

Leon Trotsky's wife reads him an Encyclopedia entry from the future.

A distraught man storms into a New York bar. Three chimpanzees are supplied with typewriters in a cage.

All these situations arise in Chicago playwright David Ives' "All in the Timing," the Fall Production. The six one-act comedies will be presented 7:30 p.m. Friday-Sunday, October 28-30 in Belfield Theater. Tickets, \$10, are on sale in the U-High Lobby.

A South Chicago native, Mr. Ives studied as a playwright at Northwestern University before graduating from Yale and moving to the East Coast. Debuting in 1995, "All in the Timing" was the most performed non-Shakespeare work during the 1995-1996 season.

Drama Teacher Luicija Ambrosini, play director, selected the plays because of their upbeat demeanor.

"The collection of plays portrays fun, light-hearted explorations of human relationships," Ms. Ambrosini said. "I was really drawn to the play because of how witty and bright it is. David Ives is really all about the wordplay, which makes for a very fast-paced an unique comedy that viewers should really enjoy.

"I also like the fact that, from the actors' perspective, with only two or three characters in each play, the setup requires actors to be alert, flexible, and quick-witted, which gives them a really valuable

(continues on page 6)



AT A Student Council meeting September 20, Maddie Lindsey, left, and Shannon Vavra explained a petition opposing next year's new schedule they originated with Nathan Eckstein. *Photo by Sarah Husain.*

Student petition against new schedule reaches Principal and gets a reaction

Nick Phalen
Associate editor

"Why would I let students do that to themselves?"

So responds Principal Matt Horvat in response to a student petition opposing reducing the number of classes U-Highers can take in next year's proposed new schedule.

Formulated over more than three years, the schedule was approved March 2009 in a 28-21 faculty vote. Administrators recently announced the schedule would take effect next year.

In the schedule, each course will meet for three 45-minute periods and one 75-minute period each week. To accommodate 75-minute periods, the proposal reduces daily periods from nine to eight. The schedule also adds daily all-school free periods each

morning, from 20 to 60 minutes.

Signed by 290 U-Highers, the petition was written last month by Juniors Shannon Vavra, Nathan Eckstein and Maddie Lindsey. They argue U-Highers will be able to take fewer classes next year and lose free periods as a result of changes.

Shannon, Nathan and Maddie also created a Facebook page, "Students Against the New Lab Schedule," with almost 300 fans.

"I don't think the school was trying to make life harder for the students," Nathan said. "But, one of our goals is just to make sure that they are seeing it from the students' perspective. For example, the scheduling committee report talks a lot about how students don't use all nine periods in a day. As I see it, and how most

(continues on page 6)

Something new on 57th street

Z&H offers fresh produce plus a spot to sit down and dine

Sydney Scarlata
Editor-in-Chief

After nine months of “coming soon” signs, Z&H opened its garage door August 19.

Similar to former University Market grocery store, Z&H offers a variety of deli sandwiches, chips, fresh produce and a cold beverages but also a new expresso bar and in-house seating.

Another Z&H is located at 1126 East 47th Street.

Co-owner Sam Darrigrand explained that the University of Chicago approached him and owner Tim Schau about coming to 57th Street.

“The stores on 57th street have been there forever,” Mr. Darrigrand said over the chatter of the café. “There is hardly ever an op-

portunity to open a store along 57th so when the University came to us and said that the University Market wasn’t renewing their lease, we agreed to sign.

“We want to bring high quality food and ingredients to this street. Also, we want to provide a quality institution with better customer service interactions.

“Unlike our other location, we have a working kitchen here. What we want to do is start making more dishes like ratatouille. Also, we have the garage door. Speaking to Tim, he just felt like the place needed a garage door.

“I think it lightens the place up, it’s like a picture frame. In the store, you see out into the park and from the street looking in, you see a bee hive of light and activity. I’ve seen people literally stop and turn around just to see what it is.”



AFTER A long day at school, Shannon Vavra, Kira Fujibayashi and Chinami Luppescu head to Z&H and find a table

to drink hot chocolate and eat a fleegle, a nutella and banana breakfast sandwich on croissant. Photo by Sarah Husain

QSA changes name to gentler ‘Spectrum’

Moira Differding
Associate editor

Concered that some people might find the word queer offensive, Queer Straight Alliance has changed its name to Spectrum.

Junior Mara Weisbach and Senior Anna Rosenzweig are this year’s presidents; they ran as a team.

“I’d say that while some people in the gay community feel the word ‘queer’ has been reclaimed, it’s still used by many others as an offensive term,” Mara said. “I don’t want to speak for all our members who were offended but many of them felt that as a club we shouldn’t associate ourselves with a potentially offensive term.

“Spectrum stands for the variety of people who can join the club. Everyone is treated equally in Spectrum, it doesn’t matter what sexuality or anything else you might be.”

Spectrum plans to offer many of its previous activities this year.

“We know for sure,” Anna said, “that we’re going

to be participating in Ally Week, World AIDS Day, and Day of Silence.”

With a rash of gay teenage suicides nationally, Spectrum plans to address the issue.

“Really as a club we hope that we encourage students to view being gay as something that’s okay, and to provide a safe zone for students to talk about issues,” Mara said. “I think the best way to combat it is just to encourage everyone to be themselves. Sooner or later people will see that there’s a lot of variety in the gay community beyond the stereotypes people often think of.”

For the upcoming Labscape diversity day, Spectrum plans a workshop dealing with bullying.

“Dan Savage has a Youtube site where anyone can post videos for high schoolers around the world, reassuring them that whatever discrimination they’re facing now, it will get better,” Mara said. “We thought it would be interesting to post a video and discuss the effects of bullying on gay students for a workshop.”

Helping hands

At Sophomore Retreat, September 27-29, Moira Differding, left, Lauren Blacker and Willa Green pull wild grape vines from a fence at Baraboo Park, Wisconsin for community service. Baraboo Park was among four community service sites offered. Photo by Nathaniel Green.



ONE



ONE. JUST MINUTES from U-High, Harper Foods provides Jackie Roberson with a place to satisfy her mid-morning munches.

TWO



TWO. INSIDE, Jackie finds a wide selection of delectable treats, from classic candy bars to crunchy chips.

THREE



THREE. WITH Smartfood popcorn, Bounty Paper towels and a Toosie-pop in her hands, Jackie heads to the counter, content with her items. Photos by Anisha Sisodia

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FIRST DAY SPEAKER (photos from top) author and journalist Lily Koppel, Class of 1999, responds to a question from Ms. Beth Fama, panel discussion leader. Ms. Koppel described discovering a 1920s steamer trunk in a New York dumpster with a young woman's diary that became the subject of her best-selling book, "The Read Leather Diary."

ENCOURAGING Jordan Davis to use criticism in her daily life, Pulit-

zer Prize winning critic Margo Jefferson, Class of 1964, led a workshop titled "Everyone's a Critic."

The grads repeatedly lavished praise on their U-High education.

IN THE tug-o-war contest at Student Council's assembly closing the day, Max Hornung and Kayla St. Clair of the junior-sophomore team put their weight into the rope futilely attempting to defeat the senior-freshman team.

Appearing First Day, 2010 yearbook, arts magazine evoke varied emotions

Rolland Long
Associate editor

Insightful stories about the late Faith Dremmer's life impressed U-Highers as the 2010 U-Highlights was distributed the first day of school for the first time in at least 20 years..

Renaissance, the art-and-literature magazine, also available the first day, was also praised, though many readers said they were perplexed by the issue's high-concept bug motif.

Pointing out that the yearbook covered an emotionally tough year, Dean of Students Larry McFarlane was also impressed by the stories on Faith, who died in an accident during a Spring Vacation bike trip.

"It brought you a feeling and insight to who she was," Mr. McFarlane said. "The story jumped off the page for me. It gave you the impression that she was a warm and caring individual with a lot going for herself."

U-Highlights wasn't just emotional, it was amusing, felt Senior Santana Iafeta.

"The captions were really funny," Santana said. "All the funny words were in bold, like one of the dance captions said people were rubbing against each other vigorously. It was hilarious."

Flashing back to her childhood, Junior Tomi Johnson found Renaissance's square shape page size aesthetically pleasing.

"It gave me a flashback of those little picture books you would read when you were a kid," Tomi said. "My only complaint was that the colors could have been brighter. Some of it just looked so dull. I also thought the bug theme was a little random."

"I didn't immediately notice it and I don't quite understand why they chose it."

Tomi also noted that the magazine demands attention.

"You have to spend time reading the Renaissance to get the full experience out of it and in order to understand them more through their writing than, say, a quote from the Midway or the yearbook."



WITH CHANTS of "2012," junior class officers Andrew Palmer, left, Tom Healy, and Josh Koenig pump up the crowd as they enter Kovler Gym to Chiddy Bang's "Opposite of Adults" at Student Council's First Day closing assembly.

First Day spotlights writers

From newspaper reporters to filmmakers, novelists and copyeditors, 20 U-High graduates came from across the country to conduct workshops in a First Day artists-and-writers program sponsored by the English Department. Present and former faculty members, staff members and parents also offered programs.

In a morning assembly at International House, eight of the alumni—among them authors, journal-

ists, critics and filmmakers—discussed their experiences and the effect the school had on their lives. The panel was led by Ms. Elizabeth Fama, Class of 1983, a U-High parent and well-known children's book author. A closing Student Council assembly featured lively introductions for each grade's class officers and representatives, a tug-of-war between grades, scooter relays, and a dynamic Bhangra performance.

*Photos
By
Anisha
Sisodia*

*Outside of a dog, a book is man's bestfriend.
Inside of a dog, it's too dark to read.
~Groucho Marx*



DISCOVERING THE details of Modernism, Amrita Singh stops at the cozy 57th Street Bookstore. Photo by Tina Umanskiy.



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New directors, directions

Schools' culture drew executives

Jay Upadhyay
Associate editor

Whether returning to the United States from Europe or coming back to Lab as an alum, first year directors Pamela Winthrop and Irene Reed were both drawn to the Lab Schools' unique educational culture and student passion.

Ms. Reed graduated from U-High in 1992 and is the new executive director of admissions and financial aid. She attended Harvard Law School, graduating in 1998.

FOR HER, U-High represents a homecoming, whereas Ms. Winthrop has just delved into her first two months as executive director of alumni relations and development.

Ms. Winthrop was born in Massachusetts. After graduating from Mount Holyoke College, she worked with independent schools around the country for 14 years, and most recently in Denmark.

"I underestimated the challenges of coming back to the United States," said Ms. Winthrop. "I miss the great work and life balance in Denmark."

"EVERY MORNING, the faculty sat together and had a one and a half hour breakfast together. I was home by dinner every day. However, it is nice to be

back home where I understand the language and the political system."

Unlike Ms. Winthrop, Ms. Reed returns to a familiar environment. During her first few weeks back at the school, Ms. Reed compared U-High to when she attended 18 years earlier.

"It's great to see the mix of change and consistency coming back to Lab. It's interesting to see the new facilities like Kovler Gym that weren't here before."

"IT'S ALSO GREAT to see teachers that are still here because this is an institution I love. Lab was my life and childhood. I feel lucky to come back."

In her first months here, Ms. Winthrop has outlined goals for her position as Director of Alumni Relations.

"I want to develop mutually beneficial relationships with alumni. Our goal is to develop a robust program, like the Lab-plus campaign for example. The campaign is used to build new buildings around U-High, like the new art wing."

"WE WANT to get the message out to members of the Lab community that participation matters and gifts are much appreciated."

"To connect with alumni we use an e-news letter, make phone calls, and set up fun events. For example, we had an alumni soccer game against Parker and we are hosting a young alumni 'Happy Hour.' We even go on the road to meet alumni, bringing Lab to them."

Similarly, Ms. Reed has fashioned plans for the year, with many ideas for her role as admissions head.



DISCUSSING PLANS to improve U-High, Executive Director of Admissions Irene Reed, Class of 1992, left, and Executive Director

of Alumni Relations and Development Pamela Winthrop spoke with Midway Editor Jay Upadhyay. Photo by Anisha Sisodia.

"I LOVE to see passion in prospective students, something that gets them up in the morning," she said. "Everything I do is an effort to attract and retain students who both benefit and give to the community."

"Through this, I feel I can make Lab more renowned by telling people who we are through what kind of students we have. I want students who can shape the future. I hope to do as much for Lab as Lab did for me."

Brief-ly

Look snazzy tomorrow, underclassmen

■ **SAY CHEESE**—Attention, juniors, sophomores, freshmen! Tomorrow, October 20, is your day in front of the camera for your 2011 U-Highlights photo.

Photographers from Stuart-Rodgers Studio will be taking photos of everyone in all three classes in the Journalism Office, Judd 014.

"Schedules are posted on the freshman, sophomore and junior class boards," said Sarah Husain, editor-in-chief with Ary Hansen. Both are juniors.

"We need everyone to take responsibility for checking schedules, arranging with the teacher whose class you are in at the time you are scheduled to be out for about 10 minutes, and looking nice. This is a photo of you people will looking at years from now."

Photo order forms have been delivered to freshman and sophomore advisories and placed in junior mailboxes.

"We are counting on everyone to review the forms and follow the instructions. Show up on time and have what you need to have ready for buying photos," Ary said.

Seniors were photographed last week in Blaine Courtyard.

■ **WHITEBOARD REVOLUTION**—A new type of eraser Sophomore Aysia Lewis invented in 5th grade has been patented and will arrive at retailers soon.

Already in use by U-High math teachers, the Eraser Mitt is a washable magnetic whiteboard eraser worn like a mitten. It uses a replaceable pad that absorbs more marker residue than standard erasers.

Aysia first presented the mitt at an invention fair while attending the Frances Xavier Warde School.

"A teacher of mine had a problem with losing her erasers and markers, so I thought up the Eraser Mitt," Aysia said. "My parents promote the product through an online website, and they also participate in trade shows."

The mitt is currently manufactured in China, and Aysia and her parents are making progress toward having

them manufactured in the U.S. beginning January 2011.

"Two weeks ago, the Eraser Mitt received patent approval from the U.S. Patent Office," Aysia explained. "It only costs \$3.99, and the replaceable pads are 25 cents each, so it saves a lot of money for schools."

"It's also ecologically friendly, since it eliminates the need for chemical dry-erase spray and reduces our landfills. Right now we're working on getting the eraser sold in large retail office supply stores."

■ **SCHOLARSHIP SEMIFINALISTS NAMED**—Twelve seniors have been designated Semifinalists in the National Merit Scholarship program and two others have been named Semifinalists in the National Achievement program for outstanding African American students.

Semifinalists are named on the basis of standardized test scores. They now move on to consideration for Finalist standing based on test scores, cocurricular involvement, counselor recommendations, grades and essays.

Merit Semifinalists are Fraser Brown, John Chen, Hannah Constantin, Charles Du, Brienne Ellis, Maya Fishbach, Rafi Khan, Nathaniel Levmore, Robert Meyer, Sam Neal, Stephanie Xiao and Claudia Yang.

Achievement Semifinalists are Sam Frampton and Alex Nesbitt.

The National Merit Scholarship Corporation, headquartered in north suburban Evanston, conducted its first program in the 1955-56 school year. The program has grown yearly and now the Merit and Achievement programs award about 10,500 scholarships. Scholarships are sponsored by the Foundation, colleges and universities, and corporations and businesses.

■ **FACULTY'S DAY OFF (NOT)**—When U-Highers are enjoying their day off Friday, November 5, it's certain faculty members will all be doing the same thing.

They'll be participating in the annual conference of the Independent Schools Association of the Central States (ISACS) at the Swissotel, 323 East Wacker Drive just east of Columbus Drive.

Some of the most prominent educators in the nation will present programs on topics ranging from the latest ideas in curriculum development to gender issues and presenting bullying, according to Mr. Jason Lopez, assistant director for educational program.

Teachers could choose the programs in which they will participate in a setting where thousands of educators across the Midwest will come together.

"The speakers and offerings are just what we had hoped," Mr. Lopez said. "The Professional Development Committee specifically decided to recommend school participation since the big names and the variety of presenters would be well beyond what we could construct on our won at Lab, and the conference is conveniently located for Lab teachers."

■ **RECRUITMENT OPEN HOUSE**—As tour guides, student organization representatives and entertainers, U-Highers will play major roles in the annual Recruitment Open House which begins 1 p.m., Sunday, November 7. About 300 people are expected to tour the school in small

groups and meet teachers and students in all school departments and representatives of school organizations. Two tour times will be offered, the first at 1 p.m., the second at 2:30 p.m.

For the first tour Bel Canto will perform "Bonzomo Madonna" by Antonio Scandello. For the second, the Chamber Ensemble will perform.

"The one thing I hope this Open House will do," said Admissions Director Irene Reed, "is to showcase how wonderful the High School is. We have marvelous faculty and beautiful buildings. But what we really have is great students. This is the most important thing that we have to offer."

■ **NEW CAFETERIA OFFERINGS**—Baked ziti, ravioli two ways, flank steak, beef and chicken kabobs, jerk shrimp, and roasted turkey breast. U-Highers can thank new Head Chef Rodolfo Arellano for all the new offerings in Cafe Lab.

Mr. Arellano, 32 moved from Mexico to Chicago 10 years ago to pursue a food career. He came to the school from a hotel position; it's his first experience at a school cafeteria operation.

"My previous job was at the Wyndham Hotel in Chicago as a banquet chef," Mr. Arellano said. "We worked separately, but here the chefs work as a team. I had to cook for all adults there, but here, it's kids and teenagers. It's an entirely different atmosphere."

"I came to U-High because I wanted to improve my skills. I wanted to learn how to cook for different types of people, not just adults."

Besides preparing food, Mr. Arellano also helps find and develop new recipes.

"I want to work more protein into the food. It's what kids really need," Mr. Arellano explained. "Of course, the first thing I look for in a recipe is how healthy it is. Flavor is also really important. If it's not tasty enough, then it doesn't matter how healthy it is if no one will eat it."

■ **MUSIC TO THE EARS**—In recitals sponsored by the Music Department last Thursday, October 14, and another this Thursday, October 21, U-Highers who study classical music in voice, piano, strings and winds are presenting solo and chamber programs.

The October 14 program presented freshmen along with 7th and 8th graders from the Middle School. The October 21 program will spotlight sophomores, juniors and seniors.

Thursday's recital, like last week's, will take place 7 p.m. at Fulton Hall in Goodspeed, 1010 East 59th Street.

■ **FAMILIAR FACE, NEW POSITION**—Replacing retired Attendance Coordinator Frankie Newcom, Guidance Office Secretary Kimberly Banister is splitting her days as an Attendance Coordinator in the mornings, and in the Guidance Office afternoons.

"My favorite part of my new schedule is that I have a lot more flexibility," Ms. Banister said. "Working attendance is a fun challenge for me, while in the afternoon I still get to do what I love in the Guidance Office. I am a move-around type of person, so I have no problem."

Ms. Newcom retired in June after 32 years. She kept her retirement secret, not wanting special attention. She did not return the Midway's phone calls.



AYSIA LEWIS and her successful Eraser Mitt. Photo by Taylor Crowl.

Recession hits U-High families with new limits

Nick Phalen
Associate editor

With both parents jobless, one junior boy's family is selling their downtown apartment after losing money in the stock market.

Another junior boy has begun to value spending money more.

THEY ARE not alone. Since Wall Street bank failures marked the start of the financial recession in 2008, almost 8 million Americans have lost jobs, the Labor Department reported February.

Yet the unemployment rate is still at a record high of almost 10 percent.

After working as a stock trader, the junior boy's father saw investments collapse as the market declined.

"I'VE BEEN GOING to Lab Schools since preschool," he said. "My dad used to be a stock trader with a firm downtown, so we were fairly well-off. Last year the bottom just fell out of the market. He spent a lot of time on his computer watching his money disappear."

As his family's savings ran out, the junior began to notice his daily life changing.

"It's most noticeable in luxury things. Buy it also shows up with things like just groceries. My parents have to buy almost just sale items for food.

"The fact that we have to move is more of a big deal. I've lived in the Loop for a long time and we have a nice building. It's just too bad we don't have a choice."

WITH FINANCES STRAINED, another junior boy's family may renegotiate the mortgage on their south suburban home.

The junior's father is a tenured professor at University of Chicago. While his parents' jobs are not threatened, he feels worse about spending leisure money.

"It's not as if we are about to go broke," he said. "The University of Chicago pays for my sister's full college tuition and mine is half off, so that is covered. But knowing that this is going on definitely has changed how I look at spending money.

"I just feel a lot worse asking my parents for money. I got a tutoring job to make some on my own. Still, I have always been surrounded by affluence at Lab school and I feel like I'm not part of that anymore."

The Battle Begins

U-Highers favor insider to replace Mayor Daley

Rafi Khan
Editor-in-Chief

Candidates who are not reformers are favored by students, parents and faculty members to replace Mayor Richard M. Daley, who after 21 years in office has chosen not to run again.

Ten candidates have announced bids for the February 22 general election so far, including Former White House Chief of Staff Rahm Emmanuel, Democratic firebrand and once Illinois congressperson.

THE NINE others include two U.S. Congressmen, a former Illinois Senate President and a former U.S. Senator.

A poll conducted last month by McKeon & Associates showed Cook County Sheriff Tom Dart, State Senator James Meeks, and U.S. Representatives Jesse Jackson and Luis Guitierrez, all Democrats, with most support from Chicagoans.

Many political columnists favor James Meeks, the socially conservative reverend of Salem Baptist, a Pullman area church with 20,000 constituents.

FOR U-HIGHERS, the mayoral election will be their first without Mr. Daley on the ballot.

"I'm going to support someone affiliated with Daley, who has connections with the current aldermen," explained Senior Tim Thomas III, whose mother, Latasha Thomas, has been 17th ward alderman for 12 years.

"The city's in a big financial hole and if we elected new people, they'd spend even more money trying to implement new policies.

"IT'S ALSO HARD to get anything done without some insider politics, because your opponents almost certainly will be playing dirty and you need connections to do that. Like my mom, she tries to stay clean, but she can't get as much done as her competition can even while working 50-hour weeks."

A new mayor will need to manipulate, not try to change, City Hall's complex politics, Junior Jacob Rosenbacher believes.

"I pick Rahm Emanuel," Jacob said. "Sure, he's



Art by Gene Cochrane

got a rep as an obnoxious Jewish man who's overly intelligent. But he's still the best bet because he's got lots of executive experience. I still don't think anything big will change in Chicago soon though, because he still has to build connections.

"FRANKLY, HE'S also the only candidate running on policy, not what race he is."

Longtime Chicago residents have witnessed a Daley leaving the mayor's seat before.

"When the former Daley left office, what followed was a period of interim mayors, many of whom had trouble consolidating enough power," said History Teacher Cindy Jurisson, a Chicagoan for 25 years.

"I think if someone who's looking to shake things up is elected, the same thing will happen until enough power from competing factions lines up behind somebody."

Director assesses educational trends

Akila Raoul
Associate editor

"If Rip Van Winkle were to awaken after a 20 year nap, the only thing that would not have changed is American education."

So said Lab Schools Director David Magill in his annual Planning Week speech to faculty September 2.

DESCRIBING THE American education crisis, Mr. Magill voiced his opposition to No Child Left Behind legislation.

"It is unfortunate that the No Child Left Behind legislation, developed primarily by politicians and enacted in 2002, morphed into what many refer to as a 'business model' of improving education," Mr. Magill said in his speech.

"Measuring outcomes through standardized testing and referring to those results as the evidence of learning and the bottom line is, in my opinion, misguided and, unfortunately, continues to be advocated under a new name and supported by

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**I believe we will see real progress in the next five years.**

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-Lab Schools Director David Magill

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the current administration."

**BEGINNING HIS** teaching career 40 years ago at a public school in Philadelphia, Mr. Magill experienced public education's difficulties.

"It didn't take me long to realize that it would be very difficult for me to save the world in a classroom without books, in a building that was poorly maintained, in a system that seemed to be at war with its teachers, and where parents were clearly not interested in a home and school partnership," Mr. Magill said.

Mr. Magill is optimistic public education's future, he told the Midway.

"Good improvements would be class sizes less than 25 students, longer school days, a good dose of the arts for all students, reduced emphasis on teacher certification requirements and residential schooling for children whose family supports do not complement the efforts of schools," Mr. Magill said.

**MR. MAGILL** believes high teacher quality will continue to distinguish Lab Schools.

"My main objective at the beginning of the year is to remind us of the core values of Lab that have made our schools successful and will continue to sustain us," Mr. Magill said. "I want to call on each individual to take responsibility for quality control. I believe we will see real progress in both over the next five years."



Mr. Magill



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# New schedule leaves some faculty uneasy

Rafi Khan  
Editor-in-Chief

With plans proceeding to implement next year’s new schedule, some faculty members feel in retrospect that their opinions were not as influential as they’d originally hoped.

After three years of debating different schedule models, faculty members voted 28-21 at their March 3, 2009 meeting to recommend a final version to the Lab Schools Board. The Board approved the model last May.

**STILL, SOME FACULTY** members, particularly science teachers, were unhappy because freshman and sophomore science class time would have decreased by seven percent.

Some teachers also objected to reductions in students’ unscheduled time and the loss of one schedulable period. Several mourned the loss of Thursday double lunch, which they felt was the heart of many activity programs.

Some faculty members asked to continue discussions at the June 8 faculty meeting. At the meeting, Principal Matt Horvat handed out a statement saying there was no turning back from the schedule, meeting records show.

**“WHEN I ASKED** if we could keep discussing changes, Mr. Horvat said no, but we were free to ask questions,” said Science Teacher Daniel Jones. “I then asked questions about how the schedule would damage science education at U-High, but none of them were responded to.”

Though he said there was no turning back from the schedule, Mr. Horvat, working with Registrar Brent LaRowe, altered the model last summer because there weren’t enough facilities to implement it.

In doing so, he also resolved many of science teachers’ concerns.

**“PERSONALLY, I** was happy with the changes,” said Science Teacher Sharon Housinger. “They resolved a lot of the issues the Science Department had pointed out for years with the old schedule, like increasing lab time. It just bothered me that he changed them over the summer without showing anybody.”

The changes weren’t shown to faculty until Fall because they were minor, Mr. Horvat said.

“Nothing about the overall structure was altered very much,” Mr. Horvat said. “When school started this Fall,



**PETITION IN HAND, Shannon Vavra, right with Maddie Lindsey, voiced her opinion of the new schedule to Student Council members September 20. Photo by Sarah Husain**

I showed the modified model at the faculty meeting, but didn’t put it up to a vote because I felt I hadn’t changed the spirit of the previous model.”

**THOUGH THE BOARD** approved the schedule, more changes shouldn’t be ruled out, feels Science Teacher Daniel West.

“With the current schedule, student unscheduled time takes a big hit,” Mr. West pointed out. “Coupled with the change from nine to eight schedulable periods, many students will only have the designated community times free. So I don’t know when all that goes on during free time now—club, sports and one-on-one teacher meetings and accommodated testing, for example—will take place.

“The administration has worked hard to accommodate the needs of the Science Department by arranging the schedule to fit as many courses and sections as we currently teach. What I haven’t seen is the evidence that they’ve worked as hard to accommodate all those things the students presently do with their unscheduled time.”

# Principal still offering lunchtime schedule forums

Rachel Sylora  
Editor-in-Chief

You have questions, and he has answers.

Serving on the scheduling committee since he came to U-High five years ago, Principal Matthew Horvat led the critical examination and creation of the new schedule.

Hoping to clear any confusion about the new schedule, Mr. Horvat is holding open meetings during every double lunch in the month of October. However, at the first meeting October 7, no students showed up.

**“I WISH STUDENTS** came but it was a beautiful day outside, and during double lunch,” Mr. Horvat said. “I was ready to have the meeting, and I will be ready this Thursday, and next Thursday.

“I want to present the new schedule and answer any questions about it. I also want students to see that this is a positive change.

“Of course, that will be difficult. Change is always hard. Faculty and I have worked hard to create this new schedule that I believe will benefit the school in the long run. If I didn’t think that, I would never do this.”

**CONFIDENT THAT** the new schedule will reduce student stress levels, Mr. Horvat understands the students concerns about the new schedule.

“I hear their objections, and I get it,” Mr. Horvat explained. “I guess however the new schedule was rolled out, students wouldn’t have been happy. It will take a couple years for them to stop worrying about it. The one change that we made in 47 years of the old schedule is that we added float period. If you ask faculty who have been here for a while, they don’t think float is a particularly good thing.

“With the new schedule, students will have a richer experience.”

# Six plays, one production

*(continued from page 1)*

experience.”

Junior Jolisha Johnson, coassistant director with three other U-Highers, feels students and families will enjoy the one act plays’ humor.

**“THE SHOWS** depict everyday life situations, and the jokes featured in the play are geared more towards adult level comedy,” Jolisha said. “I think any audience member will find the plays entertaining. The humor used is everyday comedy that everybody can relate to in their own lives.”

The performance’s pace will be most appealing to the U-Highers and their families, believes Junior Sydney Fishman, assistant director.

“When I first heard about our setup for the fall play, I was intrigued by the one-act play idea, because when someone looks at a series of one-act shows, they think the play is up-beat,” Sydney explained.

**“BECAUSE OF THE** quick speed, I think audience members will definitely be engaged, but I also feel the production offers viewers a variety of different, off-beat comedic tastes, despite being written by the same person.

“Even with history as the primary subject in the play ‘Variations on the Death of Trotsky,’ the playwright produces sophisticated, well thought out jokes.”

Using bright accents and casual patterns, Costume Crew Heads Sydney and Delia Privitera, senior, stress characters’ youth.

**“NONE OF THE** outfits the characters will wear would suggest anything other than 2000’s fashion,” Sydney explained. “Even though the costumes will be modern dress, we can’t have drab colors in the outfits, because the show is a series of comedies. The costumes we are planning to use include clothes you see on the street, but we’re thinking about characters in the show and what fits them.

“At the same time, we are also putting in subtle accents, for example, somebody

might have a blue quill or blue pocket squares – subtle things like that to attract the audience’s eye. Costumes will be business casual and the characters have to look respectable for their job, but can’t look too formal at the same time.”

Matching costume fabric and stage design, Senior Charlotte Lastra, student tech director, feels the simple set, which she constructed with Drama Teacher Allen Ambrosini, technical director, can work well with all the different scenes.

**“BY PAINTING** the set checkerboard with lots of bright colors, the set complements the show’s comedic feeling and reflects the excited, fast-paced scenes,” Charlotte said. “There are a couple of different levels running around the sides of the stage. The toughest part of constructing the set was that we needed to accommodate for the various types of movements in Ives’ plays and find an interesting balance.”

Cast members not previously mentioned in the story are as follows:

**“THE UNIVERSAL LANGUAGE”**–Zoe McDaniel, Nicholas Phalen, Loren Sosnick. A man and woman converse in an invented language.

**“WORDS, WORDS, WORDS”**–Dylan Lambert-Gilliam, Loren Sosnick, Wilson Sinclair. Three chimpanzees try to write the play “Hamlet.”

**“PHILIP GLASS BUYS A LOAF OF BREAD”**– Terry Kirk, Nick Phalen, Giorgi Plys-Garzotto, Emily Hsee. Philip Glass’ conversation becomes an imitation of minimalist composing style.

**“VARIATIONS ON THE DEATH OF TROTSKY”**– Terry Kirk, Dylan Lambert-Gilliam, Maddie Lindsey. A historical parody of Soviet Russian Leader Leon Trotsky’s death.

**“THE PHILADELPHIA”**–Adam Kelsick, McKenzie Zimmerman, Wilson Sinclair. Two men discuss being in different states of mind or “cities.”

**“SURE THING”**–Eric Pettinato, Jolisha Johnson. A man and a woman begin a conversation that resets when they make mistakes.

Crew heads not already mentioned:

**Lights:** Isaac Nicholas, Jeremy Archer, Joe Martin; **sound:** Jamell Brown and Jeff Brehm; **box office:** Jolisha Johnson.

Masters and mistresses are as follows:

**House:** Jonathan Worcester; **publicity:** Maddie Lindsay; **furniture and props:** Giorgi Plys-Garzotto; **shop:** McTavish McArdle.

# Say What? Schedule Edition

Compiled by Moira Differding



Monica

**MONICA VALENZUELA, freshman:** I don’t like it because it will be harder to pay attention in a longer class.



Miguel

**MIGUEL PACHICANO, junior:** So far I’ve heard it’s the same as other block schedules. I’m not too sure about it, but it doesn’t sound too appealing to me.



Nadja

**NADJA BARLERA, sophomore:** I don’t think it’s as bad as people say it is. But I like our schedule now and don’t think anyone will benefit from it.



Dan

**DAN BREWER, senior:** I know the schedule will have longer class periods and less free periods. Students are over-worked already, and need free periods.

# Students react, principal hears

*(continued from page 1)*

students see it, I think, is that we have the choice to leave one period free.

“Also, with these communal free periods, I think people aren’t thinking about how crowded that will make our resources. If everyone has free time at once, imagine what the library will look like. I just don’t think it makes sense from a practical perspective. Those are the kinds of things we are hoping to get across in the petition.”

Mr. Horvat says the petition addresses pertinent issues, but some complaints seem misguided.

“I think that the petition makes a lot of good points,” he explained in an interview. “Like, the fact that all-school free periods will create a strain on resources is an important thing to think about, and something that we are working out. The fact that 75-minute periods will feel different for students; that is something that we will be working on in our upcoming pro-

fessional development day and even more this coming Spring.

“But other parts of the petition are things that I just don’t think would be in the best interest of the students. It is obvious to me, and it is probably to many students, that U-High is essentially a pressure cooker.

“Students want to take as many classes as they can. But, I think that it works out a lot better for students if there are fewer periods in a day.

“Of course I want kids to learn about what they want to learn about, or take the classes that they want to take. But, I also think that having fewer periods it will really be a difference people notice in making the school a lower stress environment.

“Also, I have made a lot of copies of current student’s schedules and gridded them on next year’s schedules, and in some cases, students will have more time to themselves. So, it’s not really as though we are taking away student’s free time and making them sit in class.”



# Relief

from the

# GRIND



Looking through the sets of refreshments, Sophomore Jordan Einhorn finds a Yogurt Parfait to satisfy her cravings.

Whether it's cinnamon rolls or a nice fruit tart, you'll find something you just gotta have at the Medici. A salve to the long school day and satisfying every taste, a trip to the Medici is guaranteed to take your mind off homework.



Tired from the day's classes, Sophomore Amartya Das finds a turkey sandwich to enjoy.

*Photos by Taylor Crowl*



To go along with his sandwich, Amartya looks for a sweet treat at the well stocked bakery.



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# MAKING their GARDENS GROW

## Health takes spotlight as food habits evolve

Spencer Lee  
Associate editor

A cultural movement towards healthy food is thriving. Food Network is rated on the top 10 cable television rankings in 2010 and mainstream magazines such as People magazine, are now including nutritious recipes every issue.

**THE CAUSE OF** this recent attention towards the importance of locally grown food is the realization of America's growing obesity rate, which has tripled in the last 30 years, according to the New York Times. Currently two-thirds of Americans are obese, according to Lab Schools' Nurse Martha Baggetto.

"Due to the realization that America is steadily becoming more obese, outlooks on eating healthy and getting fit have definitely improved," says Nurse Baggetto. "People are starting to buy organic and locally grown produce mainly because they are starting to realize what they are actually eating."

"Now we also know that meals made to microwave have a higher percentage of sodium than food from scratch. A lunch that consists of homemade mac and cheese your mom made for dinner last night is a lot healthier than a lunch of mac and cheese from Kraft that requires nothing but water and a microwave."

**ELEVEN MILLION AMERICANS** under 18 suffer from obesity and health problems, including diabetes, artery damage, high blood pressure and high cholesterol.

Government action has helped overweight children and teenagers fight obesity in Illinois, according to Ms. Baggetto.

"The state of Illinois mandates that kids going into Nursery, Kindergarten, 6th and 9th grades need to be screened for possible health problems such as diabetes, and body mass index beyond the suitable age group."

"This helps families get on track about eating healthy, and this definitely helps kids stay fit. It also helps families identify risks and problems right there with their doctor present."

**"WE DON'T SEE** much of it at Lab, but there is also evidence out there that links social economic status to poor health. Unhealthy food is cheaper and can damage the body in the long run."

Bringing new dishes to breakfast and lunch menus, Café Lab's new Head Chef Rodolfo Arellano from Aramark, the company which operates the cafeteria, incorporates health aspects into all of his recipes.

"At the cafeteria, I use 100 percent vegetable oil, and low sodium in everything we prepare. The food that Aramark provides us is fresh and healthy. We try to incorporate as much of the health aspect of things, without losing the taste."

**"SOME CREATIONS I** have brought to U-High are the flank steak and herb roasted vegetables. I find that using more organic ingredients helps push the flavor of food to a new level. I try to use as much as I can get my hands on."

"Food plays a key role in our lives, internationally speaking. It shows where cultures have been, what they make of their surrounding regions regarding ingredients, and what tastes have developed over years and years. I believe this recent boom in ethnic food enthusiasts in the United States is partly due to the world coming together and partly because people are becoming more closely knit in terms of respect and interest for one another."

White House Assistant Head Chef and U-High graduate Sam Kass, Class of 1998, applies healthful ingredients to cooking.

**"WE ARE FACING** some serious challenges to our health, and many Americans are looking for solutions," said Mr. Kass, a chef well-known for focusing on organic vegetables, interviewed via email. "It shows that Americans now have an increased awareness for eating healthy. I think it's great that people are working for a healthier next generation."

"In my kitchen, I use tomatoes, corn, spinach, broccoli, greens, sweet potatoes, lettuce, beans, you name it. We have an extremely wide variety of food in the garden. Everything is so fresh, I don't have to do much. I just make sure none of the ingredients get messed up."

## Bringing healthy eating home in

Jay Upadhyay  
Associate editor

Buzzing bees, juicy red tomatoes, crisp heads of lettuce, and peppery basil make for delicious homegrown meals in some U-High households.

Moving from an apartment building in East View Park to his current house on Dorchester Avenue, Senior Michael Shapiro's mother grew interested in starting a family garden due to the added space. Carrying on the tradition of her mother, Michael's mother started a family garden in 2000, and Michael has helped since its initial setup.

**"WE MIXED COMPOST** with regular soil, planted the seeds, and oriented the rows so that the vegetables would have enough space and sunlight," Michael said. "I help water our garden daily and harvest the vegetables for dinner."

Michael's family arranges their garden in vertical rows with each type of vegetable in a separate row. Surrounded by bushes, the garden appears both homey and serene. Michael finds gardening does not require a great deal of work due to recyclable resources used to harvest the vegetables.

"My family grows all sorts of vegetables, tomatoes, eggplant, peas, different types of lettuce, and herbs. We enjoy producing our own vegetables because we feel more connected to the environment and food, and we enjoy the taste of fresh, harvested vegetables in our meals. We accumulate seeds from the vegetables we grow and reuse them to harvest new food. We use soil from the compost in our backyard and water from our house."

**"BECAUSE OF ITS** limited scale production and rapid cli-

mate changes, raising your own food has limitations, and thus it is not fully sustainable. The fresh taste, is unmatched.

"Growing your own vegetables isn't fully sustainable. But when we can, it is nice to have fresh food in our meals. We feel more connected to the environment and the food, and the fresh taste of harvested vegetables isn't matched by store products."

After her father proposed the idea of beekeeping six years ago, Freshman Katie Harris decided to support the venture and soon grew deeply involved in and outside of her backyard.

**"I THINK HONEYBEES** are really interesting because they are vital to fruit and vegetable growth. For my 5th grade science project, I painted a beehive red to see if the color of the hive affected honey production. I found out that it generally does not, but I had a lot of fun working closer with the bees."

Similar to a vegetable garden, keeping bees doesn't require a great deal of outside input after the preliminary setup.

"The initial cost to set up a hive is \$250, and it costs \$75 a year to maintain each hive," Katie said. "This doesn't include the cost of extraction, filters, and bottles that will vary depending on the size of your honey production. But once you get the bees in the hive and they stabilize, you don't really have to do that much work."

Katie enjoys keeping honeybees because they help her backyard and offer fresh honey for her family.

**"THE BEES HAVE** made our flowers and garden much prettier, and our honey is a lot better than the stuff you buy in the store. We don't put any antibiotics or pesticides in our hive. We give our honey away to our friends, and it really

helps our friends who

Locally grown honey bits of pollen mixed in of honey help build in

Katie's family prefer and their friends.

**"WE DON'T LIKE** package and label it give it away to our friends up having extra, so we Street Art Fair."

Unlike Katie and Michael, their family's food preferences to reap the benefits doing the work himself his family's self-raised.

"My mom has always since before I can remember 60 tomato plants. My seeds, and waters the even supports for the vegetables to grow to their

**HENRY SEES HIS** different aspects of the appeal of a garden.

"Homegrown food is have a freezer in our made from our tomatoes. Our garden is beautiful advantage is the main



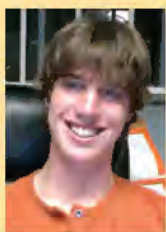


# W a NEW ART of Cookery

## Iron Chef U-High: The best of students, faculty in the kitchen

Jeremy Woo  
Associate editor

Donning his brown woolen cap and white cotton apron, Senior Nick Chaskin begins a nine hour day at Bakin' & Eggs, 3120 North Lincoln Avenue. As 1980s pop music chimes from a nearby boombox, Nick, wielding a pastry bag, meticulously pipes wee purple butter cream rosettes upon a four-tier wedding cake.



Nick

His expert skill stems from hours of practice under the guidance of his father Robert, a self-taught cook.

**"WHEN I WAS** 4, I began doing prep work in the kitchen, such as chopping and peeling, to spend time with my dad," Nick said. "However, I didn't really start to like cooking until

4th grade, when I realized I was good at it."

After two years of cooking classes at The French Pastry School downtown, Nick is working as a professionally-certified pastry chef, spending the past two summers under 2001 World Champion pastry chef Bob Hartwig.

"I took a couple cooking classes with Bob Hartwig a few years back, and after we finished, he offered me a job," explained Nick. "My first summer, I worked at his bakery Lovely on the North Side, doing basic things in the kitchen. Last summer, I worked at Bakin' & Eggs instead. Although it has a bad name, it was really enjoyable, and I did more advanced work, such as designing wedding cakes."

**AND IT'S NOT** only Nick who enjoys the kitchen. At U-High, several students and teachers are passionate not only about tasting, but preparing delicious dishes.

Math Teacher Paul Gunty has attained fame around the school for his trademark apple pies. Mr. Gunty has hosted Artsfest workshops in recent years, in which students work together to prepare and eat the pies.

"I started making the pies around 1975, when I was in college," Mr. Gunty said. "The original recipe is my mother's, which I have tweaked

and like to think I have improved upon. When I coached the girls' swim team, the girls would always do team fundraising activities, including bake sales. I wanted to be able to contribute and bake something, so I started bringing in my pies.

**"PEOPLE REALLY LIKED** them, and I was asked to do Artsfest, which I now do every year with about 10-15 kids. When we have parties in the Math Department, or when I have family events, I usually bring the pies as well. Although I make dinner at home, I don't really enjoy it. The pies are a nice change from that.

"Every fall, I go and pick the apples fresh. I make the crust, which is light and flaky, myself, not out of a box. The pies have a crumb topping instead of your usual lattice strips, and I use cinnamon and nutmeg for flavor. After getting all my ingredients, I make a bunch of them and then stick them in the freezer, for whenever the occasion calls. From there, it's just 45 minutes in the oven and ready to eat."

College Counselor Melissa Warehall discovered her passion for cooking recently.

**"I COOKED SPORADICALLY** throughout high school and college, but I really became interested when I moved to my new home in Woodlawn, about three years ago," Ms. Warehall said. "It has relatively new kitchen appliances and a lot of counter space. My last kitchen was awful. The oven didn't work and the refrigerator was older than me.

"Not long before I moved, I started to watch food shows on T.V., especially competitions. So with access to working, state of the art appliances, I was eager to learn to cook real food, that is, dishes with more than two ingredients."

Ms. Warehall puts her new equipment to good use, regularly making a variety of meals at home to share with her husband Paul.

**"MY HUSBAND LOVED** trying my attempts at new dishes, and now I cook at home about five nights a week. I have a few go-to recipes, such as chicken breast with spicy peanut sauce, homemade pasta with mushrooms, poached fish, and quiche. I love the ability to experiment with food, especially fresh vegetables and herbs and spices."

At the Lab Schools, experimentation with food is introduced in Middle School, where students participate in Home Economics and World Cuisines electives. Junior Martin Garrett-Currie cites Ms. Bea Harris' courses as his culinary inspiration.

"In Ms. Harris' World Cuisines class, I made a bouillabaisse which turned out quite well," Martin explained. "It took me about two-and-a-half hours to finish, and despite my exhaustion, it felt great when I was done. I find it stimulating how simple changes can make a whole dish taste different. I usually cook one or two times a week, when my parents don't have time. I'm happy just cooking at home, but later this month I am expanding my horizons and catering a date for a friend."

**ALTHOUGH MARTIN DOESN'T** plan on cooking professionally, there are more ways to work at an eatery than just in the kitchen. Senior Emmy Ehrmann finds the business aspect of the restaurant industry attractive.

"I bake once a week for peer leading, and sporadically for my family," Emmy said. "I sometimes entertain the thought of going to culinary school, but it's a little unrealistic because it's such a difficult field to break in to.

"My dream job is working as a food critic or restaurant owner, but not as a chef."



All art by Gene Cochrane

## in their own backyards

to have pollen allergies." Honey remedies allergies because honey has been used for centuries, as Katie said. Small, controlled servings help build immunity to pollen allergies.

ers keeping their honey between them and the bees. We do, however, use a design I created. We usually give them as gifts. One season, we ended up deciding to sell some at the 57th

Michael, who are closely involved with the production, Senior Henry Bergman preaches the benefits of homegrown vegetables without the pesticides. Henry's mother is responsible for the tomato plants.

has been a gardener. She's grown plants for her family member. Right now we have at least 100 plants. My mom spreads the fertilizer, plants the seeds, and the plants. My dad helped make wooden frames to wrap around which allow the plants to grow full size."

family's vegetable as useful in many ways, including cooking, and also enjoys the aesthetic appeal of the garden.

is tastier than store-bought, period. We have a basement filled with different foods and recipes: soups, sauces, pastas, and jellies. It's fun, and it produces food. The only downside is maintenance, but my mom loves that."



**CLAD IN a protective suit and hat, Katie Harris smokes down her bees. Smoke calms the bees and forces them into the bottom of the hive.** Photo Courtesy of Katie Harris





# AS THE MIDWAY SEES IT

## A bold petition, then a strange vanishing act

First all the noise. Then all the quiet.

For more than four years, faculty and administrators have designed, debated and repeatedly redesigned a new schedule for U-High.

Administrators announced last Spring that the schedule, still under revision, would be implemented next year.

After all that, you'd think that'd be it.

But just weeks after school started, three juniors circulated a petition and created a Facebook page opposing the schedule because it reduces unscheduled student time and eliminates Thursday double lunch, which has long been vital to many activities.

Students also felt administrators hadn't sufficiently considered students' views and concerns.

After 290 U-Highers—almost three fifths the student body—signed the petition, the writers sent it two weeks ago to Lab Schools Board Chairperson John Rogers.

Learning of the petition, Principal Matt Horvat planned four information sessions to invite students to voice their questions and concerns, the first held October 7.

And not a single student showed up.

The petition writers, of course, were among those absent.

They said they had other obligations during the time of the first session, but planned to attend a second session last Thursday.

They also said some students who signed the petition or joined the Facebook page didn't feel attending an information session would prove useful.

And some just didn't want to give up a double lunch.

Oh, the irony.



## MIDWAY MAILBOX

### Everyone's voice matters in changing schedule

From Maddie Lindsey, junior:

BY NOW, in one form or another, most students have heard about the new schedule.

Chances are that the things you've been told are watered down rumors. Students and parents have not been given easy access to information about this upcoming change.

The new schedule is going to make a huge impact on our day-to-day lives. Classes, club meetings, sports, they'll all go up for grabs.

Yet the student body didn't get to play a significant part making any of these decisions?

The students are what the Lab Schools are all about. Suffice to say, the school wouldn't be where it was today if not for our contributions to life inside and outside of school.

Since the only student input to the Schedule Committee's report that we see was "anecdotal feedback" (page 16), it would be fair to say that the new schedule was not truly created with the student in mind.

Leaving students out of the decision-making process resulted in some of the inherent flaws as we see it—lack of a late start Monday, eight classes instead of nine, school-wide free peri-

ods (resulting in crammed libraries and computer labs and lack of productivity), and the lamented loss of double lunch.

With changes as big as these affecting so many people, it is necessary that all parties be consulted.

Every possible outcome should be considered, and new perspectives would be brought to the table. Problems could be avoided, stress levels reduced, and a positive end result would be achieved.

Students can and should advocate for our education. Just because we're teenagers doesn't mean we don't have a position—on the contrary, when we put our heads together, we can achieve great things.

We need to become better watchdogs of our schooling and actively participate in the decision-making process.

We were brought up as independent thinkers—let's use that strength on the issues that affect life at Lab.

**Editor's note:** The Midway appreciates Maddie's valuable letter but journalistically is obligated to report that it has published news about schedule changes for the past four years, including student opinion. Principal Matt Horvat posted information on the Lab Schools website last month. Mr. Horvat also announced schedule discussion forms for students all four double lunches this month. Mr. Horvat will also hold a schedule information and forum for parents 7 p.m. Thursday in Judd 126.

## OPINION RACHEL SYLORA

### Teenage gay suicides nothing to laughing about

A SKELETON walks into a bar and asks for a beer and a mop. Like this column, tragedies can start with really bad jokes.

Last month, at least nine gay American youth committed suicide because they were bullied.

Eighteen-year-old Rutgers Freshman Tyler Clementi threw himself over the George Washington Bridge three days after his roommate and a friend streamed live a sex video of him and another man—then Tweeted about it.

But Tyler's story is only one case of cyberbullying, especially towards gays.

As sites such as Facebook, Formspring and Youtube rise in popularity, cyberbullying has taken a more publicized form. Virtually anyone can access photos, comments, and videos

with the click of a button.

And on sites such as Facebook, each joke not only appears on the victim's page, but also on everyone's "Newsfeed," allowing others to join the harassment, sometimes anonymously with no apparent consequences.

What makes the situation worse is that any "friend" can "like" these attacks. Even when they're not jokes. The thing is, most of the time, the comments reflect teenagers being teenagers, who can be mean.

It's impossible to know how those comments will affect their targets since sexual orientation is so personal and most adolescents aren't sure. In Tyler's case, his roommate clearly crossed a line.

Tyler even updated his Facebook status the night he committed suicide: the grim message read, "Jumping off the gw bridge sorry."

But that didn't draw anyone's attention. Not soon enough, anyway.

## SAY WHAT?

Compiled by Spencer Lee

If you could give yourself any U-High-related award, what would it be and why?



Connie

**CONNIE HE, senior:** The Fraser Brown Award. Because she does right and kills everything.

**ALEX ORTEL, junior:** I would probably receive the Sugar-Free Red Bull Award. I love to fly, but without the extra baggage.



Alex

**MARICARMEN PACHICANO, sophomore:** The Best Mexican Award. The guacamole I make can sweep anyone off his or her feet.



Maricarmen

**BOLUWATIFE JOHNSON, freshman:** Probably the Ahem, Why Are You Talking To Me Freshman? Award. I've gotten that a lot of that this year.



Boluwatife

## U-HIGH MIDWAY

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A DEEP BREATH and a moment of soothing meditation give Rafi Khan and his childhood nanny, Zuzu, a break from touring the ancient Kodai-Ji temple in Kyoto’s Southern Higashi-yama district September 2. During his 10-day vacation, Rafi and his aunt toured Osaka and Kyoto while his mom attended a medical conference. Because his family has lived in Japan, they also took the time to reconnect with childhood friends. Photo courtesy of Rafi Khan.

CURRENT EVENTS NICK PHALEN

Would anyone like to spare any ‘change’?

TWO YEARS AGO, U-Highers mounted a multi-state effort to elect the once immortal Candidate Barack Obama as President of the United States. Not surprisingly, this year U-Highers oppose the ultra-conservative Tea Party with the same vigor. THE GROUP OF radical rightwingers stand for everything that liberals don’t. Less welfare, less regulation and less government in general. But the fact remains; it’s Teatime in America. THIS SUMMER, PRIMARY voters from Alaska to Delaware voted for Tea Party candidates over their more mainstream opponents. But several of the Tea Partiers have far worse odds of beating Democrats in the November 2 in the general election, according to Cook Political Report. With a Republican-controlled Senate substantially less likely, many wonder why voters nominated Tea Party candidates in the first place. THE ANSWER PUNDITS have resorted to is that Tea Party voters are simply ignorant. A sentiment that many U-Highers would doubtless believe. The fact that Tea Partiers may have a point has largely been ignored. America’s debt could cause a major upheaval. Health care reform may prove a bottomless money pit. Nobody knows. The scene is similar to the hype before the 2008 elections. GEORGE BUSH’S APPROVAL ratings had dropped below 30 percent and Americans, especially U-Highers, threw their weight behind Barack Obama. They expected his trademark “change,” but nobody knew if he could deliver. So far the change has not materialized, proving many U-Highers, essentially, wrong. THE SAME UNCERTAINTY defines the Tea Party movement. But Americans, including U-Highers will have to wait for their answer.

A foreign hometown, revisited

The moment I dragged my two suitcases off a train into the central train station in Shin-Osaka, Japan, on a Monday night late last August, it felt like I’d dropped into a sea of Japanese businessmen. Waves of white collars, blank pants and briefcases buffeted my mother, aunt and I while flooding through the myriad souvenir shops, bakeries, restaurants and massage parlors lining the vast terminal’s walls. BECAUSE MOST OSAKA residents use their extensive train system, the stations reflect a microcosm of the safe, crowded, clean city, Japan’s second most-populated. We’d come to Osaka so my mom could attend a Mysothelioma conference, but she and I had lived there with my dad while she earned her PhD, when I was a child. Back then, between preschool, Pokémon cards and anime cartoons, I’d apparently mastered the language—at least, at a 1st grade level. “Do you remember any of this?” my aunt asked. I stared at the intricate Japanese and Chinese symbols on the surrounding signs and advertisements. I struggled to pick up the rapid, overwhelming chatter of two nearby girls, who, like all Japanese women, were perfectly beautified and groomed. “NOPE,” I RESPONDED For these 10 days, I would’ve been better off as a kindergartner. Though we’d officially come for the conference, my mom left plenty of time for visiting old friends. The

night after we arrived, my mom’s mentor from college—and once my nanny— Zuzu, threw us a party at her home near the city’s outskirts. Though she claimed, with characteristic Japanese modesty, that she’d done little work, we entered her small home greeted by the aroma of more than 10 homemade dishes, from sushi and tempura to fried shrimp and cooked vegetables. OUR FORMER NEIGHBORS screamed with delight and rushed to hug us. As they chatted in rapid Japanese about how big I’d gotten, I scanned their faces, hoping in vain to recognize one. The only other person my age, Moé, shyly waved at me as our parents explained how we’d played together when we were younger. She didn’t remember me either, but she spoke a little English and I learned about a Japanese high schooler’s life. Not surprisingly, shopping was a big part—second only to homework. BUT AS I struggled to communicate around the crowded dining table with friends now strangers to me, I never felt alienated or uncomfortable. My aunt and I would spend the next week touring the temples, shrines and downtowns of an unfamiliar country, constantly bewildered by language and culture barriers. But that night, strangely enough, we all felt back at home.

FASHION WILLIAM CHUNG, SPENCER LEE

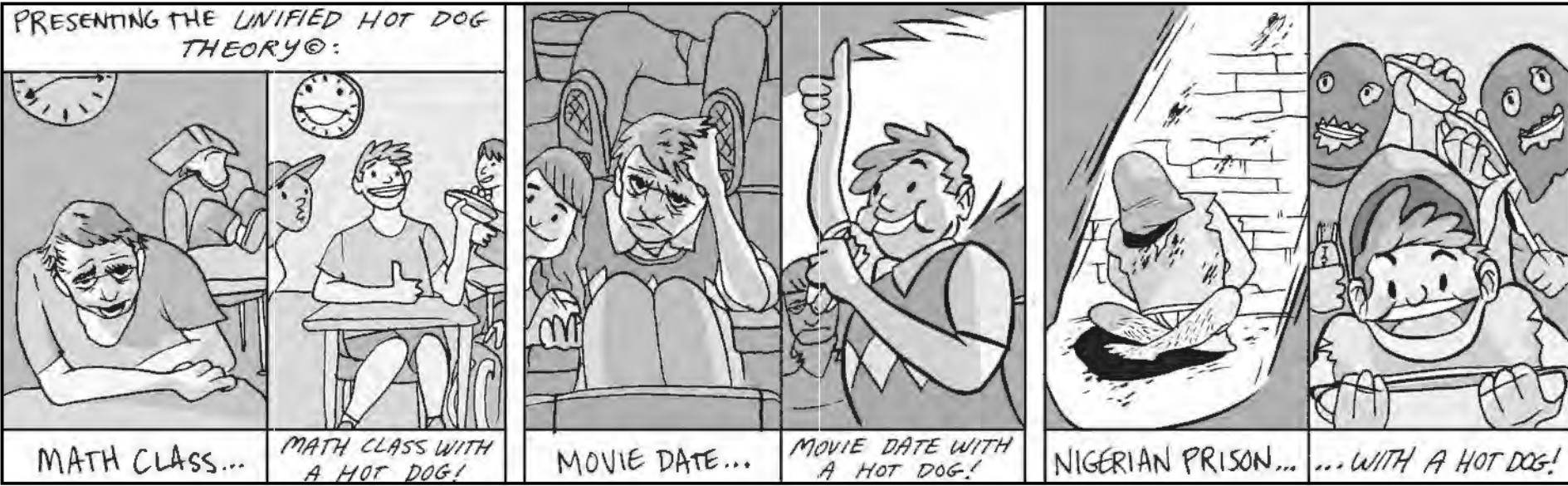
A ‘Privilege’ in Bucktown

Editors note: We’re the first male Midway fashion columnists in 20 years, William Chung and Spencer Lee. To celebrate we are devoting our column this issue to males. Recruiting Junior Alex Ortel as model, we drove to a Bucktown Boutique, Personal Privilege at 2145 North Damen. W: Personal Privilege. What did you think? S: Friendly atmosphere, soft drinks bar, and sharp clothing. I’d say a pretty cool place. W: I didn’t like the fact they had no skinny jean options, or even straight slims for that matter. S: Exactly, the ones Alex has on were the skinniest option there. They didn’t look half bad on him, though. They’re pretty straightforward and they contrast nicely with his AVVA jacket and v-neck. W: A bit on the expensive side, though, they cost \$200 and \$50. S: Although their selection of shoes was pretty sweet. I liked their wide variety to choose from classic loafers to some original high tops. W: Yeah, I thought Alex really rocked the navy J Shoes. It’s not everyday you get to see a store that has some classy looking shoes and ones you can wear to club. Also a bit expensive, though, \$100 does set you back. S: True that. I really liked their shirts though. Alex pulled off the graphic tees they had. W: I agree. Their shirts had a punk rock taste to them, a sort of rebellion against the Plain White Tee. Got the B.A. feeling while perusing through their selection of shirts. The sweaters did seem over the top though. Maybe its just me, but I’d rather not go around looking like I’m in a marching band. S: Also, the music really gave the store a modern feel. Not stuffy or pushy like department stores. You could tell it’s not a chain. W: I know what you mean. The DubStep playing in the background was a pretty pleasant surprise. S: Overall, the shoes were pretty sweet but I’m not a baggy pants kind of guy. The graphic tees might



OUTSIDE PERSONAL Privilege, Junior Alex Ortel stands outside the boutique for men and women, 2145 North Damen. Alex rocks a classy AVVA sweater and V-neck, True Religions Jeans, and blue J shoes, all from Personal Privilege. Photo by Taylor Crowl. seal the deal for some people, although a few might not be appropriate for school. S: Ha ha, I’d say if you have an open mind I’m sure you can find a few gems.

Lorem Ipsum.....by Gene Cochrane





## DINING IN AND OUT NICK CHASKIN

# A perfect pork plan to flavor delicious autumn eating

I like pork. I don't think it is possible to understate how delicious properly prepared pork really is. It is versatile, cheap and flavorful. And with autumn upon us, there are so many seasonable pork dishes worth trying. One of the best things about cooking a pig is the way its mild flavor carries seasoning and sauces. This quality, however, makes it imperative not to under-season it; pork can go from BAM to bland very easily. The other key to cooking pork is not overcooking it. You can have perfectly seasoned tenderloin; go from juicy, succulent and sublime to dry, tough, and stringy by leaving it in the oven for just minutes too long. One of my favorite pork dishes, and one of the easiest to make, is Cuban pork tenderloin, for which you will need:

**2 pork tenderloins**  
**1 tsp chili powder**  
**1 tsp cumin**  
**1 tbl-minced garlic**  
**2 tbl olive oil**  
**2 tsp salt**  
**1 tsp cinnamon**  
**2 tbl brown sugar**  
**1-2 tsp hot sauce**

This recipe combats the issue of blandness in two



Nick

ways. It uses a dry rub for a base flavor, and a glaze to add some sweetness and brighten up the final flavor. Start by prepping the tenderloin, trimming all obvious extra bits of fat off, and patting it dry and coat in olive oil. Mix the chili powder, salt, cumin, cinnamon and oregano together before massaging into the oiled tenderloin. Next place a heavy, oven-safe skillet over medium high heat to preheat. Add about a tablespoon of oil and once it's hot, add the loins. At this point the goal isn't to cook the meat, just brown it on all sides to impart flavor and a crispy exterior. This should only take a minute for each side. While the meat is browning, combine the hot sauce, brown sugar and garlic in a small bowl, it should be thick by not dry, the heat from the pork and pan will melt the sugar, thinning it out. Pour the glaze over the hot loins and roll them until they are evenly coated. Then place the pan in a 375 degree oven to finish cooking for 10 to 15 minutes. Let us learn a trick today. Pinch your thumb and middle finger together lightly. Now feel the muscle between the thumb and index finger. The firmness of that muscle is a rough medium doneness for meat. If you pinch your thumb and ring finger you get medium rare, pinky is rare, and index finger is well done. You should be shooting for a medium rare to medium for this dish. When you take the pork out of the oven, remove



**WHILE THE TENDER** pork finishes browning, Nick Chaskin dices garlic for the sweet 'n' spicy glaze. *Photo by Cathy Ludwig.*

from the pan and cover loosely with foil for at least five minutes for slicing thickly and serving. I like to accompany this dish with Cuban black beans and rice, or roasted sweet potato.



**MULTICULTURAL, straight, and gay families** from show "Modern Family" cluster in a single spot. *Photo from IMBD.com*

## T.V. CHRISTIAN CASTAÑEDA

### Diverse families, unanimous reception

WHEN A MOTHER is worried about giving a car to her child because it fits a mattress in the back, it's obvious this family has a lot to work out. The Emmy Award winning "Modern Family" airs 8 p.m. Wednesdays on channel 7, telling the story of three diverse families. There is Jay Pritchett (Ed O'Neill), his daughter Claire Dunphy (Julie Bowen), and his son Mitchell Pritchett (Jesse Tyler Ferguson). Jay is married to a younger Colombian bride, Gloria (Sofía Vergara), and lives with her chubby son Manny (Rico Rodriguez). Claire is a homemaker mom married to Phil Dunphy (Ty Burrell), and has three children, Haley (Sarah Hyland), Luke (Nolan Gould), and Alex (Ariel Winter) who always seem to fight. Then there's gay couple Mitchell (Jesse Tyler Ferguson) and Cameron (Eric Stonestreet) who adopted a vietnamese baby daughter Lily. Full of humor, "Modern Family" provides plenty of jokes, many of which revolve around Mitchell and his father. The ongoing joke is that always Jay keeps "forgetting" that his son is gay. Every time Jay goes to Mitchell's house he has to yell that he is entering the room to make sure he doesn't see Mitchell and his partner kiss. All the performances are terrific, especially when it comes down to the kids. Every character fits their part perfectly. With great acting and great jokes, "Modern Family" is a great show to make time for.



Christian

## FILM MOIRA DIFFERDING

### Comic 'Easy A' earns the grade

GOSSIP, A CHRISTIAN clique, persecuted nerds and high school drama lead up to the transformation of Olive Penderghast (Emma Stone), good-girl-gone-pretend-promiscuous in the comedy "Easy A".



Moira

Smart, self-assured Olive is one among hundreds at California's huge Ojai North High School, who only has her vulgar friend Rhiannon (Alyson Michalka) against the extremely active rumor mill. Funny one-liners ensue as Olive lies about losing her virginity to an imaginary college boy over the weekend to shut up the prying Rhiannon. Christian do-gooder Marianne hears her, and trying to get the immoral Olive expelled, spreads the story. Olive, enjoying the popularity the rumor has given her, doesn't deny it. As the film progresses, Olive adds to her already loose reputation by pretending to sleep with gay Brandon at a wild party to stop kids from bullying him. Olive continues to pretend hook up with guys to boost their loser reputations while her own is crushed further. In the process, she stops enjoying the attention and rips the letter "A" off her outrageous outfits. The "A" echoes the "Scarlet Letter" of Nathaniel Hawthorne's classic book, which "Easy A" is loosely influenced by. The plot turns more serious, but



**NOTORIOUSLY (but pretend) promiscuous** Olive Penderghast (Emma Stone) strides the halls of her high school in "Easy A." Her signature red 'A', standing for 'adulteress,' as in "The Scarlett Letter," is stitched to provocative outfit. *Photo from IMBD.com*

few scenes are without humor. While the plot is a little cheesy, because yes, Olive does get her love interest, it is full of funny, quirky sub-plots, such as the often-questionable antics of her parents as teens. Emma Stone never misses a beat, always coming off completely natural, even when screaming and jumping on a mattress. Director Will Gluck enlists a brilliant cast also including Amanda Bynes and Alyson Michalka. All three play their parts as the too nice girl, the Christian fanatic, and the morally questionable best friend perfectly.

## MUSIC ALEX BARBER

### Sparklehorse finale ends with a bang

SURVIVING CORPORATE error and controversy, the eerie sound of Danger Mouse and Sparklehorse's new album "Dark Night of the Soul" still echoes. Musician and Producer Brian Joseph Burton, commonly known as DJ Danger Mouse, broke out with the 2004 Grey Album, a mash-up of Jay-Z's The Black Album with the Beatles' White Album. From there, Danger Mouse crafted the instrumentals behind everything from rock band Broken Bells to rap group Dangerdoom, masterfully creating music of all styles. Multi-instrumentalist one man band Mark Linkous, leader of lo-fi rock band Sparklehorse, also collabo-



Alex

rated with many, such as Radiohead, Tom Waits, and PJ Harvey. While Danger Mouse worked with Mark Linkous on an album in 2006, Linkous felt uncomfortable doing vocals for some songs he wrote. At Danger Mouse's suggestion, the two began recruiting others to fill the role. That idea bloomed into a one of a kind album. A unique final project features 13 guest singers, including Julian Casablancas of The Strokes, and Wayne Coyne of The Flaming Lips. Encapsulating the album's mysterious feel, the title track features slow and gloomy singing from filmmaker David Lynch, famed director of cult classic Blue Velvet. Initially announced in the spring of 2009, "Dark Night of the Soul" got scrapped because of unspecified disputes between Danger Mouse and record label EMI. Linkous never saw the official July 13, 2010, release of his album, as he took his life earlier this year. The particular sound of "Dark Night of the Soul" was enough to rightfully deserve #24 on the Billboard 200.





**SLICING THROUGH** the water at Morton East in Cicero, September 7, Tara Rajan pushes through the final leg of her 500 freestyle varsity relay. The Maroons dominated the Mustangs 117-53. *Photo by Sarah Husain.*

## Swimming standout got into the water early

**William Chung**  
Associate Editor

Splashing around in the water since she was 4, Senior Tara Rajan feels that she has “an affinity to the water.” After attending the Lab Schools since Nursery School, Tara moved to Maryland from 4th through 8th grade. Although she swam recreationally in Maryland, Tara didn’t start competitive level swimming until coming back to Chicago and joining the Midway Aquatics Club.

“I started doing swimming in Maryland with the YMCA,” Tara said. “They used to have these levels of swimmers like minnow and guppy and I really wanted to get to shark, which was the highest level, but I don’t think I ever did. My brother loved the Midway exercises and I knew swimming would be a great way to keep healthy.”

**SHE MET** Varsity Swimming Coach Michael Cunningham at Midway.

“He really helped me with my strokes and helped me motivate myself,” Tara said. “He encourages all of us to set our goals high and then work hard to achieve them. By the pool we have our goal sheets that are basically times we want to get, and when we get them we have to set our goals higher.”

“It is a really great way to make sure that we push ourselves, it is like a constant battle to beat your own time, which is great.”

**JOINING THE** team as a freshman,

Tara was promoted to varsity the year after and became a cocaptain with four other swimmers this year.

“A lot of the girls knew each other through Midway Aquatics,” Tara said. “We also have a lot of team bonding sometimes just by complaining about how tired we were. Whenever we hang out, we make sure that everyone is included, especially new members of the team. We all got locker signs.”

“Even if I couldn’t swim I’d still want to be on the team. I would miss the atmosphere and all the girls cheering for each other and pushing each other.”

**TARA IS DETERMINED** to put her 100 breaststroke time on the Kovler Gym wall.

“My main goal is to get a 1:22 by the end of the season and ideally crack the top ten, which is a 1:19.”

Swimming not only improved her physical ability but also helped her learn a few life lessons.

**“BEFORE I** started swimming in high school, I couldn’t swim anything but breaststroke,” Tara said.

“However, consistent practices have molded me into a well rounded swimmer. Swimming also taught me—well, forced me—to learn how to manage my time.”

“I’ve also learned how to be a leader as well as a good teammate. The discipline that swimming gives you makes you want to push through the pain, to get to your goal. I’m glad I learned that.”



**MATT HANESIAN** scouts out the path for his next shot in a match against North Shore at home, September 23, in which he shot a 46 in 9 holes. He qualified for Sectionals October 11 and shot an 84 in 18 holes. *Photo by Sarah Husain.*

## Tall, talented golfer grew up in the game

**Jeremy Woo**  
Associate Editor

In the hallways, it is hard to miss Senior Matt Hanesian. On the fairways, it is hard for Matt to miss the green.

Standing 6 feet, 5 inches, with a lengthy wingspan, Matt brings his jovial personality wherever he goes. After school each day, that place is a golf course.

**“GOLF HAS** been part of my family for a long time,” Matt said. “At our reunions almost all the men go out and golf. When I was 4 my dad would let me ride in the cart and putt when we got to the greens.”

Matt made the varsity team freshman year and now captains the squad with fellow senior Jack Burns. Also a varsity basketball player, Matt divulged what draws him to golf.

“In a lot of ways, golf is different from basketball. Instead of man against man, golf is just you versus the course and yourself. Still, the best feeling I’ve had playing sports was winning U-High’s first basketball regional last season. In golf, every shot is an opportunity to have one of those moments. There is nothing like the satisfaction that comes from a perfect shot.”

**AS A TEAM,** the golfers fell short of their expectations, finishing with a 1-7 regular season record. Matt cited bizarre circumstances and weather as factors in their struggles. Traveling to Parker, Sep-

tember 2, was particularly frustrating.

“Parker was our first ISL match, and in the middle of the game it started pouring rain,” Matt said. “It subsided, but the greens were still too wet to putt and the game should have been called.”

“Instead, the Parker coach illegally made up a rule that anytime a golfer hit the green, it was an automatic two strokes. It was tough, because at the beginning of the season, we expected to be up there in the standings.”

**AT REGIONALS,** October 5 at Lost Marsh in Hammond, Indiana, U-High fielded both boys and girls teams for the first time. The Maroons placed 4th of 6 schools, failing to qualify for Sectionals as a team.

“We were definitely disappointed,” Matt said. “Since we had such a huge advantage on our home course. No team there was unbelievably better than us.”

Nevertheless, all six boys placed into Sectionals individually, along with Junior Akila Raoul, the first girl in school history to advance to Girls’ Sectionals, October 11 at Coyote Run. Akila shot 91, just short of qualifying for State.

**AT BOYS’** Sectionals, October 9 at the Links at Carillon in Plainfield, Jack Burns shot 82, advancing to the State Tournament October 15-16 in Bloomington (results after Midway deadline).

Matt shot 84, tying for the final spot downstate, but narrowly lost in a playoff round and just missed the cutoff.



**BAITLING THROUGH** two Elgin Academy opponents, Philip Lockwood-Bean electrifies the crowd at Jackman Field, September 21, on the way to a 7-0 U-High victory. Philip felt the Hilltoppers played rough. Given the score, the Maroons obviously were up to the challenge. *Photo by Jackie Robertson.*

## Soccer star followed brother’s example

**William Chung**  
Associate Editor

Growing up with an older brother who played soccer, Junior Philip Lockwood-Bean started off at the club level as a 1st-grader and moved up from there. A Lab Lifer, he joined the soccer team as a freshman.

“My older brother, Simon, played a lot of soccer, and I looked up to him so I wanted to play too,” Philip explained.

**“IN MY** freshman year I played goalie on j.v., but I really wanted to be in the field and not stuck in the goal. The year after that I got to play outside midfield, and last year, I made varsity and now I play center midfield.”

Philip also has played with Chicago area club teams.

“I played for two clubs, Chicago United and Chivas,” Philip said. “They’re both Chicago area teams, but my teammates on Chicago United are better and we play tougher teams. Our coach, Minos, helped me improve my positioning and spatial awareness.”

**HE APPRECIATES** the closeness of the team with

Varsity Soccer Coach Michael Moses.

“On U-High what I like the most is that we can play hard and gossip at the same time, no one is shy with each other, especially Coach Moses when he is telling us what we’re doing wrong,” Phillip explained.

“He helped my distribution from my position at defensive midfield get better.”

**“LAST YEAR’S** team had a starting lineup of almost entirely seniors, and those boys had been playing together for a long time.

“For example, we had really fast and good outside midfielders last year like Zack Reneau-Weeden and Danny Levine.

“This year’s team has more of a mix of people socially. That is why it took us a little longer than it did last year to get adjusted.

**“LAST YEAR,** our lineup was more permanent than it is this year. I would say that this year we have a different atmosphere, in that people are more friendly to each other, and the team is closer.

“Something I want to do right now is to score from 30 yards out in a game.

“The team wants to make it further than last year, past the Sectional championship.”





**DILIGENT PRACTICES** have played a crucial role in Katherine Garvey's development as U-High's starting Varsity outside hitter. *Photo by Anisha Sisodia.*

## Determined rise to varsity

**JR Reed**  
Associate Editor

Ever since she was in 6th grade, Varsity Volleyball Player Katherine Garvey, junior, remained determined to ultimately play her sport at the varsity high school level.

Admiring U-High volleyballers' raw skills and team chemistry, Katherine first cultivated a strong passion for the sport after watching a talented U-High team play and decided to join the Lab Schools Middle School volleyball team in seventh grade.

"**OUR 7TH-GRADE** coach, Mr. Wolf, pushed me and my teammates really hard and has had a significant impact in my short volleyball career," Katherine remembered. "Even though he was a tough coach, Mr. Wolf definitely drove me to become a better player by telling me exactly what I was doing wrong mechanically and how exactly my positioning needed to improve."

After finishing her Middle School volleyball career

and then playing a year at the Junior Varsity level for U-High, Katherine is in her second term as varsity outside hitter.

"**WITH MY** position, I tend to stay to the left side of the court, generally passing in the back row off of hits or digs from one of my teammates," Katherine said. "At the same time, because of my height, I often provide more of a net presence for the team, either hitting at the net on offense or helping out on blocks on the defensive front."

Except for Latin and Holy Trinity, Katherine believes U-High, with a 6-3 record, will prove well matched against most of their upcoming opponents.

"One of my most memorable experiences during my two years in the high school volleyball program took place last year when we took Latin to three games and came just short of pulling out a victory," Katherine said. "Latin is the hardest team we face within the Independent School League and is just always a difficult team to compete with."



**PUSHING HIMSELF** on the last mile stretch of the three mile cross country course, Thomas Aquino finished with a time of 16:43 at the Whitney Young Invitational September 25. *Photo by Tina Umanskiy.*

## A simple sport with complexity

**William Chung**  
Associate Editor

Craving a sport that could challenge him as an individual, Senior Thomas Aquino decided on running.

A Lab School Lifer, Thomas began track in Middle School. Entering U-High as a Varsity Cross Country runner, he became a captain with seniors Robert Meyer and Benjamin Buchheim-Jurrison last year.

"**IT'S A SIMPLE** sport, as you don't have to worry about anyone else and it's just you," Thomas said. "It's a battle with myself. It's physically demanding but at the same time it's a way for me to mentally relax. It's a nice hour-and-a-half break from thinking about school. Sometimes I go out for a seven mile run on the weekends and I love it."

Varsity Cross Country Coach Bud James has mentored Thomas throughout his high school career.

"Coach James is always positive, and he expects you to do your best," Thomas said. "He helps you have a positive attitude about yourself. He brought me into my own as a runner and he brought me to my highest potential."

**THOMAS ENJOYS THE** friendly nature of the cross country team.

"When I joined as a freshman, the team was really close," Thomas explained. "It was easy to be a part of the group, and I always felt included. On cold days at meets, we would lie down on the ground and huddle together so we would stay warm."

"We always keep track of our personal bests. I set benchmarks, and I think that helps us improve every single meet. Everyone's friends with everyone, and we even have pasta parties before each meet."

**"I want to go sub-16 minutes in my three mile. I'm at 16:19 right now and I just need to push a little bit farther."**

--Thomas Aquino, senior

"We have a pretty strong core on the team as well," Thomas said. "Robert, Ben and I all expect to make state, and with a good supporting cast, the team as a whole is ready for success."

## An intellectual take on running

**JR Reed**  
Associate Editor

Small in stature but strong on dedication.

That phrase accurately describes Girls' Varsity Cross Country Captain Alex Chang, junior, who has been a three-season runner throughout high school.

**AFTER DANCING** ballet and playing soccer from 1st through 6th grade while living in Pittsburgh, Alex moved with her family to Chicago in the summer of 2008 when her father came to the University of Chicago.

"I waited a while before really getting involved in any of the school sports," Alex said. "In 8th grade, Junior Catherine Yunis persuaded me to try cross country and I just thought 'why not?'. However, it was until high school that I grew a strong passion for running. I had seen the high schoolers run their races before, but to actually train with them meant a lot to me freshman year."

Alex feels spending time with her teammates has proven most memorable.

"**ONE OF** our favorite things to do during preseason captains' practices is a Lakefront run," Alex said. "Naturally, we're all pretty hot after this run so we never fail to jump in the Lake afterwards. I can recall many experiences when I have been dunked underwater by one of my teammates – a kind of bonding I guess."

"Another fond memory I have occurred on my first day of high school cross country," Alex said. "It was extremely hot and Mr. James had us run six laps around Washington



**JUST PASSING** the 1.5 mile marker at the Whitney Young Invitational September 25, Alex Chang focuses on keeping up her pace for the second half of the race. She finished with a time of 21:34. *Photo by Tina Umanskiy.*

Park. I remember thinking as I shuffled my way around the mile marker for the second time 'this is high school cross country' and bracing myself from then on out."

Appreciating the balance of pressure and understanding her coaches show, Alex stresses the fact that running is largely mental.

"If you go into a race thinking badly about yourself you simply won't run well," Alex said. "Having the right mindset about yourself, your team, and your capabilities is half the race. Mr. James gives several pep talks throughout the season but my favorite is the baton talk in which he explains that the team is like a relay race and each year the baton is passed from grade to grade, runner to runner. That's why setting a good example and being a good leader is so important."



**BRACING HERSELF** before ripping a backhand, Laura Anderson fought rival Michelle De Meo from St. Ignatius September 21. Ignatius won. *Photo by Veronica Ramirez.*

## Number one with two years to go

**Rachel Sylora**  
Editor-in-Chief

Small but powerful.

Those words describe Varsity Tennis Player Laura Anderson, sophomore. Picking up a racquet at 5, Laura began playing tennis in a group lesson at Midtown Tennis Club once a week. Now Laura plays almost everyday year-round.

**LAST SEASON, LAURA** won the second singles division of the Independent School League Tournament, and qualified for the Illinois High

School State Association State Tennis Tournament after winning IHSA Sectionals with doubles partner Rachel Sylora, senior. This season, she has big shoes to fill, playing one singles for U-High after Division III Emory recruit Gabbie Clark, who graduated last year.

"**GABBIE'S A FINE** tennis player and I just try to play my best," Laura explained. "I'm more comfortable on the team this year. Last year I was a freshman and I didn't know what to expect but now I do and we have a great, unified team. Coach Julijana Lazarevich is very positive and supportive. She calms me down a lot when I'm stressed during the match and she always has good advice."

At IHSA Sectionals last Friday October 15 at St. Ignatius, Laura faced a much more challenging draw.

"We had a very tough section with a bunch of very fine tennis players," Laura said. "St. Ignatius' Michelle De Meo will be one of my toughest opponents. To beat her I would have to be consistent and my serve would have to be right on. I'd really have to play my best and she'd have to be off a bit."

"The Powell sisters, Kaia and Khalia, play on the De La Salle team. I haven't played against them for a couple of years but I know I would have to be really consistent to beat either of them."

**DURING OFF-SEASON**, Laura competes in United State Tennis Association tournaments around the Midwest.

"In the summer I do a lot of USTA tournaments," Laura said. "I also have private lessons year round. I play at X-S at Bally's in Hyde Park, at the University of Chicago Stagg Court, and in Indiana, where I live. There are so many wonderful aspects of tennis. I love the fact that it is an individual sport but you can still be part of a team, and that in order to succeed you have to have many skills. It's a mental game as much as a physical game, and it is a sport you can play for life."



## Scoreboard

**BOYS' SOCCER**—**Parker**, September 14, away: Varsity lost 2-3; **Brother Rice**, September 16, away: Varsity lost 0-3; **Elgin Academy**, September 21, home: Varsity won 7-0; **Morgan Park Academy**, September 23, away: Varsity won 7-0; **Mt. Carmel**, September 25, home: Varsity won 4-0; **Latin**, September 30, home: Varsity won 2-0; **De LaSalle**, October 2, away: Varsity won 2-1; **North Shore Country Day**, October 5, home: Varsity won 2-1; **Walter Payton**, October 8, home: Varsity won 1-0.

**GIRLS' TENNIS**—**Latin**, September 7, away: Varsity won 3-2; **CICS-Northtown**, September 10, home: Varsity; **Mother McAuley**, September 13, home: Varsity won; **Parker**, September 14, home: Varsity won; **Fenwick**, September 15, home: Varsity won; **Morgan Park Academy**, September 16, home: Varsity won; **St. Ignatius**, September 21, home: Varsity lost; **North Shore Country Day**, September 21, home: Varsity won; **Woodlands**, September 30, away: Varsity won; **Elgin**, October 1, away: Varsity won; **AA Stagg**, October 4, home: Varsity won; **Independent School League Championships**, October 9, home: Varsity tied for 1st with Latin.

**GIRLS' VOLLEYBALL**—**Seton Academy**, September 10, home: Varsity won; **Latin**, September 14, home: Varsity lost; **North Shore**, September 16, home: Varsity lost; **Nazareth**, September 20, home: Varsity lost; **Morgan Park Academy**, September 21, away: Varsity lost; **St. Benedict**, September 24, away: Varsity lost; **Elgin Academy**, October 1, away: Varsity lost; **Parker**, October 5, home: Varsity won.

**GOLF**—**Nazareth Sectional**, October 9, away: Senior Jack Burns shot an 82 to advance to the IHSA 2A Golf State Championship October 23 in Bloomington.

**CROSS COUNTRY**— **Gordon Tech Invitational**, September 11, away: Boys' placed 6th, Girls' placed 1st; **Midway Races One**, September 14, home: Boys' placed 1st, Girls' placed 1st; **Midway Races Two**, September 21, home: Boys' placed 3rd, Girls' placed 2nd; **Midway Three Races**, October 5, home: Boys' placed 2nd, Girls' placed 1st.

**GIRLS' SWIMMING**—**University High-Urbana and Glenbard West**, September 11, home: Varsity came in 1st; **Marist**, September 15, home: Varsity won 93-72; **Whitney Young**, September 21, away: Varsity won 115 to 55; **IMSA invitational**, October 2, away: Varsity came in 2nd.

**ALUMNI SOCCER**—On October 3, Lab Schools alumni played an alumni soccer game against Parker on the Colonels' field. The Maroons led 2-0 over the youthful Parker team, but lost two goals in the second half, tying the game to a final score of 2-2.

## Cycling over the globe

Rachel Sylora  
Editor-in-Chief

He wears spandex, shaves his legs, and this summer he represented the United States of America at the Union Cycliste Internationale Junior Track World Championships August 11-15 in Montichiari, Italy.

Usually seen in jeans and a t-shirt, Senior John Tomlinson doesn't just ride bikes for fun, he takes it to the next level. Competing in state, nation, and international races, John has shifted into high gear cycling since he first started riding competitively five years ago.

**EVEN AFTER** winning his second National Championship this summer July 8-11 in Trexlertown, Pennsylvania, John hasn't taken a break. He



John

raced in the next level of competition, Elite Nationals, September 29 to October 3 at the Velodrome in Los Angeles sponsored by the UCI.

"Elite Nationals did not go as well as I had hoped," John explained. "It had been a long season and I am not surprised. There was nothing in my legs. I got 5th place in my team pursuit, just .01 seconds off of 4th."

Training between 15 to 22 hours a week, John thinks of cycling as more of a lifestyle than a hobby.

**"EVERYTHING YOU** want to be and do depends on your own motivation and focus," John said. "If I am not doing something properly, it shows in my fitness and my racing. It is a pretty direct feedback



**PEDALLING FEROCIOUSLY** around the Velodrome, cycling champion John Tomlinson goes for gold at the Union Cycliste Internationale Junior Track World Championships August 11-15 in Montichiari, Italy. Photo courtesy of John Tomlinson.

that sometimes can be frustrating but in the big picture it helps. The retail value of most bikes costs as much as a used car. It's not a cheap sport, but it doesn't have to be expensive to start. I started on a \$500 bike I got when I was 12. Now, I ride a bike that if people knew the price, they would not want to touch it in fear of breaking it. My mom and my dad have supported me both through the successful moments and the disappointing times".

Cycling has taken John to California, Pennsylvania, and Italy but he admits that training and juggling school work can be hard.

"Balancing school and riding has been a constant struggle throughout high school," John explained. "It's about obtaining the magic balance, which isn't always possible, and being productive with my time.

"Cycling is a huge part of my life, but so is school. Cycling at the elite level doesn't last forever, and I would like to have an education so I have the ability to do something else when this whole thing dies out."



**ONLY INCHES** ahead of his teammate Alessandra Madrigal, Andrew Palmer curves into a turn before crossing the finish line in first place at the Rotax Junior National Competition July 20 in New Castle, Indiana. Photo courtesy of Andrew Palmer.

## Go-kart racer grabs gold

Sydney Scarlata  
Editor-in-Chief

"It was the longest race of my life. I prayed that I wouldn't have a mechanical failure."

After zooming down the racetrack of the Rotax Junior National Competition July 20 in New Castle, Indiana, in his sleek silver go-kart, Junior Andrew Palmer raised his arms victoriously. He had come in 1st place, four seconds faster than his teammate on the J3 competition Alessandra Madrigal who came in 2nd place.

**BUT IT WASN'T** over yet. Andrew still had to pass mechanical tests after the race to ensure that he wasn't cheating.

"It was actually kind of embarrassing," Andrew said. "I put my hands in the air after crossing the finish line, but I didn't put them back on the wheel fast enough to make the next turn and spun off."

"I think it was that last crash that actually made me pass tech because I picked up a lot of dirt and rubber that had collected around the edges of the track. After a race, you have to weigh in your car and yourself and

if you weigh in under 320 pounds, you're disqualified."

**THE OFFICIAL** looked at the weight, and back at Andrew. After doing this four more times, he announcing Andrew had passed.

"Apparently the dial was moving between 319.5 and 320 and back again."

Winning 1st place out of 58 drivers, Andrew will represent team USA along with seven other people in the 12-17 Rotax junior division, at the World Finals from November 14-22 in La Conca, Italy.

**"THE U.S.** is notorious for not having the greatest drivers," Andrew said. "But I feel confident. My family and I went to the south of Italy for the last week of summer, where I just practiced for a week straight."

"There will be 72 people in my division. My biggest goal is to make it to the finals. If I make it in the top ten I'd be really pleased."



Andrew

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**MASTERING HIS** piano skills, Jeremy Archer practices his repertoire at Joan's Studio. Photo by Jackie Robertson.

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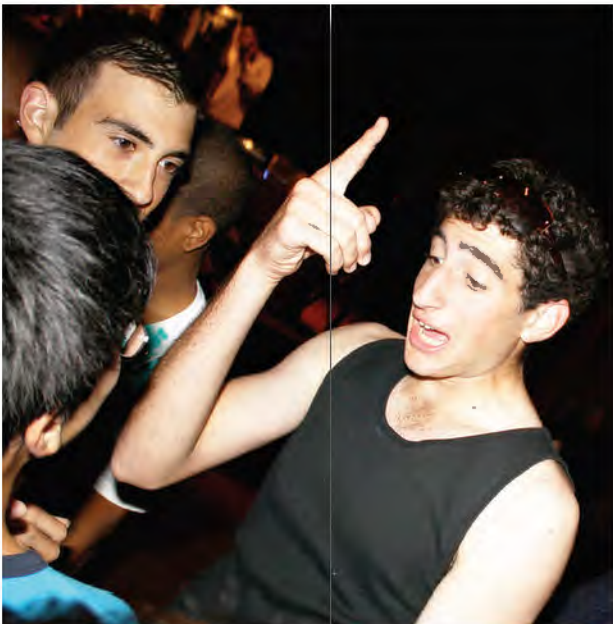
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**GREETING ONE** another (above) in the middle of the floor, Leah Barber, left, and Ava Bibergal sported trendy jewelry.

**INSPIRED BY** the "Jersey Shore" television series, seniors including Matt Hanessian (below) emulated the popular show's style in wifebeaters, Ed Hardy tees, designer shades, and stylish minidresses. In keeping with school tradition, seniors picked their own unofficial theme in the weeks leading up to the dance.



**CHILLED OUT** in a break from the dance floor (right), Adam Picker, left, and Josh Koenig went casual with collared shirts and sporty kicks, while Rachel Sylora went for a classic all black look, offset by silver sequined sneakers.



**AFRO COIFFED** to perfection, Adam Kelsick (above) rocks out to popular jams such as Young Money's "Bedrock," and "We No Speak Americano" by Yolanda Be Cool. Students could request their own tunes throughout the dance.



# Straight up FUN

## ROYALTY



**ALL-SCHOOL**  
Sam Neal, Ary Hansen



**SENIORS**  
Santana Iafeta, Miki Verma



**JUNIORS**  
Rosie Cuneo-Grant, Adam Picker



**SOPHOMORES**  
Amol Gundeti, Maya Hansen



**FRESHMEN**  
Sonia Bourdaghs, Harrison MacRae

*Photos by  
Anisha Sisodia*