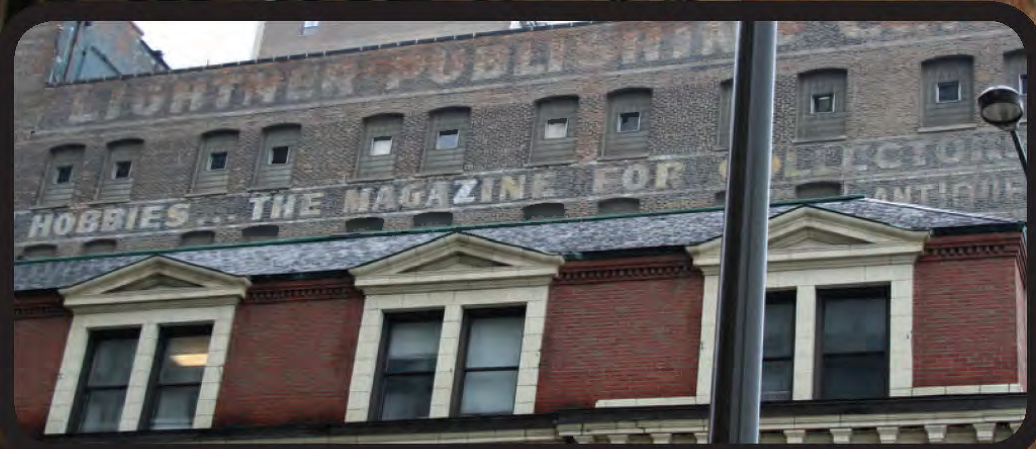


CAN YOU SPOT THEM?

U-HIGH *Tuesday, December 14, 2010*
MIDWAY
Volume 86, Number 4
University High School, 1362 East 59th Street, Chicago, Illinois 60637

With the holidays here, it's a great time to look for 'ghost signs' and unlock the city's history



"NOW THAT I know what ghost signs are, I can't stop looking for them!" Midway Photographer Tim Thomas III said after spending a brisk November Saturday driving around the city photographing them.

Ghost signs are old advertisements painted on the sides of buildings. The signs have faded over time and in many cases outlived the company or product they advocate.

A MASSIVE YELLOW advertisement (background photo) for a tailoring company towers over the street across the road from the old Dearborn Train Station. Painted on the southern facade of the old Franklin Building at 720 South Dearborn, a landmark of the Printers Row neighborhood, the sign promotes the company's overalls, shirts and pants.

"CHICAGO PAPER COMPANY" (photos at left from top) can be seen from blocks away, painted on the side of an old factory in the Printers Row neighborhood in the South Loop.

WORN AND FADED from weather, and old furniture company's sign is still visible on the upper portion of a building in the West Loop on Chicago Avenue.

TWO BUSINESSES remain advertised on the south wall of 1006 South Michigan Avenue. The top one was for Lightner Publishing Company, the bottom for an old hobbies shop. The opposite side of the building sports several more Ghost signs, including one for an old corset company.

Photos by Tim Thomas III

In the spirit of giving beyond the holidays

Soph goes to Cambodia to help children in need

Jeffery Li
Midway reporter

Sounds of wailing children and murmurs from their mothers erupt from a village of cardboard homes by a large garbage dump. A horde of people surround volunteers, begging to have their children allowed to live proper homes, only to emerge from the group with tears streaking down their cheeks. **ONLY THE** children who appear to live in the worst conditions are allowed, leaving their dump behind. Through donations, volunteers from a non profit organization, A New Day Cambodia, build proper homes, provide food and an education for these kids.

Sophomore Jordan Einhorn began with A New Day Cambodia by collecting money for her Bat Mitzvah project in 8th grade in Middle School. After her first time traveling to Cambodia, Jordan decided she wanted to sponsor a 16-year-old Cambodian girl on her second trip.

But this time Jordan planned to go alone. During her three-week trip, Jordan tutored children in English.

HER MOM, Darryl Einhorn felt the trip would open the world for Jordan. “My own experiences traveling by myself as a girl, combined with seeing how ready Jordan was and recognizing how the opportunity was incredibly important, made me feel confident in

my decision that Jordan should be able to go to Cambodia on her own,” Mrs. Einhorn said. “I wanted her to have the chance for the world to open up to her. “For me, traveling the world on my own, transformed my life. I wanted Jordan to be able to have her own life-changing experience.” Jordan departed June 22 on an 18-hour flight from O’Hare International Airport to Phnom Penh International Airport. **“MY MOM** made preparations for me to fly with the cofounder Joe O’Neil, his wife and three kids,” Jordan said.. “I was going to stay at the director’s home for two nights, then at the Imperial Garden Villa and Hotel for the remainder of my trip. “Because of sponsorships by foreigners, small children have the opportunity to have an education, a home, and other basic necessities of life that they wouldn’t have if they continued to live in the slums,” Jordan continued. “And I really wanted to be a part of that, so I sponsored a child the second time going to Cambodia. “The most moving experience was the time when we had to pick five new kids for sponsorships. Their mothers would



IN CAMBODIA LAST summer for three hot weeks, Jordan Einhorn tutored children at the organization A New Day Cambodia in Phnom Penh. Impoverished children from slums in garbage dumps were provided better homes and educations by volunteers from the organization. Photo courtesy of Jordan Einhorn.

come up with their child begging for the life changing chance and it’s sad to know that the chance is very limited with most leaving with tears on their cheeks. **“ONE MEMORY** I have that sticks out is of a little girl at this village we always go visit. She would have a big smile and gave hugs whenever we went. When I visited a garbage dump in Cambodia called Stung Mean Chey, I enjoyed the

enthusiasm of the kids. “You get to see how much they appreciate life. “They love to keep in contact, be it receiving mail or getting an e-mail. The greatest joy from the visits was when the small children came out to greet me. They were happy for what they had in life and were full of smiles. “I definitely plan on visiting Cambodia again, and would like to do so every summer if I can.”

School drives put the gift in giving

AT LEAST SIX holiday drives in the school have served the community this year. One of them, led by Maggie Carton (in photo), benefitted the University of Illinois Craniofacial Center Holiday Toy Drive Others included the Black Students’ Association’s annual toy collection; a clothes drive for the Broadway Youth Center sponsored by Spectrum; Future Beginning’s Hot chocolate sale for Haiti, and High Schools against Cancer’s ice cream sundae sale; and Green Lab’s e-waste drive. There were several bake sales, too. Photo by Veronica Ramirez



Traveling far or staying home, holiday plans focus on family

Victoria Aponte-Blizzard
Midway reporter

JUST SOUTHWEST of the South Korean coast is a volcanic island in the Korea Strait named Jeju Island. It is one destination for students and teachers during winter break, including home. Freshman Alix Har and her parents will travel to Jeju for the sixth time. **ALIX’S PARENTS** live in Gwanju, a suburb southeast of Seoul; she came to Chicago to attend U-High and lives with two University of Chicago Librarians. “We like the island’s beautiful view, the cuisine,” Alix said. “And it’s not that far away.” “When we go to Jeju, we usually go to museums, eat sushi, take pictures, and swim.” **FRESHMAN SABRINA** Holland will tour the Incan ruins in Peru with her parents. “We’re going to do some sightseeing and then we we’ll take a three-night cruise down the Amazon,” Sabrina said. The family plans to cruise down the Amazon River for four days. The next

stop on the tour after the cruise is Lima, the capital city of Peru, and then the Inca ruins of Machu Piccu. **“MY DAD** always tells me that he wants me to experience other cultures,” Sabrina said. “So whenever we go to places that’s always the main reason.” History teacher Susan Shapiro enjoys the holidays by celebrating many birthdays with her family at home. “When one has five kids and their assorted significant others, getting the family together is a major feat,” Mrs. Shapiro said. **“THIS YEAR** is especially crazy because the family is traveling all over. Most of our family birthdays happen between November 17 and January 15. December is totally insane. “To ensure that we all have at least one all-family event, we spend December 25 going to the movies and have dinner at our favorite Chinese restaurant, Won Kow, owned by Junior Jenny Huey’s family, after which we have birthday dessert and festivities at home. This year we are also having a bigger event in honor of Rob’s 60 on the 26. I then plan to collapse for two weeks before my birthday.”

For Bel Canto, holiday time means spreading musical joy

Siobhan O’Muircheartaigh
Midway reporter

CONCLUDING THEIR caroling around Chicago, a cappella choral group Bel Canto will make their final holiday stop 2:45 p.m. Saturday at the Chicago Symphony Center lobby downtown. Bel Canto started in 2001 when Bel Canto Director Katy Sinclair arrived at U-High after teaching in Missouri for 15 years and formed a choir for passionate singers. “This choir was Bel Canto’s beginning,” Ms. Sinclair said. “Its members included faculty and students, and they just sang for fun. **“AFTER THE** first year, Bel Canto became an all girl performance group. In 2006 boys were added to complete the choir.” Bel Canto’s holiday practice began between Recital Night October 21 and Open House November 7. December 2 the group performed holiday songs at the High School

concert at Mandel Hall. “Then on December 9, ” said Ms. Sinclair, “we sang for elderly citizens at Montgomery Place, a Hyde Park retirement center. Tonight we’re singing for residents in the Newport Condo Association lobby, where there’s punch and a gorgeous Christmas tree. **“DURING LUNCH** Thursday, we will walk around U-High and Woodlawn Nursery School singing holiday songs. Saturday we’ll carol in the Symphony Center lobby downtown for people attending the Chicago Symphony Orchestra’s, ‘Welcome Yule.’” Unique among 12 pieces, according to Bel Canto President Wilson Sinclair, senior, is ‘Al Hanassim.’ “‘Al Hanassim’ is a Jewish song we haven’t done before,” he said. “It’s tough to learn the Hebrew, but we’re having fun. Since Bel Canto has never performed a classically composed Hanukkah song, we’re embracing the chance to try a new style.”



A BUSY FALL QUARTER for Bel Canto included singing Cyndi Lauper’s “True Colors” at a dedication in honor of Faith Dremmer November 23. Rehearsing with director Katy Sinclair, from left, are Sarah Garvey, Ana Rosic, Kristina Wald, Anna Rosenzweig, Alex Cohen, Sonia Bourdaghs, Rebecca Alexander, Jolisha Johnson, Ana Ovtcharova and Leslie Sibener. Photo by Elizabeth Gelman

A new kind of design class

Students explore projects in wide range of media

Lindsey Aronson
Midway reporter

Redesigned book covers, movie packages and videogame logos adorn the walls of Art Teacher Brian Wildeman's Belfield Art Alley classroom, recent projects produced by students in his new Design in Communication class.

Six seniors and two juniors meet 2nd period in Mr. Wildeman's Belfield Hall classroom, a spacious loft.

MR. WILDEMAN had been planning the class for years before proposing it last year when the opportunity for a new course arose.

"The idea has really been forming since I first started working at U-High on a volunteer basis two years before becoming a full time teacher," Mr. Wildeman said.

"At that time computer graphics were just starting to revolutionize the printing industry. It seemed that software could empower an individual to produce the kind of quality graphics and publications that previously required a team of experts to make. I really wanted to convince people that being skilled at these 21st century modes of communication could be valuable, especially to Lab Schools students who collectively have so many great ideas to communicate."

PREVIOUSLY MR. WILDEMAN'S student in Studio Art and Advanced Painting and Drawing, Amrita

Singh, one of the six seniors in the class, strayed from her love of drawing to learn graphic design.

"I saw this class as an opportunity to learn more about different mediums, especially since, in our world today, digital design is an essential form of media," Amrita said. "It's pretty amazing how much digital design can influence other art forms I'm interested in, as well."

"In class, we are all able to help each other with our insights. Since we work in close quarters in Mr. Wildeman's loft, sharing our ideas and what we're working on is inevitable and thus very beneficial in improving our designs."

GETTING REAL world experience in advertising attracted Senior Adrian Alana to the course.

"I think the class is really effective because it teaches you not only about graphic design but also how to advertise," Adrian said. "I feel like being a good graphic designer is a good skill to have in the business world."

In a recent project for the course, Adrian redesigned a cover for the book "1984" by George Orwell.

"THE IDEA was to provide a cover image that evokes the emotion of the piece of media better than the original cover," Adrian said. "By building numbers out of



REDESIGNING A book cover, Amrita Singh works on one of the first projects in Mr. Brian Wildeman's new Designs in Communication class. Six seniors and two juniors comprise the pioneering students. Photo by Anna Rosenzweig.

cardboard and casting a light from behind, the cover evoked gloom. It better suited '1984,' which is sort of a gloomy story."

Other students in the class include Juniors Alex Ford and Terry Kirk, and Seniors Tyler Anderson, Becky Fox, Daniel Martinez and Gavin Ringquist.

Holocaust class trip offers unexpected experiences

Nick Chaskin
Editor-in-Chief

The early morning bustle of travelers surrounds a group of eight U-Highers, not fully awake, waiting for the last of their party to arrive at O'Hare Airport for their 9 a.m. flight to the nation's capital, Saturday, November 20.

Meanwhile, History Teacher Susan Shapiro finishes her battle with the



VISITING THE U.S. Memorial Holocaust Museum in Washington D.C. as part of Ms. Susan Shapiro's Holocaust elective, Ben Postone researches his final paper in the Museum's library. Ben was among 12 seniors on the trip. Photo by Tina Umanskiy.

United Airlines ticket agent over Senior Jonathan Jou's ticket, which apparently had been lost. No one doubts she will win.

ARRIVING AT Ronald Reagan International Airport around midday, the 12 seniors in Ms. Shapiro's Holocaust elective began the annual three-day trip to Washington's United States Holocaust Memorial Museum.

Visiting the museum provided a deep emotional connection to the material the class had covered, according to Ben Postone.

"Studying the Holocaust from an academic perspective, as we had done prolifically before the trip, is extremely important. But when you are in the exhibit, seeing the belongings of Holocaust victims, it gives

a different kind of understanding," Ben said.

"THERE IS one room where you walk past a pile of shoes taken from the dead at Auschwitz, walking through it, there was an overpowering smell. It's like that smell of decay, sweat, and leather that can't be conveyed in writing and experiencing it gives you a different outlook.

"One of the good parts about the trip though was that we had some time to unwind. After we went through the exhibit we were able to take advantage of the Museum's library to research our final paper. We also saw the new Harry Potter movie, and got to just relax with our friends at night, so we had a lot of fun too. I think with out the fun and the down time the trip would have been a lot to handle."

Visiting the museum was less emotional than expected for Senior Emily Roberts.

"I THINK that the important thing to remember about a museum is that it is primarily focused on education," Emily said. "When you walk through the museum there are lots of readings and stuff like that, and it takes away from the emotion of it, which is something I was surprised by."

"I thought that, because my ancestry is Jewish, that it would be a really moving experience but it didn't really turn out that way, entirely."

"THERE WAS only really one part, where they had train cars that had really been used to transport Jews during the Holocaust, that was really emotional for me."

Project explores thought processes

Sam Reynolds
Midway reporter

Can thinking like a computer help students learn better?

Teachers Baker Franke, Computer Science, and Frances Spaltro, Latin, along with Middle School Teacher Ruthie Hansen, also Computer Science, received a computational thinking grant from the National Science Foundation last summer to find out just that.

"I attended a conference in Milwaukee on computational thinking sponsored by the Association for Computing Ma-

chinery last summer." Mr. Franke said. "There, I met two DePaul professors who offered me the chance to test the convention's subject on my students using grant money they had."

Mr. Franke plans to his utilize his class to test his theory this winter.

"I plan to find out if thinking in a logical way can cause my students to learn the basics of programming faster," Mr. Franke said. "I can't say what I'm going to do for my study. That would invalidate the data, but hopefully we will present it at a conference once it's collected."

ADVENTURES IN THE SHELVES



JONO MATTHEWS scours the tomes at 57th Street Books when all of a sudden, one catches his eye. Looks like it's out of place!



JONO RETURNS the book to its correct spot, but finds himself captivated by its magical universe. Photos by Taylor Crowl.



With the wide selection of literature at 57th Street Books, it's hard not to find something to your liking. All it takes is a short walk from school to expand your horizons. See you there!

1301 East 57th Street ■ (773) 684-1300
Open Monday-Sunday 10 a.m.-8 p.m.

Dining spot beckons U-Highers across Midway

JR Reed
Associate editor

Step out from the brisk Chicago winter weather, enter through the glass doors of the Robust Coffee Lounge on the southwest corner of 63rd Street and Woodlawn Avenue and you will see customers relaxed in black-armed sofa chairs jamming to music ranging from downbeat to 70s and 80s pop.

Pass the sit-up bar on your way to the counter and order up a peanut butter, banana and bacon on Challah sandwich, homemade Belgium Waffles or the house specialty Mocha Diablo, a traditional mocha with house-made cayenne pepper syrup.

BEFORE YOU sit down to devour your after-school snack, stop next to the bulletin board covered with flyers to check out upcoming neighborhood events. Pick up a book from the loaner library offering everything from Twilight Saga novels to ancient mythology primers, and then finally take a seat at a window-side dining table or a cozy spot in the lounge seating area.

Owned and operated by 28-year-old former University of Illinois Business School student Jake Sapstein, the Robust Coffee Lounge opened in mid-July.

After attending school for two years, Mr. Sapstein became involved in design and real estate in the Champaign area and then worked in the restaurant industry as a waiter and in the kitchen under gourmet chefs such as John Colletta at Quartino in downtown Chicago.

HE'S FOUND running the coffee shop a new experience for him and his business partner Derek Cortelyou. Mr. Sapstein wanted to create an area where people could relax and hang out, so he wanted to make sure the shop had plenty of room.

"We luckily have a broad space here, and our goal was to try to keep the vibe the loft-type building presents," Mr. Sapstein explained. "We want to bring gourmet everything into the shop, from baked goods to deli sandwiches, and anything we do not make in-house, we purchase locally. The main reason people like to come to the place is because of its layout and size."

"Nobody ever feels constantly on top



GOING OVER offerings on the chalkboard menu at the Robust Coffee Lounge at 63rd and Woodlawn, Rebecca Alexander and Gene Cochrane consider Belgium Waffles. *Photo by Cathy Ludwig.*

of somebody else while in our shop, and students are even able to conduct study groups in the more spacious booth areas. Customers don't have to interfere with someone studying for their high school finals or their LSATs."

THOUGH MR. Sapstein admits not many University of Chicago students have checked out the lounge, he hopes students will learn of the young shop through recent ads around campus.

"The U. of C. just resumed classes in

October and we're getting more students every week," Mr. Sapstein said. "Unfortunately, there's also a certain stigma south of the Midway that we're trying to fight."

"Up until this point, I don't think there has been anything on this side of the Midway that was really an attraction for a student or teacher at the University. We are attempting to visually put ourselves out there so people know exactly what is over here."

HAVING GONE to the coffee lounge four times before with Suburban friends, Junior Rebecca Alexander, who lives south of the Midway on 61st Street and University Avenue, finds the place a cute, comfortable spot for students and adults.

"The coffee shop is just an awesome place to unwind and chill with friends," Rebecca said. "Unfortunately, not many U-Highers know about the spot, but I think if more students heard good feedback and knew that people they knew went there, the café would receive a much larger U-High customer base."

"Many students are hesitant to go south of the Midway, but as long as you head that direction with other people during the day, there shouldn't be a problem."



Mid-way to finished

U-HIGHERS WONDERING when the new walkways across the Midway at Woodlawn and Ellis will be finished now have their answer.

Spring, 2011.

Although many people believe the construction is for underground crossways, they aren't. Pedestrians will get broader sidewalks with enhanced lighting and new security cameras and phones as they traverse the Midway. In connection with the University's safety initiative, 50-foot lighting masts will illuminate the Midway.

As asphalt replacement proceeds, Freshmen Frank Waggoner, left, and Max Volchenbom visit the pedestrian walkway construction site at the corner of Woodlawn and 60th Street. *Photo by Jeffery Li.*



ONE DAY...

AFTER A LONG day of school, Graham Lewis and Amol Gundeti feel their tummies rumbling with burning hunger.



DANGER!

PURSUED BY A mysterious hooded figure, Graham and Amol head for the nearest source of food...but where to?

Graham & Amol go to THE MEDICI

When ravenous starvation strikes, never fear, your friendly neighborhood Medici is here. From tasty shakes and savory wings to fresh salads and crispy onion rings, we're ready to soothe any degree of appetite. Have a seat!



1327 East 57th Street ■ (773) 667-7394
Monday-Thursday 7 a.m.-11 p.m. □ Friday 7 a.m.-Midnight
Saturday 9 a.m.-Midnight □ Sunday 9 a.m.-11 p.m.



FINALLY...

THE MEDICI, that's where. Exhausted, they pick from the delicious menu to dissolve their fears. Hunger be gone!

Photos by Remy Lewis

Exotic experiences in Lebanon

Family takes exotic 'business trip'

Siobhan O'Muircheartaigh
Midway reporter

As the scorching midday sun beams onto my arms, I wander through a graveyard of sand-caked columns in what remains of the ancient city of Byblos, Lebanon.

In the last week of October, my mother Sarah-Kay, younger sister Ciara and I accompanied my father Colm, Dean of the University of Chicago's Harris School of Public Policy, on a journey 6,000 miles away to Beirut, Lebanon.

WE WERE guests of the Dean's International Council, made up of men and women in government and business around the globe who meet twice a year to discuss economic and political issues.

They chose Beirut because of its strategic importance in the Middle East. Before their meetings, the group spent a few days touring historical sites in Beirut, including a bus tour to Byblos.

Ciara and I strode out of the silent ruins of Byblos into a vibrant, lively soukh, or traditional marketplace. No longer fretting about safety, we could appreciate the unfamiliar culture.

STORES TUCKED into the narrow street's walls burst with goods and spilled onto the folding table. My eyes darted from fossilized fish to rows of crimson, olive, and gold scarves to heaps of tourist apparel and mugs emblazoned with Arabic script.

The previous day we traveled by bus from Beirut to the city of Baalbek and spent four hours in the sweltering sun amid religious temples dedicated to Jupiter, Venus, and Bacchus.

Exhausted, we drove to a traditional restaurant in the city of Zahle. As the first tired, sweat-soaked person sat down, chaos ensued. Waiters crammed bowls of creamy hummus, parcels of fresh pita bread, an assortment of tabbouleh, triangular meat- or spinach-filled pastry called fatayer, kibbeh of minced lamb, and on to open table space. I brushed aside my pickiness and filled my plate.

AS I passed through Beirut Airport, a Krispy Kreme donuts sign reminded me of the U.S. Traveling the parched roads between ancient sites, however, gave me the chance to view the country's different dimensions.

While Western culture seeps into Beirut, outside the capital areas bear little resemblance to any American place.

At random points along the road, congregations of menacing soldiers holding guns caught my attention from my bus window. As I took in a deep breath while passing half a dozen men surrounding a tank, my dad explained that they were Lebanese national soldiers deployed in response to political and religious tension.

POSITIONED AT territory intersections between religious factions, the soldiers aimed to prevent any possible conflict. This unfamiliar way of peacekeeping scared me and remains my most memorable observed cultural difference.

Preparing for my trip to Lebanon, I expected unfamiliarity. But it wasn't until I arrived that I realized how little I knew about Lebanese culture. Plunked in among dozens of seasoned world travelers, many of whom seemed to seek out similarities between Beirut and the U.S., I felt delighted with the variety and enjoyed traveling away from home.



AS SHE explores (photos from top) a monastery near Tripoli, Libya, Siobhan photographs a pink flower at the end of a long, leafy plant. Siobhan saw Tripoli as part of a family trip to Lebanon.

WHILE VISITING a traditional soukh, Siobhan and her sister Ciara, browsed the array of shirts and goods in the marketplace. Photo courtesy of Siobhan O'Muircheartaigh.



S.C. president will continue to try for student-faculty game

Nick Phalen
Political editor

The clock ran out on Student Council President Emmy Ehrmann's effort to schedule a student-faculty basketball as an all-school assembly this week but she plans to keep trying.

When the faculty last year approved a proposal for the daylong diversity workshop Labscales it did so with the understanding no more assemblies or all-day programs would be added to a schedule already including Artsfest and other events.

Emmy said she will still try to get the game approved for later this year.

In past years, Principal Matt Horvat has invited Student Council and other groups to sponsor assemblies, usually at the end of quarters.

"We usually focus on doing something

current or something that is brought to us by students," Emmy told the Midway. "But this year, because of Labscales, the faculty expected that we wouldn't be having an assembly this quarter, because Labscales was a whole day and used class time from almost every period."

Emmy believes the basketball game would give students a well-deserved break from schoolwork and raise the kind of spirit she saw at an earlier game.

"I think that it is easy for people to assume that students at Lab want to be in class or that we would rather not an assembly," Emmy said.

"But really, having a time that is not a free period or a class period is important. Things like a student-faculty basketball game just really allows students to relax and have fun."

Brief-ly

Musicians, photographer honored

■ **HONORED** – Sophomores John Lin and Catherine Zhou have been selected for this year's Illinois Music Educator's Association District Festival Orchestra. School music departments recommend candidates, who first must survive an audition, which for John and Catherine took place October 12 at Hinsdale Central High School. Chosen for the Festival Orchestra, they performed with the Orchestra November 20 at Lincoln Way West High School in New Lenox after rehearsing during the day with outstanding Chicago area musicians.

The concert included the District Concert Band, Choir and Symphony Orchestra.

Jon and Catherine both play with the Chicago Youth Symphony Orchestra.

Senior Tyler Anderson has received recog-

nition for his photography; his photo of a muskrat was included in the issue of Nature Photography magazine published in Maine.

■ **TALENT SHOW** - The Winter Variety Show promised by Junior Danny Ilyin for last Friday looked ready to go, which would make it one of the few talent shows announced in recent years that actually took place. On the bill were song, dance, ukulele playing, magic tricks and stand up comedy. Photos will appear in the next issue of the Midway.

■ **CORRECTIONS** – A girls' basketball photo on the back page of the November 16 issue was incorrectly credited; the photo was taken by Midway Photo Editor Anisha Sisodia. In the staff list on page 8 Anna Rosenzweig's name was misspelled. The editors who made the errors apologize for them.

Holiday Flowers Delight All!

A gift from Cornell Florist brings holiday cheer to friends and family, far and near. With neighborhood charm and an array of fresh flowers, beautiful arrangements in many ways will delight you for days.

Operated by the same family for sixty years, Cornell will surely satisfy all your leafy desires!



ADMIRING A SELECTION of vibrant flowers, Francesca Baio selects beautiful blooms for a friend. She favors this family owned and operated Hyde Park florist, CORNELL!

Monday
9 a.m.–1 p.m.

Tuesday
through Thursday
9 a.m.–5 p.m.

Saturday
9 a.m.–4 p.m.



1645 East 55th Street • 773-324-1651

‘Labscapes’ stirs diverse assessments among participants

Deborah Krull
Midway reporter

Silence.
In Sunny Gym, approximately 250 U-High students stand somberly to celebrate diversity on Friday, November 19 as they participate in “Silent Movement,” Labscapes’ first activity. The amplified voice of a young student breaks the quiet as he reads a defining characteristic into a microphone. Then the footfalls of the students who have this characteristic are heard as they step into the center of the lopsided circle.

Planned by a student-faculty committee, the day consisted mostly of workshops and a film. Andre Robert Lee’s documentary “The Prep School Negro” was shown, and afterward U-Highers got an opportunity to talk with the filmmaker, who had come for the day and a parent program the previous evening. Faculty members and Peer Leaders led the workshops, and facilitated diversity-themed discussions.

AT THE END OF THE DAY a panel of four U-High graduates spoke about and answered questions about their high school experiences with diversity.

The “Silent Movement” proved the most eye-opening part of the day in the opinion of Senior Marissa Guiang. “It was really meaningful,” she said. “Very rarely was there one person to go into the circle, and it showed that we are never alone. It was really successful since students were so open about how they identified.

“IT WAS NICE that people were able to do this, and just goes to show that the Lab Schools really creates a comfortable environment; the students didn’t have fear.

“In the workshop about sexual orientation and gender stereotypes, I felt that the questions weren’t as engaging because the people attending U-High are so accepting. It was hard to get a debate going because there wasn’t really an opposing side. It wasn’t bad or anything, but it certainly made it a little bland.”

But a freshman boy who asked not to be named so he could speak freely didn’t find the day enlightening.

“I REALLY DIDN’T gain that much because I already knew what the leaders of the workshops were trying to say,” he said. “Some of the workshops seemed like a



MANY U-HIGHERS (photos from top) said a high point of “Landscapes” came with this panel of former U-Highers sharing their personal stories of high school experiences. From left they are Sarah Abella, Class of 1993, and now a Lab Schools teacher; Sidney Lee, 1980; Keith Horton, 1993; and Mollie Stone, 1997. A similar panel proved popular at a faculty in-service day. “POWER AND POWER STRUCTURES” led here by Justin Algee, one of the diversity day organizers, won praise from many participants. Photos by Delia Privitera (top) and Connie He.



joke; the presentation was just poor. The peer facilitators were disconnected and didn’t appear to be invested in the questions, so it was hard for us to feel connected to the material. It seemed like there wasn’t even enough material for the leaders to talk about.

“In the ‘Power and Power Structures’ workshop, all we did was color in a flower. If they tried to give a message across, they definitely failed.”

Sophomore Eric Pryor questioned the value in having an event such Labscapes at a diverse school.

“It was a good opportunity for meeting people, but I was with students I already knew during the day since the classes weren’t integrated among the grades,” he said. “We can have a diversity day because we are already diverse. So did it have a point? I don’t really know.”

THE DAY WAS too conventional said a junior who also asked not to be identified.

“The group activity was silent and the workshops stayed among the same grade so I didn’t meet or talk to anyone new,” he said. “Since we’re dealing with issues of diversity, it would have been beneficial to address different age groups together. For some people, it can even be easier to open up to strangers.

“The idea in and of itself is a good one, but the workshops were rough and needed more input. There wasn’t enough material, the questions seemed insufficient, and the conversation was general and repetitive, like we’d talked about it a million times before.

“It felt too traditional. In this school, race isolation isn’t an issue as much as socioeconomic status and sexual orientation and things like that. I feel like we didn’t focus enough on those things. One of the big things that I found out was how insecure I am about how my family is less affluent than others.”

BUT SENIOR Rajiv Nori believed the day proved useful for the school.

“We don’t need a diversity day, but I think it has a positive sentiment. I liked having a sort of holiday. You see and judge people on the surface, rather than looking underneath at where they’re coming from. It was nice to get to know people better; we could relate to each other afterwards because we knew one another’s problems.

“Apart from integrating the grades a little more, I think Labscapes was pretty successful. You can’t tell from the first run-through if it’s perfect, but we can keep improving it in the future.”

Snacks for your Pack

From cookies and fresh veggies to icing for those holiday sweets, Harper Foods offers everything you need to make it through another Chicago Winter. Stop by after school, during free periods, or any other time for those tasty energy pickups all U-Highers need to get through those cold days.



ARRIVING FOR a midday treat, Sam Sentongo, left, Charlie Jiang, Loren Sosnick and Rosie Ellis search through the many tasteful, healthy options at HARPER FOODS before heading for some warming hot chocolate. Photo by Anna Rosenzweig.

Harper Foods

**1455 East 57th St.
(773)-363-6251**

Gay teen tragedies get new attention

Nationwide, an issue; at U-High, not so much

Marissa Page
Midway reporter

When it comes to gay bashing at U-High, both students and faculty agree it's a non-issue.

In the past three months, at least nine teenagers in the United States either openly or believed gay committed suicide after they were bullied or outed by their classmates.

BY CONTRAST, in October at U-High, an openly gay male student cross-dressed at the Homecoming dance and turned out to be Senior Class King.

Though he sported a dress, wig and red lipstick, none of Senior Santana Lafeta's classmates made fun of him.

"I cross-dressed at Homecoming because I wanted to cross-dress at Homecoming," Santana explained. "There was no agenda behind it. I just wanted to have fun because it's my senior year.

"I DIDN'T THINK it was going to be acceptable, but I didn't care. I went to a public school and I've seen gay bashing at the worst. I was ready for the worst.

"Reactions to my cross-dressing were really positive. Everyone was coming up to me and saying, 'You look so pretty!' It was a huge confidence boost. No one questioned it, they just thought it fun."



Santana

"Of course I've heard people say 'that's so gay' or 'no homo,'" Santana continued. "I'm not offended by it. I just take it at face value. If you're that uncomfortable with your sexuality, it's silly. I laugh, but people don't realize I'm laughing at them, not with them."

REMARKS SUCH AS "that's so gay" must be completely eradicated to make U-High gay-friendlier, Counselor Camille Baughn-Cunningham believes.

"There can be insensitivity in terms of abuse and misuse of the word 'gay,'" Ms. Baughn-Cunningham said. "People are very cavalier about it, and they think it's funny. Micromoments of inconsideration like that affect the overall climate at this school.

"We as a community need to work at tending to smaller comments."

PRODUCING AIDS benefits for several health and care agencies for several years and writing features for the Howard Brown Clinic's newsletter, Journalism Teacher Wayne Brasler said he observed several differences in how words such as "gay" and "queer" are regarded within the gay community and without.

"Working with them I noted immediately that words considered hurtful outside the community occupied the opposite side of the coin within the community," Mr. Brasler said. "The point was to be direct, honest and self-assertive and proud.

"Likewise, when I worked with gay youth groups who pitched in to help with events I encountered teenagers who were strong, focused and self-propelled. Most of what I read and hear about gay youth from outside that community paints a picture of victims with little of the empowerment that makes words meant to be unkind easy to ignore. It's not what I encountered."

AND THE INTIMACY within the U-High community helps gays express themselves honestly, believes a sophomore girl who came out during the silent movement activity at Labsapes November 19.

"I think it helps that Lab is a small school," she said. "I like to think that people know others well enough to see more than one facet of a person's identity. Most importantly, everybody sees each other as actual human beings with feelings and identities beyond their labels."



Art by Gene Cochrane

High-profile help goes into 'Better' action

Alex Barber
Midway reporter

Late the night of September 9, the parents of Billy Lucas, a freshman at Greensburg (Indiana) High School, found him hanging, dead, from their barn's rafters.

Though Billy, 15 years old, never said he was gay, his classmates assumed he was and bullied him often.

AND HE WASN'T the only student who took his own life that month.

Six others—Justin Aaberg from Minnesota, Cody Barker from Wisconsin, Asher Brown from Texas, Seth Walsh from California, Tyler Clementi from New Jersey—also committed suicide after classmates them bullied because of their assumed sexual orientation.

The suicide of 18-year-old Rutgers University Freshman Tyler Clementi garnered the most media coverage. Tyler jumped off the George Washington Bridge in Fort Lee, New Jersey after his roommate used a webcam to capture and stream live a video of him with another man in their dorm room.

CNN, The New York Times and People Magazine all ran feature stories, putting a national spotlight on bullying lesbian, gay, bisexual and transgendered students.

Not that this violence is new. A 2005 Harris poll found that 90 percent of homosexual teens reported being bullied that year and a third had attempted suicide. Three years later, the FBI reported an 11 percent increase in hate crimes based on sexual orientation.

Two weeks after Billy's suicide, Dan Savage, a gay rights activist and author of the popular syndicate sex column "Savage Love" which appears in The Chicago Reader, founded the "It Gets Better" Project, a YouTube channel featuring videos of adults assuring teenagers life "gets better" after high school.

"**ALL THE** media attention has helped lance a boil," Mr. Savage said in a phone interview. "The Religious Right has been teaching that being gay is a choice for the past 25 years, giving kids permission to bully. Schools that state that bullying will not be tolerated limit cases.

"I'm less concerned with the bullies than the kids being picked on. The bullies might have a lot of reasons for how they act. Maybe they are gay themselves.

"Though it's mostly boys who've killed themselves, girls are also harassed. There is more space culturally for tomboys than pretty boys, so boys are more of a target."

MR. SAVAGE said he drew inspiration for the project after he blogged about Billy's death and a reader posted a comment.

Mr. Savage and his husband Terry Miller, who he legally married five years ago in Vancouver, Canada, then uploaded the first It Gets Better video.

"My family was very Catholic," Mr. Savage said in his video. "There were no gay people in my family and no openly gay people at my school. I was picked on because I liked musicals and was openly gay."

WITHIN WEEKS, more than 2,000 videos were uploaded worldwide and got more than 10 million views. Public figures including President Barack Obama, Secretary of State Hillary Clinton and Project Runway Host Tim Gunn uploaded their own It Gets Better videos.

Responding to the suicides, school districts nationwide have instituted anti-harassment rules. The policies reflect a federal Department of Education's October 26 directive obligating public schools, under civil rights laws, to try to prevent bullying.

But some religious groups see a hidden agenda in the so-called "be-nice-about-being-gay" movement.

U-HIGHERS, HOWEVER, rarely bully others for their sexual orientation, feels College Counselor Patty Kovacs. But just because gaybashing isn't prominent doesn't necessarily mean there's no bullying.

"If there is bullying, it's not targeted towards gays," Ms. Kovacs said. "Bullying's a quest for power, the equivalent of emotional oppression.

"Regardless of whether one is gay, the word 'gay' is often used as an insult. To get to the point of bullying, students need to depersonalize. It's harder to hate someone if you know someone."



Midway reporter Alex Barber with Columnist and Activist Dan Savage. Photo courtesy of Ms. Karen Flax.

Despite critics, controversial groups uphold beliefs

Leah Barber
Midway reporter

With gay bashing and gay suicides in the media, groups that uphold what they call Christian values are being criticized for contributing to the phenomenon.

But most won't budge.

Organizations such as the American Family Association, which boasts two million online supporters and 180,000 subscribers nationwide to its journal, and the Illinois Family Institute (IFI) are among 14 anti-homosexual hate groups identified by the Southern Poverty Law Center in 2009.

THE IFI WASN'T included on the SPLC's 2010 list. IFI's Director of School Advocacy Laurie Higgins says just because group members oppose homosexuality doesn't mean they hate homosexuals.

"No one who works for Illinois Family Institute hates homosexuals," Ms. Higgins explained in a phone interview. "All of us have people in our lives who identify as

homosexual and whom we love. However, we do think homosexual behavior is immoral and destructive.

"We've gotten to this weird place where diversity means having the same views on these subjects: race, class, gender and sexual orientation. But a true commitment to respecting diversity should mean we find ways to get along with those whose beliefs and life choices differ from our own. If we accept that this is a diverse world, we can't demand that everyone hold the same beliefs.

"**I DON'T THINK** God hates homosexuals. I think He hates homosexual behavior, just as He hates all sinful behavior. I think same sex attraction is disordered attraction. Our bodies are not designed for anal intercourse, whether you are homosexual or not.

"I think we should stay away from this issue altogether in school. Don't bring in articles and plays and books that attempt to normalize this behavior."

Removing a column by a gay student from the online and print newspaper, the Knight Errant, administrators at Benilde St. Margaret's School in St. Louis Park, Min-

nesota, acknowledged upholding Christian values takes priority over students expressing themselves freely.

IN THE November 11 edition, Editor Sean Simonson, senior, wrote a personal narrative titled "Life of a Gay Teenager." Within a week, the story received 92 comments on-line both applauding and denouncing Sean's article before school administrators removed it from their website.

Afterward a school administrators issued a statement that "As educators, we encourage student dialogue in a responsible way under the supervision of caring adults. As a Catholic high school, we have a responsibility to uphold the teachings of the Catholic Church."

Knight Errand Online Editor -in-Chief Morgan Rogers, senior, said in a phone interview that faculty adviser Jason Wallestad was reluctant to talk to reporters because he feared losing his job.

"We're not a homophobic place," Morgan said. "BSM has lots of different kinds of kids. Our main goal's to make everybody feel comfortable, no matter who they are."



CREATING A design for a building they will create for a Science Olympiad Competition, Sally Ladsaria, Jennifer Pan and Charlie Jiang are among juniors on the large Science Team this year. *Photo by Sarah Husain.*

Freshmen make mark at first Model U.N. meet

Sonia Bourdaghs
Midway reporter

Freshman Model U.N. members quickly proved their worth at the year's first conference.

Thirty-five delegates attended the conference November 12-14 at William and Mary University in Williamsburg, Virginia. They represented Russia, New Zealand and Columbia and returned triumphant.

New members contributed significantly to victory at the conference. From the nine delegates who received 1st place at the conference, seven were freshmen.



Robert

"The team did a fantastic job at the conference," said President Robert Meyer, senior. "I'm proud of the whole team, especially the rookies. One goal of William and Mary was to bring as many rookies as possible to give them real conference experience and get them excited about Model U.N."

The team's next conference begins Friday, January 28 in Cambridge, Massachusetts. Five rookies, all of whom went to the William and Mary conference, will attend Harvard, as the team represents the Russian Federation again.

Juniors Rosie Cuneo-Grant and Molly Petchenik and Vice President Karlin Gatton, senior, train the team's new members. The rookies' training included a mock held by the board.

"Because Model U.N. is an experience based activity it is hard to teach, making the mock a great way to have the nov-



NEWCOMERS have been making a splash for Model U.N., which pleases seniors including Sam Neal, left, Robert Meyer and Karlin Gatton. *Photo by Sarah Husain.*

ices experience what a real conference would be like," Karlin said. "The board held the mock and two meetings before hand to teach new members the basics of a conference."

New members, like Freshman Sophia Weaver, felt that the mock provided insight into conferences.

"I learned several skills which were crucial to the William and Mary conference," Sophia said. sary to communicate with other delegates at the conference."

Coach Nadja Aquino, math teachers, also sees the mutual learning approach paying off.

Math Team puts teamwork to work

Spencer Lee
Associate editor

Ranked 4th of 12 teams in the North Suburban Math League (NSML) after two of five competitions, Math Team has been integrating mathematical concepts with family-style learning.

Competing in the third NSML meet last Wednesday at Whitney Young High School, team members have been practicing problems in groups of three to strengthen teamwork. Results for the Whitney Young competition were past Midway deadline.

The success is due to incorporating math with "family" style learning, believes Junior Charlie Jiang, team member for three years.

"There is no real hierarchy in the Math Team," Charlie said. "Since practices and meets are usually separated by grade, the feeling of family is with people in the same grade."

"In terms of supervision, coaches are mainly there to oversee the work being done. More than anything else, team



Charlie

members teach each other concepts, building more on the family setting of the team.

"Teammates also contribute to the feeling of family in terms of competitions. People who have already competed, for instance, give up their seats on rosters so that other, less experienced members have a chance to compete. This shows a greater commitment to friendship and the desire to learn than winning."

Helping newer members of the team is crucial to learning math competitively, believes Senior Charles Du, team member of four years.

"On our bus rides to meets, usually many of the underclassmen will cram in last minute problem sets," Charles said. "We'll help them and explain concepts to them."

At the same time, newer members mean fresher ideas on how to solve problems, according to Charles.

"I definitely do better math when I have someone to talk to," Charles said. "

Coach Nadja Aquino also believes that teammates learning from each other has paid off.

Science Team puts newcomers to work

Hebah Masood
Midway reporter

Welcoming 20 new students, the Science Team added a new group designed to attract freshmen this year.

Science Olympiad Captains Aalap Herur-Raman and Michael Shapiro, both seniors, created the Building Team this Fall. The team will debut at the j.v. Loyola competition Saturday, February 12 at Loyola University.

Due to the overflow of returning members, Aalap and Michael created the Building Team to make way for freshmen to participate.

"There are a lot of returning Varsity members this year, more than in previous years," Aalap said. "As a result of these things, freshmen aren't going to be able to play as big a part as they would have in previous years. That's why we created the Building Team."

"The Building Team just builds for competitions," Aalap said. "This means they don't have to study fossils or other material for the test portion the night

before the meet. Since we are limited to only 15 people per team, this is the only way we can have more people join that want to build.

"This group encourages creative freedom: people who join it are going to be able to decide what they want to build, come up with plans, obtain the resources, and build it. You can build things from robots to hovercrafts.

Taking first place at the World Youth Science and Engineering State Championships last year, the Science Team is preparing for the WYSE Regional Competition in February. U-High has won the WYSE Regional 10 times in the past 11 years.

This is the Science Team's second year competing in Cannon Envirothon.

"The Envirothon competitions are based on knowing information about forests, wild life, ground water, and current events," Captain Jim Torpy, senior, said. "Basically, there's a short lecture and then you take a test as a team. After that, you have a lab in which you identify anatomy, like telling animal skulls

Without seniors, debaters still raising the bar

Aneesh Kanakamedala
Midway Reporter

With no seniors, Debate Team members are striving to go where they have never gone before.

That place is the Tournament of Champions this May at the University of Kentucky in Lexington.

Placing in the Top Eight at the Iowa Caucus Tournament October 29-31 at Cedar Rapids and Top 16 at the University of Michigan Tournament November 5-7 at Ann Arbor, tournaments the team feels they did exceedingly well in, debaters credited their success to the members' summer experiences and commitment.

"This year, a lot more pressure is on the junior members to do well, but the debate family is closer," said Varsity Debater Joyce Harduvel, junior. "I feel more prepared debating higher level varsity students from other schools, thanks to debate camp over the summer. I have high expectations for our varsity debaters as well as our novices, who are really eager to learn."

With seven meets down and seven to go, members have been sharing their findings for novices' benefit, tying the debaters closer together.

"When we have a topic, all of the members have no problem sharing arguments throughout the team. We do better research that way," Varsity Captain Charlie Rafkin, junior, said. He is a third year debater.

Coach Sarah Grusin and Assistant Coach Vanessa Bernick have been focusing on helping the novices, as gave team members.

"We are able to work with the novices during the six-hour bus ride to Iowa Caucus," Charlie said. "We tell them about the intricacies of debate and we work with them individually."



Joyce

MODEL UNITED NATIONS

COLLEGE OF WILLIAM AND MARY, Williamsburg, Virginia, November 12-14, Mid-Atlantic Regional Conference—

More than 1,200 students from 62 schools competed. U-High sent 35 delegates, with 31 placing 1st, 2nd or 3rd, 19 of them 1st including seven freshmen.

MATH TEAM

After its first two North Suburban Math League competitions, U-High ranked 4th of 12 teams. Freshmen scored 118 out of

150, 4th of 12 in their division; sophomores scored 107 out of 150, 3rd of 12 in their division; juniors scored 108 out of 150, 10th of 12 in their division; and seniors scored 101 out of 150, 6th of 12 in their division.

DEBATE TEAM

UNIVERSITY OF MICHIGAN, Ann Arbor—Charlie Rafkin and Joyce Harduvel 5-2, proceeding to eliminations; Jacob Rosenbacher and Cory Stern 4-3; Lily Zhao and Sam Kaplan, novice, proceeding to eliminations.

IOWA CAUCUS, Cedar Rapids—Charlie and Joyce, 4-2, proceeding to eliminations; Cory Stern and Mia Epner, 2-4; Lily and Sam, 3-3; Sam Leiter and Alice Yu, 4-2, making it to finals.

NEW TRIER, Winnetka—Joyce, 3-3; Charlie, 13th speaker; Joyce, 12th speaker; Jacob and Cory, 4-2, proceeding to eliminations.

VALLEY, Iowa—Charlie and Joyce, 4-2, winning two elimination rounds to make it to quarterfinals; Cory and Mia, 3-3.

GREENHILL, Texas—Charlie and Joyce, 4-2; Charlie, 29th speaker; Jacob and Cory: 1-5.

Why do U-Highers love math?

Why do their teachers love teaching math?

Rafi Khan
Editor-in-Chief

When I walk into Ms. McCullagh's class every day, I'm overwhelmed with a mixture of fear and excitement."

Referring to Precalculus and A.P. Statistics Taskmaster Rosa McCullagh, Senior Fraser Brown is only half joking.

"I USED TO always sit on the very edge of my seat all class," said Fraser, who's had Ms. McCullagh the last two years. "Just to be ready for a surprising question."

"Though her strictness is intimidating, it keeps me focused and I know she's going to come after me with a ruler if I get a question wrong. She's kind and willing enough to sit down and go over a bad test or talk about anything, really. She helps us deal with our own incompetence, which is one of her greatest strengths."

At U-High, Fraser's story isn't a unique one.

COUNTLESS OTHER U-Highers can recall tales about their math teachers, pointing to how their personalities and help outside class make math easier and more fun.

The most mathematically minded U-Highers then take their curiosity to the University of Chicago to take Honors Calculus or the like, or to Math Team, which boasts about 30 members this year.

As for the teachers, they say they love teaching U-Highers because of students' motivation and willingness to work.

"WHETHER IT'S because U-Highers have parents with high expectations or because they're simply self-motivated, most students come eager to learn," explained Advanced Algebra (AA) and Accelerated

Precalculus (APC) 'Guiding Light' Shauna Anderson. "That means I can teach at a deeper level and give more challenging problems. That's exciting from a teaching standpoint."

"Of course, some whine, but they all eventually suck it up," she said with a laugh. "Most of my students get my humor, or perhaps they're just laughing to be polite."

Others in the department mix humor with their lesson plans, which they say move so fast that there's little time to goof off.

"I LIKE TO JOKE around in class," said Algebra, Trig and Geometry Officer Joseph Scroll, who ironically picked up the nickname "Sergeant Scroll," courtesy of Ms. Anderson.

"Lab kids put pressure on themselves and I try to help alleviate that with sarcasm and humor. But how I act depends largely on the subject. In classes that move as quickly as AAAT, there's no time to fool around."

While most math teachers succeed in combining fun and a grueling work ethic, Department Chairperson Jane Canright says each teacher has a distinct personality and teaching style.

"WE STRUCTURE the curriculum so each course flows into the next and the same material is covered in each course, no matter who's teaching" explained Ms. Canright, who teaches Discrete Math and Precalculus.

"But we could never create a uniform way to teach each course, it simply wouldn't work, the teachers all teach so differently."

"For example, I like to be more sarcastic and fun when I teach. Others use analogies to explain, but if I tried to use the same analogies, it wouldn't be effective."

BY FAR the most famous for quirky

analogies and hilarious references is Math Seminar A.P. Calculus BC Guru Farukh Khan, who, in his usual quiet but classy manner, declined to interview or be photographed for this (or as he made clear, any) Midway story.

Similarly, Math Team Head Coach Nadja Aquino declined to comment.

But A.P. Calculus AB and AA Wizard Paul Gunty, usually humble and reserved, seemed almost eager to describe why he loves teaching U-Highers math.

"I TEACH math because I like the subject and it's rewarding to explain something right and see the light bulb go off in a student's brain, like 'oh, I get it now,'" Mr. Gunty said.

"Or, though this doesn't always happen, when students are happy to come to class because the material is engaging and they know I'll try to present it well."

"When I present problems here, students came with all sorts of ideas and methods that might or might not relate to the solution. At Lab, math isn't about the right answer, it's much more about coming up with creative and clever ways to get to the right answer."

AS FOR Ms. McCullagh, she says her teaching mannerisms derive from her upbringing.

"I went to a conservative Catholic school in Omagh, Northern Ireland," Ms. McCullagh explained. "And culturally, I expect the same back from students."

"I try to be driven and focused in hopes that I'll pass it on. I believe that anybody can do math, as long as they can bring something to the table."

"And largely, Lab Schoolers come ready to work."



Jane Canright



Julia Maguire



Paul Gunty

Photos by
Cathy Ludwig



Rosa McCullagh



Nadja Aquino



Shauna Anderson



Joseph Scroll

MADAME PRESIDENT: Taskmaster rises to the top

Akila Raoul
Associate Editor

At precisely 6:41 p.m. on a rainy November evening, Cook County Board President-Elect Toni Preckwinkle marched into her cramped office on the corner of 47th Street and Cottage Grove Avenue.

"Good evening, people," Mrs. Preckwinkle said in a curt, commanding tone as she strode to her corner office to the eight people, all African-American, waiting to meet with her. She removed her wool coat from her tall, poised frame, revealing a royal blue dress suit, before calling for her first appointment.



TONI PRECKWINKLE
Getting the big picture.

INTERESTED IN politics since she was a teenager, Mrs. Preckwinkle ran for 4th Ward Alderman in 1983 and 1987, losing both times to the incumbent, Democrat Timothy C. Evans.

In 1991, Mrs. Preckwinkle beat Mr. Evans and has remained alderman until she was elected

Board President last month.

Born and raised in St. Paul, Minnesota, Mrs. Preckwinkle was exposed to politics while volunteering for campaigns.

"When I was 16 my social studies teacher first introduced me to campaigning when he invited me to campaign for Katie McWatt, the first African-American to run for City Council in St. Paul Minnesota," Mrs. Preckwinkle explained. "Unfortunately she lost."

"WHILE I was at college at the University of Chicago, I volunteered for the campaign of the husband of a friend."

A longtime Hyde Park resident, Mrs. Preckwinkle transformed Hyde Park schools to make them more conducive to learning while alderman.

"As an alderman, I invested a lot of money into the public schools system," Mrs. Preckwinkle said. "There was the addition to Murray Language Academy and we spent money on King High School to transform it from a neighborhood high school into a magnet school."

"THE VAST education reform is something I am very proud of."

Then, Mrs. Preckwinkle's cheery disposition drastically changed: Cook Country Board President Todd Stroger was brought up. Her smile fell, she shook her head and made clear her disapproval of the way he ran Cook County.

"I had supported Todd Stroger when he first ran for Cook County Board President," Mrs. Preckwinkle explained. "He turned out to be a disaster."

"TODD STROGER called me the day after the general election to schedule a meeting. There he said things were difficult and asked me to keep the people

he had appointed while he was in office. I told him I couldn't promise anything. Then he asked me again and I said I wouldn't do it. It didn't go very well."

While Ms. Preckwinkle felt that she had a great chance of winning the general election, the primaries were concerning because the three black candidates could have possibly split the vote.

"There were three African-American candidates in the primary and a concern was that the one white candidate would gain support based on race," Ms. Preckwinkle said.

"HOWEVER, and this was good for me, he didn't work hard and had a terrible media advisor. Overall he ran a bad campaign. The election was won in the primaries seeing as Cook County is primarily Democratic."

"I've been an alderman for 19 years and I figured I had a chance to win and bring what this county needs. But I was surprised and pleased that I appealed to so many voters. I thought the election would be tough and it turned out to not be so tough after a year of hard work."

"Raising money was a difficult part of the campaign. We started fund raising in February of 2009 and we didn't raise as much money as we expected at first."

"IN JANUARY of 2010 we got the newspaper endorsements and we began raising as much money in a month as we had the previous year. We were then able to run our television commercials."

"I want to give health care to the poor and improve education. I'm walking in the door with a \$2.3 million budget and I'm hoping that this new government will be more efficient and effective than the previous."

SUPERPOWERS

AT A SU

STU

'Heroes'

Nick Phalen
Associate editor

As soon-to-be Division I basketball players, a senior researching cancer, a freshman taking calculus, and three U-Highers, all schoolmates, possess superpowers.



Would you rather have: Invisibility or Flight?

Associate editor Rolland Long polled 50 U-Highers. The results show:

Invisibility: 23

Flight: 27

Which radioactive spider U-Highers would choose

Rolland Long
Associate editor

From transfiguration to telekinesis.

With the arrival of Superman from Detective Comics (D.C.) in the 1930s, superpowers and superheroes have dominated comic books, television, and movies. The endless variety of superpowers remains fantasized by U-Highers and U-High faculty alike.

STEALING IDEAS from current seniors at Junior Retreat last April, Art Teacher Brian Wildeman desires the power to choose whatever power he wanted.

"So if I wanted to fly I would fly, and if I wanted to breathe water I would breathe water," Mr. Wildeman said.

"Admittedly I got this idea at Junior Retreat when they were asked the exact same question, and one response was to be able to steal other people's superpowers.

"IT'S BETTER to be able to just be able to get whatever superpower you want rather than stealing it, because it's mean. If you had a superpower, how would it feel if someone just took it?

"But if I actually was able to get a superpower in real life and not in the comic book sense, I would have some power to solve the current energy crisis.

"I don't know exactly how it would work, but I would start by getting people to realize that the handicap doors here take up a lot of energy and many people need to turn off extra lights."

SIMILARLY,

Sophomore

Rex Gu chose

the ability to materialize food from thin air for a charitable cause.

"If I woke up with these powers one day, I would go on pilgrimages to impoverished places and try to cure world hunger," Rex said. "Also, it would save me a lot of money. I can have meals whenever I want.

"I'd take people out to eat as much as possible, but I wouldn't let anyone know about my superpower, because then I would feel bad if I couldn't get someone food. The only downside I could think of is the fact that I might actually get tired of food."

HOPING TO BENEFIT from the power of perspective, Senior Wolfgang Foulkes wants the ability to see other peoples' points of view.

"If I could see everything through other peoples' perspective, I'd be a very pleasant person who understands everyone," Wolfgang said. "I'd probably be less unpleasant to my teachers too.

"If women ask unfair questions that I don't know how to answer, like 'does this look fat on me', then I would know just what to say.

"FOR THE POWER of good, I'd use it to see both sides of a debate and reach a compromise. For evil, I could really piss someone off, since I'd know exactly what makes them mad. I'd also be the perfect salesman."

Sophomore Maya Baroody desires a more traditional superpower, the ability to fly.

"It would let me fly away in a bad situation and just bolt," Maya said. "It would also be fun to be up in the air and go through clouds. I've always wanted to touch one.

"IF I WAS able to fly I would probably be a part time superhero and my life would be a lot more fun, be-

cause flying would be a fun activity. I would mainly use it for transportation, like instead of walking to school, it would be quicker to just fly there."

The power to laugh without making a sound or moving your mouth would be useful, believes Senior Yi Chang.

"You could laugh whenever you want," Yi said. "Like if you're at a teacher's conference and someone whispers a funny joke in your ear, you can still have fun while not disturbing other people.

"IF I HAD this power, I would be laughing at everything everyday and I'd just watch Peter Chow the comedian on my laptop during Spanish class. In fact, I'd watch during all of the school hours.

"I bet that if everybody had this power, their GPAs would just go down since no one would concentrate."

Wanting to communicate with the dead, Junior Dylan Lambert-Gillian wants to channel the mind of the deceased Jim Henson, creator of shows "the Muppets" and "Sesame Street."

"I WOULD HAVE little conferences with him in my head," Dylan said. "Which is cool because he's famous and also, he's dead.

"I could use his creativity and business savvy. Like, back when Disney tried to buy out Sesame Street, he not only backed them down, but he pretended like he was offended and scared them into giving him more money.

"At school, I would probably get everything done on time, and I'd be like Kermit the Frog all day. Of course I could use this power for good. Show me something he did that wasn't good."



AS THE MIDWAY SEES IT



Art by Gene Cochrane

There's a big diverse city outside to tap into

U-High just loves its diversity. Administrators and admissions folks boast about it and use it as a selling point for the school. Teachers incorporate it into their curricula and students are told from day one they are part of a diverse, forward-thinking community.

U-HIGH, INDEED, IS a diverse school, with students of different races, religions, socioeconomic backgrounds, cultural backgrounds and sexual orientations. And the generally open-minded community welcomes these different perspectives and respects them.

It's important, then, to take time and explore these different viewpoints, to discuss them during freshman and sophomore advisory, during Peer Leading, school assemblies and classes.

It's important because a student may not understand their friends' outlooks on life after four years without a little help from the school.

BUT WHILE people in the school look at themselves constantly, they seem mostly oblivious to a whole world outside the school walls, readily available to be invited in.

The students slammed into lockers at a less accepting high school. The witnesses of frequent shots heard in our South Side back yard. The gay high school activists fighting against prejudice and bullying to prevent more suicides of gay teens. Chicago's Latino activists.

They could all be part of diversity discussions at U-High.

In the past, U-High has brought in such outside perspectives. Back in April, 1991, Student Council planned a radical thing: A three week project on teenage sexuality. In the first week they covered AIDS and STDs, in the second rape and heterosexual relationships, and in the third, abortion and contraceptives.

AS IF THAT weren't edgy enough, Michael Callen, musician, activist and one of the first prominent individuals diagnosed as having contracted AIDS, spoke about AIDS and sexuality. His presence sparked heated debate and discussion among parents, student and faculty.

Science Teacher Daniel West, for example, wrote a letter to the Midway about how he felt Mr. Callen was wrong to claim condoms totally prevent STDs like AIDS. He said he felt students should be advised to protect themselves by practicing abstinence until marriage, as he did.

It's hard to imagine many people at U-High being that open, honest, candid and brave with an opinion that controversial today.

MIDWAY MAILBOX

Student Council needs input to make changes people want

From Student Council President Emmy Ehrmann, senior:

I FREQUENTLY HEAR students say, "Student Council is such a joke!" or "What does Student Council even do?"



Emmy

In my fourth year of Student Council, I know this misconception well. To most U-Highers, Student Council seemingly meets occasionally and does very little. We are judged by the change we bring about and the actions we take.

The problem with this is that, to make things happen takes a great deal of work, much more than is ever seen or realized.

As the president of Student Council for the 2010-2011 year, I want to emphasize our dedication to the High School and Lab Schools community.

We serve as the messengers between the students and the administrators.

Sometimes, it's difficult to get time with a faculty member or challenging to get an idea heard by the administration.

We want all students to be heard and will help all students to do so this is my objective for Student Council.

Now I know that students want to see better events, or more dances, or different assemblies.

On behalf of Student Council, I want to let you know that these changes take time and sometimes just are not feasible.

We are, however, trying our best.

This year, there is a third scheduled all-school dance, occurring in the Spring Quarter planned by the junior members of Student Council.

We will continue to do everything in our power to create the change you want to see in U-High. However, we need your help.

Our 22 minds could never come up with the ideas of the other nearly 500 U-Highers.

So, to the student who believes Student Council who does little to nothing, we encourage you to come to us.

We hold open meetings once a month are open to everyone's ideas.

If you want to see a change in U-High, the first and best place to start is with Student Council.

SAY WHAT?

Compiled by Spencer Lee

What would you do if your best friend gave you an expensive but awful holiday present?



Stephanie

STEPHANIE XIAO, senior: I'd throw it away. That's what I do with all gifts, I don't really like getting presents



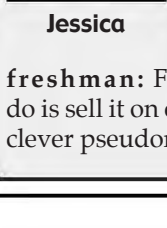
Jessica

LUIS SALDANA, junior: Donate to charity. Though, if it was really



Luis

JESSICA GIMPEL, sophomore: I would love it and cherish it always. By stowing it away where no one would ever find it.



RUSH BROWN, freshman: First thing I would do is sell it on eBay under a very clever pseudonym.



Rush

U-HIGH MIDWAY

Published eight times a year by journalism and photojournalism students of University High School, 1362 East 59th Street, Chicago, Illinois 60637. Phone 773-702-0591. FAX 773-702-7455. E-mail uhighpublications@ucls.uchicago.edu. Copyright 2010 University High School, Chicago, Journalism Department. Printed by FGS, Broadview, Illinois.

EDITORS-IN-CHIEF

Sydney Scarlata, Rachel Sylora, Rafi Khan

EXECUTIVE DIRECTOR OF SPECIAL PROJECTS AND DESIGN VISION

Nick Chaskin

BUSINESS AND ADVERTISING MANAGER

Marissa Page

PHOTOGRAPHY EDITOR

Anisha Sisodia

SPORTS PHOTOGRAPHY EDITOR

Veronica Ramirez

PAGE EDITORS THIS ISSUE

1, front, Nick Chaskin; 2, news, Akila Raoul; 3, learning, Nick Phalen; 4, City Life, JR Reed; 5, potpourri, Jay Upadhyay; 6, followup: Nick Chaskin; 7, in-depth package, Rafi Khan; 8, academic teams: Spencer Lee; 9, features, Rafi Khan; 10-11, in-depth newsfeature, Sydney Scarlata; 12, editorial, Rafi Khan; 13, columns, Rolland Long; 14, reviews: Moira Differding; 15: culture, Sydney Scarlata; 16, sports: Jeremy Woo; 17, sports, William Chung; 18, sports, Rachel Sylora; 19, sports, Sydney Scarlata; 20, photofeature, Spencer Lee.

POLITICAL EDITOR AND STUDENT GOVERNMENT EDITOR

Nick Phalen

COLUMNISTS

Opinion: Rafi Khan, Akila Raoul, Rachel Sylora; current events: Nick Phalen; culinary: Nick Chaskin; fashion: William Chung and Spencer Lee; sports: JR Reed, Jeremy Woo and Matt Hanessian; "Say What?": Spencer Lee.

REPORTERS

Victoria Aponte-Blizzard, Lindsay Aronson, Alex Barber, Leah Barber, Sonia Bourdagh, Annette Cochran, Aneesh Kanakamada, Deborah Krull, Jeffrey Li, Hebah Masood, Marissa Page, Siobhan O'Muircheartaigh, Sam Reynolds, Duncan Weinstein.

EXECUTIVE PHOTOGRAPHERS

Taylor Crowl, Sarah Husain, Cathy Ludwig, Veronica Ramirez, Jackie Robertson, Anisha Sisodia, Tina Umanskiy.

STAFF PHOTOGRAPHERS

Christian Castañeda, Elizabeth Gelman, Nathaniel Green, Connie He, Malvika Jolly, Remy Lewis, Jeffery Li, Sebastian Lopez, Crystal Maciel, Delia Privetera, Anna Rosenzweig, Lili Steffen, Tim Thomas III.

ARTISTS

Gene Cochrane, Michael Bissonnette

FACULTY ADVISERS

Editorial and business

Mr. Wayne Brasler

Photojournalism

Ms. Liese Ricketts



BROODING ON her sitting room couch, Martha, portrayed by Amy Morton, waits for her husband George, Tracy Letts, to pour her a cocktail in the Steppenwolf Theater's production of Edward Albee's "Who's Afraid of Virginia Woolf?" Later joined by a younger couple, the four become embroiled in many fights. Photo by Steppenwolf Theater.

FILM MOIRA DIFFERDING

Latest Potter adventure continues string of hits

THE HUNT BEGINS. In "Harry Potter and the Deathly Hallows Part 1", Harry, Ron and Hermione have much more to hide from than angry professors.

Enjoyinf enormous success at the box office, the Harry Potter films have grossed more than \$6 billion so far with seven films over nine years. The books which generated the films launched Author J.K. Rowling from welfare into the world's first billionaire author. With an entirely different premise than the other films, the latest installment covers much darker ground.

Entrusted with finding and destroying Voldemort's horcruxes, objects which one stores pieces of their souls, and chased by an evil wizarding army, Harry must destroy the horcruxes before he can kill Voldemort, who would like nothing more than to brutally murder Harry as soon as he finds a strong enough wand. With a gruesome show of Muggle (non-magical people) sympathizer brutality, the audience and the world of Harry Potter soon find out that a fully-revived Voldemort has taken control of the wizarding world again, beginning a new reign of terror.

While readers of the Harry Potter book series know what happens, and understand the terminology, nonreaders won't have any idea what's going on at some parts. Horcrux? Muggle? Not to mention the random flashbacks from previous movies. A little research should be done if you haven't read the books before seeing this film. The locations change so drastically and quickly that even though the mood stays sad and frustrated, it's hard to get bored. Intense action scenes scattered throughout the movie keep viewers on the edge of their seats, and the twists come so unexpectedly that jumping in your seat isn't uncommon.

Director David Yates, who directed the previous two Harry Potter films, crafted Part 1 so most fans should be satisfied with the meticulously-created movie, and though weaknesses from the book do exist, they don't hurt the main plot too much.

The tone of this PG-13 movie remains somber with with a few exceptions. One moment you are cheering for a character, the next you watch as they bleed out on the floor. If it's a happy movie you are looking for, Disney is a better bet.



WALKING THROUGH a trailer park decimated by Voldemort and the Death Eaters, Harry, Hermione, and Ron continue to search for the remaining horcruxes; to kill Voldemort, the horcruxes must be destroyed first. Photo by Jabcatmovies.com

THEATRE NICK PHALEN

'60s Albee classic still brutally works

ALMOST 50 YEARS after Edward Albee's "Who's Afraid of Virginia Woolf?" debuted on Broadway in 1962, the play has returned at Steppenwolf Theater, 1650 North Halsted Street, running through February 13.

The story revolves around George, a history professor, and his wife Martha, the university president's daughter, arguing, while they host Nick, a newly-hired professor, and his wife Honey at their house late one Saturday night.

Through countless rounds of drinks, the two couples become entangled in many tense situations. Addressing everything from infidelity to addiction, their conversations slowly devolve into hostile confrontations.

Winner of the 1963 Tony Award for Best Play, "Who's Afraid of Virginia Woolf?" became a 1966 film, Oscar-winning Elizabeth Taylor portraying Martha.

Starring Amy Morton and Tracy Letts as

George and Martha and Madison Dirks and Carrie Coon as Nick and Honey, most of the Steppenwolf production's strengths rest in its subtleties.

True, especially as the script itself is not terribly lively. Through most of the show's three hours, it seems to handle the same themes endlessly.

Yet, the actors show their deftness by delivering well-polished performances. Building the plot towards its dark climax, the show's energy rises without boring the audience with build-up.

All told, the play's strength lies in the characters' interactions. The deeper meaning that Mr. Albee tries to portray is largely lost in the wandering dialogue. But, that does little to detract from a rewarding night at the theater.



Nick

T.V. CHRISTIAN CASTAÑEDA

Unorthodox doctor keeps practicing

WITH DOCTORS MAKING dangerous decisions that put others' lives in jeopardy, Fox's T.V. show "House" follows an arrogant doctor that solves medical mysteries his own way without trusting anyone else.

In its seventh season, "House" airs 7 p.m. Mondays on channel 32. The show follows Dr. Gregory House (Hugh Laurie), the head of a team of diagnosticians at the fictional Princeton Plainsboro Teaching Hospital in New Jersey. He shows himself as a disruptive,

pain killer addict and walks around with a cane since he only has a half a muscle in his right leg.

House often quarrels with his boss, who became his girlfriend in recent episodes, hospital administrator and Dean of Medicine Dr. Lisa Cuddy (Lisa Edelstein). Dr. Lisa and House always

crack jokes about each other and get into heated discussions on what to do with their patients. Dr. James Wilson (Robert Sean Leonard) is an Oncologist who is House's best friend.

This medical drama has received numerous awards throughout its seven seasons. It has been honored with four Emmy Awards, including an award for creator and execu-



HUGH LAURIE AND PATIENT IN "HOUSE"

tive producer David Shore, as well as 23 other Emmy Award nominations.

"House" is always full of excitement, mainly controlled by the controversial doctor, House himself, who trusts no one, especially all of his patients. His character allows the show to be so much more interesting and offer surprises in the plot. House's unique personality gives the show its own kind of humor by acting like a witty and arrogant medical doctor, but this season, "House" has lost some of its shine.

In the final episode last season, Dr. Cuddy expressed her love for House, so this season offers a lot more romance.

Although it's not as good as previous seasons, the show still keeps the viewers attention and wanting to see more. "House" is a show worth watching.



Christian

MUSIC SAM FRAMPTON

Kanye continues venturesome journey

DENSE ORCHESTRATIONS, otherworldly concepts and pop sensibilities complement unflinching bravado in Kanye West's fifth album, "My Beautiful Dark Twisted Fantasy."

After raising listeners' eyebrows with the dark, minimalist electro-pop of "808s and Heartbreak," West began a string of outrageous public appearances, including his now-legendary interruption of the MTV Video Music Awards. "Twisted Fantasy" proves a fitting culmination to this curious experimentation, allowing West to present a readjusted public persona and musical style.

West revealed his outlandish intentions for the album with the concurrent release of 35-minute video called "Runaway," in which he pursues a romantic relationship with a half-woman, half-phoenix creature portrayed by Selita Ebanks. Through the video and the boldness of "Twisted Fantasy," West expresses his desire to claim his place as a pop icon of the same caliber as Michael Jackson and Prince.

On the hard-hitting posse cut "Monster" (featuring Rick Ross, Jay-Z, Nicki Minaj and Bon Iver), West exercises his trademark boastfulness with rhymes such as "There you go again,

ain't nobody cold as this/do the rap and the track triple double no assist." In a characteristic personality reversal, he flexes some healthy self-deprecating humor in "Runaway."

Enhanced by a guest list ranging from Wu-Tang Clan Member RZA to indie-folk collective Bon Iver, "Twisted Fantasy" features production that both draws from and exceeds West's previous albums. In "Blame Game," he builds upon the electronically modified vocals of "808s and Heartbreak," but rather than bore the listener with unending auto tune as he did in much of "808s," he creatively uses distortion and panning to give the effect that he is conversing with himself.

His grandiose instrumentals incorporate the warbling basslines of electronica, the chorused vocals of pop and the banging drums of underground hip hop.

"My Beautiful Dark Twisted Fantasy" pulls together an impressive range of influences in a refreshingly coherent fashion, creating an experience that becomes increasingly rewarding upon repeated listens.



Sam



SHEEK AND CLASSY, Taylor Crowl, Delia Privitera and Graham Lewis present perfect attire for formal holiday festivities. Taylor (photos from left) is wearing a \$150 black velvet dress from BCBG and matching black flats from Nine West.

DELIA FLASHES a \$35 black jacket from Mango and matching \$40 black open-toe wedges from Red Girls. Her dress is \$120 from Zara.

GRAHAM SPORTS a \$200 Belmont Army&Navy peacoat, \$8 orange scarf from a thrift store, his dad's shirt and tie, and \$50 Urban Outfitter Oxfords. *Photos by Jackie Robertson.*



DRESSING UP FOR THE HOLIDAYS

U-Highers don their favorite outfits

Spencer Lee and William Chung
Fashion columnists

S: As the holidays draw near, I believe an important question lingers above everyone's heads.

W: What presents we're getting?

S: No. What people should wear to holiday festivities.

W: Oh. Yeah too true. Well Sophomore Graham Lewis is wearing the perfect example of a wintry outfit.

S: I agree. His Belmont Army & Navy peacoat is warm and yet sleek.

W: Incorporating autumn themed colors of brown, orange and green are also good choices for the holidays.

S: I know, the Urban Outfitters shoes and thrift store scarf match those warm tones, and his dad's tie and shirt had the perfect shade of green.

W: Plus, everyone needs to pull off the look with a nice pair of jeans. His gray Obey jeans are neutral, pulling the en-

tire outfit together with a cool but natural look.

S: All true, but everyone knows girls have more options when it comes to outfits. Look at Senior Delia Privitera's outfit.

W: Sure, I'm loving that red vintage Zara dress, it fits perfectly with the holiday scene.

S: I know right. That black jacket from Mango helps pull it off. The Red Girls black open toe wedges bring the outfit all together, providing the perfect chic look for the holidays.

W: With such a classy look I'm sure she won't be afraid to strut her stuff when she goes out.

S: Speaking of classy, take a gander at Junior Taylor Crowl's sophisticated all black look.

W: The pattern is eye-catching, and it's the perfect length, accenting her figure.

S: Yeah, the velvet and silk gives it an elegant feel.

W: Overall, I think our models portrayed the perfect examples of what to wear to a nice holiday event by keeping it stylish and celebratory.

COOKING WITH NICK CHASKIN

A simple meal with a little Georgian hospitality

BACK TO PORK.

I know I have written about the art of cooking pig a lot lately, so this will be the last pork dish for a while, I promise. Pork is just so good. The bitter cold of winter is somewhat softened by the sublime flavor and texture of certain winter stews. King among them is the Georgian Pork Stew.

When done correctly the pork is so tender it breaks apart just stirring it. It has a beautiful savory flavor that is truly unique. If you have never tried one of my recipes, I highly recommend this one. It is not the easiest, but it may be the best.

To start you will need:

2 ½ lbs of boneless, trimmed pork shoulder (if you can find pre-cubed, it will save you some time later)
1 ¼ tsp kosher salt
3 gloves of garlic
1 tsp of dried summer savory or sage
¾ tsp coriander seeds
½ tsp of fenugreek seed
2 tablespoons olive oil
1 large red onion (finely chopped)
½ tsp ground turmeric
1 cup of water
½ cup of cilantro
3-4 tablespoons of Georgian salsa (recipe follows)

The first step is to butcher your pork. With a good sharp knife cut the shoulder into one-inch cubes. The small size will make the meat more tender later.

Place all the meat with about half the salt into a heavy-bottomed and oven-safe pot over high heat. Cover the pot and let it sit for 10 minutes; stir the



Nick

meat once after five minutes. The fat in the meat will cook out and essentially steam the meat.

While the pork is on the stove grind your spices in either a mortar and pestle or an electric spice grinder. Then take your garlic cloves, smash them with the flat part of your best chef knife and pour your spices and salt over them.

Give the garlic a rough chop, and then use the flat of your knife to grind the garlic and spices into a paste.

When 10 minutes have passed, add the oil to the meat and let it cook for another five minutes. Then add your garlic paste. Reduce the heat to medium and add in the turmeric and onion.

When the onion is soft, cover the pot and put it in a 375-degree oven for at least one hour, I prefer no less than 90 minutes for my meat. This process is called braising and will lend the meat a melt-in-your mouth texture.

While the meat is in the oven, make the salsa.

For the salsa you will need:
1 tsp coriander seeds (ground)
½ tsp fenugreek seeds (ground)
½ cup of cilantro
¼ cup basil
2 garlic cloves (crushed with the flat side of your knife)
1 red bell pepper
4 red jalapeño peppers
2 tsp red wine vinegar
½ tsp salt

Take the Jalapenos, cut off the stem end before quartering it lengthwise. Scrape out the seeds, and repeat the process on the bell pepper.

Take all the ingredients; give them a rough chop with your knife before putting it all into a food pro-



BECAUSE OF THE superior flavor given by grinding spices from seed, Nick Chaskin uses a mortar and pestle to grind coriander and fenugreek seeds. *Photo by Crystal Maciel*

cessor and pureeing into a smooth paste.

When the meat is tender, stir in the cilantro and salsa. Then serve over the widest egg noodles you can find, as wide as the Midway's sphere of influence if possible. I always like to simply pour the stew over a big bowl of noodles and dish it out family style. It is also worth noting that, like many stews, this makes for a wicked lunch.

Powering up, Maroons win exciting squeaker

Jeremy Woo
Associate editor

There's something unmistakable about the start of a new season. You can see it in the faces of the U-High players, gathered around a whiteboard in the Sunny Gymnasium trainer's room, radiating focus and anticipation, visualizing the swish of a made basket.

YOU CAN hear it in the voice of Coach Troy Caldwell, rapidly changing pitch as he briefs his troops with the game plan more than an hour before the 7 p.m. tipoff against Jones College Prep, Tuesday November 22.

As the latest incarnation of the boys' varsity responds to Coach Caldwell's questions, their preparation is evident. Everyone knows his role in every intricately diagrammed play; each inquiry from the coach is answered correctly.

The Maroons are ready.

"**IF THEY** play us man to man, they can forget it," says Coach Caldwell, pacing back and forth. "We play defense, rebound, attack; win by 30." He certainly has no shortage of confidence in his team tonight.

"Fifty," quips Senior Matt Hanessian from the front row, his gangly, 6-foot, 5-inch frame crammed into a school desk. Matt's modification of the strategy brings nods from around the small, dusty room.

"The first three minutes sets the tone!" Coach Caldwell booms, as the players rise and gather in a circle, raising their hands together in unity. With a call of "let's get it," the Maroons head to Lower Kovler to warm up.

ON THEIR way down, the door to the gym opens and Jones appears, heading for the locker room. Clad in street clothes, the casual Eagles starkly contrast the Maroons, who don freshly pressed warmups and brand-new sneakers.

The two teams share an awkward moment as they exchange looks, others glance half-heartedly, and the rest exit with their heads down, unsure how to act in front of their opponents.

In the meantime, Upper Kovler remains barren; with just half-an-hour until the tip, few fans have arrived. As the players finally emerge from a side door into their shooting lines, it is clear who has been here before.

SIX-FOOT, eight-inch Senior Mike Turner, a future Northwestern Wildcat, knocks down shots with ease, while younger players' attempts find rim. Tension rises through the bass of the sound system, bouncing balls, and the squeaks of sneakers: a symphony of anticipation.

Three minutes in, the game is knotted 5-5, and things aren't exactly going according to the game plan. Undaunted, Coach Caldwell refuses to acknowledge the team's stumbles, imploring the Maroons to communicate on defense and stay tough.

Meanwhile, Upper Kovler has filled up, with about 75 fans in attendance. Mostly parents fill the stands on a school night, with only the most devoted student fans making time from their homework to cheer on their team.

AFTER A slow start, U-High trails, 13-12. During a timeout, Coach Caldwell beelines for Mike, with a fiery look on his face. Seeking to motivate the influential big man, he implores his star to step up and take charge. A barrage of baskets sends the Maroons on a 13-0 run, but by the half their lead has shrunk back to a single point.

The buzzer signals the beginning of the third quarter, and the teams trade baskets with little fanfare. With three minutes left, the Mike Turner show begins, as he sprints back to vigorously reject a breakaway layup off the backboard.

THE NEXT trip downcourt, he catches the ball



WE HAVE LIFTOFF! Mike "The Big 10" Turner swats a Jones layup, November 22 in Upper Kovler.

in the post and skies to the rim for an emphatic two-handed slam. Somewhere, Northwestern Head Coach Bill Carmody is licking his chops.

The fourth quarter arrives with the score 40-33, Maroons. Trailing by one with a minute to go, Jones must foul. Sent to the line, Alex calmly sinks a pair of free throws. As Jones musters up a last-second prayer, the buzzer sounds to the tune of 55-49, Maroons.

There's something unmistakable about the start of a new season, and you can see it in the faces of the players as they trade handshakes, finally able to exhale, at least until tomorrow's practice. They have a long road ahead.

DEBUTING as a Maroon, Max Rothschild (photos from top) swings the ball around to an open Alex Nesbitt.

POISED, Alex leads the fast break, ready to attack the rim.

Photos by Jackie Robertson.

Maroons go up against Pioneers, keep fighting hard against the odds

William Chung
Associate editor

"Crack!"

As Sophomore Sophia Gatton slams into the left padded wall after a lay-up attempt, the collective gasp of the crowd reverberates throughout Upper Kovler, 6 p.m. Tuesday November 16. Using the wall as support, she gets up and limps to the court, stumbling once.

REFUSING her teammates' help, she blinks back tears, and walks to the sideline in the fourth quarter, the score 40-17 in favor of St. Francis DeSales with 7:25 remaining. Two minutes later, despite the start of a black eye on her face, she returns as point guard again.

After 32 minutes of getting pushed, shoved, blocked, elbowed, and stolen from, Sophia and the Maroons aren't ready to give up.

Still, this wasn't what they expected when they first entered the gym.

THE FIRST GAME of the season presents a test for the girls, who field three new starters. As they warm up, sporting bright white and maroon uniforms, the players display no smiling, joking around, or conversation except for gruff directions from the captains.

DeSales, in blue and gold, take every opportunity to laugh and make fun of each other. The crowds mirror the players, the quiet home fans consisting mostly of parents, with two students. On the other side, there are plenty of jubilant students and several parents.

To chants of "U-High," starters Briana Watson, Rose Traubert, Sarah Schacht, Nadja Barlera, and Sophia take the court.

A MINUTE doesn't go by without a turnover, mainly the Pioneers picking off the ball from the Maroons. Every time U-High goes for a score, there seems to be a misplaced pass, careless dribble, or an opposing player simply wresting the ball from their arms.

The frustration is palpable as the game remains scoreless with 5:10 left. DeSales draws first blood off a missed pass that turns into a score, followed by two threes and one of two from the line.

Down nine, the Maroons strike back. A clever pass from

Sarah to Sophia into the lane brings a basket, and a roar of approval from the crowd. "Hands up! Stay strong!"

THE GIRLS do, but it's not enough.

The score is now 21-4, with the Maroons never getting a chance to turn it around. Briana moves on a loose ball, passing it expertly to Sophia, who takes it to the basket only to get fouled. Standing on the free throw line, the tension is clear.

Her arms contract as the ref passes her the ball. The whistle. She breathes in. Carefully, she shifts her weight and shoots. Her trademark shot, with two hands extending in front of her, creates a perfect arc, only to bounce off the rim. Dead silence.

THE SECOND SHOT. You can feel the team and the crowd almost whisper to themselves, "please." Another miss. "Oh come on," Sophia says under her breath.

The Pioneers aren't careful about stepping on toes, racking up foul after foul and placing the Maroons in the double bonus. One sends Rose flying to the ground. She stands up, indignant, but the pain stops her short. Frustrated and beaten, she goes to the sideline to have a chat with Coach Tai Duncan.

For every point the Maroons eke out, the Pioneers respond with a redoubled effort to restrict U-High from scoring. The Maroons are forced to pass continuously, easy pickings for Pioneer takeaways.

THE PATTERN repeats itself over and over, and it's almost a relief as the fourth quarter draws to a close. With only a few seconds left, it's 47-23, Maroons ball.

Assistant Coach Baker Franke signals for a timeout, calling his players around his dry-erase board. Gesturing and talking furiously, he makes sharp but few swipes with his marker. He wants a quick score.

The play starts off. Rose desperately searches for an open woman. She finds Nadja, but a DeSales player immediately hounds her, and she passes to Briana. She can't get anywhere, passing it to Sarah, and in turn to Sophia.

THE BALL ends up back in Briana's hands, and with only three seconds left she makes a desperation heave over several Pioneer hands. The ball falls way short.

The buzzer goes off.



IN A December 1 game with Woodlands (photos from top), which came two weeks after the St. Francis DeSales game, Wildcats swarm as Briana Watson extends for a shot.

BALL SECURE in her hands, Sophia Gatton pushes up the floor.

CALM AS she surveys the defense, Rose Traubert delivers a crisp pass.

Photos by Delia Privitera.

For well-bonded team chemistry, just add H₂O

Jeremy Woo
Sports editor

Their exhaustion is marked with every trailing ripple of water. Every day, boys' swimmers exit the locker room facing grueling practice and intense cross-training led by Varsity Coach Paul Gunty and J.V. Coach Tony Del Campo.

WITH ALL the tough work they do in and around the pool, the boys know only one way to cope: having fun.

"I like to cultivate good cheer and team love every day," said Mike Barood, senior. "I think the boys' swim team is by far the closest team at U-High. We have carbo-loads before meets where we eat together, and we hang out at each other's houses all the time outside of school. It's truly a special experience."

Mike, in his fourth year on the team, contributes significantly to team chemistry.

"MIKE IS a leader, and one of the best swimmers on the team," Senior Aalap Herur-Raman said. "He always conducts our stretches, and plays a big part in organizing our team gatherings. Mike is friendly, and always tries hard, which keeps us from slacking off too much."

Another senior, David Chung, also plays a big part in the team's success.

"David is a role model for everybody," explained his brother, Sophomore William Chung, "because he never slacks off. He

never takes unnecessary breaks or makes excuses for himself. He and Mike sometimes carry us during meets with their skill."

"DAVID IS not only a great swimmer, but also a really nice guy," Aalap added. "He will always offer quiet tips on the side, but never seems to judge you. He's quiet, but he leads by example."

Another group, known as "Lane 1" because of its usual practice location, particularly contributes to the collective joviality.

"Lane 1 usually consists of Isaac Nicholas, Amir Hay, and Matt Soble," Mike said. "They are goofy as heck and their jokes take the pressure off of everyone, helping us relax. In addition to being valuable assets, they are the true comedians of the team."

THE BOYS got their first taste of competition December 4 at the Bremen Pentathlon; placing 2nd of six teams. They swam in the St. Viator Invitational December 12, with results coming past Midway deadline.

With today's meet in southwestern Ci-



TAKING IN AIR, Michael Barood pushes off the wall as he does a 100 breaststroke during the first day of swim practice November 22. Photo by Remy Lewis.

cero with Morton High School looming, the boys maintain their calm.

"There's a relaxing aura about swimming, because it's so individual," Aalap said. "It's your personal times that really matter,

and the team is there to support you. The pressure might be on you, but everyone is really there to help. Though the team's collective score matters a lot, we encourage one another and still have a lot of fun."

For fencers, motivation and mentoring make productive mix

William Chung
Sports editor

Not so weird after all.

Encouraging veterans and newcomers, the Fencing Club is anticipating the heart of the season after the holiday break.

CAPTAIN TINA UMANSKIY, senior,



Fencing Picture
14x18 picas

TENSED WITH anticipation, Nathaniel Green gets ready for a charge by his opponent at the Stevenson High Invitational in northwest suburban Lincolnshire November 13. Photo by Tina Umanskiy.

understands that in fencing, experience is the key to doing well.

"Experience is the biggest contributing factor I guess," Tina said. "Players who've been in fencing for a while are a really big help in terms of getting the team prepared and helping newbies with explaining how tournaments run and whatnot. When I think about it, most of the people on the team have actually fenced before."

Tina's teammates appreciate her devotion to the team.

"SHE'S GOT a lot of energy and helps keep fencing practice fun," Junior Andrew Xu said.

"Not only that but she's also a great foil fencer and I know she puts in lots of work to help the other fencers on their technique. She wins us tournaments, which is awesome too and great for morale."

Several veteran fencers have joined the team. Sophomores Willa, Charlie and Nathaniel Green, triplets, all played on club teams before they joined the Maroons.

Another standout newcomer is nationally-ranked fencer, Harrison MacRae, freshman.

"HARRISON WON 1st place at our first competition, which was not only impressive but it also showed his maturity on and off the fencing strip," Tina said.

"He really set a good standard for the whole team, in terms of goal setting and

how to approach the tournaments mentally. I think that the team really benefits from fencers like Harrison, the Greens,

and our other older fencers because we have a big team and there are only so many things a coach can do."

Make the cut this Holiday Season

Looking to make a good impression during the holidays? Stroll over to 57th Street Salon, just a four-block walk from U-High, and relax as our creative and personable stylists revamp your hair with a new cut, color or style.



RELAXING IN 57th Street Salon's comfortable reception area, Beverly Lau awaits a styling which she plans to followup with a new designer shampoo from the salon's large selection. Photo by Nathaniel Green.



1444 East 57th Street
773-288-5757

Open Monday-Friday 9 a.m.-8 p.m.
Saturday 9 a.m.-5 p.m.

Scoreboard

BOYS' BASKETBALL—Jones, November 22, home: Varsity won 55-49; CCHS, November 24, home: Varsity lost 64-60; St. Francis DeSales, November 26, home: Varsity won 54-46; Parker, December 3, away: Varsity won 45-32; Northridge College Prep, December 4, away: Varsity lost 51-41; Latin, December 7, home: Varsity lost 55-53. **UPCOMING GAMES**—De La Salle, December 14, away; Elgin, December 17, home; Carbondale Holiday Classic, December 27-29, Southern Illinois University.

GIRLS' BASKETBALL—St. Francis deSales, November 16, home: Varsity lost 47-23; Holy Trinity, November 23, away: Varsity lost 50-33; Woodlands, December 1, home: Varsity lost 39-34; Willows Academy, December 3, home: Varsity lost 55-38; Elgin Academy, December 7, away: Varsity lost 32-27. **UPCOMING GAMES**—Parker, December 16, away; St. Scholastica, December 17, away; Luther North, December 18, away.

BOYS' SWIMMING—Bremen Invitational, December 4, away: Varsity placed 2nd out of 6 teams. **UPCOMING MEETS**—Morton H.S. (Cicero), December 14, away.

Athletes give the gift of themselves

Mentoring city youngsters, U-High teams don't wait for the holidays to contribute

Duncan Weinstein
Midway reporter

On a warm overcast Friday this Fall, fans screamed instructions at a hispanic boy dribbling a soccer ball toward his own goal at one end of Douglas Park on Chicago's West Side. The shot is saved, and the goalie keeps trying to punt, but misses.

Witnessing this scene were members of the U-High varsity soccer team while refereeing games and evaluating teams at Chicago SCORES. SCORES, the local affiliate of national program America SCORES. It provides both boys and girls interschool soccer leagues for underprivileged, inner city



ALL SMILES. Led by Coach Mike Moses, members of the U-High varsity soccer team prepare to referee soccer games for inner city kids through Chicago SCORES.

elementary school students.

SERVING MOSTLY Latinos and African Americans, SCORES also provides creative writing workshops and poetry slams for kids to improve and exhibit their writing.

After refereeing, evaluating teams on their sportsmanship, and passing out Gatorade at SCORES, members of the U-High team go out for burgers courtesy of U-High Varsity Soccer Coach Mike Moses, who began the trip.

Additionally, U-High varsity baseball players volunteer at BIG. (Best Instruction Guaranteed) Baseball Academy, founded by U-High Varsity Baseball Coach and parent of Freshman Daisee Toledo, Keronn Walker.

EVERY SUMMER, Coach Walker allows and asks players to instruct BIG's week-long coed camps for players ages 3-18 all around the Chicago including at Shoesmith Park in Hyde Park, the Illinois Institute of Technology campus in Bridgeport, Curie High School in Archer Heights and Taste of Chicago downtown.

Instructing about 2,000 kids since B.I.G. started in 2006, Coach Walker hopes to continue the success.

"It's a community thing and keeps kids off the streets and gives them something positive to do. We're trying to build an indoor complex to give kids a place to play year round. It's been great to share my love of the game with them."

SEEING PARALLELS between current campers at BIG and playing baseball as a kid, Senior Liam Mireles feels nostalgic.

"It's nice for us to see younger kids with the same interest in the game we have. At that age there isn't that much of a competitive aspect, they're just playing for fun and that is what baseball is all about."

Always willing to help out, Senior Jeremy Woo explains what baseball can offer to kids.

"**COACH WALKER** gave me a call and I was happy to help," Jeremy said. "BIG gives the kids who really want to play baseball a place to hone their skills. The more you put in the more you get out, which is true in life. It's great to be able to offer that to people."

Senior Amir Hay describes what SCORES means to the kids.

"For some kids, soccer is just a fun activity, but there are other kids that really wish they had the time and money to join a real club," Amir explained. "For now they will play here and work on their skills. It's a haven for older kids. It keeps them off the streets. Even though it's only a few hours a week, it boosts them up."

GOING TO SCORES for the first time this season, Amir confessed, "I was worried the kids would see that I wasn't from around there and wouldn't listen to me. That turned out not to be the case



MORE THAN just a game. Chicago SCORES provides inner city elementary students with soccer leagues, keeping them off the streets and on the field.

at all. Since I was required to go, I wasn't happy at first. Afterward, I was really upset with myself for not wanting to go. It was a really good feeling to know that I had helped out, even for just an afternoon."

Bringing U-High players to SCORES for the past 10 years, Coach Moses values the experience.

"It puts things in perspective for the U-High student," Coach Moses said. "It's easy for them to take advantage of their situation and opportunity and this gives them a sense of difference. I have always been pretty privileged and I appreciate that."

"This is an opportunity to give back."



Coach Moses



Coach Walker

Music to your tastebuds



FEELING THE holiday spirit, Stefania Gomez makes a pot and two wooden spoons from Freehling Pot and Pan go pa-rum-pa-pump. Photo by Nathaniel Green.

Chestnuts roasting on an open fire, corn for popping, pumpkin pie. Whatever the carol, Freehling Pot and Pan offers everything you need to make this holiday harmonious. For pitch-perfect kitchenware, heavenly coffee, a slew of cookbooks, or a festive apron, look no further than Freehling's.

The **Freehling Pot and Pan Co.**

1365 53rd Street
312-643-8080

OPEN Monday-Saturday 10 a.m.-6 p.m. • Sunday Noon-5 p.m.

For sports heroes, look no further than U-High teams

Matt Hanessian
Sports commentator

Hero [heer-oh]: a man of distinguished courage or ability, admired for his brave deeds and noble qualities.

U-High is lucky enough to have a number of its own heroes, notably in both academic areas as well as the arts. But, U-High enjoys its share of athletic heroes as well.

TAKE DANNY Levine, Class of 2010, for instance. His diving header goal to win the boys soccer Regional Championship last year in overtime was nothing short of heroic.

Take Gabbie Clark, also Class of 2010, who defeated the reigning Illinois State Champion of Girls Tennis, Parker's Elizabeth Epstein. Or, look at Nick Kogelman, Class of 2007, the first U-High golfer to make the Illinois High School Association State Tournament.

Each athlete has his or her own hero. Some screamed "and Jordan wins it!" as the imaginary clock wound down and the basketball buried itself in the net.

SOME PRETEND-ED they were tennis

champion Pete Sampras, firing serves and rushing the net as if Wimbledon had come to Hyde Park.

Freshman Varsity Basketballer Max Rothschild has always counted down and fired an imaginary buzzer-beater. Max always looked up to Kobe Bryant of the Los Angeles Lakers.

"He does everything, and he is

clutch", Max explained. "I remember him playing with Shaq. I remember how they always had chemistry between them on the court."

MAX SAID he tries to emulate Kobe's style of play on the court.

"He has a large repertoire of moves, and I am trying to learn a large arsenal of moves as well."

Senior Soccerman Amir Hay also tries to integrate some of his favorite players' moves into his game.

"**IT'S ALWAYS** fun to watch Ronaldinho, play," Amir explained. "He is very skilled, and the way he plays is mesmerizing to me. He is always smiling, and it looks like he is not even trying."

"I have tried some of the moves that



Amir

he does, but nothing really comes of it," Amir said. "Ronaldinho puts in so much work."

BEFORE a hero is made, a hero is watched.

Kobe Bryant grew up watching Magic Johnson's Lakers take on Larry Bird's Celtics.

Many U-High athletes agree: They owe an everlasting debt to those who paved the way for the heroes of today to ascend to new heights in every area of life, as they give them the goals they aspire to.

"I AM TRYING TO LEARN A LARGE ARSENAL OF MOVES."

—Max Rothschild
freshman

A little holiday ditty

In the spirit of the holidays, sports editors Jeremy Woo and Matt Hanessian bring a little cheer

(To the tune of “Same Girl,” by R. Kelly featuring Usber.)

J: Yo Matt!
M: What up, Jere?
J: Wanna introduce you to this guard, think I really love this guard.
M: Yeah?
J: He jumps so high!
M: Straight up, dog.
J: Standing about 6 foot, 3, his crossover be killing me.
M: Derrick Rose is the man.
J: Leavin’ ankles broken, he dishes it to Joakim,
M: While other teams are moping, we find whoever’s open!
J: More luck than a four-leaf clover, the buzzer sounds, game over, the season’s looking golden.
M: Wait a minute; hold on, man. Is their coach Tom Thibodeau?
J: Yep.
M: Three straight playoff trips?
J: Yep!
M: Three-point shots so wet, each one leaves the net with drips?
J: SPLASH!
M: No Coach Vinny Del Negro?
J: Yep.
M: No superstar egos?
J: Yep! Plus they still have Forward Luol...
BOTH: DENG!
J: Tell me what’s wrong, dog? There’s nothing to be worried about! The Central Division is surely up for grabs.
M: I just didn’t know how much you really liked the Bulls!
J: Are you telling me you love ‘em?
M: Do I love ‘em? Like a workman loves his tools.



Art by Gene Cochrane

BOTH: We rootin’ for the same team, the same team,
M: Michael Jordan was the man!
J: You know I love Space Jam.
BOTH: It’s the same team, the same team,
M: Man, I can’t believe that we’ve been pullin’ for the,
BOTH: Same team, same team,
J: Where does Miami think they’re goin’?
M: The Bulls will bring the title home.
BOTH: Jere, Matt, man we been rootin’ for the same team.

M: Let’s talk football, the Bears are showing mad bravo!
J: Yessir, they truly represent Chicago!
M: Major props to the D, getting those interceptions.
J: It’s truly unreal, could this be the film “Inception?”
M: For sure, Devin Hester is running back punts in my dreams.
J: I get so excited when Matt Forte hits the seams!

M: I whispered in that Packers fan’s ear, “Take that”
J: Me too!
M: In the NFC North, we’re scarin’ all those cats!
J: So true! Despite all the turnovers I wish we could undo!
M: Sometimes I watch them lose and think what has the world come to?
J: Watching all the highlights on my phone, dreamin’ of the Super Bowl, in the Cowboys’ Dome.

BOTH: We rootin’ for the same team, the same team,
M: Jay Cutler can throw it across the ocean!
J: Coach Lovie Smith shows no emotion.
BOTH: It’s the same team, the same team,
M: Man, I can’t believe that we’ve been pulling for the,
BOTH: Same team, same team,
J: Sending wide receivers in motion,
M: Sippin’ on some championship potion.
BOTH: We been rootin, for the same team.

New course will reveal stress reduction secrets

Annette Cochran
Midway reporter

Stress. The goal of a new Phys Ed course? Lower it. **BENDING INTO** yoga poses and meditating serenely, students will explore a multitude of relaxation methods in Phys Ed Teacher Meghan Janda’s Stress Reduction class. Fifty-seven students in three sections will begin the unit January 24. After developing a yoga unit in 2005, Ms. Janda envisioned a class to go more in-depth with stress manage-

ment. “P.E. is a stress outlet,” Ms. Janda said. “Exercise promotes endorphin production, which lowers students’ stress and encourages clear thought and intelligent decision making.” “**I NOTICED** many students signed up for Yoga just for a break in their day to unwind and sleep. I looked at the U-High curriculum, and there are many sources of stress for students, but no class that coaches them on how to deal with it.” “I want to teach students stress reducing methods, both physical and tools when exercise isn’t an option.” “Students will explore various relaxation methods in class, from deep breathing, to listening to rock music and squeezing tension balls.” **DRAWING IDEAS** from an adolescent mental health conference she attended earlier this year, Ms. Janda designed the Stress Reduction class over the summer.

“I used information from the book ‘Spark,’ composed of University of Chicago studies on how exercise lifts your mood and improves your response to stressful situations, as well as ‘Choke,’ which describes how the brain functions in stressful conditions, and how you can train your brain to be more focused and despite stress.” Ms. Janda pointed out that stress is covered in the phys ed class Health 9, and in the advisory program. “Stress reduction is also covered in advisory, but minimally. With just freshman and sophomore advisories, only a portion of students is currently exposed to stress management tools, but the new phys ed course is available to all students enrolled in P.E.”



ARMS ON HER KNEES in a traditional meditation position, Phys Ed Teacher Meghan Janda relaxes her muscles. In her new Stress Reduction class, Ms. Janda’s students will learn effective, scientifically-based methods for relaxing and managing their stress. Photo by Christian Castaneda

SPRUCE UP FOR THOSE FAMILY HOLIDAY PICTURES



FULL OF ANTICIPATION, Ana Rosic visits Hair Design International waiting for a styling to show off on an upcoming girls’ night out. Photo by Christian Castañeda,

It’s time for those awkward family photos again. Come to Hair Design International for a smart hairstyle and follow that up with new hair products. We offer a large selection of organic shampoos and conditioners of cool scents. Add a seemingly endless choice of stylists and an always friendly staff and you’ll find we’re the best. At least someone will have amazing hair for that family picture!

Hair Design International
**Close to school at 1309 East 57th Street
773-363-0700**

Tuesday through Friday 9 a.m.–8:30 p.m. ■ Saturday 9 a.m.–5 p.m.



SKATERS' WONDERLAND

AS SKATERS gather beneath the Bean in Millennium Park, families slide, glide and fall in a bright and cold Saturday afternoon. "This photo really captures the movement of the people," said Anisha Sisodia, who took all the photos on this page. "I loved the way families moved in groups on the ice. You could definitely feel the sense of family and holiday spirit in the air with people bustling in and out of the cafe right by the rink to grab cups of hot cocoa."



TREE TRADITION

DECORATED ANNUALLY for the holiday festivities, Macy's dramatic artistry echoes its predecessor Marshall Field's traditions. "Macy's really highlights the holiday spirit with its ambitious decorations with beautiful colors," Anisha said. "There also is a decorum about it all that reflects a long heritage. You feel you are in a Christmas wonderland." The location is the world-known original atrium in the Marshall Field building which has lured travelers from around the world at holiday time.



HERALDING THE HOLIDAYS

WITH ITS FAMOUS decorations along State Street, Marshall Field's drew world-wide fame. Macy's has protected that heritage carefully. "Macy's dresses the store outside as well as inside," Anisha said. "It's a big block of holiday spirit and, at its heart, defines downtown Chicago." Macy's also continued the tradition of decorated windows with animated figures at an extravagant level long absent from most cities. This year the figures are paper-constructed in vintage style and the theme is "Yes, Virginia, there is a Santa Claus," based on the famous 1897 editorial in the New York Sun.



MAGICAL MUSIC MAKERS

THE HOLIDAYS wouldn't be the holidays in the Loop without street musicians. These three drummers attracted passersby to stop and perhaps give a contribution into the blue bucket. The drummers kept their beats going, never engaging in conversation with their audience. They didn't need to. They said it all with their music.

Photos by Anisha Sisodia
Page produced by Spencer Lee