New representatives will help ratify the constitution, which is now the main fall quarter project of StudCo.

BY SABRIN PAM
NEWS EDITOR

Student Council elections were held both early and late this year, with new all-school and senior class representatives. The election was designed to include both members and freshmen positions beginning Oct. 1.

New all-school officers include seniors Charlie Billings as Student Council secretary, Cara O’Muircheartaigh as Cultural Union representative, and Elizabeth Stolte as Student Council president.

“I was trying to involve myself in the school as much as I personally could,” Elizabeth said. “I love being involved and feel as if I can make a difference within the Lab school community. There seems to be a lack of general grade and school spirit and I hope to work on that issue this year.” She also wants to make communication between students, Student Council, and faculty more open and adaptable as easy and open as possible.

After three seniors resigned from their posts during the summer, a new process to select the new officers needed to be put in motion.

“This summer at a retreat I held for Student Council and peer leaders, Student Council discussed how to replace the people in these positions on the council,” Dean of Students Ana Campos said. “The constitution is the document that runs the path for handling this type of situation, but the old Constitution did not directly deal with the topic. It only talked about impeachment decisions in which the people chose to withdraw.”

So it was decided the council ultimately decided to limit the vote and decision to within the council itself. Wanting candidates nominated by the entire student body.

Somebody proposed doing it that way; I was on the table and it won,” said Jonathan Lipman, a senior. “I think the entire council should vote on big decisions, because they are representatives of the students as much as the executive board is.”

Nominations were opened to the whole student body, and on Sept. 21 Student Council heard speeches from the willing nominees. Through voting, they selected the new officers the following day.

“A family isn’t complete without all the members,” said Student Council President Fabricie Guyot-Sannaert, “so we were looking to be as democratic as possible, while also looking to be as expeditious as possible.”

We were looking to be as democratic as possible, while also looking to be as expeditious as possible.” — Fabricie Guyot-Sannaert, Student Council president

While voting, Student Council tried to find officers who would fit with their standards.

“I personally am looking for a candidate who will be dedicated to their tasks and will execute them well,” said Senior Class President Amya Buckner. “In my mind, a student council representative needs to be someone who’s not afraid to speak their mind but is still respectful of the opinions of others.”

The empty positions were temporarily filled earlier this year.

“We adjusted and made it work,” Jonathan said. “With the new members, the group dynamic will hopefully stay productive, but that depends more on the new officers, so I can only be hopeful.”

New officers will contribute to Student Council’s goals and endeavors for the rest of the year.

“Finalizing the new Constitution is the main one for me,” Char- lie said. “Otherwise, I’m excited to see how we utilize Gordon Parks Art Hall. I’d like to use it for some student-run events, so figuring all that out is another goal.”

Freshmen select officers

Freshmen elections were held Oct. 2, with voting done electronically through the Student Council website. Elected officers include Shiva Menma, president; Otto Brown, vice president; and Yorgina Chen and Alyssa Russell as Cultural Union representatives.

“I ran for freshman vice president because I felt that I could be an effective leader that listens to students and conveys their ideas in successful and concise ways,” Otto said. “Shiva and I will be working closely to determine what is best for our grade as a whole based on feedback that we receive.”

Freshmen officers look forward to their first year of high school Student Council.

“Shiva and I have put together a list of things we’d like to get done this year,” Otto said, “but one goal that we absolutely have to make sure that the Class of 2019 has the best freshman year possible. Being the youngest member of a high school that is connected to a university is sometimes intimidating, and making sure that every freshman enjoys his or her high school experience is my number one priority.”

Constitution is major project

The current main project of Student Council is ratifying the new high school constitution. Changes have been in progress since the end of last year.

“We’ve been working really hard to get a framework for ourselves,” said Fabrice, who has been a member of Student Council for the last three years. “It has taken a long time, as it should, because the better job we do the fewer problems there will be down the road. Once we get through the Constitution, I’m really hoping we can tackle some major issues at the school. I’m just really looking forward to seeing how many of those issues we can at least make a stab at.”

BY JACKIE WALKER
STAFF PHOTOGRAPHER

After the opening was delayed a week, the Kenwood Kafe opened Sept. 14. A matte white building taking up about a third of Ken- wood Mall, the new cafeteria has vents sticking out its side and is bigger on the inside according to students.

Kenwood Kafe are split.

“Go out for lunch.” — Jonathan Lipman, a senior

Despite the amount of space, the cafeteria will take 6-9 months to operate,” said associate director David Chen. “Some of the materials in and out of the cafeteria.

“The cafeteria will also be expanded east and west, taking up the areas where the Senior Lounge and the Dean’s office were prior to construction.

The new senior lounge and the Dean’s office will be located near the Dean’s office will be located near the student-run events, so figuring all that out is another goal.”

Temporary cafe runs smoothly during first month

GO OUT FOR LUNCH.

To get to the Kenwood Kafe, students and faculty have to walk out the High School lobby to Kenwood Mall beside the gymnasium. Various ramps and stairs help transport materials in and out of the cafeteria.

But the new cafeteria, which is now the main fall quarter project of StudCo.

“Instead of U-High.

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Changes coming to college app process

With a new SAT layout and FAFSA procedure, juniors must adjust

BY ELENA CARROLL-MAESTRIPIERI MIDWAY REPORTER

As of September 2015, students in the Class of 2017 can expect to experience changes in the college application process. On Sept. 14, the Obama administration announced a major change in how students file the Free Application for Federal Student Aid (FAFSA). Normally, in order to apply for financial aid, students must have waited to file their taxes in order to be considered for financial aid. The new change allows students to file their taxes before the end of the school year, thereby allowing them to apply for financial aid before the end of the school year.

 According to the Chronicle of Higher Education, the Coalition Application differs in that students will be able to submit a digital portfolio of work (from photogra phy to research, and possibly even video files) that they can access well before their senior year of high school, providing colleges with additional resources. So far the list of schools accepting the Coalition Application includes the University of Chicago, with a graduation rate of over 70 percent.

“This new application is especially significant because the students who do not graduate, by large, have had to do so because of financial reasons,” Ms. Kovacs said, “so this solidifies a student’s ability to go to college with the appropriate financial aid.”

Additional changes to the college application process includes a newly formatted SAT. Students took the PSAT this week were the first to see some of those changes coming to the SAT in the new year. The new test will help a student realize at one glance which test will remain the same, in essence the test will now offer test takers another option instead of 3 hours and 45 minutes.

“The many changes may be daunting to some students,” said Ms. Kovacs, “but the Coalition Application can choose to take the ACT instead. There is no need to panic.”

Patty Kovacs, college counselor

Placement agency to aid in search for high school principal

BY ELIZABETH CHON DEPARTMENT EDITOR

According to the University Latin Teacher Frances Spalterio fills in for former U-High Principal Scott Fech as the Search Advisory Committee continues to seek a full-time replacement. Since the principal search resumed in August, the school has decided to hire Carney Sandose & Associates, a faculty placement agency. As a head of the laboratory Schools and a member of the committee, Dr. Appleby has an integral role in the search process.

“The agency helps with places of teachers and administra tors, mostly private schools in the U.S., but also around the world,” Ms. Appleby said. “We hired them to support the search, which means that they will actively go out there and find the best candidates nationally and internationally, and do pre screening. They will recommend a group of strong candidates, probably a dozen or so. They will then find people already on the job market, but they also recruit people who might not be on the market but are still interested in this job. We will also post with the university and the other agencies that we always use, but they will proactively seek people out and make sure we get the best candidates.”

The Search Advisory Committee will interview candidates to aid in the search for the next principal. Campuses will get a wider range of people from the Laboratory Schools community.

“We plan to make the committee a bit bigger than it was last spring. We’re going to add a member from the learning and counsel ing team, two parents, and our new coordinator of diversity, equity and inclusion,” Ms. Appleby said. “The committee will interview candidates and recommend the finalists to come on campus.”

Larger pool of candidates were invited to the University of Chicago Laboratory Schools for one day. This year candidates will spend two days on campus to allow for a more thorough visit.

“We don’t want to rush through the interview process. We want the candidates to go to some classes and see all areas of the school to get a feel for the students, how they interact, and to talk to people who can help them understand the unique culture of U-High and Lab,” Ms. Appleby said. “We want the candidates to go to some classes and see all areas of the school to get a feel for the students, how they interact, and to talk to people who can help them understand the unique culture of U-High and Lab.”

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With ‘Rodeo’ theme, homecoming relocates

Cultural Union hopes to match last year's record attendance at dance

BY DRIEVA UNNI | ASSOCIATE EDITOR

This Saturday, the Chicago Theological Seminary will be outfitted with plaza, balloons, and bales of hay in anticipation for Lab's rodeo-themed homecoming dance. The dance will be helmed by Cultural Union, mainly seniors Daniel Zhu, CU president, and freshly elected vice president Clara O'Murchuathair.

"The theme should be fun," Daniel said, encouraging students to come to the dance with the rodeo theme. "We're hoping to have some special events when the bales of hay have been too specific, so this will allow students to get more involved."

The Chicago Theological Seminary, located across the Midway from Lab at 1407 E. 60th St., will host the event instead of the International House, which has usually housed the homecoming dance in recent years.

"It looks good," Daniel said. "There's a really nice view, so at nighttime you can see the skyline." The homecoming dance had record attendance last year, and Cultural Union. When students are attempting to match those numbers by having a fun theme with a donkey costume.

"Sophomores in particular have very high attendance," Clara said. "We're hoping more seniors will come. I think that the theme is really trendy. Travis Scott just released a band called 'Rodeos.' Besides, everyone knows what a rodeo is. There's an opportunity to dress to the theme."

Despite that, students think clubs can be created at any point in the year.

"There's no deadline to create a club," Ms. Campos said. "If at any time people think there is a gap, then they can request a form and become a club." Some of the new clubs this year include computer science, movie, film, philosophy, Chinese cultural, and Stop the Stigma. "I joined the Red Cross Club, "Thank A Soldier, and the Ronald McDonald House Club," freshman Mia Palmer said. "I found it to be quite stressful, considering the whole student body is trying to sign up for clubs all at once, but I found it very interesting that they have a variety of clubs that suit everyone's interests. They had many great causes they were supporting and also many fun clubs that would take the stress of a school day out of the students' minds."

Host of new clubs solicit students at assembly period Club Shopping event

BY TALIA GOERGE-KARRON | ASSISTANT EDITOR

Students wave banners, display food, and.scream to out of the students' minds." The Notre Dame, helped him interpret Nietzsche's complex ideas. "Overall, I was very dedicated to the writing over the paper," Xander said. "Over the weekend, I stayed up until two in the morning writing. Once I received a section, I wanted to finish it."

After Xander completed the paper for class and submitted it to Inflame, it was reviewed by two staff members, Jacob Mazzarella, junior, and Micaiah Buchheim-Jurisson, senior. "My first impressions were that it was an extremely impressive piece of work, clearly with a lot of passion and enthusiasm that went into the analysis of Nietzsche's work," Jacob said. "As a friend, he's incredibly intelligent and very passionate about music, so it was consistent with his personality. His paper was so well written, that I kept editing it even though I had to study for finals."

Once Xander submitted his paper to Inflame, he spent two weeks reducing the length of his paper and editing so it could be sent in. After Xander submitted his paper, he was given a new topic to write about for the next edition of the Concord Review. On Aug. 20, Xander received a letter from the Review stating that his paper had been published.

"My first thoughts when I saw the paper was the actual topic and the plans for revision and notes on what I should change," Xander said. "I think one day, perhaps for a thesis dissertation, I'll work on the paper again."

Now that he's been published, Xander feels more invested in his 19th century history and the music of the era. While he enjoyed symphonies of Mahler and Wagner before, he now has a better understanding of their pieces after studying them closely.

"This passion I have for music, in addition to addressing complicatedness with it, makes me hope to one day be an orchestral conductor," Xander said. "It is often said of conductors that they know the composer of the music they conduct, and although I may not write about music again, I certainly hope to interact with it directly in the future."
New theater described as a work in progress

In preparation for fall production, students embrace challenges, benefits of new theater facilities

BY MARISMA MARTINEZ

“Works in Progress” not only describes U-High’s first play of the year, but also the space where it will be performed. Named after Hollywood executive Sherry Lansing (’62), the new theater will house an original production made up of different dramatic pieces throughout history, which will debut Nov. 5–7. Drama teacher Laciessa Ambrosini described the show as a showcase of stage design, costumes, scenes and monologues. Singing will be a large part of the show, through choruses and musical presentations.

“We’re going to take it from the beginnings of theater in Ancient Greece all the way to the present, touching on each different period in drama,” Mrs. Ambrosini said. “It’s a series of pieces based on time periods they come from, but also because they are significant pieces either by the author or by how they influenced theatrical history. I’ve done other combinations of this, but this one is cuttings and snippets to give a subsequent release of his fourth album “Smoke Ring for My Halo” that Vile gained a presence on the charts and accrued critical praise. This was the year off with a collab from two separate genres — a charming balance of electronics, “FBGM” is a perfect song for someone looking to broaden their musical horizons by kicking their year with a collab from two relatively under-the-radar artists. Amananemosia (Chairlift) and Prince Johnny (St. Vincent) are two hauntingly melodic, light, yet memorable alternative songs filled with layered minor chords and obscure lyrics. Their soaring vocals and unusual arrangements will leave you feeling surprisingly comfortable and wanting more.

Get motivated and stay motivated — Autumn Espinosa, senior

“Finally having a space that’s actually ours is the best feeling. We’re not encroaching on anyone else’s space. All the different departments aren’t jammed in the same small room anymore, and the sound and light systems are brand new. It resembles the old Belfield theater quite a bit. Now we have a place that is large and can accommodate anything we want to do.”

“It’s a kind of uncertainty that feels sublime/ what was the meaning of this show because of the technical power of the new space’s kind of reflective light structures. ‘This show is very challenging that come with adapting to the new space. It’s described as a work in progress.” Autumn Espinosa, senior

“For the month of October? Whether you think of cool breezes, sunny skies, Halloween or the carpets of该题目？whether you think of cool breezes, sunny skies, Halloween or the carpets of leaves falling, October is a month to think of good stories, melodies and timeless storytelling presented through a mix of recent and classic artists — a charming balance of sentiment and surprise. To a person who knew the imperfections of humanity, to me is just simple ones that have little character development.” Senior Autumn Espinosa, manager of the cast and crew, says one of the best features of the new theater is its permanence.

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The October Mixtape: Fall back into the season one storytelling song at a time

By Alex Lund

ARTICLE EDITOR

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The October Mixtape: Fall back into the season one storytelling song at a time

BY COVDE SCHNAR FEATURES EDITOR

In Kurt Vile’s newest release, his 70s, long haired classic rock blends with clever, light-hearted instrumentation in a cohesive and intriguing new album, “Where I’m going down.”

Vile first began recording in 2005 with Adam Granduciel with their band “War on Drugs” and debuted his first solo album, “Constanst Hittermaker,” in 2008, an album which contained the influence of Pavement, Neil Young and Tom Petty. It wasn’t until his 2009 signing with indie label Matador and subsequent release of his fourth album “Smoke Ring for My Halo” that Vile gained a presence on the charts and accrued critical praise.

Perhaps the most interesting reflection lies later in the same song where Vile, in his nasally and gruff tone, reinforces with repetitions the most soothing thing that Vile sings. “I don’t care it sounds so pretty.”

“If you’re looking to do some soul searching, creep yourself out or host a little moosh party in your basement, you can prepare for a listless kid who knows you can’t take anything too seriously.”

State-of-the-art piece like these allow us to concentrate more on the theater, sets and lights rather than trying to solve all the problems like we had to in the other spaces we’ve had before. Mr. Ambrosini appreciates how the new features will change the scope of the show because of the technical power of the new space’s kind of reflective light structures. “This show is very

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GOING ALL IN:

From stocks to sneakers, senior Caleb Hill discovers importance of making his own way through life

BY CIVIL SCHWARZ  
FEATURES EDITOR

When senior Caleb Hill discovered the piano in the third grade, he played for hours on end. When he began playing on his own as a kid, he would skate for hours at a time. When he found out about the stock market through his uncle's brief suggestion last spring, he invested months doing research before finally opening a portfolio and he now spends hours each week trading.

When Caleb Hill finds a passion, he goes all in.

"My mom always told me if the interest is right, the income will follow," Caleb said. "Over time, you lose interest and you don't get to fruition. It's the idea that your thoughts and your words become a reality."

Growing up on the south side of Chicago, Caleb says complicated family situations sometimes interfused with his interests.

"My parents ended up separating and I think that I was forced to grow up quicker than most people have to," Caleb said. "For a long time, my life didn't have any stability, primarily through middle school and some of high school. I came through on the other side of that and everything's good now."

Caleb says that currently one of his favorite focuses is his stock portfolio.

Trading, despite the research and discipline it requires, comes with a distinct thrill.

"I've been sitting in a chair and lost $150 or made $250 in five minutes. It's really a big rush that I can't explain," Caleb said. "Imagine on the spot you get a steal in soccer and there is no one around you but the goalie and the goal. It's really, really good because they say you can do anything, and whatever you want to do.

"It's all about discipline and getting a set of routines so that aren't making random trades based on emotion," Caleb said. "I don't get too worried about my losses. You learn something new and what to do next time because marriage is the ability to use it."

Caleb says that part of his attraction to the stock market came from the ability for anyone to use it.

"Trading is something anyone can do," Caleb said. "You can do it whenever, wherever. I don't think anyone's purpose in life is really about money, it's finding happiness. An example of ambition I always use is a kid seeing someone driving a Lamborghini down his street and he thinks that's cool, I want to drive that.

Over the summer, Caleb participated in the U-High Summer link internship program where he worked at Allston Trading, a global electronic trading firm. Caleb says that currently one of his favorite focuses is his stock portfolio.

"The biggest thing I learned was networking because I got to work at the front desk for a while. Before stock trading, Caleb worked at buying, selling and trading popular shoes, an interest that started after seeing the sneakers of a family friend.

"They were the Jordan Bred (black and red) 1s, which is my favorite shoe now. It was like that moment with the kid with the Lamborghini. I wanted it, but it was sold out everywhere and was for $1,000 — so I sold it." Caleb says.

A market based off of exclusivity and hype from brands such as Nike and Air Jordan, Caleb says some of the skills he learned while selling sneakers taught him early the basics of marketing.

"Sneakers are only worth what dumbasses are willing to pay for them, just like anything else in the world. I bought a ton of Jordans that year and over time, the deeper you get, the more relationships you build."

According to Caleb, his interest in basketball shoes started with basketball. Now captain of the Varsity basketball team, Caleb began playing basketball in seventh grade and joined varsity his sophomore year.

"Basketball is all about commitment, hard work and discipline, discipline is probably the most important," Caleb said.

With demanding time commitments for basketball, school and trading, Caleb uses his passion for music as creative outlet.

"I'm really happy that I'm in Mr. Davis's digital recordings class this year because we all have our own studio setup and it gives me the structure that I didn't really have before and I get to have the structure behind what I'm doing."

Despite his responsibilities, Caleb says that he says he's preparing himself for the rest of his life.

"A lot of kids at Lab don't realize that there's a difference between being good at school and being good at life and the obstacles and networking that it calls for you to push through," Caleb said. "I don't want to go to four years of college just to get a job when I graduate. My goal is, by the time I graduate college, to be wealthy enough to travel the world."

PLAYING THE MARKET: Caleb Hill works on his portfolio using TD Ameritrade trading software, observing graphs that show the progress in pricing of various stocks over different time intervals. Caleb says that while he checks his stocks every week, he only trades with a plan. "If a stock doesn't do exactly what I want it to do, I trade it," Caleb said. "I cut losses and take whatever small profits I get and get out."

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"Trading is something anyone can do," Caleb said. "You can do it whenever, wherever. I don't think anyone's purpose in life is really about money, it's finding happiness. An example of ambition I always use is a kid seeing someone driving a Lamborghini down his street and he thinks that's cool, I want to drive that.

Before stock trading, Caleb worked at buying, selling and trading popular shoes, an interest that started after seeing the sneakers of a family friend.

"They were the Jordan Bred (black and red) 1s, which is my favorite shoe now. It was like that moment with the kid with the Lamborghini. I wanted it, but it was sold out everywhere and was for $1,000 — so I sold it." Caleb says.

A market based off of exclusivity and hype from brands such as Nike and Air Jordan, Caleb says some of the skills he learned while selling sneakers taught him early the basics of marketing.

"Sneakers are only worth what dumbasses are willing to pay for them, just like anything else in the world. I bought a ton of Jordans that year and over time, the deeper you get, the more relationships you build."

According to Caleb, his interest in basketball shoes started with basketball. Now captain of the Varsity basketball team, Caleb began playing basketball in seventh grade and joined varsity his sophomore year.

"Basketball is all about commitment, hard work and discipline, discipline is probably the most important," Caleb said.

With demanding time commitments for basketball, school and trading, Caleb uses his passion for music as creative outlet.

"I'm really happy that I'm in Mr. Davis's digital recordings class this year because we all have our own studio setup and it gives me the structure that I didn't really have before and I get to have the structure behind what I'm doing."

Despite his responsibilities, Caleb says that he says he's preparing himself for the rest of his life.

"A lot of kids at Lab don't realize that there's a difference between being good at school and being good at life and the obstacles and networking that it calls for you to push through," Caleb said. "I don't want to go to four years of college just to get a job when I graduate. My goal is, by the time I graduate college, to be wealthy enough to travel the world."

Peers leaders join sophomores at retreat to help with service

BY ARIEL GANS  
EDITOR-IN-CHIEF

For the first time in the history of the Peer Leadership Program, senior peer leaders were invited on the sophomore retreat at Pel- steins Resort in Lake Delton, Wisconsin, Sept. 16-18.

"I feel like they really set the tone," Megan Janda, head of the peer leadership program, said. "They really lead by example. It's a really good group that involves itself in service, so when we went to our service trip they were really pumped up to do the service, and for the kids that was really conta-

In the past, junior and senior peer leaders have led a design- nated sophomore advisory for one school year. Beginning last year, junior peer leaders were ad-

ers or peer leaders felt the purpose of their presence there was unclear."

"I think the concept of us going and it's really, really good because they involve themselves in service, so when we went to our service trip they were really pumped up to do the service, and for the kids that was really conta-

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Ronald E. Jaffe, "who were down on his luck," said Mr. Jaffe, "is an inspiration for everyone at U-High. He reminded everyone of the importance of making sure that we are following our passions and not allowing our past to dictate our future. His determination and resilience are something that we can all learn from."

"He was a man of great talent and a true artist. His words of wisdom and advice will be missed by everyone at U-High," said Grace Anderson, editor-in-chief of the student newspaper. "He was a true leader and a mentor to us all."

The program continued as New York Times Chicago bureau chief and renowned alumni of Lab Schools, according to Ms. Dubose. "It really changed my life."

"I want to give the students at Lab a chance to connect with their past and to appreciate the legacy of the building," said Mr. Jaffe. "We want them to know that they are part of something greater, something that has been created by their predecessors."

"Every time I look at the building, I think of the students who have come here before me and the ones who will come after me," said Mr. Jaffe. "I am honored to be a part of this incredible institution and to have the opportunity to help shape its future."
I n the past, Student Council has been considered irrelevant by many students, with their meetings occurring quarterly at best. However, last year’s Student Council President Alex Lund offered hope for Student Council to take on a bigger role as a valued governing body. However, if Student Council wants to take on more responsibility, the members need to follow up by giving students a voice when it comes to making decisions.

Student Council is currently working on rewriting its constitution. The last constitution included nothing dealing directly with student council resignations, so Student Council discussed and decided on a process after three students resigned, forming this process around the old constitution’s impeachment process. Student Council then included this process in their draft of the new constitution. The student body then made the Student Council asked students to nominate their peers. Nominations were submitted using a form online and during Student Council meetings. Nominations can be submitted for any Student Council position for whom they barely knew. Freshmen who were not familiar with the community, should have been included in the election of our representatives so the new Student Council could create a more living, student-friendly environment.

Student Council could have taken advantage of this opportunity to strengthen its communication between it and the student body by promoting and introducing new students to the Student Council website. Officers could have collected statements and posted bios on the nominees, possibly record and posted videos of the speeches and had students vote through the website. On the “Updates” tab, it says nothing of the resignations or the process of re-election. Additionally, Student Council has a chance to redeem, get credibility from and involve new students in the creation of their proposed constitution. They are our representatives. They need to make sure the final constitution reflects the voice and views of the student body.

According to the Student Council website, Student Council “is committed to maintain an open school where the students want it to be” — which they won’t know unless they make their voices known. It doesn’t mean saying, “I’m open to questions, comments and concerns. Come talk to me!” It means getting up, reaching out and not waiting for students to approach them. This editorial represents the opinion of the Midway’s Editorial Board.

BY ALEX LUND

ALEX LUND ’17

The new arts building is beautiful. It is both in every way not just it truly embodies Lab students’ independent, free-thinking and expressive attitudes. It is another story. Gordon Parks Hall boasts an impressive lobby, assembly hall, art gallery and more. However, its quadratic, minimalist, sterile, functional and more surprising, questions superfluous impression that it makes of the building seem to contradict the academic, creative and free thinking Lab student — one who benefits from an inviting environment.

The new building lacks perhaps the most essential aspect of a creative space: personality. And if only comes from the unique character of the student body. No custom, use and future physical aesthetics of the building, and giving students the freedom to radiate the aesthetic which, true to the spirit of Lab, embodies the vibrant ideals of John Dewey — learning through experience and living in the moment. This means embracing the failures, messes and opinion that the students want it to be”.

The midyear sees it...

BY MAIA BOUSSY

New student hall arts more like museum

The infectious energy and camaraderie students bring to it. Luck- less photos and artful space are needed in order to truly embody Lab’s principles. For example, students need to be allowed to pin or tape their work on any walls or tables in the gallery. This is something that is both possible about the appearance of the arts building to outsiders for the rest of its existence will forever stink how students will perceive it — as no longer their own, but as something on loan from the administration. Each generation of students under will have the chance to create art in Gordon Parks Arts Hall. We cannot undo diligently in growing our comfort- ability, whether the administration and its leadership group, allow us to make our contribu- tion by bringing the first ones to add a bit of ourselves to it. Allow us the opportunity and freedoms to make mistakes we can learn from.

It is up to students and teachers to work around the growing size of our school.

BY MAIA BOUSSY

Growing campus demands flexibility

“In the assembly hall as it is now, there is no room for personal expression. Back packs would be allowed in the hall. Students have been told no backpacks would be allowed in the assembly hall, art gallery and Upper Kovler cannot be replicated in the hall, despite the sense of dissonance accomplished through the organized seating on communal benches and its thrust stage design. In addition to the “no food, drinks, or backpacks” rule, the administration also seeks to prohibit any painting on any walls or tables in the new building — even in the art studios. Further, the art gallery is designated exclusively for pro- fessional artists’ exhibits. Which, while that is the case, should have an air of seriousness to them. Communal spaces include a sense of thoughtful, quiet reflection, such as the Martin Lau- derer King or Holocaust Remem-
From weights to tracking devices, working out takes many forms

**By Sonny Lee**

Exhausted from his workout, Kenny Koenen slowly walks down the stairs from the weight room, jokingly trying to hug someone in a sweaty embrace.

During the off-season, a senior and former U-High baseball player, is placed in the weight room playing team sports because of a setback he suffered on his ACL. Kenny explained, “So I started riding my bike every day for an hour and a half, and is trained in administering the ImPACT test. The ImPACT test is a 25-minute computerized exam of cognitive abilities, helps track the recovery of cerebral processes following a concussion, before starting their seasons.

Requiring an additional consent form, the testing involves a series of computerized cognitive tests involving mathematical memorization.

“I felt that we needed another tool to help with concussion treatment here regarding diagnosing and treating a concussion,” Ms. Mahalov said. “I’ve noticed that we get a good amount of concussions here in sports as well as physical education class — more than people would think. I don’t think that our school is above average, but concussions are a very serious injury and anything that can help the safety of our kids we should do.”

In fact, multiple U-High athletes have suffered concussions.

**By Abiel Gang**

“Don’t drink soda or eat candy at home because of how he was raised. His parents only shop at Whole Foods, which is why he only eats organic food when home,” Nikki said. “But I’m all for anything that can help the store, Mr. Miller encourages investing in the store or even playing with a sibling can mean a couple more calories.

Taking the stairs, walking to the store or even playing with a sibling can help you stay fit with all the other activities and work U-Highers have to do.

“Exercise. The goal is to run a marathon next week. The goal is to stay active and fit. You don’t need a gym to exercise.”

“I invest in a Fitbit, Jawbone, or other fitness tracker. These can motivate you to stay fit.”

Sleep. Sleep improves athletic and creative abilities. It sharpens your attention, lowers stress and helps you maintain a healthy weight.

“Mix up your routine. Exercise different parts of your body and make it fun for yourself.”

Eat well. Protein, calcium, and other vitamins and minerals are key for muscle growth.

“Just do it.”

Fall months offer a chance to increase health knowledge

**By Jackie Walker**

Though school and homework may get in the way of many U-Highers’ other activities, that shouldn’t be the case when it comes down to your body and your health. Staying fit does not have to mean a two-hour session of grueling pain and discomfort.

With the right attitude and a great ability to manage time, any student who doesn’t play team sports can stay fit. Even simple things like replacing soda with water can give your body the extra energy to get through the day. Taking the stairs, walking to the store or even playing with a sibling can mean a couple more calories counted.

These tips from Cosmopolitan can help you stay fit with all the other activities and work U-Highers have to do.

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**New concussion test gives guidance for injury recovery**

Test will give educators a baseline to measure damage, treat concussions

**By Ariel Gans**

“I never had a baseline test before. I got my concussions, swim — I never had a baseline test before — but I have a good friend who’s the trainer at the Latin School and ‘they’ve been doing it for a couple years now. So I thought why are they doing it and we aren’t?”

Latin is similar to ours in that it doesn’t have any football or wrestling — so if they’re doing it maybe we should.”

Another supporter of the new testing is Nurse Martha Bagetto, who manages and treats concussions for the schools while Ms. Mahalov assesses them.

“The trainers and coaches wanted something measurable for them to be able to see if a student had recovered from their concussion,” Ms. Bagetto said. “Because much of the symptoms of concussions are subjective. I think that this testing will raise people’s awareness about how to prevent long term consequences by making sure that kids are back to their baseline before reinjuring the game, and maybe before they sustain another concussion. Also, it’s measurable. You might have thought you were fine, but numbers don’t lie.”

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**Students find ways to maintain healthy lifestyle**

From weights to tracking devices, working out takes many forms

**BY SONNY LEE**

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Kendra Nealey discusses dedication and time commitment to her sports by Marissa Martinez

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On the ice, her teammates call her 'Cornell,' and is the one they count on to keep a positive attitude and the puck away from their goal. In college Kendra wants to go into pre-med, and although she knows she'll be spending a bit more time on her team.

"It's very difficult to manage Lab and two sports," she said, "but basically you just have no time to procrastinate. You just have to do things, even if you don't like it. Typically my downtime is at hockey tournaments in hotels, between games, after school. My social life is in the sports. My friends are on my team, and we hang out all the time. On the weekends we have homework sessions where we all just do homework and help each other even if we're in different classes."

While the lack of free time means fewer chances to spend time at home or with friends, Alex said that she and Kendra's relationship has maintained since before they were freshmen, three years ago.

"Kendra and I spend every second together. We love each other," Alex said. "She always calms me down and I get really anxious when we have to go into overtime, but she's always like, 'it's fine, we got this!' She works hard and does her thing, but she's never going to be screaming at you. I've never heard her bark at anyone on the bench. When you're losing and you're frustrated people get really nasty, but I've never heard Kendra do that to anyone."

Despite being a devoted athlete, especially in an aggressive contact sport like hockey, Kendra said she is surprised she hasn't had more injuries — the most severe of which was a torn ACL in her freshman year in gym class.

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On the ice, her teammates call her 'Cornell,' and is the one they count on to keep a positive attitude and the puck away from their goal. In college Kendra wants to go into pre-med, and although she knows she'll be spending a bit more time on her team.

"It's very difficult to manage Lab and two sports," she said, "but basically you just have no time to procrastinate. You just have to do things, even if you don't like it. Typically my downtime is at hockey tournaments in hotels, between games, after school. My social life is in the sports. My friends are on my team, and we hang out all the time. On the weekends we have homework sessions where we all just do homework and help each other even if we're in different classes."

While the lack of free time means fewer chances to spend time at home or with friends, Alex said that she and Kendra's relationship has maintained since before they were freshmen, three years ago.

"Kendra and I spend every second together. We love each other," Alex said. "She always calms me down and I get really anxious when we have to go into overtime, but she's always like, 'it's fine, we got this!' She works hard and does her thing, but she's never going to be screaming at you. I've never heard her bark at anyone on the bench. When you're losing and you're frustrated people get really nasty, but I've never heard Kendra do that to anyone."

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SWITCHING ROLES

Senior Cohen transitions from starting freshman to assistant coach

BY ALEX HARRISON

Senior Cohen transitions from starting freshman to assistant coach

“I think we have a great venue [at Ratner] and we should make use of it,” Cohen said. “There are not enough local invites around for teams when they’re in town, so we decided to use the space. I think next year, it will be even bigger.”

Cohen is the starting luxury offer for work on individual improvements by devoting time to stroke work and at signing shorter workouts to sprinters and longer ones to distance swimmers. So far, the extra effort during practice has yielded solid results.

“Our ability to have specialized practice is a sign of progress,” Coach Kate added. “We’re only able to devote practices to specific training because the team is in good aerobic shape. Through continuing this type of practice we hope to get as many team members in this shape as possible, so we can score well at sectionals and maybe even send a team to state. We’ve continued great progress this season, and it’s exciting to see how far we can go.”

The team recently placed fourth at the Riverside Brookfield Invitational Sept. 19, junior Zoe Reboli-LoBaum and senior Maia Boussy placed second and fourth, respectively, in the 100-meter backstroke.

The team also attended the Urbana Invitational for the first time, hosted at the University of Illinois at Urbana-Champaign on Sept. 26, where U-High placed third overall.

At the Illinois Math and Science Academy Dual Meet Oct. 6, the girls’ junior varsity team won, while the varsity team lost. The team returned to Urbana for the Urbana Invitational Oct. 10, where they received third place.

Although suffering from a hip injury, Olivia was nonetheless thrilled with the team’s progress.

“Because of my injury I am unable to do breaststroke and can’t swim to my full potential,” Olivia said. “I’m in pain a lot, but the team is swimming well. I remember people aiming to swim six-minute 50s at sectionals their senior year, and now juniors swim under six minutes regularly.”

As the intensity of U-High swim practices increase, so does team chemistry. In Ilana Dattilio’s opinion, it’s a hallmark of a good season.

“Our team is smaller this year, but we’re performing far more consistently compared to past years,” Ilana said. “I’m optimistic for this year, and my goal is to break all the records in Upper Kovler. The team is in great shape, we’re capable of beating them, and it would be a great legacy to leave behind.”

The next meets for the team are the Maine East Relays Oct. 17; the St. Ignatius meet Oct. 26; the Latin School Invitational, at the Latin School Oct. 24; Latin School meet, at Ratner Athletic Center Oct. 27; and against Whitney Young at Ratner Athletic Center Oct. 30.

Captains lead girls swimming team to impressive start

BY WILLIS WEINSTEIN

Whether getting awards or hosting meets, this has been a season of firsts for U-High’s girls swim team.

Coaches Kate Chronic and Maria Mirkovitch have been the driving force behind the girls’ success, combining their passion for the sport with their ability to help their swimmers reach their full potential.

While the team may be small in size, they are big in heart, and have been able to compete at the highest level.

And with the team having swum well at the ISL meet Oct. 10, they are hoping to continue their success at the state meet Oct. 28.

“We’ve made great progress this season and we’re looking forward to the state meet,” coach Chronic said.

SIDELINE ASSISTANCE

During practice on Jackman Field, senior Joey Cohen works one-on-one with forward Max Rochester, a technique he learned from his former coach to improve his positioning and strategy, and how to avoid an offside trap.

“He’s a direct line to the coaches. He can relate to many of the situations we come to him with and, because of that, he is often a better outlet than going straight to a coach,” Chris Healy said.

Healy is happy to help his players who are going to play at the next level, as well as help them improve on whatever to reach that level. For the younger guys, I want to really set them off to be leaders for the team.”

GASPING FOR AIR

Junior Alexis Porter swims the 100-meter breast stroke at the first-ever University High Maroons Invitational Oct. 3 at the Gerald Ratner Athletic Center.

“I’d like to win ISL and go as far as possible in playoffs,” Joey continued. “But at this point, my goal is to help improve the guys that are themselves.”

Despite being a senior, he continues to have a great ability to recognize and listen to him they’re sure he’s well developed.”

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To the field or courting practices to work on individual improvements by devoting time to stroke work and at signing shorter workouts to sprinters and longer ones to distance swimmers. So far, the extra effort during practice has yielded solid results.

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From pumpkins to corn mazes, Chicago offers plenty of fall festivities

BY GRACE ANDERSON

Step 1. Start by viciously cutting off the top of the pumpkin. Make sure to go through to the center of the pumpkin.

Step 2. Empty the pumpkin of seeds and strings (pumpkin seeds can be made into a delicious snack.) This will take a bit of work and I recommend using a spoon/knife but hands work great too.

Step 3. Draw your design on the pumpkin with either a sharpie or an expo marker (for those prone to mistakes.) If this isn’t your strong suit, there are many stencils online that can be taped on for easy cutting.

Step 4. Using the knife, start carving out the design, make sure to get all the way through the pumpkin to the center with the knife. Use your knife to cut around the eyes, nose, and mouth inside the pumpkin.

Step 5. Put candles or electric lights in and glowing display.

RECIPE

Carving a pumpkin made easy

Ingredients:
1 medium pumpkin
Expo markers or sharpie
Medium kitchen knife (For carving facial features)
Big kitchen knife (For cutting off top)
Expo markers or sharpie

Method:

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Day of the Dead comes to life

BY MARISSA MARTINEZ

Day of the Dead is a three-day holiday that is rooted in Latin American tradition dating back to before Spanish colonization in the 1500s, when it was practiced in the sun and moon. Since then, Oct. 31 and Nov. 1 and 2 have been devoted to honoring the life cycle of life and death.

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Regardless of your style due to the hoards of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks. In addition to featuring a wide range of pumpkins, gourds and squash for purchase, many Chicago public parks.