Graduation speaker heals through stories

Debra Gittler credits U-High experience for building her foundation

by GRACE ZHANG

ARTS EDITOR

Working in jails, cities, and countries with high violence rates, Debra Gittler seeks to give through education to those affected by trauma. As a founder of ConTextos, an educational organization established in El Salvador and Chicago, Ms. Gittler appreciates the experience learning at Lab, especially how it guides her work, personal life, and worldview.

Ms. Gittler, a 1998 U-High alumna, will share her experience and advice as the featured speaker at this year’s U-High graduation June 7.

For Ms. Gittler, Lab’s education is very profound and not just about learning. At Lab she gravitated toward the humanities, questioning and taught her that learning and understanding how to think critically, become a writer, express herself, and engage in meaningful conversations. “I would say what has been a guiding force as I’ve moved forward is the education I had,” Ms. Gittler said. “What was planted is being a professional, critical thinker, have my own voice, and strong opinions based on real experiences. That is not just the foundation for my work now, but for much of my world view.”

She explained that teachers encouraged questioning and taught her that learning was cumulative and iterative, and how different extracurriculars brought an understanding of working in teams and leadership. English teacher Darlene McCampbell, who was one of Ms. Gittler’s influential teachers, is working with Ms. Gittler as a member on ConTextos’ board.

“Working with her is inspiring because she has a mission and she knows how to bring it into fruition,” Ms. McCampbell said. “The people on the board believe in and want to help her fulfill the vision.”

During her time at Lab, Ms. Gittler had also experienced the death of her sister. Seeing it as an opportunity to understand and navigate what the loss meant to her, she realized that the literature and writing taught at Lab had helped her, even though most of her classmates hadn’t experienced the same type of loss.

Ms. Gittler was a teacher in the Bronx, New York, who then worked in El Salvador and Honduras in educational programs.

When she left those activities, she started ConTextos in 2011 to provide better education to kindergarteners through 9th graders in El Salvador, a country with one of the highest homicide rates, as well as high poverty, domestic violence, migration, and low literacy rates.

“When the environment started shifting, kids started engaging and sharing their ideas,” Ms. Gittler said. “They wrote about loss, they wrote about hurting and being afraid, and all of that resonates with me.”

She realized that people experiencing trauma also inflict trauma onto others, and that people living in environments with high levels of trauma was most meaningful.

Ms. Gittler started from providing educational opportunities at various schools to going into schools in areas labeled as gang territory, prisons, then finally expanding to Chicago, especially working in Cook County jail.

“All of our work is based on ‘hurt people hurt people’,” Ms. Gittler said. “If we think about all these young people, and some of their behavior in ways that we can understand it was cumulative.”

Ms. Gittler was a teacher at San Jorge School in rural El Salvador, a country with one of the highest violence rates, Debra Gittler seeks to give thorough education to those affected by trauma.

Reading and Writing. Debra Gittler reads to students at San Jorge School in rural El Salvador. ConTextos, Ms. Gittler’s organization, originated in El Salvador.

“What caused it, maybe we can heal it.”

Outside of work, Ms. Gittler also often sees classmates from Lab also doing work in fields that is helpful to others, such as education or social justice. She said Lab’s educational philosophy impacted her and her classmates.

“There was a common sense of values,” she said. “Concepts of social justice and fairness were things to be explored and demanded and worked for.”

“What was planted is being a professional that brought justice, beauty, discovery or learning.”

Citing Lab’s education as motivation, Ms. Gittler said “Lab really challenged us as students to consider a life of purpose and making a difference in the world.”

Council holds one meeting with appointed students

The student members, selected at the end of winter quarter through an interview, are junior Rachel Zeml, sophomores Ben Cini and Anika Gupta, and freshman Zach Sharp.

Although the council has met four times this school year, students have only attended one meeting. They will continue on the council next school year.

“I felt like I was a very valued member of the council,” Anika said. “They encouraged my involvement in discussions and I felt amazing to be a part of such a great group of administrators.”

Dr. Abelmann said Dialogos, the strategic planning firm selected by the council, will interact with stakeholders related to the schools and will have an “open and honest dialogue about the school” in order to discover the strategic priorities and vision Lab should have moving forward.

The firm will begin its conversations with members of the Lab community as soon as next week.
Four years in a foreign land

Tuition, culture, specialized college education add to international appeal

by PRIYANKA SHERJILAY
EDITOR-IN-CHIEF
At an international school after U-High and begin their high school careers beyond United States borders and consider international universities. According to world language teacher Suzanne Baum, European institutions are excellent options in which students specialize ear- lier than in America. Her daughter Zoe 25, withholding those of students year allows a student to mature Illinois, and three students have committed to schools outside Il- linois, "college counselor Abigale univer- sity like University of Mich- ignan, "she said. "You need to be very creative and not just mem- orize, " said. "I'm talking about her values and lan- guage raised her adjustment.

"Her program is in English but enriched her understanding like the University of Edinburgh, " said. "But usually one of the first questions I’ll ask is, ‘Are you open to international schools?’

While few Lab students apply to universities, many apply to canadian universities each year. Senior Jacob Shkolnik will attend McGill University in Montreal in the fall. According to Jacob, adjust- ing to a new place will be an intim- idating process. He said, “I would say interna- tional colleges give you the clean- est slate you could ask for: new culture, new approaches to teaching and learn- ing.”

Six students take year gap, more than in past

by ABIGAIL SLIMDIN
SPORTS EDITOR
Whether members of the Class of 2018 take a gap year, attend a school outside of the United States or do nothing, there is always the choice to travel through the end of high school or even into college. About 1 in 7 Lab students apply to international schools, it is about leaving U-High’s halls to start something new. Why do so many Lab students choose to take a gap year or do something more tradition- ally daunting, “the price is lower than in Eu- rope. So for instance, Ger- many is a freshman studying English literature and even new time zones.

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Amber Huo creates ideas, beauty and friendships with art

by PRIYANKA SHRIJAY

EDITOR-IN-CHIEF

“Amber Huo creates ideas, beauty and friendships with art”, by PRIYANKA SHRIJAY

Amber Huo creates ideas, beauty and friendships with art. The Grammy Award-winning musician, performing with his group, the Carolina Chocolate Drops, will perform with folk performance conditions and trace roots of folk music paired with Lab to present “American Epic,” a film about African-American music, is just really profound,” Ms. Torto said. “It’s like an educator and a performer at the same time.” Throughout the week and the year, the music department collaborated with history and science teachers to bring in Mr. Bergh, Mr. MacMahon and Ms. McGourty to introduce context to music from the early 20th century. The music department invited middle school humanities classes and music department invited middle school humanities classes and MacMahon and Ms. McGourty to work with Lab students in Earl Shapiro Hall. In the high school, Ms. Torto and history teacher Naadina Owens paired to teach artwork and music from post-Civil War to the Great Depression, as well as introduce Hubby Jenkins.

The music teachers hope that the experience of bringing American Epic to Lab will be a catalyst for future courses or collaborations across subjects and classrooms, as well as inspire students to pursue their passions. “It’s like this whole project shows you if you have an interest in something, you can build a career around it, even if it’s kind of niche,” Roazlyn Torto, music department chair said. “His knowledge of folk music, specifically old-time African American music, is just really profound,” Ms. Torto said. “It’s like an educator and a performer at the same time.” Throughout the week and the year, the music department collaborated with history and science teachers to bring in Mr. Bergh, Mr. MacMahon and Ms. McGourty to introduce context to music from the early 20th century. The music department invited middle school humanities classes and Michael Wong’s science classes to see the machine, as well as primary school students in Earl Shapiro Hall. In the high school, Ms. Torto and history teacher Naadina Owens paired to teach artwork and music from post-Civil War to the Great Depression, as well as introduce Hubby Jenkins.

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Let it Rainn: Actor Rainn Wilson explained that achieving happiness cannot be solved by a formula or uniform approach

by EMMA TRONE
EDITOR-IN-CHIEF
by IVAN BECK
FEATURES EDITOR

At an assembly May 24, actor Rainn Wilson spoke about acting, his experiences and lessons he learned in life. Mr. Wilson, who graduated from New Trier High School, returned to Chicago to perform in the Steppenwolf Theatre play "The Doughleggs," for which he plays both a British copper-industrialist and a kindergarten teacher. "It's really a lot of fun, and it's funny," Mr. Wilson said, "but it's also a dark skewering of politics and international economics."

After his talk to U-High, Mr. Wilson downed The Midway for a few questions. His answers were edited for length and clarity.

"On "The Office," Dwight is a very particular type of role. Have you been limited by, or typecast based on that role?"

It's always a challenge when you get to be well known as a character on a television show. I'm super grateful for Dwight. It allowed me to buy a house, and an incredible door has been opened up. I've met incredible people from being on that show and playing that role, and I'm super, super grateful. But, yeah, it is a little bit limiting in that people view me, especially in Hollywood, pretty much as just playing that kind of role or roles like it. But I've played dozens of roles before Dwight, and I'll play dozens of roles after I play Dwight, and people will either see other that or they won't. I'm developing some things for television, for the future, that are really interesting roles that will be very different than Dwight. What do you consider to be the most important aspect of being successful in what you do?

I think the most important aspect of being successful is that you have to recognize that part of it is from you own efforts, but part of your success is that you just happen to be in the right place at the right time. That brings a certain humility, and then your obligation is to give back. Whether you're religious or non-religious, I think everyone can agree that service to others is really the highest expression of what it is to be a human being, it's something to strive for and emulate.

"Would you talk a little about the charity, Life Haiti, that you helped start with your wife?"

My wife and I visited Haiti in 2009, and visited a bunch of schools and really fell in love with the country and were very moved by what was happening there. Two months later was the earthquake. And I've been thinking about that in a matter of minutes. We knew that we needed to do something, that we needed to give back. Girls in Haiti are treated essentially like work animals. So this population, that has been so subjugated, really deserves to have a special focus put on it. We do scholarships for school, we do tutoring, we help girls pass their tests, get their uniforms together and what they need to succeed in school, besides teaching them art, poetry, photography, drama, and other things that allow them to find their voice and find their expression. We work in about 13 locations with almost 500 girls. How do you think people should discover what they really love doing?

You try doing a lot of different things, and you read a lot of books and you take a lot of trips, and find what is true for yourself. You don't inherit the truth of your parents, and you don't inherit the truth of the society around you. You have to find what's true and what works for you, and whatever ignores you. If something excites you, and you feel like, "Oh, I can do that. I can do that well, and I can make a difference," you should absolutely be drawn like a moth to the flame.
Mentor, Listener, Counselor

Ronald Tunis will retire next week, after 24 years of counseling here

By SAMIRA GLAESER-KHAN
MANAGING EDITOR

O


day, the afternoon of the annual boys basketball team picture, student Mr. Tunis tumble into counselor Ronald Tunis' office to ask for help in tying necktie.

Mr. Tunis welcomes them with familiar warmth and makes sure each boy looks perfect.

During his 24 years at U-High, Mr. Tunis embraced his natural talent for making people feel welcome and pursued the principles of his faith, by listening to each student with all of his heart. Next week, Mr. Tunis will retire from his counseling role.

Mr. Tunis said that even when he was in high school, students gravitated toward him when they needed to talk.

“...as a student it seems like I always had this knack where kids would always come to me and ask for advice,” he said. “So looking back, counseling was sort of a natural part of my life.”

When he became a Christian at age 23, Mr. Tunis fully recognized the positive potential of talking to people with and helping them through their problems.

“I ended up falling in love with a young lady when I was 21, and it just so happens that she was a Christian.” Mr. Tunis said. While they did not marry, he appreciates her impact on him.

“It was her mentoring that did it for me. To this day I love her to death for what she did for me. Being a Christian, I believe that we are our brother’s keeper and that we can help others by listening and comforting.”

Mr. Tunis feels students have taught him how important it is for young people to feel they are taken seriously.

“You guys just want to know that you matter, that you’re listened to, and that I understand what you’re going through. That’s all you ask,” he said.

Mr. Tunis applies this principle to his work as the faculty advisor of the Black Students’ Association along with counselor Camille Baughn-Cunningham and history teacher Naadia Owens.

“I think that the students in BSA enjoy seeing something that looks like them,” he said. “Some of the conversations we have informal, when I listen to them, I can feel and understand many of the things that are on their hearts and minds.”

Mr. Tunis’ colleagues such as his close friend Kate Sinclair will miss his perspicacious presence.

“He listens with his heart, his mind, and his whole being. When you are talking to him, he is just completely focused on you,” Ms. Sinclair, music teacher, said.

After retiring, Mr. Tunis is considering either working as a part-time counselor at a suburban school or offering free couples therapy at his church. Before that, however, Mr. Tunis wants to cross some things off his bucket list. “When I was a young man I always had this dream of driving to California in a Corvette,” he said. “I also own a Corvette, and that’s what I like to do today. The other bucket list item I have is to run with the bulls in Spain. My family thinks I’m absolutely crazy, but that’s what I would like to do.”

Technology director retires after 36 years

by IVÁN BECK
FEATURES EDITOR

"Lab is a building full of passionate people who care very deeply about what they do," Curt Lieneck, director of information and technology, said. "The passion and the thinking out loud and the commitment to serving students well is what I think I’ll miss the most.“

Mr. Lieneck is retiring after being a member of the Lab Schools community for 36 years. His role at Lab has been as a facilitator of continuous change, as he headed a department that went from being brand new to one of the most integral facets of the school.

Mr. Lieneck started at Lab in 1982 as a lower school teacher where he taught 3rd grade, kindergarten, and 4th grade. While teaching 4th grade, he became interested in technology, so in his next year at Lab he moved to the Information Services Department.

"Back in those days, it was unusual for someone who didn’t come from a hardcore technology background to be involved with technology, and so it was definitely a gradual and incremental growth over a period of years that helped me understand what the job really was,” Mr. Lieneck said, “how I could serve the school to the best of my abilities.”

Two individuals who were instrumental to Mr. Lieneck’s experience at Lab were Dave Stafford and Christopher Johnson. Lab’s chief administrative officers who supported the advancement of technology in the school.

Recently, Mr. Lieneck has been integral in several shifts the school has made. One of those changes was the laptop program for middle school students. Mr. Lieneck explained that when a suggestion to add more iCarts for use by 4th grade students was made, he realized that there would be more laptops than Middle Schoolers if the plan was enacted. Therefore, he proposed a policy that students would be able to use personal laptops, provided by Lab, for the duration of the school year.

Another shift Mr. Lieneck facilitated was the addition of technology to Gordon Parks Arts Hall. His help in determining how the building could be made more technologically efficient allowed for classrooms to be productive, state-of-the-art environments.

In addition to his role in the Lab community, Mr. Lieneck has several passions separate from his work. One that he pursued greatly is cycling. Mr. Lieneck often is joined by Brad Bricker, a music teacher at Lab, as well as Scott Griffin, associate dean of faculty and director who works at Earl Shapiro Hall. For many of his trips.

"I started cycling just because it was fun and relaxing,” Mr. Lieneck explained. "With other friends I’ve gone 360 miles in a week."

Throughout his time at Lab, Mr. Lieneck defined the school’s connection with technology, and worked to make sure that his vision of technological modernity throughout the school came true.

"I hope that my legacy would include continuing to have a strong tech support backbone in place I think would be a good leg to have," he said.

"It was unusual for someone who didn’t come from a hardcore technology background to be involved with technology." — CURT LIENNECK

DIRECTOR OF INFORMATION AND TECHNOLOGY

Talking it through.

Senior Teddy Nee talks with counselor Ronald Tunis in the conference room of the U-High Learning and Counseling office. Teddy explained that Mr. Tunis has always been a kind figure in the Lab community, and that he will miss his presence next year. In his time at Lab, Mr. Tunis has been a counselor for hundreds of students.

"You guys just want to know that you matter, that you’re listened to, and that I understand what you’re going through. That’s all you ask,” he said.

Mr. Tunis applies this principle to his work as the faculty advisor of the Black Students’ Association along with counselor Camille Baughn-Cunningham and history teacher Naadia Owens.

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We need to stop overlooking global colleges

As the Midway sees it...

T

The University of Tokyo, Imperial College London, ETH Zurich.

These colleges, as well as countless other international schools, rival the prestige and education quality of America’s highly selective universities, often at a fraction of the cost. However, with only three members of the Class of 2018 attending schools outside of the United States, it’s clear that the majority of U-High students are cut off from a world of opportunity.

As the world and the workforce become more global, learning how to navigate a world of new opportunities is essential. The U-High community should encourage international colleges as an equivalent to the standard, four-year domestic experience.

Switching the paradigm around college should start at home. Parents should have an open mind about international college plans, even though they deviate from the norm. Parent concern for selection and cost are often among the most pressing concerns surrounding the college process for parents, but the international factor can easily be incorporated into existing discussion. College counselors in particular are often tuition-free, or have yearly tuition that is a fraction of the cost of even public universities in America. In the 2017 Global University Employability Ranking conducted by Times Higher Education, 73 of the top 100 schools on this list were international.

As integral guides in the college process, college counselors have a duty to make students aware of these schools as legitimate options, especially students who have strong interest in international affairs.

Parents: Tell your kids that a college they love

by KATERINA LOPEZ ASSISTANT EDITOR

I

Late on a Saturday night, a girl sits in her bedroom and wonders why she receives a Snapchat from the older guy she likes. She opens the app, until she reads the content of the Snap. “Want to send me nudes?” it reads. She hesitates. What if the pictures get out?

She finally decides to send the picture, hoping that doing so will make the guy like her. It does, and the pressure that came with it.

We are all too familiar with teenage girls sending nudes in a current and popular way of being close to someone, but beware, especially when sending nudes, because people can take advantage of you or your pictures. That girl could come to find the next day and find that the photos she sent for one reason have been shared with many. While this can happen between any two individuals, research from the Journal of the American Medical Association Pediatrics reports that boys and girls participate equally in photo sharing, but girls feel more pressure to participate.

Some guys will manipulate girls into sending nudes by threatening to spread rumors if they don’t get a picture. After receiving the nudes, girls often feel entitled to use them however they please. Beware that the guy may want the nudes for a reason other than having a relationship.

If an authority figure finds out you’ve been sending nudes, you might get in serious legal trouble. In Illinois, the age of consent is 17 years old. If you are under 17 and are caught sending nudes, you can face child pornography charges and have to register as a sexual offender. This means that even if someone coerced you into sending nudes, you might still get into trouble. Many teens aren’t aware of the legal risks of sending or receiving nudes, but the reality is that the legal risks outweigh any benefits.

Without knowing the risks, it can be hard to say no to an older guy. When I was a freshman, I was approached by multiple senior guys who claimed they just wanted to talk. Since I was so naive, I believed they actually like me and was happy that these popular and attractive guys wanted to talk to me. They started to get more and more sexual, asking me to do things I didn’t want to. Now I realize they were trying to take advantage of my naivety. This didn’t just happen to me or happen that year.

A boy may try to take advantage of a younger girl because he sees her as an easy target to get what he wants without realizing the emotional damage it could do to her.

Think twice about asking for or sending nudes. Anticipate what could happen, whether getting into legal trouble or getting a broken heart.

What are your plans for the summer?

OLIVIA ISSA, SENIOR:

“I’m most excited to launch the Hyde Park Reflector, our weekly summer camp. I’m helping organize the camp and can’t wait to see them there this summer! I’m also planning to work on my furniture project: a new handmade motorcycle company in India.”

JOANA ROSE, SOPHOMORE:

“I am going to work at Brookfield Zoo and speak to guests about endangered species and ways they can help out. It’s a really fun time for me to get to know what I want to do with my life later on, and I am enjoying being surrounded by people with similar interests.”

VERONICA GORDINA, FRESHMAN:

“I am going to visit my family on a ranch in Sonora, Mexico. My favorite things to do there are eat and spend time in nature.”

Parents: Tell your kids that a college they love
CASTING OFF. Marcelo Gutierrez-Miranda casts off into the Jackson Fishing Area, behind the Museum of Science and Industry in Hyde Park. Despite Chicago’s heavily urban environment, Lake Michigan and the city’s countless lagoons, ponds, and reservoirs offer one of the world’s largest freshwater fisheries.

**TEAM RESULTS**

U-High scores are listed first.

**Baseball, Varsity**

Notable: The varsity baseball team broke U-High baseball history by advancing to the sectional finals after a win against Chicago Christian May 23. Sophomore Eli Lisi pitched a shutout with three strikeouts and only eight hits. The team made it to the semifinals of the ISL Championships May 12 and won a state title since 1914.

**Girls Soccer, Varsity**

Notable: The team tied for 1st place in the 3200m with an 8-sec personal best. Freshman Viviana Glick placed last in her heat. Viviana ran 5:50, 10 seconds off of her personal best. The 4x800 relay team of seniors Ashtin Aggarwall, Harrison Napier, Nathan Blevins and freshman Nick Edwards-Levin set a season personal record of 9:14.

**Boys Tennis, Varsity**

Notable: The team tied for 1st place in the 3200m with an 8-sec personal best. Freshman Viviana Glick placed last in her heat. Viviana ran 5:50, 10 seconds off of her personal best. The team made it to the semifinals of the ISL Championships May 12 and won a state title since 1914.

**Girls Track and Field**

Notable: Junior Abraham Zelchenko finished 13th in the 3200m with an 8-sec personal record. Sophomore Ismael Figueroa ran a 5:16.400m.

The 4x800 relay team of seniors Ashtin Aggarwall, Harrison Napier, Nathan Blevins and freshman Nick Edwards-Levin set a season personal record of 9:14.

**STATE STUNNER.** Antonio Feliciano hustles to the ball during a match May 14 at U-High’s home courts. Him and his doubles partner, Aryan Ashtana, competed at state May 24.

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**Gone Fishing**

**BY MAX GARFINKEL**

**BUSINESS MANAGER**

The water is still in Burnham Harbor, the sailboats float past McCormick Place as they exit. The Sears Tower and the Centennial Wheel on Navy Pier protrude from the skyline. People jog alongside the water.

Then a lone fisherman casts line between the docks. As he reels in, quickly twitching the rod to entice the fish with his lure, the tip of his rod jerks toward the water as he yanks it. The line screams out of the reel for a second while the fish darts, but then he starts pulling it in. He reeks the fish to the sea wall and lifts it onto the cement. He compares the smallmouth bass to his foot, and the tail extends slight- ly past his toe.

The fisherman smiles as he takes the hook out of the fish’s lip. Then he takes a picture with it and releases it back into the water. He continues to grin, as he watches it swim away.

Even in Chicago, where many people don’t even know that fishing is possible, anglers still find ways to fish and enjoy one of the largest freshwater fisheries in the world. While many at Lab know very little about fishing, some use it as a way to relax from their stressful lives.

Chemistry teacher Zachary Hund enjoys fishing in and around Chicago. He said he started fishing when with his dad when he was young and now gets out to fish when he gets the chance. He explained what he enjoys about fishing is the peacefulness.

“It’s a chance to get away from everything that’s going on, and to go somewhere that’s peaceful, that’s quiet, and to do something that doesn’t require a lot of thought,” he said. “It’s just a relaxing activity.”

Dr. Hund remembers fishing with his dad when he was young and he bought him a little “Mickey Mouse” fishing rod which he used to catch small catfish while he watched the ducks. He said that his sons are now old enough that he is happy to start teaching them how to fish.

“Fishing is one of my favorite pastimes with my dad, so hopefully I can do the same with my sons,” he said. “It’s not just about fishing, but it’s also a time to connect on a personal level when it’s just the two of you there.”

For many people fishing brings a sense of nostalgia with it as they look forward to spending time outdoors with their family and the excitement of catching a fish.

Senior John Grisom enjoys fishing for the thrill of reeling in big fish. “It’s all about the reward at the end of the day,” he explained for him, “It’s all about catching the fish, and once you got a fish on you want to get it again and again and again.”

“Fishing is one of my favorite pastimes with my dad, so hopefully I can do the same with my sons,” he said. “It’s not just about fishing, but it’s also a time to connect on a personal level when it’s just the two of you there.”

Many fishers the hobby becomes that they look forward to all winter. They look forward to spending time outdoors with their family and the excitement of catching a fish. Senior John Grisom enjoys fishing for the thrill of reeling in big fish. “It’s all about the reward at the end of the day,” he explained for him, “It’s all about catching the fish, and once you got a fish on you want to get it again and again and again.”

**“It’s a chance to get away from everything that’s going on, and to go somewhere that’s peaceful, that’s quiet, and to do something that doesn’t require a lot of thought.”**

**ZACHARY HUND, SCIENCE TEACHER**

**Fishing**

Chicagoans fish in local lakes and ponds as a way to relax, spend time with family and revive childhood memories.

For many people fishing brings a sense of nostalgia with it as they look forward to spending time outdoors with their family and the excitement of catching a fish.
4 ways to do the Second City

With summer break a week away, check out these summer plans. Look at U-High’s favorite spots using our curated itineraries.

ELEGANT EXPLOITS
To get your day going, start off with a refreshing Starbucks coffee on Michigan Avenue and Huron. From there, get your steps in and walk about a half mile north to Water Tower Place. Check some of the most classic and popular stores, Forever 21, American Eagle Outfitters, H&M or Sephora. As you get tired, take a quick 15-minute walk to the nearby AMC River East 21 in Streeterville, indulge in popcorn and drinks and watch a new release. As mid-day nears, wander down Michigan Avenue to Pleasure, there’s something for everybody. After time on the shoreline, head to 5411 Empanadas on Frankfort Avenue. 43rd Avenue on the South Side is known for its Argentinian options, variety of zingy, Argentinian options, as well as tasty desserts. Just 15 minutes away. Wernegre Avenue’s Little Drew House is home to top-rated Toufet, oldest in the neighborhood, offering a nice selection.

EATALY EXTRA VAGANZA
There’s a huge variety of available items at the Nutella Bar, which offers a wide selection of pastries covered in Nutella. Open from 10 a.m. to 9 p.m., it’s located at 350 W. Lake St. You can often be long, but many U-High students believe the lines are worth the wait.

For those days that you want to stay in...

Binge watch a show on U-High’s must-see list like “Riverdale,” “Game of Thrones” or “Jane the Virgin.” With a show like “Riverdale,” watch high schoolers deal with high school drama while you enjoy summer break. “Riverdale” is loosely based off of the Archie Comics and follows the every-classic Archie, Jughead, Cheryl, Betty and Veronica as they navigate their dramatic high school experiences. “Game of Thrones” will keep you on the edge of your seat while kings, queens, knights and royals write and honest men learn that “when you play the game of thrones, you win or you die.” Inspired by the best-selling novel “A Song of Ice and Fire,” catch up before the final season next year. Jane Villanueva: a devout Catholic, hardworking Latina, who gets pregnant after accidentally being artificially inseminated at a routine doctor’s appointment. An amazing show that never ceases to impress and surprise, “Jane the Virgin” would make an excellent summertime binge choice.

While relaxing with a show of your choice, cool off with a refreshing summer snack. Combine partially freezing water with some diced fruit and your favorite juice. A Chicago summer’s day isn’t complete without a popsicle stick to the back, you can use your self-fan with just a paper plate, popsicle stick and some folding skills. If you cut the paperplate in half, and stick a popsicle in the middle, grab a cool lunch at Boji or Madera Poke in Harper Court. To finish the day, take the Metra on 53rd up to Millennium Park. Enjoy an afternoon at the park’s Jay Pritzker Pavilion, located in Millennium Park. To cap the day, spend the evening at a free concert or movie in the park’s Jay Pritzker Pavilion.

For those summer movie’s days can’t complete without fun in the sun, head to Navy Pier 800 N. Lake Shore Dr. It needs to start off on the right note. Hit Fabiana’s Bakery in Navy Pier for a hot or cold beverage and a lenient bar or specialty Brazilian chocolate cake. Walk to Promontory Point and enjoy the lake, sun and breeze. As you work your way into the afternoon, grab a cool lunch at Boji or Madera Poke in Harper Court. To finish the day, take the Metra on 53rd up to Millennium Park. Enjoy an afternoon with Buckingham fountain and the Bean. To cap the day, spend the evening at a free concert or movie in the park’s Jay Pritzker Pavilion.

GLOBAL GOODIES
Let’s face it. We all love the windy City, but staying cool all summer can be a drag. Pilsen Air Cafe is a perfect way to start a day of worldwide activities. Though pricey, their signature fluffy French toast is well worth it.

BRIGHT & BREEZY
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