

Theater students put in hours of rehearsal, set-building and show design, leading to three nights of eight one-act plays by Chicago native David Ives.



In the wake of recent events, it's hard to have discussions about politics because of the intense emotions that go along with ideological debates. And that's unhealthy.



Shauna Anderson, a math teacher, has completed nearly 20 marathons over two decades, including at least one on each continent – even Antarctica.



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Survey results highlight need for change

With health data, administrators will take action

by JACOB POSNER
EDITOR-IN-CHIEF

Drug and alcohol use, stress, anxiety, depression, romantic attraction, friendships. Counselors have always had a sense of student health, but only anecdotally. With the results of the health and wellness survey taken by middle and high school students last spring, the administration will be forming a working group, consisting of middle and high school students, parents, and staff to address areas of concern, according to U-High Principal Stephanie Weber.

Ms. Weber said Lab will host open meetings to create the working group and provide information for the community. They will be held Oct. 15, 8:45-9:45 a.m., and Oct. 23, 5:30-6:30 p.m. in the Gordon Parks Assembly Hall.

The administration planned to share the executive summary of the survey results with the Lab community this week, according to a letter from Laboratory Schools Director Charlie Abelmann.

In broad strokes, the executive summary covers each of the survey's sections — which include physical health, mental health and social relationships — according to Betsy Noel, the health and wellness coordinator. A comprehensive report is planned for later in the fall quarter.

The working group will provide context for the data and thinking of creative solutions, according to Ms. Noel. For example, without context, it's impossible to know why students are stressed about schoolwork or how stressed out



MIDWAY PHOTO BY MACY BEAL

STRESSFUL STUDIES. With his uneaten lunch close by, junior Tyler Pomposelli examines his computer screen in a quieter section of the cafeteria. According to a recent survey of both middle and high school students, homework causes the most stress among students.

they are — questions the working group can help the school answer. The working group can also help the administration come up with solutions.

Ms. Noel said that a sizable majority of students said they used music to de-stress.

So she asked, "how can we creatively implement that in school?"

Ms. Weber said the health and wellness curriculum, which is of-

fered through P.E. classes and supplemented with activities in Advisory, is a place to start the discussion.

"I firmly believe that there is a whole lot more that we can do and should do," she said. "What kind of programming will come as a result of that? I don't know, but I do think we need more."

Ms. Noel also stressed the importance of taking action.

"A really important part of this was to bring stuff out of the darkness," Ms. Noel said. "But when you're out of the dark, you need to know where to go. That is why we want students to know what support resources are available, for example counselors and the Deans of Students, as well as resources outside of Lab."

Ms. Noel said one data point that stood out to her was how stu-

Working on **WELLNESS**

19%

of middle and high schoolers reported being bullied based on race/ethnicity.

13%

of middle and high schoolers reported they have no adult they can rely on

3.4 hours

is the average time high schoolers spend on homework on a weeknight

~4 in 5

high schoolers reported having at least one symptom of anxiety for 4 days in previous 2 weeks.

SOURCE: SURVEY DATA

dents reported romantic attraction. She said about half of girls and one-quarter of boys reported they were not just attracted to the opposite gender.

"When we talk about things in really heteronormative ways, it makes an assumption about the reliability of that," Ms. Noel said, "and this survey information indicates that that's not how a lot of people feel."

Ms. Noel said one of the reasons for the survey is that students' social and emotional health is important to their success as learners. She said the survey was a priority for Mr. Abelmann, and that it will be held every year as a way to better understand students' experiences and to measure change in physical health, mental health and social relationships.

"Everyone here has always cared about mental health, but we are definitely stepping up how much mental health wellness is integrated into our programs," Ms. Noel said.

Hot issues ignite class debates

by MIRA COSTELLO
MIDWAY REPORTER

With Election Day just weeks away, major powers are in flux, but this year's national focus has fallen on judge Brett Kavanaugh, the newly-confirmed conservative Supreme Court justice accused of sexually assault.

In the past year of the #MeToo movement, sexual assault accusations have rocked the nation — but few hearings have gained as much notoriety as this one. So, what distinguishes Kavanaugh?

U-High history teacher Cindy Jurisson looks to the past for answers.

"History does repeat itself. We see similar things happening in early American history," Dr. Jurisson said, adding that current events enrich history curricula rather than distract from them. "Whenever we're approaching current events in class, we're always trying to connect the past to the present."

Celia Garb, a senior in Ms. Jurisson's AT U.S. History course, has

kept up with Kavanaugh since his appointment in July. Celia said there are class discussions of the Kavanaugh hearing, but hasn't heard them elsewhere.

"On the day of the hearing, everyone came into class, and they were so excited to finally be able to talk about it, since we had not had the opportunity to share opinions," Celia said about Dr. Jurisson's class on Sept. 26. "[Dr. Jurisson] said 'We're just going to put our curriculum on pause. This is history in the making,' and I really appreciated that."

Celia said she feels that current events enhance the scope of educational history.

"There is a lot of mention of the Constitution in this hearing and how it can be applied, so I think she was really smart to start talking about it," Celia said.

Since today's news encompasses a broad range of educational topics, Dr. Jurisson often tries to foster outside-of-class discussion.

"People think the worst thing is to have disagreement and contro-

versy, but the worst thing is to have none," she said.

As faculty sponsor of Feminist Club, she has hosted multiple forums to address issues that may not come up elsewhere. On Oct. 3, Harris Law School Professor Emily Buss Doss spoke to the club about Kavanaugh, a learning opportunity that Celia said gave her a lot of new insight.

Dr. Jurisson said she has a goal to give others the information they need to have an opinion and a voice.

"I want to teach people that you should speak up and speak your mind, be respectful toward other people and their opinions, and listen," Dr. Jurisson said.

Celia agrees, feeling that class discussion was a key contributor in developing her stance.

"I think it's a really good skill to develop in high school," she said. "I don't think everything has to be a political discussion, but I think just knowing what's going on around you and having a voice is really important."

ASSEMBLY



MIDWAY PHOTO BY ODYSSEAS NIKAS

TUESDAY CHECK-IN. In a morning assembly on Oct. 9, junior Mary Neal offers her perspective in a discussion on the Van Dyke trial and Kavanaugh confirmation. Classes were cancelled during first period as each grade level met.

Consultants help shape Lab’s outdoor spaces

by MAX GARFINKEL
BUSINESS MANAGER

The operations department is working with landscape architecture firm Site Design Group to redesign outdoor spaces on the Lab Schools Historic Campus. Kenwood Mall, Jackman Field, the Secret Garden and Blaine Courtyard will be redesigned.

Operations Director Joe Wachowski said Kenwood Mall and Blaine Courtyard will both be ma-

jor focuses of the redesign since they are heavily used by all grade levels.

According to Mr. Wachowski the southern half of Kenwood Mall will remain as it is now, but the northern half will be upgraded.

An committee that includes Student Council members, middle school students, faculty, staff and the Parents’ Association is advising the consultants. Mr. Wachowski said one of the main strengths of

the committee is its variety of Lab groups, allowing for the inclusion of views of everyone affected by this project.

Site Design participated in the Jackman Field grand opening Sept. 15. Stations were set up to gather community input for outdoor spaces, and members of the Lab community indicated what they wanted for “places to play, places to learn, and places to be in nature,” as well as their opinion on

another outdoor classroom.

Site Design consultant Cassandra Rice said her team is summarizing the results of the event and using that information to develop concepts for Lab’s different outdoor areas.



Joe Wachowski

Ms. Rice said they will present a few ideas to the committee, and from that derive a final design.

Once a design is completed there will be efforts to raise funds to get the project started and break ground.

Mr. Wachowski expects the project will begin construction during the spring or early summer of 2019.

He said, “We are really chomping at the bit to get this going.”

Faculty evaluate replacing quarters with semesters

by AMANDA CASSEL
ASSISTANT EDITOR

The curriculum committee, composed of faculty chairs from each department, is debating the transition from quarters to semesters, which would affect the number of elective options and move final exams to January.

At meetings throughout the winter and spring, the committee discussed the positives, more equal grading periods, and negatives, a possible increase in stress for finals, even though all breaks are supposed to be homework free.

The committee has proposed that the faculty make a decision in November.

Although the current calendar is labeled as a quarter system, it’s actually three unequal trimesters. The summer is technically a fourth quarter, but students are off during the summer.

The fall is 15 weeks, the winter

is about 10 weeks and the spring is 11 weeks. This means the weight and speed of each quarter could vary. This imbalance and the prospect of semester-long electives intrigued the committee and has driven the proposed switch, according to Principal Stephanie Weber.

Switching from quarters to semesters was also considered in 2006. At that point, David Magill, then the Lab Schools director, said he decided that having finals a few weeks after the breaks would add stress, something no U-High student needed more.

Switching to semesters would give students more opportunities to take electives in different departments that currently cannot offer electives due to the quarter schedule.

The electives would only last for one semester and could apply to any department.

HOMECOMING DANCE



MIDWAY PHOTO BY TOSYA KHODARKOVSKY

BUILDING COMMUNITY. Tightly clumped, U-High students from all grades dance in Ida Noyes Hall at the Homecoming dance Sept. 29. The dance lasted from 7:30-10:30 p.m. “Once people started to show up and we formed a mosh pit, people livened up and started jumping and having fun,” sophomore Aiden Grant said. “It was better than last year.”

NEWS IN BRIEF

New app to aid safety on U. of C. campus

Administrators recommend U-High students download UChicago Safe, a campus security app developed by the U. of C. Department of Safety and Security for both students, faculty and other visitors.

With the tap of an icon, students have access to a list of emergency procedures, detailing what to do if there’s a fire or violent intruder, or if they don’t feel safe around campus.

“This really empowers all of us to take responsibility for our safety, right there in our pockets,” Lab Schools Associate Director Christopher Jones said.

In addition to getting help from the university’s police force, UChicago Safe encourages students to look out for one another. One such aspect is the friend-walk feature, which allows users to track each other’s locations to make sure they stay safe while walking home. The feature allows users to contact a U. of C. police officer if their friend is in danger.

Although UChicago Safe is mainly directed towards U. of C. students, Mr. Jones suggests U-High students download the app, as both institutions share a campus and would be similarly affected by any security issues that may arise.

“We have a ton of folks who walk, and when you think about the free-period open-campus policy, there are a lot of reasons for students at U-High to feel the safety and empowerment of what this app can do,” he said.

The app is available to download on the App Store and Google Play.

— AUDREY MATZKE

Students celebrate homecoming season

With Spirit Week dress-up days and a lively soccer game, U-High students celebrated another homecoming season, culminating in the Homecoming dance with a theme of “Under the Sea” on Sept. 29.

Spirit Week was split up this year due to Sophomore Retreat, which was Sept. 26-28. Instead of one consecutive week, it spanned Sept. 20-29.

Sept. 20 was grade color day and Sept. 21 was Hawaiian shirt/beach day. The next week’s days were Monday, P.J. day; Tuesday, Dress Like a Teacher day; Wednesday, meme day; Thursday, denim day; and Friday, maroon day.

Meme day was new this year, and senior Zoe Dervin said she thought meme day was a nice addition.

“I never really liked twin day,” Zoe said. “Meme day was great because although teachers didn’t get it, it had a sense of community and connection throughout the younger generations.”

The spirit assembly, held in Upper Kovler Gymnasium on Sept. 20, showed a level of U-High spirit new to senior Giovanna Boffa.

“The spirit assembly was a fun way to start the week. I think Lab does not really have any spirit and the school’s emphasis on its importance is going to change that soon,” Giovanna said. “I thought it was so much fun to do while running through a banner and then around the gym.”

Students showed spirit at the homecoming soccer game Sept. 28 at the new Jackman Field. Junior Izzy Kellermeier said that the activities before the game such as making signs and decorating

cookies helped bring a sense of spirit throughout the students.

— KATERINA LOPEZ

Policy debate team begins new season

The U-High debate team won its first trophy of the season Sept. 22- 24 at the Mid-America Cup in Des Moines, Iowa. Soundjata Sharod and Jasmine Wang advanced to the octafinals, and Soundjata placed 14th of 116 competitors for best speaker.

“We are hoping to get a few bids so we can qualify for the tournament of champions,” captain Roshni Padhi said.

The team competed at Greenhill National Debate tournament in Austin, Texas, on Sept. 15-17. Captains Elena Liao and Roshni tied with a score of 3-3, while Soundjata and Jasmine Wang finished with a score of 2-4.

Roshni said, “Greenhill is historically a very hard tournament, so it was a very competitive atmosphere.”

— AUDREY MATZKE

Sri Lankan dancers visit, teach culture

Raw and emotional, Sri Lankan dancers performed at Gordon Parks Arts Hall during assembly period on Sept. 27. The dancers are part of the Mandala South Asian Performing Arts studio’s exchange program sponsored by a grant from the MacArthur foundation.

The dancers had two performances in GPAH, both interactive, titled “Masks & Myths.” They performed and explained Sri Lankan culture, blending art with education. Students were invited on stage to learn hand movements.

— SAMIRA GLAESER-KHAN

Model UN freshmen show promise

Lab Model UN students kicked off their year with the sixth annual Lab Model UN Competition Sept. 22. Hosting the event precludes any U-High delegates from placing, but new team members still participate in the conferences to gain experience in a real committee.

“We are even more excited about the performance of our freshmen this year in their respective committees,” Jamal Nimer, one of the secretaries-general of the U-High team, said. “Their performance was exceptionally strong, and I’m excited to see how they’ll do for the rest of the year.”

Two of the more competitive teams that typically attend this conference, Lyons Township and Glenbrook South high schools, were not able to attend the conference. Even without these schools, the event still had the highest number of schools in its history, with a record breaking 10 schools.

The team will compete next at the Vanderbilt University Model UN conference in Nashville Nov. 2-4.

— NIKHIL PATEL

New innovation fund to foster collaboration

With a goal of encouraging collaboration among faculty, staff and grade levels, as well as to increase innovation and enhance the school experience, a new grant program is available.

Through this Innovation Fund, provided by an anonymous donor, students and faculty throughout the school can come together to create teams who then come together to engage in work such as

research, programming and developing curriculum. The projects will begin this fall.

The teams must have at least three people but no more than 10. Teams can include members from the U. of C. charter schools as well as other levels within the Lab Schools.

Teams can apply by filling out a form, either on paper or on the internet.

— KATERINA LOPEZ

Asha Bahroos elected to lead Class of 2022

The students of the U-High Class of 2022 have spoken and elected Asha Bahroos as their Student Council president.

The class also selected Ben Sachs, vice president; Zachary Gin and Aaron Kim, Cultural Union representatives.

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The class also selected Ben Sachs, vice president; Zachary Gin and Aaron Kim, Cultural Union representatives.

Asha and Ben, who ran together, have a long list of goals to achieve, including, but not limited to, a better food system, women’s issues and rights and cultural diversity inclusion. But above all, they simply just want to make the freshman experience the best it can be.

Asha, last year’s middle school Student Council secretary, got her interest sparked by seeing that she could make a difference in school.

“I enjoyed it so much, especially seeing that I could make a difference in everyone’s smiling and happy faces, that I decided to run again,” Asha said.

— NICKY EDWARDS-LEVIN

Mentor program helps new students adjust

Last year's new students impart their knowledge

by **AUDREY MATZKE**
ASSISTANT EDITOR

Kenwood Mall. The Caf. GPAH. Most “Lab lifers” take this shared vocabulary of slang for granted. However, for a new-to-Lab ninth grader already finding it difficult to integrate into U-High’s tight-knit friend groups, terms like these can be disorienting.

Hoping to make their mentees’ transitions smoother than their own were, many of last year’s new freshmen are participating in a new mentor program helping incoming freshmen understand Lab traditions, and make their way into the community.

When sophomore Sanaa Imami first came to U-High last year, she found the size of her new school disorienting. To add to her confusion, each location seemed to have its own nickname or acronym.

“I didn’t know what GPAH was, I didn’t know what Kenwood Mall was, and I definitely think having a resource to ask questions is really important for incoming freshmen,” Sanaa, a mentor, said.

Sanaa’s mentee Adrianna Nehme was, at first, similarly confused by the vocabulary of U-High slang. Sanaa helped her learn terms, such as “the Point” and “the Midway.”

Difficulty navigating the U-High social scene is a common theme among mentors who were new to Lab as freshmen. Some of their new classmates have been in

“I didn’t know what GPAH was, I didn’t know what Kenwood Mall was, and I definitely think having a resource to ask questions is really important for incoming freshmen.”
— SANAA IMAMI, MENTOR

school together for years. “The biggest transition for me last year was trying to find where I stood socially, especially because everybody already knew each other,” mentor Destiney Williamson said.

In order to help her mentee make friends, Destiney encouraged him to attend Black Students’ Association, a club she also attends.

“Clubs are really beneficial, especially since they help you get to know students in other grades,” Destiney said.

Living 30 minutes away from campus, Adriana is already at a social and logistical disadvantage. Although she has time on weekends, it isn’t always easy to plan afterschool get-togethers with her new U-High friends, many of whom live in Hyde Park. After getting Sanaa’s contact information, she felt relieved to have another student to talk to.

Adrianna said, “It was really nice to know her name and get her Snapchat and Instagram.”



Destiney Williamson



MIDWAY PHOTO BY EMERSON WRIGHT

MENTORING NEWBIES. Sophomores Danny Han, Marcus Chang and Adi Badlani speak to a Danny’s mentee about his transition to high school. They met during a lunch in Judd Hall as part of the new mentorship program to help freshmen adjust to life at U-High.

EID DINNER



MIDWAY PHOTO BY ELENA LIAO

COMMUNITY BUFFET. Suleyman Ahmed, Jamal Nimer and Quinn Davis gather savory Middle Eastern grilled food at the Eid dinner on Oct. 4. “We had like 215 people show up, which was nice, a bit more than last year,” Jamal, MSA co-president, said.

Few Quiz Bowl members disband

by **MAX GARFINKEL**
BUSINESS MANAGER

Due to a lack of consistent members the Quiz Bowl team has disbanded. The group will no longer meet, or go to tournaments.

“At the end of the year we had maybe six members, including me,” senior Derek De Jong, the former Quiz Bowl leader, said.

The team usually needed only four members to compete, but the group couldn’t get enough members to go to tournaments. Derek

said that many were busy or just didn’t want to go.

He added the club could be restarted if there was enough student participation.

Derek said he believed that competition with other U-High academic teams, like math or science teams, contributed to the lack of students participating in Quiz Bowl.

He also said many did not enjoy the club because it requires broad knowledge, not one specific sub-

ject, adding that this made studying difficult.

Quiz Bowl’s former sponsor Daniel Jones said Quiz Bowl will not go to tournaments this year due to complications in communication with IHSA.

David Ribbens, who is in charge of Lab’s communication with IHSA said the Quiz Bowl team could go to tournaments again if the club was restarted, but did not go in previous years due to conflicts of scheduling.

Behavioral focus boosts economics elective enrollment

by **SAMIRA GLAESER-KHAN**
MANAGING EDITOR

More students have been signing up for AT Economics in the past two years because they are attracted to the increased emphasis on behavioral economics in the course. The elective has grown from two small sections to three large sections over the past two years.

According to Christopher Janus, who teaches two sections of the class this year, students are drawn to the behavioral economics aspect of the class because it incorporates psychology.

“Students like to learn about the quirks of human beings. It is interesting for them to see how people make decisions, and to understand how they themselves make decisions,” Mr. Janus said. “Previously, the model for economics was that man makes rational choices based on maximizing profits, but it turns out that this is not the case.”

Mr. Janus explained that behavioral economics introduces a completely new way of approaching economics: instead of seeing man as a rational machine, behavioral economics incorporates the complicated emotions that accompany financial decisions.

Senior Alyssa Russell, an economics student, notes that learning about the behavioral side of economics makes the subject feel more relatable.

“I love learning behavioral economics,” Alyssa said. “I didn’t realize how ingrained econ was in our lives until I started taking this course, so I think it’s one that ev-

“Students like to learn about the quirks of humans.”
— CHRISTOPHER JANUS,

everyone should take at some point in their life.”

She added that students had already learned about how the economy works, including the influences of advertising and the price of non-monetary goods such as time.

“I am already much more conscious of the world around me,” Alyssa said.

Alyssa initially chose to take the economics elective because she wanted to understand how her father, an econometrician, makes decisions.

“My dad does econ and stats at booth, so growing up I’ve heard briefly about various economical ways of thinking. I’ve come to realize that my dad is the epitome of an economist as he always thinks economically, so it’s super interesting to learn how he came to think that way,” she said.

Following an overall trend, Mr. Janus and fellow economics teacher Charles Disantis began incorporating more behavioral economics into the school curriculum after Professor Richard Thaler of the University of Chicago Booth School of Business won the 2017 Nobel Prize for his work on behavioral economics. In the year since Prof. Thaler won the prize, economics textbooks, including the one Mr. Janus and Mr. Disantis use, began placing a greater emphasis on behavioral economics.

Teaching theatric techniques

Fall production will stage 8 of David Ives’ one-act comedy plays

by **PRIYANKA SHRIJAY**
EDITOR-IN-CHIEF

Whether it's meticulously running lines or screwing bolts into planks of wood to build stages, U-High thespians have been working for an hour and a half each day in addition to their weekend hours to prepare for their fall production, a comedic evening of one-act plays.

On Nov. 1, 2 and 3, U-High theater students will celebrate the plays of David Ives with their production, "IVES: Been Here Before." Theater aficionados will perform eight one-act Ives plays, all comedies. Tickets will be \$10.



Anna Schloerb

When choosing the fall production this year, director Liucija Ambrosini combined her excitement about David Ives' stage work with an opportunity to teach her new theater students about acting.

"Last year we had so many people graduate that I wasn't sure how many people would be turning out for theater, but we had a very large tryout and we had a lot of people come, so I thought that this would give everybody more people a chance to be working on some acting stuff," she said.

Mrs. Ambrosini added that the timing needs of the shows, the eccentric characters and the visual aspects, such as props and furniture, add a layer of specificity that teaches the cast and crew about the details and processes of acting and the technical side of theater.

Anna Schloerb, a senior, has



MIDWAY PHOTO BY LILY VAG-URMINSKY

LEARNING AND REHEARSING. Dania Baig, right, demonstrates to Juliet Di Teresa, left, her character's purpose while rehearsing one of David Ives' eight plays that will be performed Nov. 1-3 in Sherry Lansing theater. Director and adviser Liucija Ambrosini said that the organizational complexity of the shows has taught the cast and crew the technical aspects of acting and theatre.

a long list of U-High acting and crew credits to her name, and for this production, she will take on a directing role. Just as Mrs. Ambrosini intended, Anna took the Ives production as a learning opportunity.

"Directing is a process that you really need to learn as you go and find tactics to help your actors find characters on their own and

not just give it to them," Anna said. "They need to do the work and also that is the only way the character will be portrayed with authenticity."

Anna elaborated on her directing experience, noting that she has learned to put herself in her actors' shoes to more compassionately and effectively work with them.

"Since I've acted before, I know

how difficult it is to memorize lines so I couldn't get mad at him because it is really hard," she said of one of her actors who was struggling with a monologue. "I tried to work in little chunks with him and repeat things over and over and kind of just drill it. I also know from experience that you sometimes just need to give it a break."

Information:

Performances: Thursday, Nov. 1; Friday, Nov. 2; Saturday Nov. 3

Performance Time: 7:30 p.m.

Tickets: Will be sold for \$10 in the high school lobby, starting a week before performance dates

One of Anna's actors, senior Nicholas Merchant, has been acting since his freshman year and has performed Ives's work before.

"He is a very unique writer because he's able to be funny but in a very unique way," Nicholas said. "It's almost surreal — his writing. It has these very twisted unique ideas that I don't think you see from other writers."

In this production, Nicholas plays three different characters in three different scenes, each with a case of false identity.

"The first character I play is Edward Degas, the artist. I play a man who thinks he's Degas. And so it's a case of false identity. It's a very fun, outrageous role," he said. "The next role I play is a worker who thinks he's Charles Lindbergh's baby, so another case of false identity, and the final role I play is as Fifi, a gym teacher who thinks he's a French woman and dresses in a dress."

Tackling these complex, layered roles, Nicholas identifies who his character inherently is and then adds to his performance who the character thinks they are.

"Because it is a comedy," he said, "I really do try to push it as far as I can to really develop the character in a very large, over-the-top way without sacrificing any of the truth below it."



MIDWAY PHOTO BY LILY VAG-URMINSKY

THAT'S A WRAP. Nicholas Merchant rewatches a clip of a previous take he filmed on his camera. Through his films, Nicholas can vividly enhance and showcase the characters in his imagination.

Senior creates sitcoms to tell stories, explore film passion

Intricate films challenge senior to plan carefully

by **IVÁN BECK**
FEATURES EDITOR

"I'm always looking out for something memorable," Nicholas Merchant said, "even it's just a single sentence or a pause that seemed funny. I write down these little observations."

Nicholas has found an outlet for his filmmaking passion in the creation of sitcoms, including his current shows "High Schooled," which he began filming in 2016, and "Bad Influences." However, success with this style of film did not come naturally, but instead from many years of hard work, training, and strict film practices.

Nicholas' interest in film was first piqued due to its style. He said he has always loved telling stories, and he learned that with film, he could show the characters he imagined, not just write about them.

While Nicholas didn't cite any specific idols or mentors, he said he has gained a great deal of help from his Filmmaking teacher, Benjamin Jaffe. Nicholas



Nicholas Merchant

said Mr. Jaffe has helped with brainstorming ideas, teaching techniques, giving project advice and sometimes even by loaning equipment.

Nicholas dedicates most effort to his sitcoms. For the production of new seasons of his shows, each of which have five episodes of about 20 minutes, Nicholas implements a strict process.

First, there is preparation, which usually takes a great deal of time.

"For a long running series, this prep work is really important," Nicholas said, "because you have to build the world and discover who the characters are and how they interact."

Nicholas explained that, for both "High Schooled" and "Bad Influences," over a year was spent between development and the release of the pilot. Some of this time was due to resculpting of characters and the roles they had in the show.

Nicholas explained that as he worked with senior Jacob Beiser, who plays the lead role on "Bad Influences" he began to realize he could write the character to match Jacob's sense of humor more adequately. "So we went back and inserted new lines into existing scenes to give his character a little more snark," Nicholas said.

A challenge along the way was the logistics of planning a big

"For a long running series, this prep work is really important, because you have to build the world and discover who the characters are and how they interact."

— NICHOLAS MERCHANT

scene. Nicholas would have to draw out maps that blocked out and staged where the characters were, and where the camera needed to be. Although it was difficult at first, these maps are now for Nicholas instinctual through practice.

Alyssa Russell, a senior, often acts in many episodes of Nicholas' shows.

"He is a really talented filmmaker so he always has creative ideas on different shots and plot point," Alyssa said, "He's constantly working on a film project. I'm always hearing about different shoots and projects he's taking on. He clearly loves what he does and is good at it."

Nicholas' careful and complex process is not without purpose.

"Especially since I create long running series, you have to make sure that you never fall into a routine," Nicholas said. "As soon as you get comfortable doing something, it's time to move on to something new, always improving."

Horror & Thrills

Jump scares and plot twists. Ghostly and classy costumes. Haunting and secretive characters. Just in time for Halloween, ‘The Nun’ and ‘A Simple Favor’ showcase different styles of suspense.

Horror spin-off delivers classic Halloween scares and frights

by **ABIGAIL SLIMMON**
SPORTS EDITOR

“The Nun,” released Sept. 7, is 1 hour and 36 minutes of classic horror movie tricks just in time for Halloween season. The dark setting, creepy music and constant jump-scares work in the beginning, but by the end, the audience has adjusted to the tactics that the film relies on in order to be classified as “horror,” and only the easily-scared are still shaking every time the Nun herself appears.

The instantly unsettling ambiance “The Nun” portrays sends a chill down your spine from the minute the lights dim. The spinoff of “The Conjuring” attempts to live up to the glory of its terrifying mother franchise, a series of three main horror movies following two paranormal investigators trying to help those who become possessed by demonic spirits.

Anyone who has seen the “The Conjuring 2” remembers their heart pounding out their chest when Valak, a demonic nun first made an appearance. The creators of the Conjuring Universe franchise have built off the cameo and released “The Nun.”

The film takes place in 1952 in the ab-

bey of St. Carta, a dark, eerie medieval castle, in rural Romania. The idea of an abbey, being terrorized by spirits and demons is a constant reminder of just how difficult it is to see a highly respected ideology transfigured in such a way. To some, this idea may seem offensive, but to most it comes off as disturbing and even hard to understand.

The film starts with a prologue showing two nuns being attacked by a demon disguised as a nun while in a dark tunnel in the abbey. Only one nun escapes alive, but then she hangs herself above the main steps of the convent. This is a place where nobody would want to spend the night, especially with the hundreds of crucifixes and fog that never seems to go away. Nevertheless, the Vatican hears of the situation and sends Father Burke and Sister Irene to Romania to look into the situation.

At first, the two don't seem phased by eeriness of the abbey. Shortly after, they figure out they are facing something that is hard to even comprehend, “the Nun.”

Although it's not nearly the scariest “Conjuring” universe film, Halloween season still calls for a few good jump scares — and “The Nun” will do the job.



SOURCES: IMBD

Chilling thriller elegantly masters suspense, secrets and set design

by **SAMIRA GLAESER-KHAN**
MANAGING EDITOR

“A Simple Favor” is a creepy thriller with an elegant and classy vibe. The French soundtrack and beautiful settings contrasted with the dark twists and turns of the plot make this movie refreshing to watch — it's not your average thriller. As the story unfolds, you will root for different characters throughout the two-hour run time.

The movie, released on Sept. 14, centers around the friendship between Emily, played by Blake Lively, a high-profile PR executive for a big-name designer, and Stephanie, played by Anna Kendrick, a single mom who runs a lifestyle blog. As Stephanie gets closer to Emily, she starts sharing her long-held, twisted secrets from her past. She becomes emotionally attached to Emily, and even considers Emily her best friend despite only having known her for a few weeks. When Emily goes missing one day, Stephanie does everything in her power to help the investigation and to support Emily's son and her husband, Sean, played by Henry Golding. In the process, she uncovers chilling secrets from Emily's past.

What makes the film worthwhile to watch

is the development of the relationship between Emily and her husband, Stephanie and Emily, and Sean and Stephanie. In each of these relationships, the characters show redeeming qualities that help the viewer sympathize with their decisions. It is interesting to watch Stephanie's relationship to Emily deepen and unfold as she learns more about Emily's past.

Another way in which the film succeeds is in creating suspense. Ms. Lively, Ms. Kendrick and Mr. Golding each give their character sufficient mystery so that you're never quite sure if a character is being genuine. You'll be left suspecting each character at some point during the movie.

Lastly, the wardrobe of the characters is a small but important detail that makes the film enjoyable to watch. Throughout the film, fashion plays an important role in character development. Costume designer Renee Ehrlich puts together stunning outfits that perfectly mirror each characters internal journey.

Overall, “A Simple Favor” is a chilling thriller without being over-the-top dark. It's a perfect non-traditional movie to get into the Halloween spirit.

YA novel shares message of police brutality, heritage

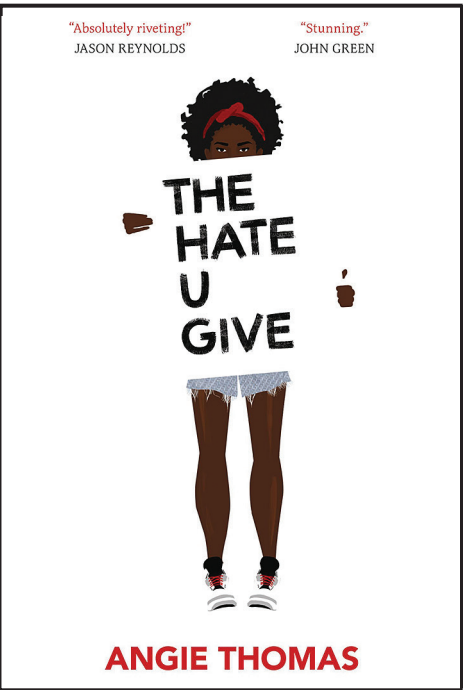
by **ELLA BEISER**
ASSISTANT EDITOR

Police brutality, racism, gang violence and segregation are all topics that have made headlines in newspapers, on TV and online. These contemporary themes converge in the heart-wrenching “The Hate U Give,” which was among the most popular novels of 2017 and makes its cinematic debut this month.

Author Angie Thomas creates an enlightening story narrated by Starr Carter, a teenager constantly switching between two worlds: one, the poor black neighborhood where she lives, and the other, the wealthy suburb where she goes to high school.

While her classmates are worrying about grades and pressure from their parents, Starr goes home to a world plagued by gang violence and police brutality.

In both of these worlds, Starr struggles with distinguishing herself as an individual. At home, she is known as Big Mav's daughter who works in the store, and at school she hides her true self for fear of being different. The balance between Starr's two worlds shatters after the fatal police shooting of her childhood friend Khalil. His death makes national headlines as her community seeks justice for his murder.



SOURCE: AMAZON

HITS CLOSE TO HOME. “The Hate U Give” describes Starr Carter's conflict between the people around her and a fatal police shooting.

segregation and racism.

Another key detail to this story is the tone that Angie Thomas takes with Starr's character. She presents a persona that is easily relatable to and she has a contemporary tone using words and logic that make sense for a teenager.

The most compelling scene is when Khalil and Starr are coming home from a party and are pulled over by a cop. Starr describes how, as a child, she learned from her parents, what to do if she were pulled over by a cop. Khalil did not follow these rules and is then wrongfully shot in a terrifying and tragic scene. Viewers should anticipate this scene in the upcoming movie and hope that the producers do it justice it deserves.

The feature film opened Oct. 5 in select theaters and stars Amandla Stenberg as Starr Carter, and KJ Apa as boyfriend, Chris.

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62% of Americans think the 2018 midterm elections are the most important of their lifetimes, with issues like impeachment, the Supreme Court and abortion rights on the line. But will there be a...

Blue Wave or Red Reaction?

Midterms will shape legislative output, admin

by **MIRA COSTELLO**
MIDWAY REPORTER

William Howell is a professor of American political science at the University of Chicago Harris School of Public Policy, and an expert in separation-of-power issues. In an interview, he gave insight into how the 2018 elections will impact students, the Trump administration, Congress and the country's policies.



William Howell

outside of a legislative framework in order to cut back on regulations that came out of the Obama administration. That will continue, but it will be subject to a great deal more oversight if the Democrats get control. It's a coin toss. The people who study this suggest it's likely in the House, and not likely in the Senate, because the majority that the Republicans have in the Senate is even smaller than it is in the House, but the third of Senators up for reelection this cycle are disproportionately Democrats, so the challenge is whether or not they can hold seats.

because it affects whether they participate in politics, which matters a whole bunch for how their views are represented. Generally, the main effect is that the younger you are, the less involved you are. The people who are most likely to vote are retired and rich and well-educated. That said, there are encouraging trends, and you see, particularly under Obama, a rise in youth involvement, and you see in this coming electoral cycle, record numbers of women running for office. The paradigm that says "male, white, well-off, well-educated, older" — there are smaller trends pushing against that, in the last 10 to 15 years in particular.

"The people who are most likely to vote are retired, and rich, and well-educated. That said, there are encouraging trends, and you see, particularly under Obama, a rise in youth involvement, and you see in this coming electoral cycle, record numbers of women running for office."

— PROF. WILLIAM HOWELL

he's objecting, to think about how you can push back on his ability to advance those policies, and to invest your time and effort there [rather than] into thinking [about impeachment].

Q: What is your advice for students who want to say informed and involved but might get lost in biased information?

A: We have so much news coming from so many different quarters and large amounts of it are either inaccurate or infused with a particular ideological bias or predisposition. What I do is read from multiple sources. It's kind of fun, actually, to see how CNN, Fox News, The New York Times, The Washington Post and The Wall Street Journal all cover the same story, and to see how they talk about it differently. They may not even be recognizing the same set of facts, but they cover the same issues. The other thing you can do is look at foreign reporting of the United States. You can read The Economist, listen to BBC. Those can be helpful ways to get information that isn't from a particular domestic tribe. You should find a news source you trust. That will mean different things for different people, and it requires not only sampling broadly, but reading deeply.

Q: How realistic is the idea of impeachment?

A: It's unlikely. That said, this president has lots of vulnerabilities. We need to watch the outcome of the Mueller investigation and more moderate Republicans, and whether or not they break from the party. As long as [they stand behind the president], and have majorities in Congress, then it is less likely. My own view is that the reflexive discussion immediately to talk about impeachment after having elected Trump was really premature. If you oppose Trump, you would do well to focus on the specific policies that

if you're thinking about the future.

Q: How do you think Chicago, or Illinois in general, is going to be important in the midterms?

A: We've got a number of elections in Illinois that matter a whole bunch. The governor's race and the mayoral race are going to be the two most consequential for residents of Illinois. [The influence on] composition of Congress is less obvious, but what I'll say is that the kinds of policies we observe are a function not just of Congress and not just of the federal government, but how the federal government interacts with state and city governments. So those two races are ones to really watch

Illinois House district races mirror national divisions over healthcare, immigration and foreign policy

Third District: Conservative Democrat vs. Nazi

The Third District is on the southwest side of Chicago and includes portions of Bridgeport, Beverly and Armour Square. It is a majority working class based district with a population that is one-third Hispanic. In 2016, Hillary Clinton won this district by 15.4 points.

Democratic Candidate: Rep. Daniel Lipinski

Lipinski has been the representative of this district for the last seven terms and received 51 percent of the Democratic primary vote. He is among the most

conservative Democrats in Congress. He is a member of the House Committee on Science, Space and Technology and the Committee on Transportation and Infrastructure.

Republican Candidate: Arthur Jones

Arthur Jones previously unsuccessfully sought nomination five times but won in an unopposed Republican primary. Jones has ties to white supremacist and Nazi groups, and has been denounced by the Illinois Republican Party. He supports bringing home troops from defending the borders of foreign nations. He does not believe in amnesty for undocumented immigrants.

Fourth District: Chuy looks to national stage

The Fourth District is 33 percent more Democratic than the average U.S. district, making it the nineteenth most Democratic district nationwide. It is 72 percent Hispanic and is completely urban, including parts of Lincoln Park, Irving Park and Logan Square. This district has been represented by Luis Gutiérrez since 1993, but Gutiérrez will retire at the end of his current term. Hillary Clinton won the district by 68.3 points in 2016.

Democratic Candidate: Jesús "Chuy" García

Sixth District: Illinois' most flippable district

The Sixth District contains suburbs north and west of Chicago, which are mainly affluent communities. Although the incumbent, Rep. Peter Roskam, is a Republican and won by 20 points in 2016, Donald Trump lost the district by seven points.

Democratic Candidate: Sean Casten

Casten won 30 percent of the Democratic vote in the primary, but has never held political office. He previously worked as an energy executive, so he says he understands the importance of creating clean

Thirteenth District: Obamacare takes center stage

The 13th district contains parts of Chicago, Urbana, Bloomington and Springfield. While its current representative is Republican Rodney Davis, Hillary Clinton won this district by 5.3 points in 2016. The 13th district is one of the districts the Democratic Congressional Campaign Committee targeted as a flippable district in as early as January 2017.

Democratic Candidate: Betsy Londrigan

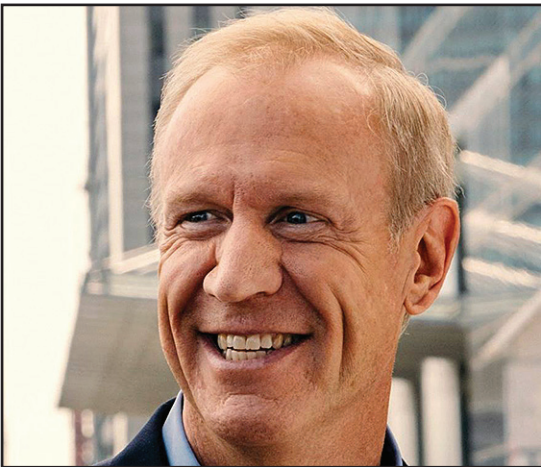
Betsy Londrigan won 46 percent of the

energy jobs for the economy and environment. He also says Trump threatens science, women's rights, affordable healthcare, Social Security and Medicare.

Republican Candidate: Rep. Peter Roskam

Peter Roskam has held his position since 2007. In prior terms, he has supported the repeal of the Affordable Care Act but received criticism for canceling public forums. He highlights his involvement in the December 2017 tax bill. Roskam supports stronger refugee screening processes and for limiting access to abortion, and disapproval for the Iran nuclear deal.

Rauner and Pritzker disagree on how to form Illinois' present and future



SOURCE: BRUCE RAUNER FACEBOOK

★ Gov. Bruce Rauner

by **IVÁN BECK**
FEATURES EDITOR

The Midway reached out to the campaigns of Gov. Bruce Rauner and challenger J.B. Pritzker to gather information about policies and opinions on major is-



SOURCE: WWW.JBPRTZKER.COM

★ J.B. Pritzker

sues held by the candidates. The Pritzker campaign responded, and answers are incorporated below. The Rauner campaign did not respond to multiple calls or emails, so Rauner's policies are summarized from official campaign statements.

Taxes

The governor supports a flat-rate income tax, which means that every individual, no matter their wealth, get would be taxed at the same rate. The individual tax rate in 2017 was around 4.4 percent. Gov. Rauner has expressed that Mr. Pritzker's advocacy for a graduated rate tax system is "proposing a massive tax hike on all the people of this state".

Mr. Pritzker advocates for a graduated-rate income tax, which would tax wealthier Illinoisians more than poorer citizens. During a debate on Sept. 20, Mr. Pritzker blamed the governor of supporting the "currently unfair tax system."

Corruption

Gov. Rauner has sought to expose instances of corruption on the part of Mr. Pritzker, namely by publicly sharing a wiretap of a discussion between Mr. Pritzker and former Gov. Rod Blagojevich, in which Mr. Pritzker asks to be considered for an appointment to State Treasurer.

Mr. Pritzker does not have a public stance on political corruption, but has emphasized that many accusations that Rauner has made against him during the campaign are untrue. He also explained that Rauner has been lying to the people of Illinois for the three years he has been in office.

Criminal Justice

The focus of the governor on criminal justice form is rehabilitation. As governor, he has worked on bipartisan bills that give former criminals more job training and opportunities for when they have served their sentence and are returning to society.

Mr. Pritzker's plan "would legalize marijuana and modernize sentencing, reduce recidivism and re-entry by removing economic barriers, reform our juvenile justice system, and treat gun violence like a public health epidemic." This plan encompasses Mr. Pritzker's plan to end mass-incarceration.

Jobs

In order to increase jobs in the state, the governor wants to lower the cost of doing business, decreasing "out-of-control lawsuit abuse" and freeze property taxes.

In order to increase jobs, Mr. Pritzker wants to invest in infrastructure, which he believes will make Illinois a desirable place to do business for many companies.

Voter registration information

by **EMMA TRONE**
EDITOR-IN-CHIEF

In the voting booth on Nov. 6, Americans have the chance to choose their representatives in Springfield and in Washington. But before they cast their votes, voters need to complete one hurdle: voter registration.

While Oct. 9 was the final day for regular and mail-in voter registration for citizens of Illinois, citizens who will be 18 years old by Election Day have until Oct. 21 to register online and until Nov. 6 to register in-person.

Online voter registration: To register online, prospective voters can fill out the Illinois Online Voter Registration Application at ova.elections.il.gov. Voters will need a valid driver's license or state identification

card, as well as the last four digits of their Social Security number to complete registration.

Early voting in-person registration: During the early voting period, from Oct. 22 through Nov. 5, voters can register on-site, as long as they can provide two forms of identification, one of which must prove the voter's residence. A list of acceptable forms of identification can be found on the Chicago Board of Elections website. The University of Chicago Reynolds Club will serve as an early voting site from Oct. 31 through Nov. 2, from 10 a.m. to 5 p.m.

Election Day registration: As with early voting, voters will need to provide two pieces of identification at their polling place in order to register on election day. Voters can find their polling place at: ova.elections.il.gov/PollingPlaceLookup.aspx

U-High campaign intern volunteers in competitive race

By **EMMA TRONE**
EDITOR-IN-CHIEF

Franzi Wild spends 15 hours of her weekend completing pages of paperwork and logging thousands of steps, but not for her classes or the cross country team.



Franzi Wild

She makes hundreds of calls but not to her friends, and knocks on dozens of doors that aren't her neighbors'. She's not even doing this in Chicago, instead spending her weekend in Downers Grove.

working to get a Democrat elected to the House of Representatives and flip one of the nation's most vulnerable Republican districts. Illinois' 6th Congressional District curves in a crescent through the suburbs west of Chicago, including parts of Naperville and Hinsdale. Republican Peter Roskam has represented the district since 2011.

In 2016, 68 percent of voters voted to re-elect Roskam, while a narrow majority also voted for the Democratic presidential candidate — Hillary Clinton instead of Republican nominee Donald Trump.

Franzi first began volunteering with the campaign of challenger Sean Casten this summer, after she discovered that this would likely be a "flippable" district in favor of the Democrats.

After showing consistent interest, she was invited to become a field intern to identify and mobilize voters for the campaign. Franzi said that while she sacrifices her weekend, she is well-compensated in relationships, experience, and skills.

"It's so much fun. I am super close with so many people in the office, and we talk and joke, and while we're super busy for the 15-plus hours I'm there every Saturday and Sunday, I'm also having fun and continually learning things from these people who aren't that much older than me," Franzi said. "We're all super close, because we all have this common goal that matters to us a whole lot more than the smaller parts of our lives."

In an interview, Franzi discussed her role as a field intern and the

"It's so much fun. I am super close with so many people in the office, and we talk and joke, and while we're super busy for the 15-plus hours I'm there every Saturday and Sunday, I'm also having fun and continually learning things from these people who aren't that much older than me."

— FRANZI WILD

tactics that many Congressional campaigns, including the Casten campaign, have used this 2018 election cycle and historically to build support and get out the vote.

Canvassing: "One of the main ideas behind canvassing is that you want to try to persuade the undecided voters, by going door to door and talking to people in-district. A great thing about canvassing is that face-to-face contact is one of the best ways to persuade people and let them feel heard. The purpose of canvassing for us right now, then, is to try to understand which way those people are thinking of leaning."

VoteBuilder: "Lots of campaigns use VoteBuilder, which is a database for organizing registered voters. Based on the results we get back from canvassing, we then enter those results into VoteBuilder, which has all registered voters in it. It's helpful because it helps us figure out who to canvas and who to phone bank, and it keeps us from repeating people who have already been reached, as well as canvassing people in the same manner twice. Since the Sixth District has around 700,000 people, you need to have a way to keep all of your registered voters organized."

Phone banking: "The motivation behind phone banking is the same as the motivation behind canvassing, but it's often directed to the people we can't reach through canvassing. So if they live in a gated community or apartments and we've tried to canvas them, but we've learned that you can't get to their physical front door, we'll try to give them a call. When we phone bank we typically have a script that we provide to all of our volunteers, because that's often the easiest way to teach people."

QUICK Q

As a first-time voter, what issues will be most important?



Naina Jolly: "I'm looking for a candidate who's open minded and greatly values diversity and different opinions."

Women's rights are very important to me, so I want someone very positive position on women's rights."



Noa Rebollo Baum: "I don't know a lot about the upcoming elections and will definitely have to educate myself. I will probably be focused on education and civil rights."



Campbell Phalen: "Gun rights, climate change, net neutrality, and immigration matter most to me."

Elena Liao: "I'm really looking at how funding will be used. I can't support a superfluous use of taxpayer money, but if it's for something like healthcare or education, I think those are important social goods."

— COMPILED BY KATERINA LOPEZ

Weighted Words

As political conversations have grown to be increasingly polarized, discussion is often unattainable

by JACOB POSNER
EDITOR-IN-CHIEF

Professor Anna Mueller collected data at a school with a rigid, widely-known definition of what it meant to have a good family or be a good kid. She said it made for “a really intense place for kids who deviate from those expectations” because parts of their identities were rejected by a place they couldn’t escape.

It’s a general consensus within the Lab community that this definition involves liberalism. And the polarization of U.S. political ideology has penetrated Lab’s bubble, making it especially difficult to have conversations about politics or controversial topics, according to many students. The consequences for saying the wrong thing could be damning, but some club leaders say it’s worth trying to bridge the divide.

Senior Mitch Walker said he finds this environment frustrating.

“One of the biggest things for me with discussions at this school is that a lot of the times I feel as if — and I’ve experienced this [in conversation] with my friends — that they’re afraid to speak up not because they’re afraid to be disagreed with but because they’re afraid that what they’re going to

say will be interpreted in an incorrect way, or that people will interrupt them before they can finish a thought, and bend their words,” Mitch said.



Mitch Walker

It’s hard to have ideological debates in the current political climate without the conversations being weighed down with connotations, according to Dr. Mueller a sociologist and professor at the University of Chicago’s department of comparative human behavior.

“Political conversations are so laden. If you were to debate the Supreme Court nomination right now, you would not be debating conservative versus liberal,” Professor Mueller said. “It would be a debate laden with ‘Do you believe women who have survived a sexual assault,’ or ‘Do you believe men who may be falsely accused,’ and that’s an impossible debate.”

These issues are especially difficult to discuss because of the “heightened emotions” around them, Professor Mueller said. “When people are emotional and



MIDWAY PHOTO BY TOSYA KHODARKOVSKY

FOSTERING DISCUSSION. Izzy Knowles, Michael Harper, and Addy Maciak, seniors, talk during a meeting of Feminist Club. Sally Carlstrom, a senior, and one of the leaders of the club, often worries that if a point she found offensive was brought up in a club discussion, she might not respond in the way she would like to. Respectful disagreement is a cornerstone of Feminist Club.

being hurt by really powerful people, it’s hard to just be completely calm and cool and just listen to the other side.”

During a discussion, Sally Carlstrom, a leader of Feminist Club, said if someone made an offensive comment during a club meeting she hopes she would take them aside to have a one-on-one discussion. But that’s hard to do.

“As a leader, I would try really hard to respond calmly. But I know it would be difficult for me not to break out into anger,” she said, “and I feel like anger is a valid emotion.”

Sally said she wants as many

“When people are emotional and being hurt by really powerful people, it’s hard to just be completely calm and cool and just listen to the other side.”

— ANNA MUELLER,
SOCIOLOGIST,
UNIVERSITY OF CHICAGO

ny people as possible to come to Feminist Club so the community can benefit from discussion of difficult issues. But she doesn’t want to stifle voices as a result.

“For a lot of girls, we are trained



Sally Carlstrom

from a young age to not use our voice and take up as little space as possible. I just want to create a space where our voices are valued and heard — and I also want to include other people,” Sally said. “For me, Feminism is about equality throughout the gender spectrum.”

It’s a balancing act that U-High Conservatives Club member Michelle Tkachenko Weaver said her club also wrestles with.

Determination that extends beyond the classroom

by GRACE ZHANG
ARTS EDITOR

As she gets into the car with her mom, Sana Shahul looks forward to the drive. Often on Sundays, Sana and her mom take drives to McDonald’s for a snack when they are stressed. Sana said she cherishes the memories of these drives and spending quality time with her mom. Sana and her mom talk about stresses in her life from academics to goals.

“You can do whatever you want to do,” Sana’s mom responded, in an effort to relieve stress. “You just have to believe in yourself, and I will always believe in you.”



Elena Stern

For Sana, those words have driven her to keep going and overcome obstacles. She not only has passions in service learning and computer science, but also dedicates herself to helping others.

During summer 2016 Sana went with her mother to Deschepelles, Haiti. Her mom, an obstetrician-gynecologist, worked with pregnant women who suffer from high blood pressure, which leads to high maternal mortality rates. Sana was shocked that people in Deschepelles had only one drinking water source, a highly contaminated river.

Seeing that many Haitians had died from outbreaks of Cholera, a bacterial disease in the intestine, moved Sana.

“I came back to America, and I wanted to do something,” Sana said. “You see, like, kids — 4, 14 like



MIDWAY PHOTO BY ODYSSEAS NIKAS

PUTTING IN THE WORK. Sana Shahul, a sophomore, works on her math homework in the high school library. Sana is an active member of the U-High community with her commitment to computer science. She is also active in solving the problems she sees in the world. Her charity, “Mission Blue Aqua”, works to create biofilters to ensure safer water for the people of Haiti.

me — and right then, you know they don’t have any as much as the opportunities I have.”

With the help of her mom, she created the Mission Blue Aqua group, seven U-High girls who meet outside school to create fundraisers to build biosand filters. These slow sand filters eliminate bacteria and viruses for those in Haiti. The group raised \$5,500 last year and partnered with Hôpital

Albert Schweitzer Haiti to build and install 55 large filters for communities.

When Sana went back to Haiti in summer 2017 to check on the progress after installing biosand filters, Cholera outbreak rates had decreased 25 percent in Deschepelles. She and the Mission Blue Aqua members were in awe and excited to be able to create a positive change in the lives of the kids

in Haiti.

Sophomore Elena Stern, Sana’s friend who is also vice president of Mission Blue Aqua, said Sana “has power with every step she takes by using her kindness to achieve anything and to help her friends do the same. To Sana nothing is impossible.”

Outside of school and Mission Blue Aqua, Sana is on the varsity teams for cross country, basketball

“I came back to America, and I wanted to do something. You see kids — 4, 14 like me — and right then, you know they don’t have as many opportunities as I have.”

— SANA SHAHUL, SOPHOMORE

and track. Sana also has a passion for computer science. Initially, taking Intro to Computer Science was an obstacle for Sana. She had trouble understanding the material, so she set up weekly meetings with teacher Daniel Wheadon.

“I was just at my house one day,” Sana said, “and finally it was like the gears just clicked as I was doing the homework and it all started making sense to me.”

Ever since, Sana’s passion for computer science developed, leading to something she can use to help herself.

Over the summer, she created the app Mind Training, developed to help kids train their cochlear ear implants to hear again by playing phonetically engineered words. Sana herself lost hearing in her left ear and received a cochlear implant that she trained to hear by watching “Grey’s Anatomy” episodes everyday.

Sana finds support and encouragement to hone in on her interests from her mother as well as Thomas Edison’s words: “I have not failed, I’ve just found 10,000 ways that won’t work.”

“Even if I don’t have a hundred percent confidence in myself, someone else does,” Sana said. “That gives you all the push you need to be successful.”

Spikeball sparks popularity due to its simplicity



MIDWAY PHOTO BY EMERSON WRIGHT

SPIKE IT. Winding up to hit the ball, Zach Leslie plays Spikeball with Gaurav Shekhawat on Kenwood mall during lunch. Spikeball has been described as a cross between four square and volleyball. The boys said they use it as a way to bring friends together and stay active while not playing soccer.

by **MIRA COSTELLO**
MIDWAY REPORTER

After school, students often clamor to practice for conventional, school-sponsored athletics. Kovler Gym fills with setters, runners and tennis players — but when soccer is not in season, junior Zach Leslie has other plans.

You might catch him playing Spikeball, a game with many familiar rules, but also an interesting twist. It's been described online as a cross between four square and volleyball.

Also known as Roundnet, Spikeball is played in two teams of four players, with a small ball and a trampoline-like net.

"I saw some highlight videos on the internet of really cool Spikeball plays, which sort of got me interested," Zach said.

After trying out the game at a friend's house, he and his brother ordered their own set. A Spikeball set costs \$50-60.

Though the hobby was conceived in 1989, interest among high school students and adults alike has been on the rise recently. This might be explained by its 2008 rebranding. According to an article by founder Chris Ruder, once Spikeball.com was launched, the company grew exponentially by asking customers how they heard about the product.

"I credit that question alone for a majority of our success because it uncovered our three main cus-

"It has really simple rules, it's not bery expensive, so it's not heavy – so it's not difficult to bring places, and it just requires a group of friends who want to play"

— ZACH LESLIE

tomers groups: Ultimate Frisbee players, P.E. teachers, and faith-based youth groups," Ruder wrote.

While this likely contributed to Spikeball's popularity, Zach emphasized other potential factors.

"It has really simple rules, it's not very expensive, it's not heavy — so it's not difficult to bring places, and it just requires a group of friends who want to play," he said. "I think its simplicity is what makes it so popular."

Though Spikeball is simple, its unique style and energy provide a more laidback source of enjoyment for everyone. Those who may not be interested in mainstream sports can use Spikeball as a way to have fun and stay active, but the pastime extends to athletes who want to strengthen their own skill, too.

"It requires a lot of coordination as well as reaction time," Zach added. He enjoys spending time playing with friends, and says it's a fun way to socialize and stay active that is "different from a lot of other sports."

TEAM RESULTS

Cross Country

Notable: The boys came in second at the Prep Classic meet Oct. 4. The teams competed in the ISL Championship Oct. 11.

Prep Classic XC Meet	Oct. 4
Boys placed 2nd; girls placed 4th	
41st Loyola Lakefront XC	Sept. 29
Boys placed 8th; girls placed 7th	
Fleet Feet Invitational	Sept. 22
Boys placed 5th; girls placed 4th	
Peoria Notre Dame Inv	Sept. 15
Boys placed 40th; girls placed 42nd	

Boys Golf

Notable: The team placed third overall in the ISL Championship. Freshman Aaron Kim placed 1st in the IHSA 1A Golf Regional Championship with a 79.

IHSA Class AA Regionals	Oct. 8
DNP	
St. Rita Invitational	Sept. 29
ISL Championship	Sept. 25
3rd	Placed
Notre Dame	Sept. 12

Girls Golf

Notable: Sophomore Emily Chang won the IHSA 1A Golf Regional Championship Oct. 3. Junior Annette Kim finished fourth. Both girls wadvanced to sectionals. The team finished fourth overall.

Girls 1A IHSA Regionals	Oct. 3
Placed 4th	
ISL Championship	Sept. 25
Placed 3rd	
Notre Dame	Sept. 12
Scores unavailable	

Sailing

Notable: The team has a couple important qualifier events coming up in Chicago on Nov. 10 and 11. The team expects at least a few of their boats to qualify, Ava Wilson said.

MISSA Great oaks	Sept. 29
11/13, 17/25	
MISSA Cressy	Sept. 22
10/17, 24/246	
Fall Scramble	Sept. 15
6, 18/28	

Boys Soccer, Varsity

Notable: The boys soccer team's regular season has officially ended and playoffs have begun. The team played the Horizon Science Academy at home in the Regional Semi-Finals, Oct. 9. They started

off playoffs with a 10-0 win. Junior Jaden Lynch and sophomore Alex Bal are competing for most number of goals scored this season. Jaden has scored 17 and Alex has scored 16. The boys will play in the IHSA 1A Regional Championship match at home Oct. 12.

Horizon	Oct. 9	10-0
Elgin	Oct. 3	13-0
Northridge	Oct. 2	6-1
North Shore	Sept. 29	2-0
Illiana Christian	Sept. 28	6-0
FW. Parker	Sept. 25	0-0
Elgin	Sept. 21	8-0
Latin School	Sept. 15	1-3
Northridge	Sept. 14	2-0
British School	Sept. 12	9-0
North Shore	Sept. 11	3-0

Boys Soccer, JV

St. Rita	Oct. 6	1-0
Latin School	Oct. 4	1-0
Northridge	Oct. 2	1-1
North Shore	Sept. 29	1-0
Marist High School	Sept. 28	3-1
FW. Parker	Sept. 25	0-4
Morgan Park	Sept. 22	1-1
Lane Tech	Sept. 17	7-1
Latin School	Sept. 15	1-2
Northridge	Sept. 14	2-6
North Shore	Sept. 11	0-4

Girls Swimming and Diving

Notable: The team hosted the fourth annual U-High Chicago Maroons Invitational on Sept. 29, where swimmers raised over \$700 for breast cancer research. The team placed first and the Urbana Invitational meet for the fourth year in a row.

Urbana Invite	Oct. 6	1st
Northside	Oct. 2	3rd
Maroon Invite	Sept. 29	1st
Peoria Notre Dame	Sept. 22	1st
Riverside-Brookfield	Sept. 15	3rd
Lake Forest	Sept. 11	124-45

Girls Tennis, Varsity

Notable: The team placed third at the ISL Varsity Championships Oct. 9. Senior Jenny Lewis placed second in first singles. Sectionals were to begin at noon on U-High's home courts, Oct. 12.

ISL Varsity Championships	Oct. 9	3rd
Whitney Young	Oct. 3	2-3
Elgin	Oct. 2	5-0
Latin School	Sept. 25	1-4
Niles West	Sept. 22	5-0
North Shore	Sept. 20	
Woodlands	Sept. 17	5-0
Hawk Invitational	Sept. 15	2nd
Parker	Sept. 12	3-2



MIDWAY PHOTO BY ODYSSEAS NIKAS

COME SAIL AWAY. During sailing practice, junior Jason Tothy and freshman Julian Jenkins hike while sailing a 420 over the chilly water of Lake Michigan. The team practices at the Columbia Yacht Club alongside many other Chicago high school teams. Part of the U-High team will compete at the Great Lakes Championship at Belmont Harbor Nov. 10 and 11. The rest of the team will compete at the Shepard Championship at the Columbia Yacht Club over the same weekend.

Girls Tennis, JV

Scores not provided by team.

Volleyball, Varsity

Notable: Assistant Coach Harshil Thaker got red carded at the Westminster Invitational game. The team played its Dig Pink match Oct. 11. With three more regular

season games, the team is gearing up for playoffs. Their first post-season game, the IHSA Regional Semi-finals, will be at Hillcrest High School, Oct. 23.

Woodlands	Oct. 3
25-23, 25-22	
DeLa Salle Invit.	Sept. 29
DeLa Salle Invit.	Sept. 28
Latin School	Sept. 25
14-25, 14-25	
Morgan Park	Sept. 20
25-8, 25-8	

Westminster Invit.	Sept. 15
4-1	
British School	Sept. 14
25-7, 26-24	
North Shore	Sept. 13
21-25, 21-25	

Volleyball, JV and Freshman/Sophomore

Scores not provided by team.

— COMPILED BY ELLA BEISER
AND ABIGAIL SLIMMON

Gone globetrotting

Running 26.2 miles, 18 times takes dedication, resilience — especially on all 7 continents

by **ABIGAIL SLIMMON**
SPORTS EDITOR

In 1996, while sitting in the back of her graduate school class at Harvard, U-High teacher Shauna Anderson was flipping through a running magazine when she saw an advertisement for the 100th annual Boston Marathon. It was the first year runners did not have to qualify and could instead apply through a lottery. She jumped on the opportunity, trained through the freezing Boston winter and ran her first-ever marathon six months later.

Although it went well, this spontaneous decision didn't make her instantly fall in love with running. It took five years before Ms. Anderson finally decided to give it another chance. More than two decades later, she has run all over the world. In fact, she's run a marathon on each of the seven continents.

Few people have completed this difficult accomplishment, although for Ms. Anderson, it's just another way to combine her passions: travel, math and pushing herself beyond her comfort zone.

Her second marathon was in Paris. "I was living in Thailand at the time and I saw that the Paris Marathon was coming up. I had always wanted to go to Paris, so I decided it was a perfect excuse to travel somewhere new and run my first international marathon," Ms. Anderson said.

Combining running with travel started to become a trend in her life. She has been to 46 countries.

While running a half-marathon in Rio de Janeiro, she met a woman who she quickly befriended. Six months later they ran a marathon together in Antarctica.

"After getting through running in Antarctica, that's when I decided I had to hit every continent," Ms. Anderson said. "Four days after I ran in Antarctica, I ran another marathon in Chile. I got to check off two continents in one week. It was very hard, but I did it and now I never have to do that again."

It only took four years for her to run one in every continent, and she completed her goal this summer in Kenya. Ms. Anderson will run what she says will be her 20th and very last marathon in Boston on April 19, 2019, coming full circle.

Although accomplishing her goal was a big deal, it was never just about the running. For her, it was about proving to herself and people she knows that she can do it.

"When I run, I'm constantly doing calculations in my head. I'm always trying to figure out how far I've come and how much I have left. It never stops."

— SHAUNA ANDERSON
U-HIGH MATH TEACHER

"After Chile, I posted on my Facebook page that I was going to run a marathon in every continent. Once I did that, it made me accountable," Ms. Anderson said. "I had to prove that I could do it. When I run, I don't run for a time, I run to finish."

This is also what gives her motivation to keep signing up for race after race. Registering for a race months in advance may not seem that hard, but finding the motivation the night before is sometimes difficult. This is why Ms. Anderson has little rituals she does the night before.

"Every single night before I run a marathon I watch a movie. It's called 'Spirit of the Marathon,' which always reminds me why I'm doing what I'm gonna do the next day," she said. "Then I go to sleep, and when I wake up I watch a short video about goal setting. It is amazingly inspiring, and I don't run without watching it first."

Amidst grading papers and teaching math classes, Ms. Anderson had the motivation to train five days a week for her 19th marathon, which she planned on running here in Chicago Oct. 7. The day before the race she injured herself but plans on running in the Fort Lauderdale marathon this coming February.

"I haven't always been into running," Ms. Anderson said. "I have asthma, so when I was younger I didn't think I could run at all. I didn't participate in any sports. My father and sister were both competitive runners, so I have the genes, but I never really pursued it."

Ms. Anderson always brings math into her running.

"When I run, I'm constantly doing calculations in my head. I'm always trying to figure out how far I've come and how much I have left," Ms. Anderson said. "It never stops."

While she brings math into running, she also brings into her classroom motivational tactics learned through running.



MIDWAY PHOTO BY ELENA LIAO

MILES OF MOTIVATION. U-High Teacher Shauna Anderson trains after school on the Midway. Ms. Anderson trained to run her 19th marathon in Chicago on Oct. 7 and has run at least one marathon in all seven continents. She plans on running her last marathon in April 2019 in Boston, where she ran her first marathon in 1996.

On the first day of school, Ms. Anderson shows a video of herself bungee jumping off a rickety bridge in what looks like the middle of nowhere. She said the purpose of this video is to try to get students to push their limits and go out of their comfort zone — in life but especially in math.

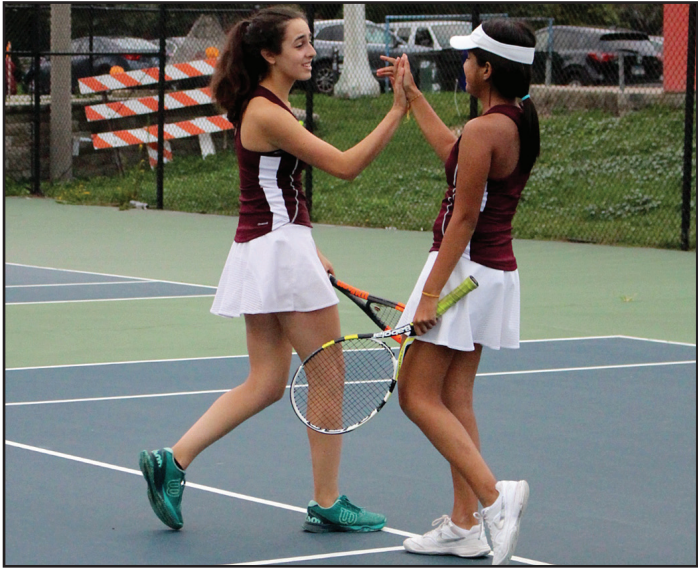
Senior Madison Christmas had Ms. Anderson as her math teacher for two years.

"I think that her showing us the video definitely captures her spirit as a teacher,"

Madison said. "As students, we watched her take risks and accomplish life goals, such as completing a marathon on every continent, which was a constant reminder that we too could do anything we put our minds to, both inside and outside of the classroom."

Without Ms. Anderson's spontaneous decision to run her first marathon as a student at Harvard, she may not have started her journey as a marathon runner and inspiring math teacher.

TENNIS



MIDWAY PHOTO BY ISABELLA KELLERMEIER

POWER DUO. Doubles partners Alexandra Nehme and Alisha Kumar high-five one another during their match against Elgin Academy, Oct. 2. The team crushed Elgin 5-0. On Oct. 9, varsity players placed third at the ISL Championships.

Seeking improved job chances, students take CPR classes early

by **AMANDA CASSEL**
ASSISTANT EDITOR

"We want U-High students to have as many opportunities as possible," Deborah Ribbens, P.E. department chair, said, "and the opportunity to learn how to save a life is one of the best."

Over the last year, there have been an increased number of freshman and sophomores fulfilling their junior year CPR requirement by taking CPR and Lifeguarding P.E. electives.

The P.E. department remedied this issue by certifying more teachers to teach CPR.

Students who opt to take CPR and lifeguarding before their junior year sacrifice 12 weeks worth of P.E. electives beyond their required health class for that year.

A CPR certification is a requirement to be a fully certified, hireable lifeguard.

Lea Rebollo-Baum, a sophomore and varsity swimmer, took CPR and lifeguarding at the end of her freshman year.

"As much as I wanted the job, for me it was really about knowing how to save someone if I ever needed to," Lea said, "and I think that was true for most of the class."

She and a few friends from the swim team spent the summer lifeguarding. She lifeguarded at Sunny Pool, where she often practices



Lea Rebollo Baum

"As much as I wanted the job, for me it was really about knowing how to save someone if I ever needed to, and I think that was true for most of the class."

— LEA REBOLLO BAUM

es for U-High swimming. She was helping teach campers at Adventure Kids learn how to and continue swimming. "Although I did fulfill my CPR requirement and got a summer job out of it," Lea said, "that's just an additional perk to knowing how to save a life if I am ever in that position."

‘Flop’ accounts provide forum for discussion

Instagram accounts calling out social mishaps have exploded in popularity, an initiative recently sparked by teens seeking social and political discourse

by NIKHIL PATEL
ASSISTANT EDITOR

“Most people who follow these accounts are either a part of Generation Y or Generation Z,” sophomore Maddie Kolb, who runs an Instagram “Flop Account,” said. “It’s refreshing to see the opinions of those near your age group rather than receiving them.”

Maddie is just one of many teenagers across the country that have begun to use their Instagram to engage with complex socio-political issues with “flop accounts.”

“Flop accounts” are Instagram accounts that host images or text-posts of “flops,” which are instances where account administrators believe that people have said or done something incorrect or dumb.



Maddie Kolb

These “flops” often relate to major political, social or cultural issues, which give teenagers an enclave to discuss these issues.

“It’s a nice community to find others who share your beliefs, as well as debate with others who disagree,” Maddie said.

Taylor Lorenz is a tech writer for the Atlantic magazine, who earlier this year examined flop accounts.

In an interview with the Midway, Ms. Lorenz said that “Many teenagers want to really feel heard and there aren’t a lot of places where they can do so without

“Most people who follow these accounts are either a part of Generation Y or Generation Z. It’s refreshing to see the opinions of those near your age group rather than just receiving them.”

— MADDIE KOLB, SOPHOMORE

adult or other interventions.”

Although the lack of authoritative sources may seem like a problem, Ms. Lorenz found that flop account administrators value getting correct information.

She said, “Everyone was really into fact checking and confirming information.”

Determining flops can be very subjective, which is often taken into consideration by the account administrators.

“Deciding what is and isn’t a flop pretty much depends on what your views are,” Maddie said. “There are some flop accounts directed at some specific people, which sit at the borderline of cyberbullying, which I don’t think is OK. Every flop we post can be debated on whether it is truly a flop. Some are in the gray area more than others.”

Even though all of their followers may not agree with it, flop accounts allow these account administrators a soapbox on which to broadcast their ideas.

“I wanted to share my opinion on controversial and import-

ant topics, rather than just leaving them in a comment for it to get lost among posts,” Maddie said. “I could control what I posted and what others commented.”

These flop accounts have had a meteoric rise in exposure.

“I first found out about flop accounts in April or May,” Ms. Lorenz said. “They were popular on the Instagram explore page, so I started asking around and it turned out that someone that I knew ran a flop account.”

Maddie also found out about flop accounts on her Instagram explore page.

“I spend a decent amount of time on Instagram, especially over the summer,” Maddie said. “That’s when I first saw one on my explore page which was of the bigger accounts that was dedicated to ‘flops.’”

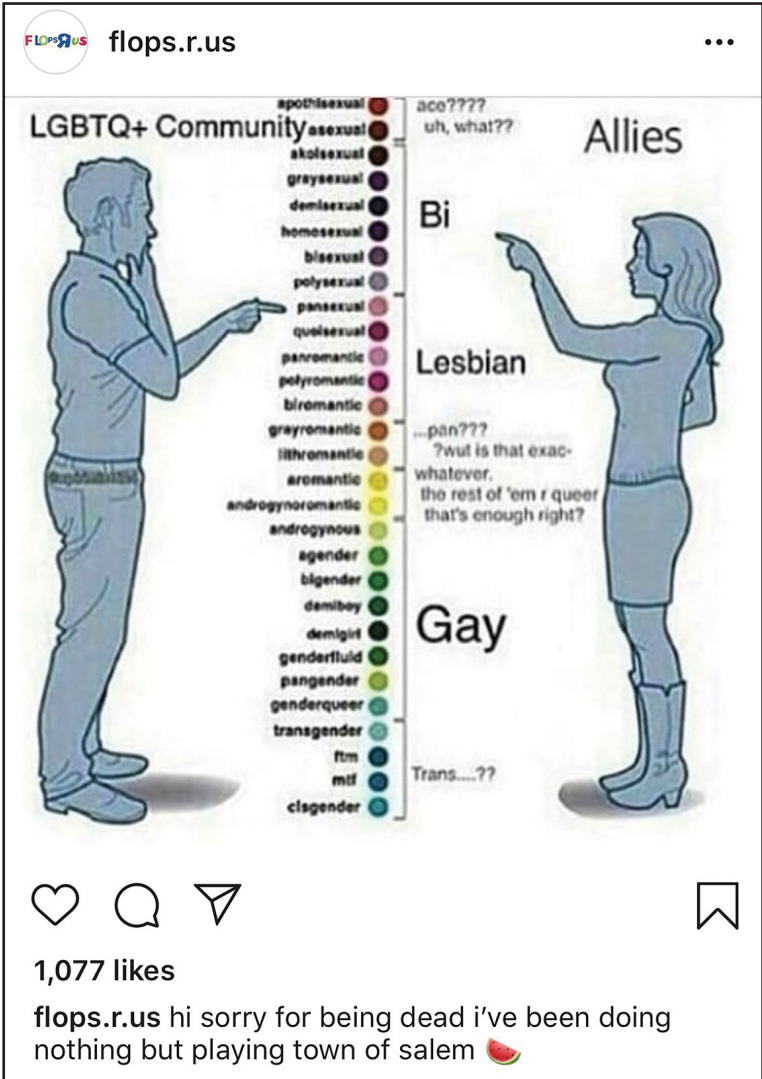
This rise in exposure illustrated to Maddie how great flop accounts are as a medium to communicate ideas.

“It’s also easier to put yourself out there, rather than starting your own blog or website,” Maddie said. “Thanks to Instagram’s explore page, as you gain attention and followers, your exposure grows rather exponentially.”

However, this change is not inexplicable. In fact, it may be a natural evolution of teenagers’ usage of Instagram.

“Teens spend a lot more time on Instagram than older users,” Ms. Lorenz said. “Younger users have more of their social network on Instagram.”

This translates into revolution-



SCREENSHOT BY IVÁN BECK

FLOP OR NOT. This screenshot from “Flops.r.us” represents the style of Instagram flop accounts run by teens who seek to expose acts they deem “flops.” This includes racist comments among other insensitive actions, which are often done by famous people.

ary usages of Instagram.

“The majority of the [flop account] community seemed to be kids all under 20 years old,” Lorenz said. “I write a lot about the different ways people use tech plat-

forms, and this furthers the narrative that young people use these platforms very differently than even people of my generation. We mostly just use it to post pretty pictures.”

Saucy Porka fuses Asian, Latin American cuisines

By IVÁN BECK
FEATURES EDITOR

From the initial bite, the texture of the fluffy bao comes first, followed by the tangy eruption of flavor of pickled carrots and zesty onions, and capped off with the flavor of seasoned meats. How is such a unique combination of flavors accomplished? Simple: the bao taco, or “baco.”

The baco is the signature dish of Saucy Porka, a restaurant operating out of the South Loop and their new Hyde Park location. The Hyde Park location was added in the beginning of August. Located at 1164 E. 55th St., just west of Woodlawn Avenue, Saucy Porka is a cozy, rustic location tucked between a Starbucks and The Nile restaurant.

Inside, the restaurant is fairly small. Stylistic decor includes ropes hanging from the ceiling, painted murals and neon lights, all which give the space a rustic feel. Yet every surface is polished to perfection. Natural light floods in from one entire wall, giving a warm feeling to complement the succulents at every table.

Customers have a few options for appetizers or smaller meals, as well as the baco, the main meal. Bacos are all very similar — several tangy vegetables mixed with a meat or tofu base, nestled within a light, airy bao.

Ordering and payment take place efficiently at the counter, and food is delivered to the table within minutes.

A single baco range from \$2.90 to \$3.70. The restaurant also serves banh mi sandwiches, rice bowls, soups, salads, fries and other side items.



MIDWAY PHOTO BY IVÁN BECK

PRODUCT OF CHILDHOOD MEMORIES. The baco, shown above, is a fusion of a bao and a taco, which combines sweet with tangy. The contrasting flavors explode in one’s mouth and excite the senses. A Hyde Park location of Saucy Porka, the restaurant that offers this meal, was added at the beginning of August 2018. It is located close to both U-High and the University of Chicago Campus. Many of the meals were inspired by recipes passed down in the families of the creators.

“I think Hyde Park’s diversity was a good fit. The owner though it would be a nice place for us to call home”

— SHAKYRA BARRET,
SAUCY PORKA MANAGER

The meal portions are small — a single baco is only slightly larg-

er than the size of a fist — but are surprisingly filling. The bao is puffy and soft, giving way easily to the contents of the baco. The bao’s sweet flavor contrasts that of crunchy carrots, cilantro, and seasoned onions, which add a spicy zest. The meat or tofu take up most of the substance of a baco, and are dense, satisfying and filling.

According to Shakyra Barrett, a manager at Saucy Porka, the

restaurant has served both the residents of Hyde Park and students of the University of Chicago about an equal amount, especially because University classes started just this week.

The addition of the Hyde Park location transformed Saucy Porka into a restaurant change, and one that serves both downtown and more residential community of Hyde Park.

Saucy Porka:

Address: 1164 E. 55th St.

Hours:

Sunday-Thursday: 10:30 a.m.-9 p.m.
Friday-Saturday: 10:30 a.m.-10 p.m.

Bacos:

Pork Carnitas
Soy Ginger Tofu
Sofrito Marinated Shrimp

Background: Former food truck chefs Amy Le and Rafael Lopez found inspiration for Saucy Porka in the recipes of their families. “Bacos” are the combination of flavors from Latin American and Asian countries.

“I think Hyde Park’s diversity was a good fit,” Ms. Barrett explained, “the owner though it would be a nice place for us to call home.”

Amy Le and Rafael Lopez, the co-creators of “Saucy Porka”, were food truck chefs when they met. The ideas behind several of the signature dishes of their restaurant came from recipes passed down through their families.

The dishes inspired from their mothers and grandmothers include the pork carnitas pho soup and arroz con edamame.

Saucy Porka is the perfect spot for a quick meal. The process of ordering takes only a few minutes, and food is prepared quicker than you can sit down at the table. The staff is kind and helpful, and the restaurant’s proximity to Lab and the University makes it an optimal place to grab a bite.