Faculty recommends switch to semesters

by BERYL OTO
MIDWAY REPORTER

The U-High faculty recommends switching the semester system to a 4-term system for the 2019-20 school year and beyond.

In a meeting on Oct, 12, there was an overwhelming support for the switch to a 4-term system. According to the results of an updated survey of 81 percent of U-Highers, the majority of students reported a lot of homework happening. While some students worried about the amount of homework, the vast majority of students were able to cope with the workload.

“The 81 percent of U-Highers who are stressed out could survive someone, but for me it wasn’t surprising,” Shiva, who is focused on implementing a new semester system, said. “I feel like a lot of students have to do with the pressure Lab in general puts on its students.”

Shiva said students worry about a shooting at Lab, like Michelle, who said it was concerning that some students knew about weapons on campus but did not report them. While some students are disturbed, students themselves were mostly unsurprising.

“Of course I’m not going to be completely OK with everything I see, but I wouldn’t necessarily say I was surprised,” Shiva, who is focused on implementing a new semester system, said. “I feel like a lot of it has to do with the pressure Lab in general puts on its students.”

An updated survey with more specific questions will be released this spring. Until then, peer leaders and student council will meet with administrators to discuss next steps and hold group discussions.

Seminars at a glance

Under consideration: Switch from 3-term semester system to 6-term semester system for the 2019-20 school year and beyond.

Option A: School year would be split into two semesters of roughly equal length, with the first semester extending beyond winter break into January, and the second spanning spring break.

According to Principal Stephanie Weber, the current no homework policy over winter and spring breaks would remain in effect if this plan is enacted.

Option B: The school year would be split into two semesters of unequal length, with the first semester ending by winter break, and the second semester starting in January, which would also span spring break.

PAGE • ARTS

With recent mainstream successes of movies like “Crazy Rich Asians.” Asian-Americans are finally achieving representation in American pop culture.
Students host foreign exchange students
U-High experienced an influx of international students this month as two French exchange students visited Oct. 16 to Nov. 16, and 10 Chinese students visited Oct. 19 to Nov. 4. The Eliad Scholarship Program is a small program that sends two students from the Antoine de Saint-Exupery school in France to the Lab Schools of two U-High students to France. We welcomed an exchange student, Delphine Hume, by junior Maryl Beal. "I enjoyed her first visit to America and was impressed by her. I think a lot of fresh- men do it."

But Spectrum has always had an international perspective and has had kids in other grades, according to Zoe.

"When you're a freshman, you're looking for some stability and also for validation in your identity. Zoe and Roshni placed second out of 200 delegations in the New Orleans MUN."
Dialogos brings student voice into strategic planning

by AUDREY MAYEKE
ASSISTANT EDITOR

Hoping to improve communication among students, faculty and administration, the Lab Schools administration enlisted Dialogos, a strategic planning and leadership partner, to act as an unbiased, third-party listener.

When working with Dialogos, the administration hopes to facilitate "critical conversations," relating to Lab's identity as a school, how it collaborates, and how Lab can improve. In order to answer these three core questions, the Dialogos staff conducted a school-wide survey in December.

"We want to make sure that everyone's voice is equal, and the best way to ensure that is by going through a third party," said SHIVA MENTA.

According to Lab Schools Director Charlie Abelmann, an additional benefit to using Dialogos is their ability to synthesize information through an impartial lens. "They're able to listen to everything and then bring back the information from a third party's perspective," Dr. Abelmann said.

Dr. Abelmann said he thinks that a lack of common experiences between students and faculty may be hindering Lab's potential for strong communication. Although he recognizes the strengths of many teachers' bonds with their students, he notices many missed opportunities for broader connection.

"At assemblies, some teachers go and some teachers don't, and that's not a shared experience. In a school, you want to have shared experiences because they build community," Dr. Abelmann said.

At a student-only meeting held Oct. 18, the Dialogos staff members asked questions aimed at uncovering Lab's areas for improvement, according to All-School President Shiva Menta. The meeting had a strict policy of confidentiality, which Shiva theorizes allowed attendees to feel comfortable sharing their thoughts without consequenc es from the administration.

"We want to make sure everyone's voice is equal, and the best way to ensure that is by going through a third party," Shiva said.

Shiva said he couldn't discuss the topics of the meeting but said students' ideas followed similar themes.

"There was a lot of agreement between a lot of the students at the meeting," Shiva said. "And I feel that opinions were solidified."

Clintond Global Initiative allows students to explore global issues

by ELLA REISER & PRIYANKA SHILLAY
ASSISTANT EDITOR, EDITOR-IN-CHIEF

Thirteen high school students attended portions of the Clinton Global Initiative University held on the U of C's campus Oct. 19-21. The students representing U-High and the U of C's Woodlawn Charter School listened to speeches and discussions led by experts on gun control and mass incarceration, as well as a session with former President Bill Clinton, former Secretary of State Hillary Clinton and Chelsea Clinton.

Three dozen other Lab and U.C. Woodlawn students attended speeches and panels on topics such as climate change, education, human rights, and poverty took place in the Student Activity Center and Gordon Parks As sembly Hall. U-High students' involvement was organized by Principal Stephanie Weber. These students went to the events along with more than 1,000 undergraduate and graduate students from across the nation and 145 countries.

"One takeaway for me would definitely be how strongly Hillary and Chelsea talked about vaccinations," said U-High sophomore Aditya Badlani, who participated in the civic engagement internship. "It was very shocking to hear that places in our own country have lower vaccination rates than [developing] counties. I definitely support them in trying to expand the countries' vac cin program."

Senior Diana Baig attended a plenary session about gun violence.

"The University extending that invitation to us, as well as Woodlawn students, tells us that the University believes the ideas and innovation from these sessions will benefit the city and country as a whole," Diana said. "It gives us motivation and hope as the next generation, as some of us are voting for the first time, or just starting to think about these issues critically."
I’ve been 25 years since the first movi- e with a majority Asian cast, “The Joy Luck Club,” made its debut in 1993, showing Asians without the long history of portraits, or why do you think it was so long ago, and members of the U-High commu- nity hope this moment continues for a perpetual movement.

Asian-Americans are shining in the lat- est mainstream entertainment. “Crazy Rich Asians,” released Aug. 17, kicked off a mo- ment some called “Asian August,” a range of movies released that month. These movies starred Asian-Americans in lead roles, such as an all-Asian cast in rom-com “Crazy Rich Asians,” the Vietnamese-American lead in “To All the Boys I’ve Loved Before” and Korean-American leads in the thriller “Searching.”

The popularity of these movies and other media provide representation and conver- sation, not only for Asian-Americans but so with a wider audience, as well as with the U-High community.

Reactions

Rosalind Chao, who played Rose in “The Joy Luck Club,” hoped the movie would be “a new beginning for Asian-Americans,” ac- cording to a majority Asian cast, “The Joy Luck Club,” made its debut in 1993, showing Asians without the long history of portraits, or why do you think it was so long ago, and members of the U-High commu- nity hope this moment continues for a perpetual movement.


“I think that’s what they were trying to do, to humanize an experience regardless of where people lived or where people grew up.” — ARIA CHOI, U-HIGH COUNSELOR

Movies starring under-represented groups provide glances of a more diverse Hollywood, but inspired audiences hope to see it continue into a movement.

Minority leads in popular films break ground

by MIRA COSTELLO

“Bridesmaids,” the 2011 comedy fea- turing four female leads, was a mile- stone in Hollywood in the celebra- tion of women in the industry. However, the film was met with unexpected approval and high ratings. The film demon- strated that the decision to cast women in comedy should not be considered one of pity or compensation, and set the stage for more future female representation.

“Black Panther”

This 2018 film was an important step for black representation. Not only did it include a nearly all- black cast, but it also offered themes unrelated to race and self-inclusion. “Black Panther” performed exceedingly well in the-aters, superseding “The Dark Knight” release of “Crazy Rich Asians,” Awkwafina, who plays Peik Lin in the movie, became the second Asian woman to host a “Saturday Night Live” in 18 years. After seeing Asian-American movie stars then and now getting their big breaks through these movies in other fields, Kara said the public’s view on Asian-Americans has changed.

“I think people, producers and directors are seeing how talented other people can be, no matter what the race or gender or identity,” Kara said. “It’s super surprising to see all these Asians, like movie stars, becoming so popular and getting their big breaks through movies.”

There’s also been an appearance of Asians in music, especially debuting in the United States. BTS, a Korean-pop music group, re- cently released a collaboration with Nicki Minaj on the song “Idol,” and have received a Billboard Music Award and an American Music Award. Another group, NCT, this year won a Billboard Emerging Art- ists chart, the first K-pop group to do so.

Just like “Crazy Rich Asians’ director Jon M. Chu and many others, Ms. Choi wants to see this moment continue into a movement to make sure Asian-American voices and stories are heard. According to Ms. Choi, the people who worked on “Crazy Rich Asians” were trying to humanize an important and unique character. “That’s when I realized that there’s a whole world of unrepresented people out there,” Ms. Choi said.

Asian-American leading roles in major films haven’t been seen in a while, so this moment is a new beginning for Asian-Americans,” according to Ryan, who is a senior.

“Something as simple as seeing a sym- bol that was so representative of childhood memories was, like, an immediate draw to the characters in the sto- ry,” Ms. Choi said. “It’s like a sense of nostalgia, of connection, and pride that came with that.”

In an interview with The Hollywood Rep- orts, Chu explained that “Crazy Rich Asians” was perfect to show a different side of Asians in the media — “Contemporary, stylish, at the top of art and fashion, emotional, funny, sarcastic and unapologetic. Confident.”

According to The Guardian, Rachel Chu’s character in “Crazy Rich Asians” has to be Asian-American in order to describe the specific feelings of belonging she experienc-
An eye for art, an eye for justice

Sofia Kouri combines art and activism to document her life

by NICKY EDWARDS-LEVIN

Award-winning photographer. Activist. Art curator. Add to that, singer, club president and social justice week organizer to that list. This is how Sofia Kouri, a senior, spends her time. Even outside of school or of activities, the arts are a constant. And she doesn’t do it all just for her résumé — she invests herself passionately in every single activity.

In eighth grade, Sofia displayed her passion for art when she saved up $300 for a Canon T3i camera. Even with just figuring out how to work the camera came a learning curve, but Sofia stuck with it. “I want to capture the truth from a lot of areas and not a lot of messes around and seeing what I was attracted to,” she said.

But as she has matured as a student, citizen and artist, she has begun to see a different approach to her photography. “Now, in Chicago,” she said, “I think of it in more as documenting the city and the ways people live in more nuanced ways. After an introduction with photography, Sofia is working on documentation and photography with other media.

Sofia was chosen this year as the Corvus Gallery Intern, a student who works with fine art teacher Gina Alicea to learn to curate art exhibits. According to Ms. Alicea, one of the reasons Sofia was chosen for this role was her interest in art as a whole.

“She engaged in a conversation with her, it was apparent to me — the quality of her artwork, her aesthetic eye, her thoughtfulness for thinking through how art is made and how it can be displayed and her curiosity in how to put together art exhibitions,” Ms. Alicea said.

For her art to be truly meaningful, “something visual, everyone, regardless of language or background, can interpret that. If you’re speaking a language, no one can understand that, but everyone can recognize a design if it’s done well.” — SOFIA KOURI

According to Sofia, it needs to be universal. With something visual, everyone, regardless of language or background, can interpret that,” Sofia said, “if you’re speaking a language, no one can understand that, but everyone can recognize a design if it’s done well.”

But Sofia’s desire to reach and effect everyone extends beyond the camera.

Sofia is also a social activist. She is the Board of Directors of the club Lucha for Social Justice, which offers after-school programs for Chicago Public Schools that don’t have an arts program. In addition to organizing social justice week, Sofia активizes the form of tutoring. Ever since teaching a second grade boy how to read two years ago, Sofia has been tutoring the same student. According to Sofia, even through tutoring is just a small service to the community, she thinks that it is one of the most important.

“The idea that activism has to be organizing a rally with 10,000 people — yeah, that’s great, but a lot of it is stuff at the grassroots,” Sofia said. “For high school students, especially here, since we’re so busy, a lot of the work that you can do with the grassroots is something of the most important stuff you can do. Though her list of activities is long, she doesn’t view each item as separate. In fact, she views the arts as connected to everything — activism, school, even life.

“I would say that as a student or me as an activist is the same as an artist,” Sofia said. “With regards to social justice, the arts are a really powerful tool, because they are a way that you can get people to pay attention to what you want them to say.”

Though Sofia’s life is jam-packed, she likes it that way. She said the freedom of making a difference and being part of something bigger than her is really why she does it. “Everyone can see her photos and everyone can be affected by her activism. So even though her resumé is indeed packed, that’s not why she does it."

“Artists-in-residence program adds culinary-guests

by AMANDA CASSELL

ASSISTANT EDITOR

The right way to get cookin’ as the Kistenbroker Family Artists in Residence program gets newizzle and pop with a slate of savory guests.

For the second year of the program, students and the community to talk about their books and experiences in the cooking world and how it relates to social justice, inclusion and equality.

The Kistenbroker family funded the program to increase the bond between Lab students and the arts. Ruthie Williams, home economics and sustainability teacher and coordinator for this year’s program, said some believe that the artists in residence should only represent food-related artist.

However, she argues that the culinary arts are a form of expression.

“We define art as the expression or application of human creative skill and imagination,” she said, “and it’s more than meets those requirements and is something Lab kids miss out on.”

For this year’s program, there are four main ideas: location and honoring the past, something Lab kids miss out on.”

This year, guest artists will represent four culinary artists. Currently, he is on a tour around the lab of his book “Eat a Little Better: Great Flavor, Good Health, Better World,” and will be in Chicago in November.

The second and third guests, Natalie Moore and Maya-Camille Brussard, will honor of her late father who believed in Segregation.”

Currently, he is on a tour around the lab of his book “Eat a Little Better: Great Flavor, Good Health, Better World,” and will be in Chicago in November.

The fourth guest, Sean Sherman, will focus on Native American cuisine and culture. Mr. Sherman will spend several weeks around the lab community, and will run workshops. Mr. Sherman wrote the book “The Sioux Chef’s Indigenous Kitchen.” Mr. Sherman will cover sustainable cooking as well as recognizing the power of recognizing the history of cooking in any place, but Chicago in particular. “This is an incredible opportunity for the greater Lab community, and the workshops have been specifically placed after school, to allow as many as people as want to, to attend,” Ms. Williams said. “Each of these artists holds a different key to how they think about injustice, and we get to hear how these great minds want to change the world.”

“Artists-in-residence” offers chance to submit workshop ideas

by NIKHIL PATEL

ASSISTANT EDITOR

In an effort to make sure the arts not only in the classroom, but out of the classroom, we are asking students to submit workshop ideas they would like to see at Lab. It is not a requirement, but it is an open opportunity that even that they could teach. Submissions will remain open for approximately another two weeks on the Artsfest web page at uchs.edu.

“It’s only the day of the high school where the students decide the whole day for themselves,” Brian Wildeman, faculty sponsor for the event, said. “That’s how I try to motivate people. This is your day, so get involved with making it great!”

According to Ms. Williams, “An important part of the Artistfest committee, suggested that students submit ideas help to make the day better.

“Submitting your workshop idea helps you get control over your day,” Alyssa said. “Often times people don’t sign up quick enough or they don’t really like the workshops that are offered, and they don’t end up enjoying Artsfest. Artsfest is really cool and a lot of people will enjoy it, but if you have a good idea you can end up making your day better and a lot of other people’s day better.”

“The selection process involves the committee, Mr. Wildeman and Dean of Students Ana Campos, according to Alyssa. Alyssa said unless the proposal violates rules, most workshop submissions will be accepted and offered at Artistfest.

“The workshops are very important for the school in general,” Mr. Wildeman said. “The day is supposed to be fun, and it is fun,” he added. “With so many serious things happening in this world these days, you guys, I feel like, deserve a day of fun. We define art as the expression or application of human creative skill and imagination, and cooking more than meets those requirements and is something Lab kids miss out on.” — RUTHIE WILLIAMS, HOME ECONOMICS AND SUSTAINABILITY TEACHER

“Submitting your workshop ideas help you get control over your day. Often times people don’t sign up quick enough or they don’t really like the workshops that are offered, and they don’t end up enjoying Artsfest.” — ALYSSA HANNAH

By designing or submitting one of the workshops that are submitted, you are deciding what that fun will be.
The results of Lab’s 2018 Health and Wellness Survey and discussions around sexual assault news in the past year have shed light on students wanting a sexual education curriculum that reflects them and their contemporary world.

Students aren’t happy about the status quo and want more.

by EMMA TRONE and JACOB PIGNATARI  
Dickson Endowment

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ost U-High students have undergone a traditional sex-ed sequence beginning in 5th grade that some feel is insufficiently prepared students for sexually active or non-heterosexual adulthood.

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Students aren’t happy about the status quo and want more.
Switching to semesters will benefit students
Semesters have short breaks, leaving time for electives

**As the Midway sees it...**

The U-High calendar has always revolved around the University’s quarter system, which has both benefits and drawbacks for students and faculty. Each quarter is three months long and divided equally into two six-week terms and a three-week break in between. This system promotes academic rigor and allows for a more consistent pace of learning. However, the system also has its drawbacks, such as the lack of flexibility for students to mix and match course offerings, which can limit their ability to explore new interests and pursue passions.

Switching to semesters would provide students with more opportunities to shape their community, as they would have more time to focus on individual passions and electives. This would also allow for a more balanced approach to learning, as students would have more time to focus on one subject at a time.

Last February, multiple members of the Class of 2018 organized a student walkout against gun violence, specifically inspired by the Parkland shooting. Students at U-High have long advocated for change, but the administration heard about the event and decided to help organize it, meaning no participator would get a cut for missing class. Many students were outraged by this decision. They thought it should be an only-student event and that by reducing the consequences, the administration was taking away from the ultimate purpose of the walkout.

In reality, the administration was helping us. Helping us avoid getting a cut is in no way oppressive. In fact, these complaints, without base in reality, actually take away from any legitimate feedback students have for the administration. When so many of the comments about the administration are simply untrue, it becomes harder to separate the constant criticism from the sometimes hostile anti-authority bias. This type of automatic unhappiness with the administration shows a disconnect between the students and the administration that, ultimately, us students are responsible for.

The administration is constant in reaching out to the student body. On Oct. 15 and Oct. 23, Brett Noel, health and wellness coordinator, hosted meetings about the potential to break the mold of the administration with more depth.

**Stop complaining and talk to the administration**

Every day, I wake up with numbers in my head. Zero calories was always the first. 102 pounds followed. I starved for them every day. But the worst pain was not the shivering limbs, dizziness, fatigue or obsession. It was the fear of detachment. Eating disorders can be incredibly isolating. Despite my efforts to hide my eating disorder, I longed to be seen. Friends must have noticed the pallor and fatigue. They must have noticed the lack of understanding and the fear of being unhelpful prevented them from addressing what they saw.

And family would have addressed the ones they saw. As a friend of a friend who has had an eating disorder, I know what it’s like to have an eating disorder, it’s OK to be unsure of how to help and to not understand if that’s what you need. Your friends must have noticed the loneliness and the weight of your silence. My parents must have noticed.

Last February, multiple members of the Class of 2018 organized a student walkout against gun violence, specifically inspired by the Parkland shooting. Students at U-High have long advocated for change, but the administration heard about the event and decided to help organize it, meaning no participator would get a cut for missing class. Many students were outraged by this decision. They thought it should be an only-student event and that by reducing the consequences, the administration was taking away from the ultimate purpose of the walkout.

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**It’s OK not to know how to help with an eating disorder**

“I want to make sure you’re eating well today,” I read. “I can’t imagine how hard this is, but I’m so proud of you, and I’m here for you when you need me.”

This friend has never had an eating disorder, but by shedding her fear of misunderstanding, she helped me communicate my needs and rediscover the faith in those who support me. Victims of eating disorders may know what they need, despite being unable to accomplish it alone. We don’t expect our friends to be experts or therapists. We just hope they will ask us how to help.
Students comforted, inspired by their pets

by AUDREY MATZE
ASSISTANT EDITOR

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Features

PHOTOS BY ELLA BEISER

Lab Alumni give back to extended-day program

by SAMIRA GLAESSER-KHAN
MANAGING EDITOR

Lab Alumni give back to extended-day program

“IF YOU GROW UP WITH PETS, YOU UNDERSTAND THE BEAUTY OF ANIMALS AND THE COMMISSION THEY BRING TO THE WORLD.”
—JOANA ROSE, JUNIOR

Kikuya

Address: 1401 E. 55th St.
Item: Spider roll

Kikuya offers full meals, sushi, and much for dessert. For dessert.

This roll is filled with fish or vegetables. American sushi chefs often flip the sushi inside out to have the rice outside of the seaweed. Additionally, American sushi is generally flavorful and colorful. Sushi chefs train for years at with instructors to master preparing a roll of sushi.

The overall quality of the fish and sushi was the best at Hiro Sushi and Desserts Bar. However the prices tended to be a couple dollars higher compared to the other two restaurants.

Lab Alumni give back to extended-day program

by AUDREY MATZE
ASSISTANT EDITOR

Thumbnail

Features

PHOTOS BY ELLA BEISER

Students comforted, inspired by their pets

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by SAMIRA GLAESSER-KHAN
MANAGING EDITOR

Lab Alumni give back to extended-day program

“I ALL CAN DO IS PREPARE THE BEST I CAN. TEACHING THEM THE KINDNESS AND EMPATHY THAT WILL GET THEM THROUGH AND CREATE A GOOD SUPPORT SYSTEM FOR THEM”
—RUBY KOONTZ, EXTENDED-DAY FELLOW

when I needed it.”

In contrast, Ms. Koontz explained her high school experience was grueling and emotional

“High school was at Lab not the time when I learned the growth mindset,” Ms. Koontz said. “I had to unlearn some of the negative thinking that I learned at Lab. It’s really that environment of ‘You need straight A’s and not even there you are good enough.’

In her work at ESH, Ms. Koontz’s goal is to prepare her students to be emotionally ready to withstand the harsh environment of the high school.

“All I can do is prepare them the best I can,” she said. “Teaching them to love themselves no matter what, teaching them that mistakes are okay all the time, and teaching them the kindness and empathy that will get them through and create a good support system for them.”

Despite their different experiences at U-High, both Ms. Klieeman and Ms. Koontz have the same goal for their students: for them to grow emotionally as creative thinkers. They say watching their students express creativity is one of the best parts of their jobs.

“Sometimes kids will just pick up rocks and sequins off the ground and be so excited about it,” Ruby said. “That kind of innocent curiosity and creativity is beautiful to watch.”
Swift, silly and serious

Cross country captain shows his dedication

by NIKHIL PATEL

MIDWAY REPORTER

After running to the middle of the course, the cross country team forms into a small and tight huddle. Around the circle, each runner says a few words until Abe Zelchenko, senior and captain, delivers the few final inspirational words to cap the speeches made in the huddle.

Then he goes through the rest of his pre-race traditions, drawing on the example set by previous captains like jumping as high as he can before a race to pump people up. But then, right before a race, he transforms.

“He’s got this switch,” Luke Sikora, a junior who runs with Abe, said. “I can almost most like see it in his running and when he’s getting ready to go. He just turns into this monster.”

Abe, captain of the cross country team and ISL champion, uses this switch in all of his interests.

Abe started runningshort distances and sprinting in middle school and has been on the cross country team for four seasons. He is also a two-time state cross country runner, three-time state track champion and holds the third-fastest 5,000-meter time in school history. According to teammates and coaches, he’s an important leader on the team.

“Obviously he’s good on the course, so people look up to him for that, they respect him for that,” cross country and track Coach Alexander Clark said. “But he can be serious, too. I know that he’s a goofy guy, but when I need people to get serious, he’s good at getting them to do that, too.”

Outside of running, Abe has many fairly common interests.

“I obviously like things that everyone in the high school likes — I watch Netflix and I hang out with my friends a lot,” Abe said. He also plays trombone in the jazz band and likes listening to music. He said he also likes to draw.

“I don’t draw that seriously, mostly in doodles during math class with my friends,” said Abe.

A new season. The boys basketball team started official practices Nov. 6. The team will play their annual Maroon and White scrimmage after school Nov. 16. They will play their first official games at the New Trier-Loyola Academy Thanksgiving Tournament starting Nov. 19. Their first home game will take place on Nov. 30 against Northridge College Prep, in Upper Kolver.

Boys Soccer, Varsity

Notable: The boys varsity soccer team lost in penalty kicks to Acero Soto Charter School in the IHSA Sectional Championships. The team finished with a record of 14-5-1.

ISL Champ. Oct. 11 1st

St. Ignatius Oct. 15 2-0

Bud James Inv. Oct. 16 2-1

Regional Jan. 16 2-1

State Nov. 10 1-0

Girls Swimming & Diving

Notable: The girls swim team set six school records at the IHSA sectional swim meet Nov. 10. Junior Ava McKula took first in the 100-yard butterfly event and will advance to state for the same event.

Coach Kate Chronic was named Sectional Coach of the Year. During the final dual meet Oct. 30, the team celebrated five U-High seniors and team manager Mya Wallace on senior night with speeches, posters and flowers.

Sectional Oct. 5 1st

St. Ignatius Oct. 10 1st

Roman Revolutionary Oct. 16 1st

Boys Swimming & Diving

Notable: The boys swim team took first in ISL.

MIDWAY PHOTO BY ODYSSEAS NIKAS

Girls Tennis, Varsity

Notable: Girls Tennis came in 4th in IHSA Class A State Championships, the best finish for Girls Tennis in school history. Senior Jenny Lewis led the team in singles and doubles teams of Emily Unruh and Izzie Kelleher won four out of their five matches finished in the top 10 at State. Doubles team senior Jack Beuron and junior Ananaya Ausha won one doubles match at state.

State Champ Oct. 18-20 4th

Sectionals Oct. 13 1st

TOP STORY

“Running is something that has been sort of a constant routine since high school started, where no matter what else is going in my life, I run. It never changes. Even when running is going really well for me or poorly, it happens all the same. It’s on a different level, it’s something that’s a part of me.”

— ABE ZELCHENKO
**SPORTS**

**U-High students support their peers on Latin’s volleyball team**

by EMMA TRONE

As juniors Nick Beach and Karan Gangwani skate onto the ice before a hockey game, their teammates beside them are usually U-High classmates. On this team, players from Latin, Parker, Wil- ter, Payton and Niles share all the same uniform.

With a team comprised of athletes from schools across the city, the fans come from all over, too. Growing numbers of U-High fans cheering in the stands are making the U-High players feel like they’re on home ice.

**T h r o u g h**

word-of-mouth and using social media, Nick and Karan have ral- lied support for the team among their U-High friends and classmates.

“Both Nick and I have been telling anyone in our grade to come out on a Friday or Satur- day night and give us support, because the more people we have at games the better it is,” Karan said. “It gives the team more momentum, and it gives us the feeling that we’re playing on home ice and not just a regular rink.”

Games are played at Johnny’s Icehouse in the West Loop, which has proven to be a location that re- quires a bit of effort to get U-High students to attend.

**“The big thing we’ve been using is social media, especially on Facebook. For example, with [the Oct. 26 game] against Neuqua Valley, I made sure that 194 kids on Lab on Facebook,”**

Nick said. “At one of our bigger home games, we had around 30 Lab students show up.”

Junior Gabby Gruzka has at- tended four of the team’s games, after Nick first encouraged her at the beginning of the hockey sea- son.

“Girls are really exciting and energetic, especially when the parents get all riled up. It’s pretty amusing,” Gabby said. “The games are in the West Loop, which is fairly far from where I live, but it’s worth going because I love cheering for the team, especially if my friends are playing. Since we don’t have a hockey team, and the kids at Lab play for Latin, it’s nice to get out and support them.”

Tommy Rodman, a senior, has attended two games and said the U-High fans make a huge impact in the stands.

“It’s actually interesting be- cause we have by far the biggest fan base, and there are only, like, four Lab players on the team,” Rodman said. “The parents of other players make jokes like, ‘Cheers for my kid, too,’ because there aren’t that ma-

ny fans sometimes.”

Regardless, not all U-High fans come in droves to support the joint team, Nick said playing has given him a sense of connection to the community.

“I have a lot of Lab pride, even if I don’t show it all the time. Being able to play, and represent Lab through my sport is kind of a proud moment,” Nick said. “Even though we’re still not widely recog- nized, over time if we start winning stuff hopefully that will change. But regardless, being able to repre- sent Lab warms my heart.”

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**Students maintain bonds with former teammates**

by ABIGAIL SLIMMON

**SPORTS EDITOR**

Freshman Troy Johnson walked onto the volleyball court as one of two underclassmen on the varsity team. Instantly, she felt in- cluded by her new teammates, es- pecially then-senior Tamera Shaw and Averie Miller.

Troy, a junior with three seasons as a varsity volleyball player, has found long-lasting role models on the court to mentor her in both volleyball and non-volleyball relat- ionships.

Troy explained that the girls were given the team’s names in the come- leses to keep in touch with them during their col- legiate volleyball careers.

“Averie plays at Lawrence Uni- versity in Wis- consin and Tam- era plays at the University of Rochester in New York. Tamera ex- plained that she learned a lot her first year as a college athlete.”

“Playing at the college level is de- finitely a lot about time manage- ment” Tamera said. “Especially for me, playing D-3, the focus is more on academics, but it can be hard to balance my schoolwork with what I’m pas- sionate about.”

Figuring out how much time to put into sports and how much to put into school was one of the problems Tamera’s team also faced in high school. Time management is something Troy has struggled with too, but she said she has been able to turn to her former teammates for advice.

“My team now is a lot like my team in high school because there are only, like four Lab players on the team, and there are only, like, four Lab players on the team, and there are only, like, four Lab players on the team, and there are only, like, four Lab players on the team,” Troy said. “At one of our bigger home games, we had around 30 Lab students show up.”

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**College athlete check-in**

**SPORTS**

**College:** Cornell University

**Sport:** Ice Hockey

“I definitely planned to be a college athlete. I committed to Cornell as a sophomore in high school. I knew it would be a challenge to balance school and hockey, but it has been one of the best things in my life, so being able to continue playing the game at a Top 10 D-1 program at an Ivy League school is an amazing experience. I often bal- ance my schoolwork with sports, which is really important,” Troy said. “It’s actually interesting be- cause we have by far the biggest fan base, and there are only, like, four Lab players on the team, and there are only, like, four Lab players on the team,” Troy said. “At one of our bigger home games, we had around 30 Lab students show up.”

**College:** Yale University

**Sport:** Basketball

“Being a college athlete was a little bit more demanding than I expect- ed. With having multiple workouts throughout the day and an intense travel schedule, it’s often hard to find balance with a full course load. De- spite all of this, I am still happy I made the decision because of the amazing connections and relationships I’ve had the opportunity to make while playing basketball at Yale.”

**College:** University of Wisconsin-Madison

**Sport:** Soccer

“Playing soccer in college is definitely not what I had anticipated. I did not realize how much time it would consume out of my week, so that was a very big adjustment. I’ve learned a lot about myself and about what it takes to compete at a collegiate level. The expectations are high and the mar- gins for error are very slim, so it takes a lot of discipline and commitment with the right mentality going into each week of training. It takes a lot of sacrifice to play soccer at Wisconsin but I am learning new things every day and finding endless ways to apply what I learn on the field to other parts of my life and it’s been a privilege to be able to do what I love every day.”

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**Sports**

**U-High Midway • University High School, Chicago**
Boys locker room attendant a familiar, friendly face

by IVÁN BECK

FEATURES EDITOR

Amidst the overwhelming stench of sweat and chatter, Terry Shanks notices one boy who looks upset. As he walks out of the locker room, Mr. Shanks leans over, giving him a fist bump and “What’s up, bro.” As Mr. Shanks gives the peace sign with his fingers, the boy’s face perks up as he heads out the door.

“Terry Shanks has been the boys locker room attendant since 1998. He first came upon the recommendation of a friend when the previous attendant was retiring. Although his official duties are to maintain cleanliness and order in the locker room, most boys at Lab know him as a friendly face during a hard day.

Mr. Shanks emphasizes communication with the boys in the locker room.

“I want a communication line open so if one of the guys wants to talk about something or one of the guys got any questions or one of the guys going through anything, I just want them to be able to relax and be able to talk to me,” Mr. Shanks said.

Mr. Shanks’ mentality of support and compassion comes from his part-time job as a minister with a local prayer group.

“I teach. It’s a variety of things that I do, that’s why I can relate to the guys here,” Mr. Shanks said. “I relate to alcoholics, I relate to drug addicts, I relate to homeless people, I relate to a lot of people because I’m trying to get them to understand there’s a better way and then I’m trying to bring them in to a spiritual way.”

Mr. Shanks knows that he cannot solve the problems of every boy who walks into the locker room. He just wants to help with what he can.

“Sometimes you don’t know what the kids are dealing with at home,” Mr. Shanks said, “and you don’t know what they are going through. so I try to stay on a good side, or try to be that release valve through anything, I just want them to be able to talk to me.”

— TERRY SHANKS

LOCKER ROOM ATTENDANT

“Terry Shanks explains how to behave during swimming to a group of middle schoolers.”

RULES OF THE POOL.