Lab students spurred by youth climate strike

by AUDREY MAYZE
FEATURES EDITOR

In an age where social-media activism is ruthlessly criti- cized, these student protesters say they care enough to be walking the walk, literally.

Joining a nation-wide “youth climate strike” Sept. 20, about 80 U-High students marched from Grant Park to Federal Plaza in downtown Chicago. United by a shared agenda of banning fossil fuels, creating clean-energy jobs and instituting the Green New Deal, the protesters saw missing school as a necessary and worth- while sacrifice.

Since leading the initiative, co-organizers Orla Molloy and Ra- chel Scuby personally thanked all attendees and have begun to dis- cuss future strikes they’d like to at- tend. Orla protested with the Illi- nois Youth Climate Strike after school Oct. 7.

Their interest began over the summer, as Orla and Rachel heard about this nationwide event want- ed to involve fellow students. While the U-High administration did not grant excused absences, Orla said this shouldn’t have dis- couraged potential protesters. “Some people are worried about how much work they’ll have to catch up on, or they have a quiz that day, or they have a lab report due that day,” Orla said. “In the long run, it’s just one day of school, and if I didn’t go, I’d wonder what I was missing out on.”

For Eliza Doss, also a junior, the choice was simple. “At the end of the day the earth is more important than school,” she said. “If we don’t care about the fu- ture of the earth, then what’s the point of everything we do?”

At 11 a.m., participants gathered at the south end of Grant Park, where people took group photos and organizers led chants and activists handed out flyers to student pro- testers. Anika Gupta was familiar with the crowded atmosphere. In March 2017, she attended the March for Our Lives, and said she wanted to continue her activism and their lasting influence on the students’ approach to living and inquiry.

“Because I care about this so much I just have to be there. If Amazon workers can walk out today, then I can,” Anika said.

According to both organizers, the response from faculty and ad- ministration was “positive.” How- ever, Orla said they wanted the protest to remain student-led and did not bring a faculty sponsor. “They’re not promoting it, which is good,” Rachel said. “Of course, it’s not their job to promote it; it’s the students’ job, but it does kind of send the message that the kids are kind of the ones who are caring about it the most.”

For participant Lea Rebollo Baum, climate activism is all about sacrifice. “Obviously, when I raise my chil- dren, things will be different. That kind of scares me because I know that making changes now will ob- viously affect our lives greatly, but if it’s for the better, it will be worth it. If we continue the way we have been for hundreds of years, quali- ty of life will be horrible,” Lea said.

MARCH FOR OUR FUTURE.
A group of younger Lab stu- dents heads for the train that will take them to the Chicago Youth Climate Strike Sept. 20. Students of all ages fanned to- gether in Lab’s delegation to the protest, with some middle and lower school teachers making the event a class field trip.

CALLING FOR CHANGE.
Orla Molloy holds a homemade sign while protesting with fel- low students. Orla co-organ- ized the Lab students that at- tended. “It was so empowering to see how many people came to the climate strike; millions of people worldwide united to protect our planet in a way I’ve never seen before,” Orla said.

Concerns raised after parent ID access update delayed

by ELLA BEISSER
SPORTS EDITOR

Some families have raised con- cerns after a parent reportedly had access to the Historic Campus rosters of sports teams to the Security Team and they add the privileges to those IDs. Parents only receive special privileges when they are required to set up for major events such as Connections or Rites of May, accord- ing to Carol Rubin, Assistant Director of Schools.

Many students had no active privileges on Sept. 3, the first day of school, because students in 9th and 11th grade were issued new IDs and the security team had to load all of the privileges in bulk, re- sulting in some errors. “You have to balance both ‘what do people want? and ‘what is se- cure?’ Some families want things to be very strict, some families want things to be very open and so you are trying to balance all your constituencies and find a middle ground and also keep the school safe,” Ms. Rubin said. “We are al- ways trying to prepare and train ourselves for situations we hope will never happen, but if they hap- pen, we are ready.”

SECURITY SWIPE. Lorelei Deakin taps her ID at the Judd entrance. Most students and parents do not have building access un- til 7:15 a.m., but some, such as athletes, have expanded privileges.

PAGE 13 • SPORTS
An expansion in the popularity of meditation and meditation apps has brought the practice into the mainstream. Many use them as a way to take time for mental health.
Faculty contract spurs new hires for supervision

by NIKHIL PATEL  EDITOR-IN-CHIEF

A new lunchtime supervision policy change due to the result of the new faculty contract will affect which students have access to the cafeteria for the entirety of the year. The change was spurred after contract negotiations, which were signed over the summer.

"In the contract, there’s a provision now, starting this year, that for lunchtime supervision in the Cafeteria Lab, it’s either more than 2 weeks a month," Dean of Students Ana Campos said.

The new contract stipulation necessitated new hires for faculty supervisors.

According to Ms. Campos, one faculty member will work each day and who that will be will switch every other week. This called for the hiring of four Experienced Day employees to help in the supervising.

The Faculty Union insisted on the change because lunchtime supervision began cutting into course-planning time.

"Unlike supervision of hallways where faculty can do work in the lunchroom, during the lunch period, teachers are constantly walking around and they aren’t able to do any time to do work," Mr. Jim Catlett, president of the Faculty Association, explained. "We wanted to give teachers enough time to do the work of being teachers."

GOING FOR THE GLOW. Students dance and socialize at the homecoming dance Sept. 28 in Upper Kovler Gymnasium. Keeping with the theme “Glow Up,” Student Council provided paper and glow-in-the-dark ink to students throughout the week to write letters that could be read at the event. Glow sticks and colored-light accessories were also provided.

MIDWAY PHOTO BY MALCOLM TAYLOR

DENIM DAZZLE. Sophomores Caroline Holhner, Brandon Bousquetter, Sophia Levitt and Alina Sozzani chat in Café Lab while donning denim outfits for Spirit Week.

MIDWAY PHOTO BY KATHY LUAN

JERSEY JAMBOREE. Students head outside to take pictures with players in their jerseys before the Homecoming soccer game after school Sept. 27, which was intended to be held at Jackman field but was cancelled due to inclement weather. But, Homecoming volleyball games were still held in Upper Kovler.

MIDWAY PHOTO BY KATHY LUAN

NEWS IN BRIEF

Ninth grade Student Council officers selected

The Class of 2023 elected Fermi Boonstra as class president, Elie Pinto as vice president, and Akshay Badlani and Charlie Benton to Cultural Union on Sept. 27.

As president, Fermi said she wants to make sure the Class of 2023 really gets to know one another both in and out of class.

"I want to be able to transform the Class of 2023 into a family," Fermi said. "I want people to be comfortable with each other, can connect with each other and are highly spirit-ed."

Ferini also stated she wanted to bring the class together, saying she wanted to make this year “the best year possible.”

"I feel that he would foster good communication, and Akshay wants to make sure school events are exciting for everyone.

Each candidate was required to submit a written statement detailing their prior experience, ideas for the year, and goals for being on Student Council along with their petition. This statement was a trial run for a possible requirement, according to Ana Campos, Dean of Students.

"He said the arbitrator will decide the outcome of the case within 30 days of receiving the briefs." — Peter Puro

Lab group attends free expression conference

U-High students, teachers and administrators attended the Free Expression and Open Discourse in High School conference convened by the University Chicago Sept. 9, and 10.

The university arranged speakers, including professors and U-High history teacher Chrissy Gerst, and provided time for discussion and deliberation.

The conference addressed questions of how far a person’s right to free expression should go, and whether offensive speech should be allowed at schools, private, public or independent.

"The issue of free speech is even more complicated than I thought of initially," Ramsey Radwan, attendee, said.

"We need a lot of new members," Amy said. "Not a lot of freshmen came to our station at club shopping."

"If you like art, join Renaissance because we do a lot of cool projects and we go out on excursions," she said.

During their first meeting this year, an urban theme was decided for the next magazine to complement this year’s nature theme.

Renaissance magazine to be mailed

by BERK OTO

The annual Renaissance arts and literary magazines have been mailed to students and faculty after printing problems caused a delay, according to art board President, senior Amy Hu.

The magazine was scheduled to be published before the end of the 2018-19 school year. According to Amy, the magazine could not be mailed during the summer because of a family emergency.

Amy has concerns that the 2019-20 magazine may be decreed due to a lack of new attendees. Nonetheless, it is scheduled to come out by the end of this school year.

"We need a lot of new members," Amy said. "Not a lot of freshmen showed up to the first two meetings, and just five people are on the art board committee for the 2019-20 magazine could be mailed.

"I want to be a lot of people," Amy said. "A lot of people came to our station at club shopping."

Amy encouraged students to join the club.

"If you like art, join Renaissance because we do a lot of cool projects and we go on excursions," she said.

During their first meeting this year, an urban theme was decided for the next magazine to complement this year’s nature theme.
Clubs cater to diverse interests

Focuses range from service to pure relaxation

by ABIGAIL SLIMMON
EDITOR-IN-CHIEF

From relaxation to service, the 14 new clubs created for the 2019-2020 school year cater to a wide variety of interests.

Junior Susan Huang created Feminism, a service club working at Ray Elementary School. They will focus on teaching science, technology, engineering, math, and art to young girls in kindergarten through fifth grade.

“We’re trying to get volunteers to teach girls using hands on activities on STEM topics and concepts,” Susan said. “I got the inspiration for this club because I did my sophomore service hours at Ray last year and noticed that specifically the young girls were super interested in STEM topics.”

Susan explained that they want to try to keep those young girls interested in STEM fields as a young age, with the hope of inspiring them to continue pursuing these passions once they reach high school and the professional world.

Volunteering as a part of this club will also be count toward sophomore service hours. More information can be found in the service site handbook, which is distributed to every Sophomore.

Senior peer leaders also attend retreats, on the other hand, focused on de-stressing or just hanging out.

Gael Carrigan, a senior, created Oatmeal Club to offer a time for people to socialize and relax during lunch with oatmeal in hand.

“I was in the counselor’s office one day and noticed they provided oatmeal and I found that as weird food finding can be very comforting and thought why not make a club about it,” Carrigan said.

Dean of Students Ana Campos said that over the years, clubs dealing with similar topics phase in and out of existence every few years.

For example, “realization” was created this year by sophomore An Ngo, but was a club during different periods in prior years.

“Clubs come and go, so it ends up that over the years we’ve had a club about pretty much any school-appropriate topic you can think of,” Ms. Campos said.

Sophomores learn to serve, gain experience at retreat

Foods for Thought: Sophomore Brandon Boussquette serves as a patron at The River Food Pantry in Wisconsin on Sept. 23.

The organization is a nonprofit that provides food, clothing and household items to Dane County families. Reflected on the experience, Brandon said, “It allowed me to meet various new people and gain experience with people of all backgrounds.”

For a day was eye-opening.

“It’s fun, it’s nice, it’s kind and I feel better about myself,” Julien said after returning from the service site.

The children-Julien and others spent time with also benefited. Jasnael Belardo, one of the teachers at the Renewal Unlimited, Inc. Head Start, who supports three- to five-year-old children and their families. Julien said seeing the children’s energy and sitting in their shoes

“FOOD FOR THOUGHT. Sophomore Brandon Boussquette serves as a patron at The River Food Pantry in Wisconsin on Sept. 23. The organization is a nonprofit that provides food, clothing and household items to Dane County families. Reflecting on the experience, Brandon said,”

by PETER PU
ASSISTANT EDITOR

Despite the pouring rain in Lake Delton, Wisconsin, the Class of 2022 volunteered at 11 service sites to begin its year of service at the Perkins Resort and Conference Center Sept. 18-20.

According to Service Learning Coordinator Chasmine Eaglin, the Baraboo Area Senior Citizen Organization was a new addition to the service sites.

Students learned and gained new experiences through helping others. Sophomore An Ngo volunteered at the Hope House, which supports victims of domestic and sexual abuse. She made pins to honor Domestic Violence Awareness Month and cleaned windows, swept and sorted.

While reflecting on the service she provided, An said, “It doesn’t have to be something that’s super amazing. You don’t feel enlightened or anything. It’s just something that you do because you should.”

Sophomore Julian Demontre, who volunteered at the Renewal Unlimited, Inc. Head Start, which supports three- to five-year-old children and their families. Julien said seeing the children’s energy and sitting in their shoes

“‘It’s fun, it’s nice, it’s kind and I feel better about myself.’ — JULIEN DEMONTRE, SOPHOMORE

show won by Daniel Whedon and Christine Himmelhaff’s advocation. Senior Ioannis Nikas, a peer leader who helped plan the event, said he pays more attention around a bonfire on the evening of Sept. 19.

“You can just see people by the campfire singing, swaying along and roasting marshmallows together,” Sophomore Jasmine Wade said. “I just feel everyone is one big family.”

“We really want students and families to be able to get the answer they are seeking out of the handbook. Making it as user-friendly as possible drove a lot of the decisions we made,” Ms. Campos said. “The feedback that we heard drove a lot of the decisions we made.”

Additionally, for topics in and out of existence every few years. An Ngo, but was a club during different periods in prior years.

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“Clubs come and go, so it ends up that over the years we’ve had a club about pretty much any school-appropriate topic you can think of,” Ms. Campos said.

Absences in one semester, they will be dropped from that class and it will be noted on their official high school transcript. The handbook introduces the differences in the size of speech, family or family tragedy, which will be reviewed by the administration.

A section about the Threat Assessment Team, a resource for students, was also added. This new section explains how to contact the Threat Assessment Team and that they are not to respond when students are in distress.

In the discipline section, a section was added detailing how and when the administration will contact families when disciplinary actions are taking place.

“The feedback that we heard was that parents weren’t really sure when they should expect to hear from the school, so we thought it was important to clarify this confusion,” Ms. Campos said.

“We also outlined examples of what qualifies as minor violation versus a major violation because we started to understand that families weren’t really sure when something was a big deal,” Campos said.

Lastly, the high school, middle school and lower school all added descriptions on harmful expression, verbal and non-verbal, as well as notes on observable behavior in their handbooks.
Horror movies for everyone

It: Chapter 2

Release date: Sept 26
Box office: $70 Million
Director: Andrés Muschietti
Starring: Jessica Chastain, Bill Skarsgård, James McAvoy
Where to watch: In theaters

Us

Release date: March 22
Box office: $55 Million
Director: Jordan Peele
Starring: Winston Duke, Lupita Nyong'o, Elisabeth Moss
Where to watch: Amazon Prime Video, YouTube, More from $5.99

A Midsummer Night’s Dream

A Shakespearean play performed by the Northwest Arts Repertory Theatre at the Sherry Lansing Theater in Evanston on Oct. 31

THE RUSTICS. A group of sophomore actors, Juliet Di Teresa, Henrik Nielsen, Caroline Taylor, Jasmine Tan, and others perform Shakespearean plays in English classes, this gives them the opportunity to see the famous comedies and learn from them. Henrik Nielsen, one of the four lovers, says, “It’s a great chance for me to fully communicate the text through our movements.”

Fairies, lovers unite for comedy

Shakespeare’s “A Midsummer Night’s Dream” will use original text but condensed and set on island

by MADELINE WELCH
OPINION EDITOR

CREW members bustle around the stage for final preparations before the final act begins. Actors get in place and voices boom. Rehearsal has begun for “A Midsummer Night’s Dream,” the fall production, which will show at 7:30 p.m. Oct. 31-Nov 2.

“Midsummer Night’s Dream” is a comedy written by William Shakespeare. The text features four interconnected plots in the play, all set in the realm of Fairyland. The premise of the play surrounds the marriage of Theseus, the Duke of Athens, and Hippolyta, the Queen of the Amazons. The narrative also follows the endeavors of four Athenian lovers and the non-athletic actors, all of whom are controlled by the fairies of the forest.

According to Eli Hinnerfeld, who plays Oberon, king of the fairies, acting in Shakespearean English requires a completely different type of acting.

“Since most of our cast is not used to performing Shakespeare, it’s very different. While most of our cast is not used to performing Shakespeare, it’s very different. While most of our cast is not used to performing Shakespeare, it’s very different. While most of our cast is not used to performing Shakespeare, it’s very different.”

Eli Hinnerfeld

Henrik Nielsen

“It’s spooky season! Get in the spirit of things with these three 2019 horror movies: a classic clown thriller, an artistic social think piece and a sunny yet terrifying Swedish cult-classic.”

It: Chapter 2

This movie is not for the faint of heart. “Tethered” is a violent movie that will keep you on the edge of your seat. It is a truly horrifying through extremely careful pacing, ramping up the horror from unsettling to disturbing. “Tethered” has no jump scares, and most scenes proceed very slowly, allowing the tension to build even when the viewer doesn’t know what is going to happen. It is a master of planting story elements and making believable characters that every twist feels inevitable, the final nail causing a perfect domino fall of consequence. I left the film stunned but not confused, heartbroken but not angry.

This is a horrifying moment and made to make the viewer question their own beliefs and values. This is a horror movie that is not for the faint of heart. It is a truly terrifying through extremely careful pacing, ramping up the horror from unsettling to disturbing. “Tethered” has no jump scares, and most scenes proceed very slowly, allowing the tension to build even when the viewer doesn’t know what is going to happen. It is a master of planting story elements and making believable characters that every twist feels inevitable, the final nail causing a perfect domino fall of consequence. I left the film stunned but not confused, heartbroken but not angry.

A Midsummer Night’s Dream

Director Ari Aster
Starring: Will Poulter, Florence Pugh, Jack Reynor
Where to watch: Amazon Prime Video, YouTube, Movies from $2.99

This movie is not for the faint of heart. “Midsommar,” shot in bright, brilliant midsummer sunlight, the dark psychological horror is sure to leave you scarred. The film centers around a group of Americans who are introduced to a Swedish cult during their midsummer celebration that happens once every 90 years. The characters are slowly drawn deeper into the cult’s practices until there is no escape.

Director Ari Aster shows here his willingness to tease out the truly horrifying through extremely careful pacing, ramping up the horror from unsettling to disturbing. “Midsommar” has no jump scares, and most scenes proceed very slowly, allowing the tension to build even when the viewer doesn’t know what is going to happen. It is a master of planting story elements and making believable characters that every twist feels inevitable, the final nail causing a perfect domino fall of consequence. I left the film stunned but not confused, heartbroken but not angry.

Occasionally, however, “Midsommar” drops the ball on its truly horrifying through extremely careful pacing, ramping up the horror from unsettling to disturbing. “Midsommar” has no jump scares, and most scenes proceed very slowly, allowing the tension to build even when the viewer doesn’t know what is going to happen. It is a master of planting story elements and making believable characters that every twist feels inevitable, the final nail causing a perfect domino fall of consequence. I left the film stunned but not confused, heartbroken but not angry.

Photograph by Malcom Taylor

This is a beautiful movie, “Us” is a real work of art that is criticized for the convoluted plot and confusing climate twist, the film is still very well done and a good scare to boot.

Us

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Midsommar

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PASSIONATE MUSICIANS RECORD, RELEASE PUBLIC MUSIC

by MAX GARFINKEL
BUSINESS MANAGER

With the advent of music streaming platforms like Spotify and SoundCloud, it is easier than ever for musicians to publish and spread their music. Student musicians have found new opportunities to get into a rhythm — Bill Burr quickly falls into his trade-mark rhythm. He then moved on to topics like childhood, men and women, marriage, and parenthood. While the special is, in the lightest terms, insensitive, Burr includes great set-ups and punchlines while deftly riding off the energy of both you at your computer and the cranks that is with him in London.

The special is classic Burr: clever, simple punchlines that are universally recognizable, told by an old crank who likes to yell. Burr explores his childhood, with a great impression of his father on Christma
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Teenagers are hooked on nicotine. With vaping-related deaths and hospitalizations on the rise, being informed is more vital than ever. Officials are realizing vaping can be dangerous, will teens down their Juul and put their health first?

**Quick Facts**

- More than 1,000 vaping-related illnesses
- The Centers for Disease Control and Prevention said that the lung disease is difficult to track because there are so many e-cigarette products on the market, each using different chemicals.
- 21 deaths reported so far
- 99% of e-cigarettes contain nicotine
- The NASEM reported in 2018 that there is "substantial evidence that e-cigarette use increases levels of exposure to combustible tobacco cigarettes, youth and young adults.
- 18 states have reported deaths due to vaping

**Social media sources of vaping epidemic in teens**

- "We saw the emergence of these lifestyle and aesthetic accounts like 'Juulgirls' that made smoking seem cool and present, and promoting Juul usage. More regular people are repeating these messages."
- "AGENDA NATIONAL OPINION RESEARCH CENTER"

**Components**

- Battery powered, metal e-cigarettes provide easily concealed nicotine source
- by AMANDA CASSEL and ABIGAIL SLIMMON

**QUICK FACTS**

- No consistent evidence of adverse health effects, substance, or additive has been shown
- More than 1,000 vaping-related illnesses
- The Centers for Disease Control and Prevention said that the lung disease is difficult to track because there are so many e-cigarette products on the market, each using different chemicals.
- 21 deaths reported so far
- 99% of e-cigarettes contain nicotine
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### Commitment to Community

According to the 2019 wellness survey, a significant number of students do not feel “very welcome at Lab.” However, new Principal Paul Beekmeyer makes sure to always keep his door open. He joined the Midway for a conversation about his new role. Responses have been lightly edited for length and clarity.

#### by OLIVIA GRIFFIN

**Associate Editor**

**H** e even fixed his door to be more open,” Charlie Abelmann, Laboratory School director, said when describing how U-High’s new principal, Paul Beekmeyer, has already made strides to introduce himself to everyone at Lab and integrate himself.

Mr. Beekmeyer lived in New York with his wife while he was working at the Brooklyn Friends School before starting at Lab July 1. Previously, he lived and worked in Australia.

While most students have only seen Mr. Beekmeyer at all-school events, he’s been doing much more on his own to meet more members of the school.

“It’s really great he was off with sophomore retreat doing service learning with all of us,” Dr. Abelmann said. “I’ve appreciated his contributions to the senior leadership team.”

Outside of student life, Mr. Beekmeyer continues to reach out to new people.

Noah Rachlin, dean of teaching and learning, said, “I’ve seen him in meetings invite people into the conversation. He’s ensuring that everybody’s viewpoints are being heard.”

When you were a kid, did you imagine yourself being the principal of a high school?

No, no, no, I didn’t go straight to teaching. Even when I left school, being a teacher was not on my mind. You know, I did some university and then I left, and then I worked for a while, because I really wasn’t sure what I wanted to do.

For me, I got into education through summer camp… When I was 16 or 17, I was in Australia. I was working for a sports company, …but it kind of felt purposeless. So then I applied to work at a summer camp in upstate New York. I stayed there for actually 17 years.

You have people from around the world and then I thought, well, ‘I like teaching’, and then I went into administration.

Is there anything you wish you knew when you were in high school?

I enjoyed school. That’s probably why I’m here now. [There are] other things I probably would’ve done better if I would’ve really thought about what opportunities open and close at different times of your life. But then again, you never know where roads take you… The fact is that everything will be OK, most of us will be fine, life will change, you can relax a lot more.

How do you think a principal should act in front of students?

I guess what I’m thinking about, what I’m modeling as a principal, is I’m thinking about certain behaviors that I want students, and other people to also follow, which is being respectful, being obviously respectful. Picking up garbage, working collaboratively is the same thing that I want out of everyone here. And having some fun. Yeah, that’s important. School is still a fun place. We forget that.

Are U-High students similar to those you’ve taught before?

Absolutely… I mean young people are interesting. But they have some things they’re passionate about, some things they try, some things they do because they feel they should do it. You’re turning between all these different spaces, finding out what you’re interested in. How to please parents or adults around you. Of course, college is a big piece… I think what I see which isn’t unique here, but I see I think of it as a lot of different individual interests.

And I actually take it back. I see that in all schools. If you talk to people, they’re interesting, I mean, if you take the time to get to know students then, you know, because I’m not judging you as a collective. You’re individuals, so I can’t compare Lab School to Brooklyn Friends. ‘Cause what I’m doing is I’m putting you all into this box, and if I compare individuals, well none of you are alike, and none of you are totally different. Because that’s what it is.

How do you have fun here?

It’s getting around and seeing different things like the club fair was really fun. Yeah, that was that was a really fun time. And also talking to the adults here — they’re really interesting people — and talking to the students. There were really interesting people in this room.

Actually, one thing, back to modeling, I will say, there is an investment here, and I think it’s not just here. I think it’s cultural, where we feel if we’re not running around stressed, we’re not busy. And I feel there’s this connection where you figure out someone says “How you’re doing?” You have to always kind of go, “Oh, I’m so busy.” And sometimes it’s fine to go, “I’m OK.” And sometimes it’s not.

And I think it’s fine to go, “I’m OK.” And sometimes it’s OK to go, “Yeah, I’m not actually that stressed. I’m having quite nice day. And the weather’s good. And that’s interesting.” So one thing in terms of kind of how a principal should behave, it doesn’t need to be frantic. Like, there can be calmness to this job, and there can be calmness to a school.

#### Quick Q:

**9th graders: What clubs are you joining this year?**

**Daniel O’Connor**

“I joined Linnaean Society. Last year, they made a rock- et, and it seems really cool. I’m hoping to learn about different subjects in science that I haven’t studied.”

**Vincent Zhang**

“I joined Robotics and Finance Club. I’m really interested in robotics. I did that in middle school, and finance seems pretty fun and useful in the future.”

**Lena Stole**

“I joined Wild-life Conservation Club. I want to help animals and wildlife, but I also just want to hang out with friends and try something new.”

**Johannes Harjiprasad**

“I joined Champs for Champions. We make bracelets and sell them, and all the proceeds go to other organizations. It’s super fun, and it’s going to a good cause, too.”

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**Biography:**

High school: Glenrothes High School, Sydney, Australia.

College: University of Western Sydney, Macquarie University.

Previous Career: Assistant Head of Academics at Brooklyn Friends School.

Living: Kristin (wife), Walter (puppy) and Thor (his robot vacuum-cleaner).

### GETTING TOGETHER

**Talking through the college process, as well as the pressures of senior year, new Principal Paul Beekmeyer catches up with students at the library tables.**

**OLIVIA GRIFFIN**
Middle school teachers instill confidence

by MIRA COSTELLO
NEWS EDITOR

There’s something special about the role of a teacher — it carries the authority of a parent, the guidance of a mentor, the regularity of a friend.

Humanities, a 90-minute class that combines both English and history, gives middle schoolers the opportunity to strengthen communication and explore topics such as identity and social justice. Because they’re not,” Mr. Nekrosius said, “these are human beings that I know, and I’ve seen them as human beings that I know. I’ve been able to reach them on a human level.”

Life Lessons. Standing in front of a white board, Humanities teacher Mr. Nekrosius gives a demonstration to his seventh-period class. Combining English and History, the course encourages students to place their own identities in the context of American social justice.

But why do these classes have such a lasting impact on students? Elizabeth Lin, a junior, credits eighth-grade teacher Staci Garner for some of her current success, believing Humanities has provided a foundation for later English and history classes. Aside from the significance of the curriculum, Elizabeth said Ms. Garner’s teaching style stuck with her.

“I’ve learned to listen. I hope, and I think kids know, they can come and talk to me, and I won’t listen to them because they’re a child. Because they’re not,” Mr. Nekrosius said. “These are human beings that I know. I’ve seen them struggle or suffer or succeed, and I’ve validated those struggles.”

“Don’t disappoint me, because I believe in you.”

Middle school Humanities teachers can never be autopilot — especially, Mr. Nekrosius said, because their work is so closely linked to how students develop.

Life lessons. Middle school teacher Staci Garner.

For here or to go? Hyde Park coffee shops provide energy, good eats for customers

by NICKY EDWARDS LEVIN
ARTS EDITOR

In Hyde Park, Coffee Shops buzz with the hum of excited college students just getting the year underway. Professors and graduate students work computers crammed onto the crowded tables wearing earbuds. Some people snack on a sandwich while others have finished their food long ago and some make a small cup of tea last the whole afternoon.

True North, Plein Air and Philz are all Hyde Park coffee options if you want a nice spot to work (if you can find one) and you don’t want to spend too much on your fancy food or fairly hefty price tags.

True North, which resides on 57th Street right next to Medici, has embraced a somewhat hipster vibe — from the darkened lighting to the slightly worn-down cut-outs of Chicago icons on the wall to the adventurous and very green smoothies. Though the quality of the food or drink isn’t exceptionally good or bad, that’s not so much what you are paying for. Your money can be thought of as much as a form of rent for a table as the cost for a bagel.

The food, though certainly expensive, is thoroughly enjoyable: $4.75 for a bagel with delightful chive, green pepper, cream cheese is still expensive. The smoothies are also somewhat pricey, at $6.80.

Plein Air, just around the corner from True North, provides a more elevated, culinary-focused environment that is still perfect for anybody who wants to pack a computer and join the overwhelming majority of university members doing work. The lighting is open, providing a clean and welcoming environment, despite the claustrophobic nature of the line system and the surrounding seats.

The food and drink at Plein Air is a step above that of True North. The menu feels more put-together and higher-end. Rather than a simple grilled cheese, Plein Air provides a brioche bun with manchego cheese, piquillo peppers and caramelized onions for $8.95. Depending on what you’re looking for, Plein Air is either the perfect step up, or a possibly pretentious expense.

Philz, the recently expanded San Francisco coffee joint, lives on the corner of Blackstone Avenue and 53rd Street. The most Starbucks-like of the three, it clearly feels like a chain — the look of the space is more thought-out and meticulously planned. The art on the wall feels curated and not quite as genuine as True North or Plein Air.

The process for ordering food at Philz is rather strange but certainly effective. Initially you give your order to the barista who begins to make your order, and then you walk across the space to the cashier, where you can also purchase any pastries or savory snacks you desire, such as a bagel with cream cheese, cucumber and tomato or a bacon, egg and cheese sandwich. Both of these snacks, pair delightfully with the truly delicious hot chocolate.

If you feel like getting some work done in a place other than at home, give one of these three Hyde Park coffee spots a try. You won’t be alone — there are surely plenty of UChicago students and teachers to join you, and you can even get a yummy meal out of the deal, even if it might be a bit expensive.
Stresses him out because he worries about the amount of byproducts we produce and how much energy we waste. It's difficult for him to not think about these things all the time, especially when he's working on his dissertation. He's not sure how to balance his work and his personal life.

It's frustrating to see someone you care about so much struggling with these issues. I think we need to do more as a society to raise awareness about environmental problems and encourage people to make changes in their daily lives. Perhaps we could start with small actions like reducing our carbon footprint and using reusable products. These small changes can add up to make a big difference in the long run.

As the Midway sees it..."
Undefeated tennis team finds unity with more than 15 wins

by JULIAN INGERSOLL
MIDWAY REPORTER

The red and green tennis courts are scattered with players warming up in the hot fall day. Clouds are spread across the sky, keeping the direct sun from heating down on the girl’s tennis team.

Players whip the ball at each other, and their cheers and shouts of encouragement fly across the courts faster than the balls themselves. Looked over by their coaches, Head Coach Talib and Asa Townsend, the girls foster unity and team spirit, no matter what part of the team they are on and no matter what the score.

The girls tennis team has been undefeated but the success isn’t just on the courts. Much of their success comes from their unity, according to senior player, Alexandra Nehme, is in their team spirit between teammates and coaches.

“I feel like we have a good team dynamic. If someone isn’t playing that day, they will still be there to cheer on the matches,” Coach Dawood said.

Dawood agrees that success come in many forms.

“If success is an octopus, it has many tentacles. One tentacle is the fact that no one is walking around thinking, from court one to court five, they’re better or they deserve more than anyone else on the team,” Coach Dawood said.

At practice, players do more than just play tennis, but they also practice real-life skills such as communication. Coach Dawood makes an effort to give this kind of speech at the beginning of practice to remind athletes why they are on a team and what they are there to do. Not just to win, but to be a team.

“I think out team values fun along with competitiveness,” varsity captain Isabella Kollermeyer said. “On and off the court we are always having a laugh and cheering each other on, we have fun with each other, and love to compete.”

The tennis team has also gained a tennis manager senior Gabriela Gruszka.

“I’m always here to support the players and be there if they need anything whether it’s water or just to talk,” Gabriela said. “It’s been great getting to know all of the girls, so instead of managing them on a tennis level I can be their friend in a way.”

Gabriela would have played this season if it wasn’t for a wrist injury a few years back. She volunteered to be a team manager because she wanted to be a part of the team even if she couldn’t play.

Coach Dawood appreciates this because she isn’t just a very helpful hand but a symbol of what being on a team is about.

“Varsity captain Macy Beal also does her part to keep the team together and brings in aspects to the team that she wishes she had during a tennis match against Elgin Academy Sept. 17,” Coach Dawood said.

“The tennis team environment changes every year and each year I see it in a different way,” Macy said. “Since I am a senior and a captain, I have more responsibility to create an environment that I wanted to be in.”

TIGHT-KNIT TENNIS TEAM. Senior Isabella Kollermeyer sprints to the ball during a tennis match against Elgin Academy Sept. 17. U-High won the match 5-0. The girls tennis team is undefeated and players pride themselves in their welcoming team environment.

Hall of Fame to be Oct. 19

Award will honor significant athletic contribution

by CHRISTIAN GLUTH
ASSISTANT EDITOR

The Athletics Department is incorporating a Hall of Fame to honor athletic achievements throughout Lab’s history. The inaugural ceremony will be held Oct. 19 at 6 p.m., likely occurring in Upper Kovler gymnasium.

Athletics Director David Ribbens said the Hall of Fame was implemented to tell the story of former U-High athletes with significant accomplishments.

“It could be inspiring for the kids to realize that yes, in 150 years from now, they had athletes that were in the forefront of Illinois and Chicago history, and I think a lot of people don’t realize that,” Mr. Ribbens said.

The Hall of Fame unveiling ceremony will be held in coordination with the alumni relations and development office. Mr. Ribbens is hoping to continue the tradition every year and be consistent with the selection criteria.

“Qualifications for the first class was a significant contribution, and that contribution was measured by the impact here and the longevity of that impact,” Mr. Ribbens said.

2019 Hall of Fame inductees:

John W. Rogers Jr.: 1976 graduate honored for contributions to basketball.
Girls track and field team: Honored for contributions to track and field 1973-1981.

Marty Billingsley was a track and field record setter. Now a U-High computer science teacher, she is supportive of the implementation of the Hall of Fame.

“I think seeing that other people are honored gives you an idea of what’s possible,” Ms. Billingsley said. “That’s why we have record boards, to see [athletes] have done this, this is possible.”

Ms. Billingsley holds records for the girls 1600m and 3200m races, which she set on a co-ed track and field team. She says she was inspired by running with people who were faster than her.

“That’s one of the things that made me mad,” Ms. Billingsley said. “I wasn’t out in the lead all the time, I wasn’t winning races every day. I had people in work out to try to keep up with [me].”

Sophomore places first in national tennis competition

by AMANDA CASEL
MANAGING EDITOR

Standing on the court, racket in hand, sophomore Emma Baker prepares to face off against other national champions.

It’s not every day a U-High student plays against the best in the nation for their sport and comes in first, but for sophomore Emma Baker, it’s just part of her passion.

Emma has been playing tennis since she was 5, but it was only one of the many sports and activities she was doing. She swam, tried softball and a variety of other things, but something about tennis clicked.

“I wouldn’t say it’s all about natural talent for me,” Emma said. “I really like the atmosphere on the court and how you were there by yourself and it was whatever you made it.”

Tennis has cultivated Emma’s abilities to face and be comfortable and she applies this to her life.

“It definitely forces me to do my homework and be super intentional about what I’m doing with my time,” Emma said.

When she’s not on the court, Emma is doing homework, hanging out with friends, playing the piano or just chilling out.

“Something people probably don’t know about me is I actually play the piano every day and have lessons once or twice a week,” Emma said, “so it really is a passion.”

But, she explained, there are almost constantly 24 hours a week where she is on the court, making tennis almost a part-time job.

“If I wanted to go pin, tennis would be the only thing I could do. I’d be homeschooled,” she said. “And I love going to Lab and playing piano and just being able to hang out with my friends.”

When Emma is playing tennis, she is either playing with her siblings at U-High or at one of three club teams she plays for.

“I didn’t play for U-High last year, but my friends really encouraged me to and I am so glad I did this year,” Emma said. “There’s something really amazing about celebrating wins of teammates and playing for something much bigger than just myself.”

DIG PINK

TOP STORY

SPIKING SENIOR. Sydney Rogers warms up at Dig Pink game on Sept. 27 against Francis W. Parker School. The volleyball team won 2-0 and raised over $1,000 for breast cancer research. Before the match, Lab parent and breast cancer survivor Jeanette Levitt was honored.
A whole new headspace

A rise in meditation usage during the past decade has largely been due to the million dollar meditation-app industry that has emerged with apps such as Headspace, Calm and 10% Happier.

“Meditation to me is taking time out of the day to focus on yourself and relieve stress or anxiety that you might not have other time to release,” junior Emily Chan said. “I try to do it every day.”

Emily is not alone. According to the Centers for Disease Control, between 2012 and 2017 the percentage of children who had tried meditation in the past 12 months increased from 0.6% to 5.4%.

This increase in popularity has materialized itself within the physical education curriculum through an optional stress-reduction class.

“I think it’s needed; I think it’s accessible. More is expected of you 24 hours a day than when I was your age,” said Meghan Janda, a physical education teacher, regarding the value of meditation. “It’s just an endless cycle of go-go-go, so I think the ability to stop, take a minute and recognize where you are, where your imbalances and stresses are is very important.”

—MEGHAN JANDA, P.E. TEACHER

your day focused,” Emily said. “I would encourage everyone to give it a shot because meditation can really help people.”

Both Emily and counselor Teddy Stripling urge students to try meditation or other mindfulness techniques.

Mr. Stripling encourages skeptical students to think about how much they pay attention to their morning routines such as how they get to school.

“You’re not thinking, you’re just going,” Mr. Stripling said. “We’re all moving in circles, and everyone’s trying to get nowhere faster.”

Other teachers share his sentiment, and the Head of Mindfulness at Calm who has studied numerous forms of meditation and mindfulness throughout her life. Although Ms. Levitt admits meditation cannot solve all of her problems, she hopes to change others’ views of meditation and mindfulness as well.

“Meditation helps me calm down and once I do that I am in a better deal with difficulties and problems.” Ms. Teref said.

10% Happier:

Named Apple’s “Best of 2018” app award, 10% Happier has guided meditations, videos, talks and sleep content to help users relax, focus and sleep. Founded in 2012 by Alex Tew and Michael Acton Smith, Calm hopes to make the world a happier and healthier place. Calm has over 50 million downloads and 700,000 five star reviews.

Calm:

Calm offers a variety of services ranging from meditation to mindful movement and gentle stretching exercises to music to help users relax.

“Meditation is needed; I think it’s accessible. More is expected of you 24 hours a day than when I was your age,” said Meghan Janda, a physical education teacher, regarding the value of meditation. “It’s just an endless cycle of go-go-go, so I think the ability to stop, take a minute and recognize where you are, where your imbalances and stresses are is very important.”

—MEGHAN JANDA, P.E. TEACHER

Mobile mindfulness

Online meditation has hit mainstream popular culture hard. A few apps in particular have become a part of many people’s daily routine.

Headspace:

Headspace is a free app with in-app purchases offering hundreds of meditation sessions covering topics ranging from stress to focus. Headspace also has a wide range of lengths and users can adjust the length of their sessions. Headspace uses “clinically validated research” to improve and adjust their app’s features.

Additionally, over 65 studies scientifically approve of Headspace’s approach to meditation. Headspace is used commonly by people in the morning to start their day with a positive mindset. Headspace was founded in 2010 by Andy Puddicombe and Richard Pierson in England with the intent of demystifying meditation and teaching mindfulness and meditation to as many people as possible.

Not only does Calm focus on meditation, but it also focuses on users getting proper sleep by recognizing problems with sleeping habits that may have otherwise gone unnoticed. Calm is most frequently used at the end of the day through the app’s sleep feature. Lessons are written, narrated and produced by Tamara Levitt, the Head of Mindfulness at Calm who has studied numerous forms of meditation and mindfulness throughout her life. Although Ms. Levitt admits meditation cannot solve all of her problems, she hopes to change others’ views of meditation and mindfulness as well.

of meditation and listen to small stories and wisdom instead of meditating.

The app features Dan Harris, a former ABC news anchor, and according to their website 10% Happier is “a meditation app that teaches figidtgye skepticism to learn to meditate.” There is also a podcast titled 10% Happier featuring Dan Harris available on Spotify and the Podcast app. The podcast “explores whether you be an ambitious person and still strive for enlightenment and inner peace,” according to 10% Happier website.

—COMPILED BY ELLA BEISER AND JULIAN INGERSOLL

Meditation study shows that...

14% of American adults have meditated in 2017

4% Women are 4% more likely to meditate than men

69% of meditators report decreased anxiety

8% increase in working memory in teens

SOURCE: NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH