Boonstra to lead Student Council

Student Council officers plan mental health days, accountability

by CAROLINE HOHNER
FEATURES EDITOR

I led this bill called the Temperature Check Bill. And it was initially about getting faculty to send out a survey to their students in the middle of the year to see how everything was going, and from there, adjust their courses. It was a small group thing that I had put out there, and I think what this year, I think it’s really a good idea because it’s the same thing with what I was doing. I think it’s re...

NEW BEGINNINGS. Fermi Boonstra, newly elected all-school president, leads a Student Council meeting May 2. “I think if people are more aware of what we’re doing, then they’ll see that no, we can actually do things.”

“I think it’s a role that’s kind of really, like, you can do a lot of things with it ... I think any one can do Student Council. It’s not that it takes this special skill set, or you need these sort of special powers to be able to do something. It’s really about connecting with your peers and listening, and then bringing up concerns to the relevant student body or student groups or administration.”

Your election guide belongs to you...
Students express discouragement from expressing their identities

by BERK OTO
EDITOR-IN-CHIEF

Despite reminders from teachers and workshop leaders, U-High community norms for sensitive discussions were violated several times across at least two Social Justice Week workshops on April 21, and the events left organizers and some other attendees frustrated and expecting more accountability.

A group of students laughed throughout the "Coming Out and Identity" workshop, which was organized by Spectrum and led by sophomore Alex Fogel and junior Martin Oliver. The discussion-based workshop was about the challenges of coming out as LGBTQ+ to family and friends.

"As soon as they walked in, they were very loud and on the verge of being disruptive," Martin said, referring to the disruptive ninth-grade students. "During the workshop, they were laughing a lot during inappropriate moments. They were being disruptive to the point where it affected the rest of the group, but we didn’t feel like we could do anything about it."

After the workshop, Martin and Alex received an apology email from at least one student. The student apologized for his disruptive behavior but claimed that he and his friends were having an unrelated funny subject and he couldn’t help himself from laughing.

Martin thought the apology was not enough to address the issue.

"It’s treating the problem as if it’s surface level, when in actuality it seems like in this case it is you and your friends came here to cause disruption and see if you could figure out who was guilty," Martin said.

Both Martin and Alex said they heard later from multiple workshop attendants of the event, most of them ninth-grade boys.

"Their laughter at the beginning made it very much keeping in mind both of these students as well as talk to faculty about what they can do to help in tricky situations." — MAHI SHAH

"It’s surface level to just have an apology and move on," he said. "What we need is for the school to demand actual progress from these students over time."

Although some students may feel that their disruptions do not matter, the environment that they create may affect other students in ways that are contradictory to the purpose of the Social Justice Week workshops and the mission of Lab.

"In situations like this where I start to feel a homophbic vibe, I start to feel the need to protect my friends and the people from speaking up." Mar-gaux said. "The thing that broke my heart the most was the kids who might’ve been in this workshop to look for a community or positive reinforcement on their identity."

At the "Misogyny in Rap" workshop, a calm discussion turned into chaos, resulting in similar consequences for facilitator Anika Gupta, a junior. Although the first half of the workshop was calm, community norms were quickly ignored as students began yelling their opinions about hip-hop at each other.

"One second it was quiet and I was trying to get people to speak, and the next it just devolved into chaos," Anika said. "No one was listening to each other, and I didn’t know how to regain control of the room."

Anika is frustrated by the people who ignore community norms, because it makes it impossible to engage in civil discourse about what she feels is an important topic. She hopes that in the future, faculty or DEI peer facilitators can teach workshop organizers how to enforce community norms and regain control of their workshops.

"Social Justice Week co-chair Ma-hi Shah, a junior who is also a DEI peer facilitator, agrees with this idea."

"In the future I’d want more time to plan, touch base multiple times with students running workshops as well as talk to faculty about what they can do to help in tricky situations." — MAHI SHAH

"In the future I’d want more time to plan, touch base multiple times with students running workshops as well as talk to faculty about what they can do to help in tricky situations," Mahi said. "Probably my favorite thing about Social Jus-tice Week is that it’s student-run, but that doesn’t mean that adults can’t help in certain contexts."

Anika, Martin and Alex believe that they would have benefited from this training as well as stronger enforcement of community norms.

"I think the community norms should be talked about because usually they’re just said. I feel like they’re never really discussed outside of a surface level thing during the workshops," Martin said.

"What does it mean to be respect-ful to others? What does it mean to lean into discomfort? I feel like we need to have discussions about this led by teachers instead of the norms just being pushed at us because people just don’t take them seriously."

For those who continually and seriously violate community norms in and outside of school workshops, Martin hopes that there could be a greater level of ac-countability than what currently exists.

"It’s surface level to just have an apology and move on," he said. "What we need is for the school to demand actual progress from these students over time."

Roadblocks to Discussion. Sophomore Alex Fogel, one of the hosts of the workshop, speaks at the "Coming Out and Identity" Social Justice Week workshop on April 21. Organizers said the workshop was negatively affected by the poor behavior of several attendants of the event, most of them ninth-grade boys.

School increases tuition rate due to rising inflation

Students express discouragement from expressing their identities

Approximately 70% of U-High families receive some tuition dis-count, including employee benef-its, need-based financial aid and outside scholarships. "We are being very sensitive and thoughtful about all of this," said Irene Reed, director of admissions and financial aid. "We are begin-ning the process of reviewing fi-nancial aid applications for return-ing students for fall of 2022 and are very much keeping in mind both inflation and the tuition increase."

Although tuition remission bene-fits are not changing for the next school year, eligibility forms must now be submitted through Work-day.

"University-affiliated families are recipients of an employee ben-efit, called tuition remission," Ms. Jueds said. "None of that is chang-ing. What is changing is there is a form to fill out, it’s a proced-ural thing, but it doesn’t change the substance of how people experi-ence it."

Eligible families of University of Chicago employees will continue to receive a standard 50% tuition remission, and households with a Total Adjusted Gross Income of less than $250,000 can still apply for an enhanced tuition remission benefit.

As inflation rises, Ms. Jueds says the tuition increase is needed to support Lab’s expenses and keep the school accessible.
A new trend says that guts need to be healed by food
by NOA APPELAUB

**HEALTH & WELLNESS**

There is a growing interest in healing the gut, as demonstrated by the recent increases in the use of probiotics and prebiotics. One of the reasons for this trend is the recognition of the gut's role in overall health, including mental health, immune function, and even weight management. Studies have shown that a healthy gut microbiome can help prevent diseases such as inflammatory bowel disease and even autoimmune conditions.

In addition to probiotics, prebiotics are also gaining popularity. Prebiotics are dietary fibers that are not digestible by the body but are fermented by the gut microbiota, leading to the production of short-chain fatty acids. These fatty acids can have a beneficial effect on gut health and overall well-being.

One example of how prebiotics can be used to heal the gut is through the consumption of dietary fibers such as soluble fibers found in fruits and vegetables. These fibers can help to regulate the gut microbiome and improve digestion.

Another way to promote gut health is through the consumption of probiotics. Probiotics are live bacteria and yeasts that are beneficial for health when consumed in adequate quantities. They can help to restore the balance of good bacteria in the gut and improve digestion.

Dr. Chang, an associate professor of gastroenterology at UChicago Medicine, emphasized the importance of maintaining a healthy gut. “The gut is a delicate organ that, when unbalanced, can cause bloating, fatigue, and weight gain, and must be kept healthy. In this catch-all term of gastrointestinal disease, it appears this is an oversimplification of an extremely complex organ system.”

According to Dr. Chang, the gut “usually refers to several components of the gastrointestinal tract.” He explained that the term includes the liver, gallbladder, and pancreas. It is a system of organs that work together to digest and absorb nutrients, and then transport them to the rest of the body. The gut microbiome is a collection of bacteria that naturally live in the gut, and it plays a crucial role in maintaining gut health.

GO WITH YOUR GUT.

Teen screen use skyrockets in 2021, survey says

**Entertainment media screen use rises past 8 hours**
by AMON GRANT

**ARTS EDITOR**

Could you lead a healthy life without sight? Dr. Chang, an associate professor of gastroenterology at UChicago Medicine, said yes. “It’s amazing how well it works,” he said. “We have to do something about the gut.”

The 2021 survey, “Teen Screen Use,” conducted by Common Sense Media and U-High School, Chicago, found that teen screen use has increased significantly in the past three years. The survey found that teenagers spend an average of 8.5 hours per day on screens, compared to 6.5 hours in 2019.

According to Dr. Chang, this increase in screen time is partly due to social media use. “The number of teens who said they use social media every day, only 34% say they use it less than once a week,” he said.

The survey also found that between 2019 and 2021, the percentage of teens who report spending more than 10 hours per day on screens increased from 14% to 32%.

In addition to social media use, the survey found that teens are spending more time on screens for entertainment purposes. The percentage of teens who report spending more than 2 hours per day on screens for entertainment increased from 19% in 2019 to 32% in 2021.

Dr. Chang said that he has seen a trend in more teens tracking their screen time. “It seems like more and more teens are checking their phone settings, or trying to manage their screen time,” he said.

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Social Justice Week needs norms

As the Midway sees it …

D uring Social Justice Week, there seems to be a cursory reminder of the U-High community norms, a list of 12 discussion standards which include values such as remaining open to new ideas and expressing disagreement respectfully. Because the norms are not discussed throughout the school year, some norms are unfamiliar to most students, such as speaking from the “I” perspective or honoring confidentiality.

This unfamiliarity can sometimes lead to occasional disregard, or blatant violation of the community norms. This is a hostile environment, where students feel uncomfortable. This is what happened during Social Justice Week workshops on April 21.

These violations of community norms were visible because there was much background, giving the assumption that people already understand and accept the norms. To be effective, norms need to be continuously read through without any preconceived notion. This unfamiliarity can sometimes not even necessary.

Furthermore, the purpose of establishing norms is to design a safe space where conversations are constructive, but it is difficult for attendees to accept the norms when they are imposed at the beginning of the workshop. Conversations surrounding workshop expectations need not only introduce pre-established norms, which can come across as rules, but allow for students with different perspectives to share their thoughts and not feel forced to and upheld by students.

To be effective, norms need to be discussed first. If a candidate receives a majority, they win. If this doesn’t happen, the candidate with the lowest votes is removed from contention. The second-choice voters from those voters are transferred to the remaining candidates. This continues until a candidate receives a majority.

By some people, this state that RCV violates the “equality principle,” which states that each voter is only entitled to one vote, RCV serves to clarify a voter’s preferences for whom the voter’s one vote should be cast.

While it is understandable that some people argue that RCV violates the “equality principle,” which states that each voter is only entitled to one vote, RCV serves to clarify a voter’s preferences for whom the voter’s one vote should be cast.

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Ranked choice voting counters polarization in democracy

by WILLIAM TAN

ASSISTANT EDITOR

In a recent tweet, Russian violinist Galiyazet Jafarov said a plurality of the popular vote is all that is required to win an election, and is sometimes unnecessary. This means the representative government of the United States doesn’t actually represent the preferences of the entire population.

Therefore, this assumption that people already understand and accept the norms, something that cannot happen.

When the norms are quickly read without much discussion.

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For norms to exist, participation is necessary. The norms must be integrated into the school curriculum and effectively applied and reinforced to the student body, then they would be effective.

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REPORTER

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**From seats to stage**

Senior finds community, safe space within theater

by ADRIANA NEHEME

**NEWS EDITOR**

With delicate and intricate by-made costumes around him, young Sammy Fackenthal would act in front of the crowd, hoping to make at least one person smile. This is what he envisioned as he performed the act of “Screaming” to watch his first play, “Romeo and Juliet,” at age 7. However, his lack of self-confidence and shyness always pulled him back to the chairs where he could only watch.

Since then, Sammy has transitioned out of the audience and onto the stage, and now as a confident and experienced senior is part of the theater community and has a role in the ensemble for U-High’s spring musical, “Seussical.”

His first part was in the “Schoolhouse Rock Live!” play in eighth grade.

“I think I enjoyed ‘Schoolhouse Rock Live!’,” Sammy said. “I think I felt OK on stage, but I don’t think I actually felt confident being on stage prior to sophomore year when acting in ‘Mamma Mia.’”

As a part of the ensemble in “Mamma Mia,” Sammy did work offset, which helped him gain more confidence. Before this play, Sammy’s lack of confidence in his acting ability dissuaded him from participating in the fall and winter performances.

Theater teacher Lucija Ambrosini expressed Sammy’s growth during his four years participating in high school theater.

“He used to be very, not exactly shy, but really questionable about trying new things,” Ms. Ambrosini said. “I think making him come to the theatre and do a series of auditions helped him figure out whether he was doing it right,” Ms. Ambrosini said. “I think he knows now everything I ask. He, like, throws himself into it.”

Sophomore Lena Valenti, who identifies as Indian American, enjoyed the first season and appreciated the way the second season incorporated Indian characters and culture.

“I loved the Indian representation because it breaks away from the stereotypes that you usually see in movies, and it gave the Indian protagonists more individual personalities, while showcasing Indian culture at the same time,” Lena said.

Having grown up watching shows and movies, Lena said, “I think that the fabrics were all Indian-inspired, and the only reason I watched ‘Bridgerton’ was because of Indian accents depicted in many shows and movies.

“A nice thing that comes to mind is ‘Jessie’,” Sasha said. “It was just a complete stereotype. Like, it was essentially just the same white person, so I feel like staying away from those stereotypes is something amazing that ‘Bridgerton’ did,” Sasha said. “Another show that comes to mind is ‘Phineas and Ferb’.” Disney does a really good job with South Asian representation. Like, Baljeet’s entire personality was super stereotypical.”

**BUILDING COMMUNITY**

Senior Sammy Fackenthal, left, rehearses a scene with his castmates for their upcoming performance of “Seussical: The Musical.” According to Sammy, the theater provides him with a space in which he can creatively express himself with a community he trusts. “Seussical” performances will be May 19, 20 and 21. Tickets, available in the high school lobby, are $10.

“Seussical” is the latest example, allowing Indian American teenagers to see what’s next.

“I feel like in so many shows and movies that already exist about Indian women that you never really see the women that you never really see on TV,” Lena said, “but this show is a different story.”
Staying safe in the sun

by ANAHEKA CARDIGAN

Managing Editor

A worldwide exposure of sun, concerns about sun exposure, and the potential risks are remaining.

Many sun exposure is a cumulative issue; even minimal amounts of sun exposure can cause health issues over time.

Whether students spend their summers swimming off the rocks at Point, or sunbathing on the ledge, sun safety is a concern that needs to be taken into present and future health issues later.

Students at U-High find it difficult to avoid spending extended periods of time in the sun over the summer, but the typical precautions because they are aware of the potential risks.

“The biggest concern with tanning is skin cancer,” says Jana, a dermatologist at University of Chicago Medical Center. “There are many different types of skin cancer, the most common are basal cell carcinoma, and those are strongly linked to sun exposure.”

Basal cell carcinoma are the most common type of skin cancer.

“Usually basal cell carcinomas don’t spread and are not life threatening but they can raise concerns about their appearance,” Jana says. “They are usually found on sun exposed areas like the face, neck, and ears.”

Sun exposure can also lead to more serious cases of skin cancer.

“Melanoma, the most deadly skin cancer, is caused by exposure to the sun,” Jana said. “It can be found on the skin you most commonly expose to the sun.”

“Many years of tanning can lead to skin cancer, even those who are not sunbathers,” Jana said. “A long-sleeve swimsuit in order to block the sun’s rays is better than nothing. The beach is a great place to be, but you need to take precautions.”

The negative health effects of tanning came to the forefront of public concern in the 1980s, as studies were published correlating the use of indoor tanning beds with higher risk of melanoma. Although the frequency of tanning beds use may have faded over time, different forms of tanning remain integral to tanning lifestyles today. As teens prepare for the summer and spending more time in the sun, they must also consider their safety.

Starting from youth, precautions

by AUDREY MATZKE

“Natural sun exposure and ultraviolet exposure in forms like tanning beds are equally dangerous,” Dr. Sara Stein said.

Different wavelengths of light are responsible for suntan and skin cancer, yet people are most common exposed in both in forms like tanning beds and natural sun.

“Tanning is a couple different wavelengths of ultraviolet light — UVA and UVB are most relevant,” Dr. Stein said. “UVA is a suntan light — it penetrates more deeply and causes the DNA of skin cells to change. But UVB causes us to produce vitamin D.”

“Sometimes I do get sunburned playing on the beach,” Dr. Stein said. “UVB is what causes the sunburn, UVA is the wavelength that causes more scarring,” Dr. Stein said. “They are more well known recently.

“Sun exposure can also lead to many types of skin issues: birthmarks, moles, and warts,” Dr. Stein said.

“Sunscreen is your most effective protection,” Dr. Stein said. “It is very effective in reducing the risk of skin cancer.”

“Whether students spend their summers swimming off the rocks at Point, or sunbathing on the ledge, sun safety is a concern that needs to be taken into present and future health issues later.”

According to the American Academy of Dermatology, “SPF stands for ‘sun protection factor’ and should be used in conjunction with other protective methods to reduce the risk of skin cancer.”

The most commonly used sunscreen, according to the American Academy of Dermatology, is one that has an SPF of 15. Sunscreens with SPF 15 provide the maximum protection for skin and should be reapplied every two hours. Sunscreens should be applied to the skin 15 minutes before sun exposure.

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**The Murder on Your Block**

by AMY REN

A
most a century ago, two teenagers murdered a little boy on the South Side. Their reason to see if they could get away with it. Nathan Leopold and Richard Loeb, both precocious and affluent, spent months planning their "perfect crime," and on May 21, 1924, they drove through Kenwood and Hyde Park with all the materials needed to pull off murder — everything except a victim.

In "Murder Among Friends: How Leopold and Loeb Tried to Commit the Perfect Crime," author Candace Fleming compiles newspaper articles, court records and photos to create a narrative rendition account of the "Crime of the Century." Unlike other books on the case, Ms. Fleming's is aimed toward young adults. It explores the unusual friendship between Leopold and Loeb, their reasons for committing murder and the dramatic court case that followed. The case gained widespread attention, not only because of its shocking circumstances, but also because of lead counsel Clarence Darrow, his criticism of capital punishment and his use of extensive evidence and entrapment.

Though Ms. Fleming has been fascinated with true crime since she was a teenager, this is her first book about it. She writes primarily for young adults and recognizes that it can be hard to find the time to read.

"We don't have time; we're busy, we have lives. We have social media, you know, so how do books compete?" Ms. Fleming said. "I've been thinking about this a lot, and I'm thinking there are certain stories, certain genres, that I think we need to write if we do it right.

"A coming-of-age story is key to creating a compelling book. Part of what makes the story so riveting is how they are so relatable on a human level. They had it all but these guys have already graduated from college because they're so precocious. Their families are prominent families in Chicago. They have this unbelievable future ahead of them," Ms. Fleming said. "And no story is going to do this thing. I don't understand why, and I think that's part of the obsession with the Leopold and Loeb families meant the case transcended stereotypes surrounding crimes. People started wondering if such crimes was, in fact, not directly tied to socioeconomic class, and they became obsessed with the murder.

"In the 1920s, it became a national case because parents couldn't figure out why, and they looked at their own children and went, 'Is my child going to grow up to do something heinous like this?'" Ms. Fleming said.

The proximity of the murder, on the border of the Kenwood and Hyde Park neighborhoods, just minutes from the University of Chicago and Laboratory Schools, makes it especially intriguing for Chicagoans. Both Leopold and Loeb were students at the University of Chicago at the time of the murder, and Loeb also graduated from the Laboratory Schools.

Ms. Fleming wove trial transcripts, psychology evaluations, newspaper articles and interviews from researchers into one coherent book. She kept notes of the materials, if possible, made notes at the top and then tossed them into one of two massive bins.

"There's absolutely no organization until I start to write, and I know that I have an unusual process because they're long books. I always write my first drafts by hand with wide-line, loose-leaf paper and a big pen," Ms. Fleming said. "I actually call it 'dumping down' because eventually I dump the paper — I know the story — at least, I know the story the way I want to tell it.

"Then, she just wrote. When she needed a date or description she didn't remember, she left a space in the manuscript for later. "I'll leave a big old line in the middle of the manuscript, so you look at my first drafts, they have giant holes. When I'm doing that first draft is really just trying to find the story's flow and the story's pace and its organization," Ms. Fleming said. "I know that I can dig back through my bins and find the perfect quote, oftentimes, I will remember, which always amazes me."

At the heart of Ms. Fleming's research is her love for true crime. When she was 14, she visited what is now the Chicago History Museum and was fascinated by the case. "That was the first time I discovered the story, and they had all the artifacts, like they have those glasses that Nathan left where they dumped the body," Ms. Fleming said. "I remember being utterly compelled by the story. After two years of working on that book, I am still completely obsessed."

In a new young adult-oriented book, author Candace Fleming tells the true story of a century-old murder in Hyde Park

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**Dress Distress: Seniors search for perfect prom dress**

by AN NGO

CITY LIFE EDITOR

As Kennedi Bickham walks out of the dress shop's fitting room, a hush of awe falls over the room. She's glowing, she knows this is "the" dress. After rummaging through countless racks of dresses, stressing over whether she would ever find her perfect dress, this feeling of her-panicked anxiety being lifted off her shoulders could be described as a near-religious sensation of fulfillment.

Not only are some seniors shopping for a dress they love, they're searching for "the" single perfect dress.

Because of the stress of the evening prom dress shopping, when students do find their dress, a weight is lifted.

As of early May, senior Sophie Voilchenbouts hadn't found her prom dress yet and anticipated a difficult time choosing.

"Once you're narrowing it down, like if you have like three dresses you like, it's hard to know if you're picking it because you like it or if it's because you think other people will like it," Sophie said.

Sophie feels the pressure of prom, even after attending one last year.

"There's a lot. There's, like, always a lot riding on prom night. Like, you want to have the best prom night ever. It's a whole thing," Sophie said. "There's so many stereotypes around what prom night should be that it's like you should have a certain type of prom night."

Senior Zoe Morton was looking for dresses at department stores Macy's and Bloomingdale's but said she didn't find any she liked.

"They weren't the best quality and, like, the color and like the designs were really weird," Zoe said.

After directing her search on Peach's Boutique, a specialty dress store located at 5915 S. Archer Ave. on Chicago's Southwest side near midway International Airport, claims to be one of, if not largest prom dress stores in the country. "It's gone viral on social media for its endless stock of flashy, glittery dresses. Depending on the day, visiting Peaches can be a bittersweet experience,"

Kennedy went there to find a dress but was unsuccessful.

"I went on a weekday, so I had 45 minutes to try on things, but we were really pressuring me to, like, buy something there, and it wasn't like me," Kenned. Said. "And I just didn't really like it."

Kennedy finally found her dress at Wolsfelt's in west suburban Aurora. She said she preferred her experience at Wolsfelt's because it was less stressful. Her parents were able to sit down, and she was able to take her time. When she tried on her dress, she knew it was the one.

"Everyone just gasped when I walked in," Kennedy said. "And I just felt like, ahhh — angels noises, you know."
To my ninth grade self...

For the Class of 2022, May marks not only the end of April showers, but the end of their time at Lab.

Seniors give advice on work strategies, social life, following passions and more. Visit the Midway’s website for advice from more seniors.

Compiled by Joaquin Figueroa & Chloe Ma

**Annika Ludwig:** “I would say the advice I would give to my freshman self is don’t do things for college, do things that you’re genuinely interested in and the success that you hope to have will probably follow.”

**Jana Reiser:** “My advice to my freshman self would be to explore all the interests you have, little and small, because it only gets harder to do later in high school.”

**Khairy Barnes:** “I’d say my advice to my freshman self would be ‘Don’t take everything so seriously.’ Like, I stress myself out a lot over things that I end up just not getting done because I was just too panicked to do anything.”

**Ben Sachs:** “Appreciate your teachers. They work really hard. Sometimes they can be difficult, but they really do care about their students.”

**Erik Sveen-Erling:** “Plan ahead for the classes you would take. Make sure you have enough free periods in the day because knowing now you need those to get your homework done. Plan out your years. Not year — years.”

**Gracie Norton:** “Typically in freshman year you don’t have a lot going on. Things are more hectic throughout the rest of high school. Work hard on your grades.”

**Todd Hao:** “My advice would be to use the writer’s center for all your writing projects. For English or history, or anything like that. Even when you get in the college application process it’s very important and should be utilized.”

**Clare Barbosa:** “Opportunities will fly right over your head, so don’t let the time fly and go out and join clubs and sports. By the time senior year hits you’ve done nothing.”

**Jessica Slear:** “Your high school years are gonna end up different than you think they are, and you’re gonna make different friends than you might expect. So just don’t stress out, trust the process and just go along with it.”

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Healing on horseback

Therapy center helps kids as they grow

by AUDREY PARK
MANAGING EDITOR

In an arena full of sand, children engage in a series of activities like grooming, riding and exercises with horses. They begin by walking on the horses and are eager to embark on the next activities planned by their therapists.

Here at the Partners for Progress Therapeutic Equestrian Center, therapists use horse therapy to increase abilities and function for children and adults with different kinds of needs.

Equine-assisted psychotherapy utilizes the tranquil nature of horses to soothe and engage those with developmental and physical disabilities. It has been proven to improve children’s healing from trauma as well as increase confidence and self-esteem.

Amanda Braden, PFP’s program director and occupational therapist, said that horse therapy is one of the most unique forms of therapy.

“We have a different approach than most kinds of therapies because our program really grows with our clients,” said Amanda Braden, PFP’s program director and occupational therapist, who has been working with horses since she was a child. “It is important to keep them engaged in normal activities that they are familiar with and enjoy. It is also important to keep them active and healthy, both mentally and physically.”

FPP has faced a number of obstacles due to the coronavirus and paused all programming for any school year from Monday for some chil- dren, to a year for others. “It has been remarkable to see how our clients have engaged with the horses in different activities that promote their strength and development,” Ms. Braden said.

Laughter and a feeling of warmth occupy the environment at the PFP Center, where progress is possible for everyone. Ms. Kamath-Rayne said, “We are committed to helping our clients grow and develop in every way possible.”

“The most important thing is that our clients are happy and healthy,” Ms. Kamath-Rayne said.

Located almost an hour north of downtown Chicago in Wauconda, the center has 26 horses, more than 100 volunteers and 200 clients a week.

“She naturally paired the things that she was good at and that were engaging to normal, the needs of the families work through the challenges that we are facing on a daily basis is profound,” she said.

Ms. Braden urges people to volunteer at the center to engage in the community. She said volunteers feel rewarded by the experience.

Samanth Clark, a volunteer, said that her experience at PFP has been great. “PFP is a great way of helping my community. I love working with children and people,” she said.

Beena Kamath-Rayne, whose son has received PFP’s services for around six months, said she is thankful for the program. “It has been remarkable to see how he has engaged with the horses and done different activities that promote his strength and development,” Ms. Kamath-Rayne said.
It's an experience of art that's not merely your experience is not needed. It's an experience of another. To go into the North Side or a lot of brown community members who only...E. Harper Court, is open from noon to seven every day. The Brave Space Alliance offers an opportunity to build community, according to Carbon Ratchford, the executive assistant to the Executive Director Wade.

"I think that these spaces are important because they provide a space for people who look like me and other people of color to connect and find community," Ratchford said. "It's run by those who understand and share the perspectives of the people they work with. For example, the support groups are guided by Black people who identify as communities within the LGBTQ+ community — of Black trans men or trans masculine people. We Petals for transgender women or trans-feminine people and Fluid All Day for non-binary individuals.

"Our support groups are for us, by us," Ratchford said. "They're from facilitators who fit that demographic that are in the community. We want our community led and organized." The Brave Space Alliance often organizes events for its community in settings outside of the organization's building. According to Ratchford, some members of the Black Trans support group went on a camping trip and found it particularly helpful for connecting with each other.

"That was very healing and just to help them center themselves in their identities and to community with one another," Ratchford said.

The Brave Space Alliance organizes its barbershop for trans masculine people so they can come in and get their hair cut and styled by a culturally competent barber, who's going to be in a space that makes them feel safe, according to Ratchford.

"Because often in spaces of color, barber shops aren't the most welcoming spaces for trans-identifying people," Ratchford said. "And we want to create that kind of barbershop feel but in a welcoming and inviting and inclusive space.

The Brave Space Alliance also does a lot of work with sharing resources given by the community. "We believe that our community has all of the knowledge it needs to serve itself," Ratchford said. "It's just lacking the resources, but our community knows what it wants. It knows what it needs to get to."

The Brave Space Alliance provides necessities such as food along with gender-affirming spaces for trans-identifying individuals to find community. The rooms extend beyond just a full life and do more than just survive. According to Brittany Thomas, director of programs, the Brave Space Alliance uses a framework of mutual aid to guide its work. Thomas said mutual aid programs stem from the idea that trans and queer people of color are the experts of their own lived experiences and can create a continuous method of support among themselves.

"When we develop mutual aid programs, it’s like the community putting themselves and their resources into these programs and organizing them back into the community," Thomas said. "So these programs will forever be able to help the community. If they are community run, they are community organized and they are community sourced."

Thomas said mutual aid is essential for organizing spaces "because we’re dealing with unique communities of queer and trans people where we may not want us to exist and live loudly and authentically, but like, we can’t hide and we’re going to take up as much space as possible.

Hyde Park gallery uses art to connect and find community, according to Mr. McKay. "We don't turn away much," Mr. McKay said. "And to help them center themselves in their identities, you've turned on a whole new element. You help them to find out what they really love."

"We believe that our community has all of the knowledge it needs to serve itself. It's just lacking the resources," Mr. McKay said. "And we want to create that kind of barbershop feel but in a welcoming and inviting and inclusive space."
**Have a Chance to Win!**

Enter to Win a selection of LEGO Star Warssets!

**Ends October 31, 2022**

**What Are You Going to Ask for This Holiday Season?**

"I’m going to ask for a LEGO Star Wars set," said a participant in the contest. "I love the adventures and the epic battles."

**LEGO Star Wars Game Remake Balances the Old, New**

Players enjoy control of altering the story

by SAMUEL BECK

The iconic scene of the Star Wars films has been brought to life in a new, interactive way. The game allows players to control the actions of their favorite characters, making decisions that will alter the outcome of the story.

**SYNOPSIS**

"Lego Star Wars: The Skywalker Saga" is a comprehensive masterpiece, striking a balance between familiar faces and new characters. The game features a wide range of customizable options, allowing players to create their own characters and explore the rich Star Wars universe.

**GAMEPLAY**

The gameplay is designed to be both challenging and fun, with a wide variety of puzzles and challenges. Players can explore different planets and engage in various missions, each with unique objectives.

**CONCLUSIONS**

"Lego Star Wars: The Skywalker Saga" is a must-play for fans of all ages. It offers a fresh take on the beloved franchise, making it a perfect addition to any collector’s shelf.
Focused Faces

U-High athletes have spent the year in person working hard at their sports. Now it’s time to showcase their most focused moments.

ON PAR. Swinging at the ball on Oct. 8, ninth grader Amelia Tan participates in the IHSA state golf tournament at the Red Tail Run Golf Course. Amelia scored among the top five ninth grade golfers in the state.

MATCH POINT. During practice, junior Kriti Sarav hits a forehand shot across the court. This year, the girls tennis team won the 1A IHSA State Championship on Oct. 21-23, and Kriti finished in the elite eight in singles.

SERIOUS STRIDES. Senior Zach Gin pumps his arms as he nears the finish line. Zach raced in the Latin Classic in Lincoln Park Oct. 5. Zach finished sixth.

WALKING ON AIR. Taking flight, junior Xavier Nesbitt jumps up to shoot the ball in a game against Northridge College Prep on Jan. 27. “I was like, ‘Oh, I just gotta get this shot,’” Xavier said. “I just got to make something happen. I was just thinking — just be aggressive.”

FLYING THROUGH WATER. Sophomore Elizabeth Oyler takes a breath as she comes up for air during a practice at Gerald Ratner Athletics Center on Oct. 5. “Whether it was shouting out ‘halfway’ or ‘one more,’ the encouragement and team spirit I felt in my first year on this team was truly incredible,” Elizabeth said.

PERFECT PASS. Looking across the field, junior Jacob de Jong focuses on his next pass during the Sept. 24 homecoming game on Jackman Field. The Maroons beat Riverside-Brookfield 1-0.

MORE ONLINE
The Midway photojournalism team has also been hard at work to capture U-High athletics. Scan the QR code to see more photos from all year.