Gingarte Capoeira demonstrates two traditional Brazilian instruments, the berimbau and caixa, both used in the martial art form of capoeira.

First Latínidad assembly celebrates diversity of Latinx culture

by ETHAN SWINGER
Assistant Editor

Highlighting the diversity of stories, cultures and experiences among the Latinx community to U-High students,Latinos Unidos hosted its first-ever assembly “Celebrating Latinidad” on Oct. 20.

The assembly kicked off with featured guest speaker Tere sa Barajas, a community engagement specialist at the Field Museum, who discussed how she works with many cultural different back- grounds at her job and the impact of her Mexican American heritage on her upbringing.

Shifting to the many famous Latinas both in and outside of her life as people who have provided her inspiration and guid ance.

“When I think about what mo- tivates me to keep going, I can’t give you one specific name or Latínas superpower,” Teresa said. “I think about so many amazing Latinas women; Frida Kahlo, Do- lores Huerta, Sonia Sotomayor and so many more and the strug- gles they had to overcome to ac- complish all that they did in each of their fields.”

Latínidad also presented two traditional Brasilian dance per- formances from Gingarte Capoei- ra, an Afro Brazilian dance group. One dance was the maculelê, an Afro Brazilian art form, and the other was capoeira, a form com- bining martial arts with dance.

Student members from the Black Students’ Association, Asian Students’ Association and Muslim Students’ Association helped co-host the assembly to expand on what Latínidad means for their communities.

“We really wanted to work with them to kind of bring out the di- versity that really comes with be- ing Latinx,” said Juan Chaides, co-president of Latinos Unidos.

Kariani hopes that Latínidad will set a precedent and this will become an annual assembly for the school.

Junior Katie Williams believed the assembly surpassed expecta- tions and was captivating through its different segments that di- played the broad variety of Latinx culture. “I kinda had high expectations and they fully succeeded,” Katie said. “I was really excited to see the different aspects of the different cultures and the balance be- tween performing arts and educa- tion.”
Feminism clubs’ shared goals fulfill needs, invite effort

By CLARE MCROBERTS

A sea of students flows through the cafeteria during Club Shopping as group leaders urge people to sign up. Amid the chaos — and more than 80 clubs — are leaders from at least five clubs that focus on the empowerment of women.

The U-High clubs tackle some of the same issues, but their leaders say there is room for all of them and that each fills a distinct need. In fact, they say, there is room for more.

“I feel like we’re all kind of striv-ing toward a similar goal,” said Maggie Bai, a president at Girls Who Code. “So I don’t think that there’s tension between all the female empowerment clubs, because we’re all kind of trying to empower women.”

Girls Who Code, a new club, encourages young women who are passionate about computer science to learn coding and pursue careers in tech. Already, 24 students have expressed interest in joining in the group. A more established club, Women in STEM, also leans toward math and science. Its emphasis, though, aims more at networking and guidance, from science experiment days with younger students to mentorships with college students for club members. The group is part of a far larger orga-nization with chapters across the country and beyond.

Ann and Rachel, Lab chapter pres-ident of Women in STEM, said the club’s unique focus on careers in STEM differentiates it from the other women-centered groups, and that there is more than enough room for all.

In the group Young Women of Color, members say they find ways to create a safe place to be their true selves, supporting one another with their experienc-es at U-High and outside of school.

While the presentation was on Zoom, the co-chairs said there were few opportunities for a full in-person conversation.

“WOYC is centered around the empowerment of women of color and the intersectionality of what it means to be a woman and of color,” said Katrina Chimnun, the pres-ident of Young Women of Color. Another club, Intersectional Feminism, looks more broadly at empowerment and groups that are marginalized — not only women.

“It’s not constricted or restrict-ed to women or to people with uteruses,” said Stella Sturgill, Lab co-president. “It applies to any-one who experiences some kind of system of oppression, I think that’s one thing that really sets us apart.”

While these groups share similar aims, leaders said they don’t work together as much as they could. In fact, several said that more collab-oration between the clubs might accomplish even more.

“I definitely think that it would be valuable to have more commu-nication among all these clubs,” Sarina said. “While we do differ-ent things, and we have different focuses, we do have a shared focus and overall goal.”

Committee advances four 2023-24 daily schedule models

A cappella concert

By Amy Ren

The high school schedule com-mittee presented four models for how to revise the daily schedule to the high school faculty Oct. 12. The committee is part of a far larger orga-nization with chapters across the country and beyond.

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Committee advances four 2023-24 daily schedule models

This year. The Midway has been a finalist in the country were named final-ists this year.

SHAARING SONG. At a cappella concert in Gordon Parks Arts Hall on Oct. 22, Dania Bag, a Class of 2020 alumna, performs with the Yale Wiffenpoofs. “It felt like a really big full-circle moment. High school is a place where I get to do things that I actually enjoy doing,” Dania said.

“Singing is what I love and how I get into college, and being able to kind of perform for all my favorite teachers and my family and friends that have helped support me through that was really fun.”

news in brief

Model UN wins awards at training conference

The Model United Nations team sent both grad and sopho-mores to a training conference at Carl Sandburg High School on Oct. 15. Sophomores Victoria Washington, Angela Zhang and Helen Kraemer represented Japa-nation, and sophomores Alexander Saravotzky, Olin Nafziger and Ra-ja Zaidi won honorable delegate. Lauren Tapper, one of MUN’s secretaries-general, said that Carl Sandburg MUN builds morale by getting the ninth graders comfortable and confident before they take on the activity.

The sophomores all did an in-credible job. I can see how much they have matured over the sum-mer, most of them see themselves asDRIVING TOWARD GENDER EQUALITY

The Pacemakers was given to the Midway for journalistic excel-lence during the 2021-22 school year. The Midway has had four Midways in the last five of the six years and won in 2019.

Just 33 high school newspapers in the country were named final-ists this year.

Current Midway editor-in-chief William Tom ‘23 and your reporters provide the achievements of the journal-ism team.

“It’s a reflection of the work that we have all put in as a team,” Wil-liam said, “and hopefully this com-ing year everyone will continue to work hard to make that award hap-pen.”

— Xander Feigenbaum

U-High welcomes new high school office secretary

Emese El Bissatine Pantoza started working as U-High’s office secretary in late September after being a substitute teacher for 10 years.

“I always felt like Lab school is where I belong,” Ms. Pantoza said. After working for many years as a substitute teacher, Emese El Bis-satine Pantoza has come to know and love the environment and unique values of the U-High Schools. Over the years, she has declined offers to go work at other schools because of not only the work environment, but also the people who are a part of the Lab community.

— Parmita Kashampour

Lab community celebrates Diwali with two events

The Lab community is prepar-ing to celebrate the traditional festival of lights. The family cele-bration took place on Oct. 14, and a row of laks was named the Asian Students’ Association Festival.

The family Diwali celebration occurred in Cl6s with golden lan-dstorms and a long string of lights.

“I don’t really get to dress up in Indian clothes very often, and it’s amazing to embrace this part of myself,” Lab sophomore, seventh-grader, said.

The theme of the celebration was “golden,” featured in outfits, decorations and even some of the food.

“Our theme is gold, so it’s like bringing in prosperity and hap-piness for the community,” said Bhawna Singh, co-leader of the Pacemakers Desi culture group.

Diwali is among the major fes-tivals celebrated by Hindus, Jains and Sikhs. The festival usually lasts five days and is celebrated during the Hindu lunisolar month Kartika.

The modern celebration usu-ally includes dressing in colorful traditional clothing, lighting the inside and outside of homes with oil lamps or other lights, and fireworks. Additionally, there are worship services, a large tradition of feast and gift exchanges.

— Light Dohran

— Parmita Kashampour

"While we do different things, and we have different focuses, we do have a shared focus and overall goal."
‘History is dope’

TikTok historian preserves Chicago neighborhood histories through tours

by WILLIAM TAN

Editor-in-Chief

“And remember, everything dope in America comes from Chicago, the greatest city on Earth.”

Those who recognize this phrase from TikTok know it’s the trademark sign-off of Chicago urban historian Sherman “Dilla” Thomas. Under the account #6figga_dilla, Mr. Thomas’ brief and engaging videos on defining aspects of Chicago’s history have gone viral on TikTok to over 96,000 followers. From introducing deep-dish pizza and Italian beef to profiling Earl B. Dickerson, the first African American to graduate from the University of Chicago, Mr. Thomas wishes to challenge narratives that misconstrue Chicago history while teaching his audience about the city that he embraces as home.

Mr. Thomas gave a lecture at the University of Chicago on Oct. 14 and later participated in an interview with the Midway.

Even before finding a platform to share his knowledge, Mr. Thomas has always appreciated the value of history. His father served in the Chicago police force and would drive his son around in his car, pointing out different neighborhoods and encouraging him to memorize street names.

“I’m the son of a Chicago police officer. He was a cop here for 32 years. And so just as a kid, anything we drove past, he kind of knew the historical knowledge would come out of me.”

Though he works as an electrician by day, Mr. Thomas started to dream of educating others about Chicago history as an avocation only a couple years ago.

“I thought I was just gonna work for the Union, retire at 60, take my pension, and then I was going to drive a cab and bore the hell out of whoever got in about Chicago history,” he said during the UChicago talk. “Everywhere I dropped you off, I was gonna tell you a story. That was how I was gonna get it out of me.”

But the chance to share his historical knowledge would come much earlier than expected. Stuck inside during the pandemic, Mr. Thomas saw an opportunity to use TikTok as a learning resource to correct misconceptions surrounding Chicago culture.

“I just wanted to be a counterbalance to what was negative out there about Chicago. This was what really got me started. That, and wanting to bond with my kids.”

Now, Mr. Thomas’ passion for history has become his work. In addition to making daily TikTok videos about all 77 neighborhoods of Chicago, he leads in-person tours of major landmarks with his company Chicago History. This was what really got him started. He’s always wanted to connect with others through a shared joy of embracing Chicago history.

Now he has a platform and audience to make that a reality.

“I figured I would put out the information that I loved, which was Chicago history, on TikTok,” he said at UChicago. “And the world told me that I was a historian. So I listened.”

More importantly, Mr. Thomas wants to deal with the negative narratives encircling his hometown. He saw people equating Chicago with untrue stereotypes and generalizations while failing to recognize its vibrant and unique cultural past.

“People would say, ‘Such and such got killed on O Block, and then the hashtag would be ‘Chicago History.’ And for me, that is something that historically happened, but that’s not Chicago history, right?” he said. “We’re more than that.”

Thomas wanted to create a TikTok channel that could serve as a historical fiction series about Chicago history, on TikTok,” he said.

“TikTok historian Sherman “Dilla” Thomas wants to deal with the negative stereotypes around Chicago.”

Robert Sandifer was killed by fellow gang members when he was 11. Mr. Thomas wants to deal with the negative stereotypes around Chicago.

— compiled by Peter Cox

Restaurant offers upscale Gulf Coast food

by AUDREY MATEI

Arts Editor

The multi-colored windows facing Hyde Park’s always-awake Harper Avenue illuminate the dining room with a kaleidoscope of colors as the headlights of cars pass by. The uptempo music and a droning chatter mix to create a vibrant atmosphere within the restaurant.

Best of all, the scents of traditional New Orleanian food wafting from the kitchen into the dining room evoking flavors of home-cooked shrimp, gumbo and even alligator.

Recently opened Daisy’s Po’Boy and Tavern has something for everyone looking for a taste of the American South.

Daisy’s Po’ Boy and Tavern opened on 52nd Street and Harper Avenue in early August and is centered around the food and culture of New Orleans.

The restaurant is the creation of Chef Erick Williams, a James Beard Award-winning chef who opened Virtue Restaurant and Bar only a few years ago just down the street.

The restaurant was named after Chef Williams’ Aunt Daisy and Uncle Stew, who started the chef’s love for the traditional food of New Orleans.

Daisy’s has been lovingly designed around its theme. Everything from its Mid-City grass wall decor to its alligator-adorned napkin dispensers screams New Orleans. Unlike Virtue, Daisy’s is a much more casual dining experience. Patrons order at a counter, and multiple TVs display sports channels throughout the large bar area of the dining room.

Chef Williams told Block Club Chicago that the restaurant was designed to mimic the spirit of New Orleans.

“Daisy’s is a restaurant that has delicious food with the sounds and scenes of New Orleans,” he said. “It’s vibrant. It’s colorful.”

Daisy’s main selling point and namesake is the po’boy, a classic sandwich typically containing seafood or roast beef served on New Orleans French bread.

They also serve other classic American dishes like gumbo, onion rings and wings.

I tried one of their signature dishes, the fried shrimp po’boy. The shrimp was cooked to perfection and was complemented by pickles, lettuce, tomatoes and mayo. The French bread was the perfect combination of crunchy outside and pillowy inside, allowing its contents to fully shine. Generally, the flavors were unsurprising yet delicious.

The price range of the dishes stretches toward the higher end, so Daisy’s may not be an everyday restaurant option. The 12-inch po’boys range from $6 for the fried green tomato option to $30 for the fried oyster option.

Keep in mind that the 12-inch option is a more filling portion while the 6-inch po’boy is on the lighter side for a full meal.

Despite this, Daisy’s offers an ambient place to sit down and enjoy a delicious meal with loved ones.

So, if you’re driving by Harper Avenue and a flash of color catches the corner of your eye, give Daisy’s Po’ Boy and Tavern a try. The flavors and Gulf Coast atmosphere are worth a shot.

History is dope
From pre to post-Roe v. Wade

Service provided women with safe, illegal abortions in Hyde Park

By SAHANA UNNI
Features Editor

Editor’s note: The six women quoted in this week’s feature were interviewed throughout October, either in Hyde Park or via Zoom.

Before the 1973 Roe v. Wade decision legalized abortion nationwide, Dorie Barron, a Chicagoan who was only 18 years old and herself unexpectedly pregnant with twins, decided to have an abortion. Her family employed, living with his parents and “freaked out.” As a young woman whose future is in doubt, Ms. Barron said she felt she had no other choice but to have an abortion.

Not knowing what else to do, Ms. Barron put her life in the hands of the Chicago mafia, who quickly arranged for the procedure to be performed in a motel room and left her bleeding. It wasn’t until she had another unwanted pregnancy later, that she was introduced to and subsequently joined the Janes.

“With Jane changing hands, one of my friends, Ms. Barron, was using a shortened version of the group’s name, “because I had never seen anyone care about women and be so kind, be so loving,” Ms. Barron said.

The service was founded when Heather Booth, a University of Chicago student at the time, heard Dr. Howard, Ms. Booth decided to recruit other women at various community gatherings to help manage the influx of patients.

She soon realized she needed to set up a system. After getting informed about the intricacies of the process and taking precautions with Dr. Howard, Ms. Booth decided to recruit other women at various community gatherings to help manage the influx of patients.

Dr. Howard was performing 15 to 20 abortions a week. At one point, Ms. Scott was performing 15 to 20 abortions a week.

When it came to the issue of the Janes being called that, and not made up, “I had stayed in that room, I’d be frozen with fear. Within minutes, the women’s case was purple raided their apartment. They were charged with conspiracy to commit abortion and a ban is not lifted until the findings are cleared.

‘The Janes’ shows real authorship in the struggle that went on behind the scenes, the public behind the Janes. It was just like all the worst things that you could think of that could happen did,” member Eileen Smith said. “It was really horrifying. And then right afterwards, these people still needed abortions. We had people scheduled for the next day. We had to call them and arrange for them to do something else. I mean, it became so stressful.

The documentary also successfully draws out the tension and severity of the abortion and what people who are familiar with what the Jody Parsons said, “because I know, just as most people who are familiar with what goes on with abortion and what goes on in women’s lives, I’ve lived long enough to understand that lives are being lived, and that women are going to be compromised across the board. And sure enough, that’s happened.

Through abortion rights are protected in Illinois and a ban is unlikely, Ms. Surgal said that education and participation in local politics is the key to protecting abortion rights.

“She’s the hope when young people areOutta never thought there would be a second step, but word must have spread, and I didn’t tell anyone, so it must have been the person who had the abortion. Someone else called, and I arranged for that, and then word got out of that — people were not abortionists, we were counselors. We were other women who could get pregnant.”

One of the Janes would drive women who were having abortions from a waiting area referred to as “The Front” to an apartment that was either rented or volunteered.

As time went on, core members of the service decided to be involved with the abortion process. According to member Martha Scott, member Jody Parsons learned the procedure and began teaching others, including Ms. Scott. At one point, Ms. Scott was performing 15 to 20 abortions a week.

“She said this is not something a lawyer can do,” Ms. Scott said. “This is a very narrow set of information and procedures, and if you are careful and watch what you do, we can do this.”

In 1972, Ms. Scott and six other women were arrested after the police raided their apartment. They were charged with 11 counts of criminal abortion. Martha Scott, member Jody Parsons, member Eleanor Oliver said. “We were other women, not abortionists, we were counselors. We were other women who could get pregnant.”

At one point, Ms. Scott was performing 15 to 20 abortions a week. Ms. Scott described the experience as scary and said she did not expect it.

“One of the Janes’” shows a compelling portrait of the women who were involved in the abortion rights movement before the Roe v. Wade decision.

The documentary features interviews with doctors who watched perfectly healthy, young women die due to unsuccessful abortions performed by underground providers.

The documentary also successfully displays the strength and struggle that went on behind the front lines of the movement. Women recall experiences of being talked over and having the severity of the situation with abortion rights downplayed. Further, the documentary features the Jane Collective, a group of women who were involved in the struggle that went on behind the scenes.

“The Janes,” streaming on HBO, provides an emotional outlet on abortion rights, reflecting on the history of the movement.

The documentary follows a narrative style to tell a compelling story, with testimonies from people who were involved in the fight. The interview with Ms. Barron is featured, accompanied by videos of the Chicago area during the time. After her abortion occurred, sets up the story to show, not just tell, the real story.

“The Janes” moves beyond recollections from women who received abortions to those who witnessed the issue external by building on the importance of acknowledging the necessity of legalizing safe abortions. The documentary features terrifying recollections of the horrors faced by doctors and women who watched perfectly healthy, young women die due to unsuccessful abortions performed by underground providers.

“The Janes” has been available on HBO Max since January. It’s a powerful reminder that the struggle for abortion rights continues. The documentary inspires fear about the uncertainty of the state of abortion rights today, and puts together a solid representation of why these rights are crucial to women’s health in the face of the future.
**FRIENDLY FACE**

Brian Arceneaux’s friendly character recognized with Billy Streeter Award

by CLARE O’CONNOR

Editor-in-Chief

The doors to the Laboratory Schools gym buildings are always in motion. The Kovler doors squeak as people push in from outside. Students line up to swipe their IDs, signified by a high-pitched ping and a strip of red light flashing green.

While students and teachers filter in and out of space throughout the day, Brian Arceneaux, the community service officer at the gym, remains constant. He sits at his desk facing the entrance, breaking through the ambient noise with a loud “Hey!” greeting each student.

Mr. Arceneaux is a joyful and supportive presence in the school community, and this year, his contributions have been recognized by the school. In September, Mr. Arceneaux was awarded the 2022 Billy Streeter Award for Service Excellence, an annual award recognizing a nonteaching staff member who has exhibited excellence in supporting students.

Mr. Arceneaux started working at the Laboratory Schools in 2008 after a 32-year career as a Chicago Public School educator, including as an education to career counselor at Von Steuben Metropolitan Academy. From 2018 until his retirement, he served as an education to career counselor at the Laboratory Schools in 2018, helping students make the transition from school to work.

“I felt totally shocked. I was not expecting it,” Mr. Arceneaux said about the award. “It was one of the biggest but nicest shocks I’ve had in my life. I was never really recognized as a teacher, so it really makes me feel special that my effort and kindness every time the Kovler gym door opens.

“Every time you walk into the gym, he will greet you by name,” Zoe said. “When you’re having a bad day, it makes a difference that he’s always grinning, he’s always optimistic. It’s important to have a friendly face in the gym because I think for a lot of students, the gym and the fitness center can seem intimidating, but we know Brian’s there and he’s going to give us a smile and ask us how we’re doing.”

“During games, he’s really energetic, cheering us on and Rooting for us. We really appreciate it.” Yaseen Suft, a junior on the soccer team, said. “He’s our one of our main supporters. You know when we think about our supporters, we think of Brian because he’s always there.”

Senior Zoe Stephens agrees with Yaseen, saying that Mr. Arceneaux’s support and kindness can really impact her day.

“That’s what I enjoy the most about being here: the quality of the people I meet and the diversity of the people I meet,” Mr. Arceneaux explained. “I spend most of my time with students who practice and play in the gym facilities after school. In high school, Mr. Arceneaux wrestled and played football, so he said that he is reminded of his high school self when witnessing student-athletes bond with their teams. This year, Mr. Arceneaux went to the boys soccer senior night for the first time. He said being invited and participating is one of his favorite memories at U-High.

“I went in there and there was just so much emotion and so much positivity,” Mr. Arceneaux said. “It really touched my heart to see the kind of love the students have for each other.”

Yaseen, who was also at senior night, appreciated that Mr. Arceneaux came. Yaseen expressed that Mr. Arceneaux has become a part of the team dynamic and that all of his teammates love Mr. Arceneaux. Beyond the big events, Mr. Arceneaux’s smaller gestures can really affect students. Zoe recalled a small interaction she had with Mr. Arceneaux that has stuck with her, which occurred after she gave him a homemade brownie.

“She gave me a caramel brownie once, and when I saw him the next time, he was like ‘That was the best brownie I’ve ever eaten in my life,’ and it was just such a happy moment because he made sure to make me feel like it was a gift to him that he really enjoyed,” Zoe said.

Zoe feels that Mr. Arceneaux serves as a support for students when parents or teachers can feel inaccessible. She thinks it’s invaluable that Mr. Arceneaux is always available, promoting positivity and kindness every time the Kovler doors open.

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**Ice cream galore: Museum focuses on Instagram**

by ZARA SIDDIQUE

Audience Engagement Manager

When walking through the Museum of Ice Cream on Chicago’s Magnificent Mile, one is hit with an instant sensory overload. The scent of ice cream and candy permeates the air; the walls are decorated out in seriously graphic ice cream paraphernalia. Ice cream sculptures hang from the walls and the rooms are painted neon pink, six-foot cherries dangle from the ceiling and there’s even a pool-sized ice cream decorate birthday cake.

Whether it be the history of ice cream or an ice cream-themed arcade, you can always count on the fact that ice cream will be coming at you from every angle. With rooms dedicated to getting ice cream fortune taken, playing ice cream themed arcade games, the history of ice cream and an ice cream sprinkle pool. Each exhibit also provides you with a new ice cream flavor to try, with unlimited refills.

“Every room has a different ice cream, so you’re basically eating ice cream the whole time,” senior Charlie Young said.

He described the museum as an aesthetically pleasing place to take pictures, but even if that isn’t one’s main goal it’s still a very enjoyable experience.

“I wasn’t even taking pictures there, and I was having fun,” Charlie said.

Tickets to the Museum of Ice Cream range from $36-44 per person. Charlie described the museum experience as almost being worth the price but not quite.

“We had an hour to stay in the museum, like an hour worth of time, and we didn’t feel like we needed to use it” Charlie said.

Junior Jessie Greenstone also went to the Museum of Ice Cream and was in out 30 minutes.

“I thought it was really fun, and each really cool decorations, but it was really short, and there wasn’t much to do if you didn’t want to take pictures,” Jessie said.

She noted that the museum seemed to be catered to a specific audience.

“I think I would only recomend the museum to someone who really enjoyed taking and posting pictures,” Jessie said.

Both Jessie and Charlie said they enjoyed the overall experience but also recognized that the museum is aimed at very active social media users. Much of the museum was set up for photo ops for social media.

“There’s not that much that’s there, it’s enjoyable seeing it for the first time, but after that it felt recycled.” Charlie said. “I wouldn’t go back.”
Much is at stake in the election just days away. Decisions surrounding local and national issues will crucially affect our generation. From abortion rights to inflation, students need to engage in the election as Illinoisans and the nation sit at a political crossroads. To become informed, discern diverse credible sources and critically reject misinformation campaigns.

So much at risk...

Students play active role in election, affect votes

If you are a U.S. citizen who is 18 or will turn 18 on or before Nov. 8, you are eligible to vote in the 2022 general election. If you are registered, you can vote in-person at any early voting location or by mail, but you must request a mail ballot by Oct. 4 to receive it in time to vote in the Nov. 8 election. As part of a Student Council initiative, the Lab will be providing pizza to students who request early voting mail-in ballots from the election office this week.

Additionally, downtown Chicago residents of voting age have the option to vote at any early voting location across the city. For more details, check chicagovotes.org.

Chicagoland residents: Check your registered voter collection website for more details.

Misleading campaign mailings circulating

Students play active role in election, affect votes

by TAYRRA AHMED

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Additional...
Students must monitor world news, events to participate in democracy

Voter impressions of President Biden coming into the Nov. 8 elections — are crucial. The Communist Party Congress. The causes of higher gas prices. Iran's nuclear stance. All current issues in the news, yet most students may not even be aware of them, or are unable to properly discuss them at school.

In order to become productive citizens, students need to participate in democracy, start classes, a student learns to discuss current events.

Teachers can integrate current events into discussions and other class activities without having to forfeit much of the existing curriculum.

They could plan class or small group discussions that touch on headlines in the news, and students respond to a timely issue that relates to the class unit or chapter. In integrating this content into the classroom, teachers are able to contextualize the course content and also make material more interesting and relevant.

Beyond the classroom discussions and activities, advisors provide an outlet for students to share their own learning.

Meeting three times a week, advisors offer students structured time in a group outside a specific class. This can be a space to discuss what is not explicitly covered in the school curriculum.

Some advisory time should be used to implement dialogue on real-world topics and have students discuss and examine issues important to them. Advisors could initiate a broad discussion on a news topic's significance or meaning, allowing students to learn about concepts or ideas that extend beyond any one subject area or focus.

Current events are an immensely important part of daily life, so faculty and students should take responsibility and enable students to address these topics, increase the value and relevance of curriculum, and help them prepare for their life beyond high school.

It’s to the benefit of all students and their education that important events happening in the world be discussed and taken seriously.

America: Take concrete action to support Taiwan

by LOUIS AUENFANS

The United States should focus less on diplomatic rhetoric and more on providing concrete support. Taiwan, an island slightly larger than Maryland with a population of 23 million, is more than a territory. It produces 90% of the world's most advanced semiconductor conductors, a key component from artificial intelligence to computers and, if taken, could lead China's global economic ambitions.

While Congress requires the Chinese military to invest $32 billion in domestic semiconductor manufacturing, it will take at least a decade for the US share of semiconductor manufacturing to even reach 10%.

Furthermore, Taiwan is a key democracy in the East Asia region. Its democracy has flourished since it first allowed democratic elections in 1996, and it has an even higher degree of freedom than the United Kingdom, France and the United States, according to Freedom House, a watchdog for free societies. These dual economic and political factors make Taiwan’s defense crucial not just for America's interests but also all democratic countries.

For the past four decades, America has taken a position of "strategic ambiguity" on Taiwan, staying vague about supporting Taiwan’s defense. But recently President Biden has repeatedly said that the United States would send troops to defend Taiwan—a break from past diplomatic. While this commitment is welcome for the defending Taiwan, it could backfire if the Chinese government manipulates the message to argue that America has upset the political balance, which it has already hinted towards.

Rather than take rhetorical pot shots that could inflame tensions, the United States needs to support Taiwan with action. Taiwan has not received $14 billion in U.S. weapons, and Congress has yet to approve a $1.1 billion arms deal to support Taiwan with action. Taiwan has not received $14 billion in U.S. weapons, and Congress has yet to approve a $1.1 billion arms deal to support Taiwan with action. Taiwan has not received $14 billion in U.S. weapons, and Congress has yet to approve a $1.1 billion arms deal to support Taiwan with action. Taiwan has not received $14 billion in U.S. weapons, and Congress has yet to approve a $1.1 billion arms deal.

Finally, America's allies in the region, like South Korea, Japan and Australia, should come to a collective agreement to enact economic sanctions on China and support Taiwan if it were attacked. While these partnerships could be interpreted as unnecessary escalation, they will clarify the larger consequences of potential war in Taiwan and force China to think twice about involving more countries in a war.

Forming a united military and economic strategy in case of a Chinese invasion, like the NATO response to Russia, can deter an invasion because of the potential global backlash. Taiwan is more than a tiny Asian island but a symbol of the unifying power in freedom and democracy. Every day that I talk to my Taiwanese grandparents, I am constantly reminded of the importance of peace in Taiwan to maintain those principles. America's actions will speak clearer and louder than any words when it comes to supporting Taiwan.

Consider e-books for increased class accessibility, sustainability

“Offering the choice to purchase either an e-book or a physical copy would allow students, regardless of ability, to access content in their preferred medium, ease annotations and result in more environmentally sustainable curricula.” — Téa Tamburo

Students should strive to participate in extracurriculars earnestly

"We must remind ourselves that high school and extracurriculars are about us and our educational goals and work to prioritize those values authentically." — Audrey Park

PHOTO STAFF: Joy Yoon

ARTIST: Dale Chihuly

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FOOD FIGHT: Café Lab’s inconvenient options clash with students’ health and expectations

by CLARE MCROBERTS

It’s lunchtime at U-High. Puts crackle at the stir fry station. Chefs toss rice noodles, edamame and tofu as a long, slow-moving line of students waits. The salad bar is bleakly deserted. All the action is by the grill, where students grab baskets of french fries, chicken tenders and burgers before racing to the cash register.

With growing concerns over the mental health of students nation-wide, nutritionists say there is a link between what people eat and how they feel and how they perform at school. Still, many U-High students regularly choose fried or processed foods over options that experts say are healthier.

The reason for these dietary deviations, students and café staff suggested, is a complicated combination of long lines, the cafeteria’s layout and, in truth, what students prefer to eat.

Café Lab sells about 150 pounds of french fries each day, said executive chef, Jonathan Sherman. He said that the idea of removing fried foods would be highly unpopular.

“When you’re busy, you want the fast food. It’s a really safe place. They like this place. You want to have a good lunch, you do the best you can with what you have.”

Nutritionists have long focused on links between medical problems and unhealthy foods. This fall the Biden administration for the first time in decades banned the White House conference on Hunger. Dr. McDonald said he was pleased to see a push toward reducing diet-related disease by 2030.

Schools are a key strategy to improve nutritional health. Edwin McDonald, an assistant professor of medicine and a nutrition education expert and clinical health. Dr. McDonald also emphasized the importance of school cafeteria advertising healthy food, and making students aware of it.

“Some U-High students said that the location of the salad bar — in an alcove off the main serving area — makes it hard to notice. Sophomore Kate Jablonski said she has a salad every day and enjoys the selection of options. She thinks that not many students use the area.

“I don’t really see anyone else,” said Kate. “There’s not really any line.”

Café Lab officials acknowledge that the location of the salad bar may be part of the problem. “It’s out of sight, out of mind,” said Mr. Sherman. “You’re not going to go there if you don’t see it, especially if you’re busy.”

But the location issue of the salad bar is difficult to resolve, Mr. Sherman said, because the bar was tucked-away. Mr. Sherman believes the tucked-away location of the salad bar may contribute to its unpopularity.

“In the future, Carter hopes to expand his audience.

New club partners with community outreach program

by TAARIQ AHMED

As weights of all sizes fly of theack and words of encouragement fill the atmosphere, a positive, motivational energy flows throughout the fitness center every Tuesday during lunch, the Health and Fitness Club instills wellness in members by spreading his messages further by engaging with kids through interaction.

Club meetings usually start with a presentation about nutrition or wellness delivered by club leader Carter Chang, a junior. Carter’s knowledge comes from an independent study he created last year and has been really impactful in my life, and I feel like it’s something that I hope to share and to shine light on.”

Junior Kaden Moubayed has been a member of the club since its founding last year. Kaden is an active exerciser outside of school and enjoys the presence of similar-minded people in the club.

“It’s a really open environment,” Kaden said. “I think we’re all striving for the same goal of becoming fit, and keeping good nutrition, and getting stronger and taking care of our bodies.”

The nutritional education aspect of the Fitness Club was only introduced this year. In the past, the club members primarily focused on personal fitness. Kaden said the addition is a move toward a complete interpretation of fitness.

“I think it’s a great improvement,” Kaden said. “Fitness is not only weightlifting and getting stronger, it’s also keeping your body healthy and strong as well. It’s a really great addition by Carter.”

The Health and Fitness Club is a part of Yeast Whey, a community outreach program that Carter created to teach children of all ages about the benefits of health and fitness. Through Yeast Whey, Carter has worked with schools and organizations across Chicago that focus on health education. Carter shares the same content that he uses at Café Lab, so relocating it would require complex changes.

Café Lab staff note that there are fresh fruits and ready-made salads in the refrigerator section, but some students said they found those options less than appealing. Zoe Alphonse, a ninth grader, said she wished for more options that are appetizing, convenient and nutritious. She said she usually has the stir fry for lunch, despite the wait.

Ultimately, student preference generally leans toward the greasy, efficient and comforting choices that come from the grill. Fries, tenders, pizza and burgers. Café Lab officials say they try to consider this along with the nutritional value of meals.

“It’s a tricky balance to strike. We’re trying to offer the widest range of foods that we think students are going to enjoy,” said Brian Lipsinki, Lab’s director of finance. “So this way, if someone is feeling like they want to get something healthy, they can do that, because we have options that fit. And if students want to just get something tasty that maybe isn’t as healthy, we have that as well.”

Mr. Sherman vividly remembers what can go wrong when his staff breaks with students’ expectations — like the time they replaced regular fries at the grill.

“We did cheese fries one day,” he said, “and it was pure chaos.”

Health and Fitness Club instills wellness in members
**POETIC PLAY. “1919” is a retelling of the events of The Red Summer being played at the Steppenwolf Theatre. The production is adapted from a collection of poetry written by UChicago professor Eve E. Lwing.**

The ensemble then becomes characters conversing about the July 1995 heat wave, a deadly event that caused the deaths of 789 people mainly from Chicago’s poor and black neighborhoods. One of the most memorable parts of the play is spent remembering Erich Tamkin, a Black boy from Chicago, who was lynched by a gang of white men after he was incorrectly accused of(catcalling) a white woman acting skills in 1995. The chorus reflects on Emmett’s characteristic hat, by which the whole neighborhood knew him, and the memory of him in a grocery store being 700 yards out of the murder scene, eating a plum.

The play is a beautiful representation of an important yet commonly overlooked aspect of America’s past. It combines poetic and creative lens that capture the events of the Steppenwolf production forces viewers to reflect well before they leave the theater.

Performances will run through Oct. 29, but there will be a fire tour Nov. 19 for youth in the city neighborhood led by the Bronzeville and South Shore.
Never stop swinging

Training and dedication pays off for senior Ethan Kucera as he returns from back surgery a stronger golfer

by KRISHITA DUTTA
Opinion Editor

He stands on the green, holding firmly onto his golf club. He looks off into the distance, directly at his goal: not only to score, but to prove to himself that he can. He swings, and the golf ball rolls into the hole.

For months of rebuilding his stamina, Ethan Kucera is finally back in the game.

Ethan, a senior, has played golf for nearly 10 years, including four on U-High’s varsity golf team. In February Ethan underwent major back surgery for scoliosis, throwing an obstacle in his golfing career right before his senior season. Through an incredibly difficult period of physical recovery, Ethan learned lessons of perseverance and determination, and he returned a stronger golfer player than he was before.

“I’ve struggled with scoliosis since I was 8, and while it was progressively getting worse, it was at a slow enough rate that doctors never worried about it too much,” Ethan said. “It wasn’t til the pandemic that it got really bad really fast, and so in February this year, I had to get surgery so that I didn’t begin to affect my heart and lung function.”

Ethan’s scoliosis affected his daily-to-day life, but he believes golf was always impacted the most.

“Golf was really difficult with scoliosis because it kept getting worse, my body structure kept changing,” Ethan said, “and so I had to keep adjusting to new swings in golf.”

This hindered his ability to master his swings, since he was playing in a slightly different body every game.

Hence, when he was offered a chance to fix his scoliosis, he took up the opportunity.

“It was scary at first to hear that I shouldn’t play for so long,” he said, “but I thought ‘the sooner the better,’ because I wanted to be ready for the fall season.”

Surgery day was Feb. 15. He received the surgery in Boston and had to stay in the hospital for five days. The doctors told him it would be three months before he could engage in any physical activity and five months until he could properly go back to golf in order to rebuild his stamina.

The summer called for the most determination from Ethan. Day after day, he’d practice at his apartment building’s golf simulator to get back in the swing of the sport.

The golf simulator allows residents to practice playing golf in a room surrounded by screens that simulate a golf field. This allowed Ethan to practice his swings and aim, and by June 14, he managed to play his first full round since surgery.

“It felt amazing,” Ethan said. “It was those smaller moments that made all the more frustrating parts feel worth it.”

On July 4, Ethan set his overall personal record. “I didn’t realize it before, but that’s when I realized my surgery was only a temporary setback,” he said. “In the bigger picture, it left me a better player than before, because now I was playing with a healed body.”

According to junior Alex Ruple, a captain, Ethan was one of the best varsity players during the season. He held the highest individual score for the team’s last tournament; the 2A sectionals for the IHSA tournament on Oct. 3. Alex believes Ethan’s strength through recovery makes his success all the more remarkable.

“Golf is a sport that is very spirial and very rotation related, so to see one of our players not only recover from a surgery so quickly and successfully within less than 12 months, but also give his absolute best to the sport during the season right after surgery, is just incredible.”

Golf has always been Ethan’s happy place, helping him to bond with his friends at school and to escape stress. He plans to keep golf as a hobby as he goes into college to relax.

“Ethan’s a great player and really an amazing friend,” Alex said. “Ethan ended on a really amazing note, and while bittersweet, he has an amazing story to tell of overcoming a major obstacle and bouncing back.”

Dig Pink raises $2,500 for breast cancer research

by ETHAN SWINGER
Assistant Editor

Feet planted, she bumps the ball upward. All eyes on the rising ball, the crowd is breathless in anticipation. Her teammate leaps into the air, hurling the ball over the net. It crashes onto the hardwood floor, accompanied by a blaring whistle. In unison, the sea of pink shirts and screaming fans erupt into applause.

The volleyball team raised over $2,500 in donations for the annual Dig Pink fundraiser, surpassing its goal of $1,500. Of the total, nearly $2,000 came from T-shirt sales prior to the Oct. 14 game versus the Latin School of Chicago.

Dig Pink is a volleyball event throughout high schools and colleges nationwide that raises awareness for breast cancer.

Proceeds are given to the Side Out Foundation, a charity that funds research and treatment for stage 4 breast cancer. Their mission is to help people with breast cancer regain control of their lives.

To garner support, the volleyball players dedicated a game to the cause and sold Dig Pink T-shirts the week before the game. According to captain Charlotte Henderson, a senior, Dig Pink is also an opportunity to bring recognition to the volleyball team.

“It’s also a kind of chance to highlight the volleyball team, not just as a regular game,” Charlotte said. “But as one we put a lot of energy to honor women who have gone through cancer and to raise money for the school.”

Captain Emily Brennan, a junior, believes that Dig Pink is worth supporting because of the personal connection players have with it.

“I feel like it’s great that we support this cause, especially because it’s so close to a lot of our player’s hearts and our coach as well,” Emily said.

Head coach Lisa Miller, who had breast cancer earlier this year, believes that Dig Pink holds significance to the volleyball team because of how it has fostered a sense of community.

“It matters to this community, but really, the team,” Ms. Miller said. “It’s a very important team bonding activity because they really do work together.”
**Five Halloween activities for festivities, frights and fun**

**by AUDREY MATEI**  
City Life Editor

Pumpkin carving is a fun, artistic activity that also provides you with some solid seasonal decorations. It’s also a classic fall group project. Get some friends together, bring a pumpkin at a grocery store or farmer’s market — or go out to a farm if you’re feeling up to it. As with any artistic endeavor, a lot of how you carve pumpkins is up to your own vision, but the Midway has a video tutorial to teach the basic techniques you’ll want to know.

With the end of summer, many are hesitant to embrace the outdoors, but Indiana Dunes National Park offers enriching trails, beaches and wildlife all year round.

The parks are popular with families and allow pets. This leads to crowding in the summer, but fall is an ideal time to visit. Fall foliage and cooler temperatures make visiting perfect. The trails that pass through the woods of the eastern section of the park, such as the Bailey Chellberg Trail are scenic during the season. Additionally, the Calumet Dunes Trail is an accessible short boardwalk trail that runs right through the woods and puts saturated fall colors on full display.

Few people consider the Midwest winter an ideal time for hiking, but Indiana Dunes offers trails even for that when trails are fairly empty. The Cowses Bog Trail looping around the lakeshore offers a beautiful and long hike through a forest, bog and dunes. Make sure to wear lots of layers, for the winds near the lake can be deceptively cool. Plan accordingly for earlier sunsets and your pet’s stamina on this trail.

If winter hiking isn’t your thing, cross-country skiing and snowshoeing are also options during the winter. There’s still lots to do as the leaves transform from green to orange at Indiana Dunes National Park. Whether it’s swimming, hiking, biking or skiing, try something new in the upcoming months by visiting the duneslands.

**Five Halloween activities for festivities, frights and fun**

**by PETER COX**  
City Life Editor

With Halloween right around the corner, it’s time to make some plans for what to do in the coming spooky holiday season. We have some suggestions to get you started.

**Pumpkin carving** is a fun, artistic activity that also provides you with some solid seasonal decorations. It’s also a classic fall group project. Get some friends together, bring a pumpkin at a grocery store or farmer’s market — or go out to a farm if you’re feeling up to it. As with any artistic endeavor, a lot of how you carve pumpkins is up to your own vision, but the Midway has a video tutorial to teach the basic techniques you’ll want to know.

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The Halloween movie is a central part of the Halloween experience. Generally, Halloween movies are either horrors or comedies. Classics like “The Nightmare Before Christmas,” “Beetlejuice,” and the “Halloween” and “Texas Chainsaw Massacre” series, have everything that you’re looking for in a good watch when sitting at home with the lights out, hoping no one else will ring your doorbell.

This year has some new releases, including the most recent entry in the Halloween franchise, “Halloween Ends” in theaters and streaming on Peacock, and a sequel to the 1993 classic “Hocus Pocus” is streaming now on Disney+.

The quality of these newer movies isn’t guaranteed, but regardless they should make for an enjoyable watch anytime during the Halloween season. Attractions, like roller coasters, that offer a thrill have always been big with teenagers. Haunted houses are a Halloween equivalent of this trend. For people who are interested, Chicagoland has many haunted houses, with one of the closest being in Willow Grove. Entrants under 18 must be accompanied by a paid adult. Tickets run around $40.

The general haunted house experience is to go through a building that has been set up for the activity with the appropriate caution tape and fake blood splatters. Actors dressed as the standard Halloween spooks, zombies, clowns, evil doctors and more will put on performances as you move through the house. A lot of haunted houses have special nights where the lights are off or where the actors aren’t there. Haunted houses aren’t for everyone, but if you or some of your friends want to give it a try, then it’s worth doing.

A lot of people put time and effort into decorating their homes for Halloween or making the perfect costume. Luckily, for those of us who aren’t interested in all that hard work, you can still enjoy the fruits of their labor. A casual walk around the neighborhood on this weekend or on Halloween night is an easy way to get into the vibe of the season. See the work that people have put into this holiday, the stunning decorations, the brilliant and original costumes. See how people have turned out to encapsulate the spirit of this magical season. Then head home and have some candy.

Costumes are probably the most iconic part of the Halloween experience. They also present a conundrum for the average teenager. Halloween, particularly trick-or-treating, is a ritual that is a huge part of our youth. As we move away from that stage in our life, people are unsure if they should keep dressing up if they also want to seem cool and mature. It’s up to you whether to dress up, but some ideas for what to do if you decide are participating in a costume contest, taking out your younger sibling, or if the party invitations really aren’t forthcoming, you can always go trick-or-treating yourself.