Leaving Lab:
Black students say the school environment is unwelcoming.

by AUDREY PARK
Managing Editor

About 9% of students at the Laboratory Schools are Black, but throughout the 2021-22 school year, the number of Black students who withdrew from Lab was 7%, outpacing the overall enrollment.

For many Black students, race significantly impacts their experiences at Lab. The extent to which some leave and others consider leaving because they say Lab's environment is not welcoming and inclusive, while a few say they do feel welcomed.

Jordan Rodgers left Lab at the end of her eighth grade in 2020, deciding to transfer to Kenwood Academy High School because her weekends were larger Black student population and a safer place to express her Black identity.

"I used to get passed a note that said 'White words pass' that someone asked me to sign," she said, adding that she tried to get teacher support but was told she was being distracting and disruptive. "This is one of the more subtle forms of disrespect I experienced."

She said many of her peers did not always take her seriously and felt like she was constantly trying to prove herself to her peers. Jordan ultimately decided to transfer to Whitney Young Magnet High School because she wanted a larger Black student population and a safer place to express her Black identity.

"My experience wasn't necessarily bad, but there is definitely comfort in looking around a classroom and seeing people that look like you, and that's not something I recall at Lab," she said. Jordan used to get passed a note that said "White words pass" that someone asked her to sign. She tried to get teacher support but was told she was being distracting and disruptive. "This is one of the more subtle forms of disrespect I experienced."

Jordan and Kinsey enjoy their new schools and feel more in tune with their Black identity.

Malacai Sanders left Lab at the end of the 2021-22 school year, partially due to racial mistreatment, he said. He is now a junior at Kenwood Academy High School.

"I was sent to the principal for having a snowball fight with one of my friends, and when I went back outside, the white children were throwing snowballs, and nobody got in trouble," Malacai said.

"I was obviously Black, but I felt I had to almost be more like my white friends to fit in. Even though I did like Lab, I felt like I wasn't appreciated by teachers as much as the white students."

"My experience wasn't necessarily bad, but there is definitely comfort in looking around a classroom and seeing people that look like you, and that's not something I recall at Lab," she said. Jordan used to get passed a note that said "White words pass" that someone asked her to sign. She tried to get teacher support but was told she was being distracting and disruptive. "This is one of the more subtle forms of disrespect I experienced."

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Since then, Jordan moved to U-High and has developed a hardworking attitude, incorporating the sport's values into everyday life as she continues competing internationally.

New schedule standardizes class times, includes two versions.

by AMY REN
Assistant Editor

After a committee discussed schedule changes for over a year, U-High Principal Paul Beckmeyer unveiled the new 2023-24 schedule to the student body in an open meeting Nov. 29. Every school day will begin at 8:30 a.m. and end at 3:30 p.m., with starting and ending times for classes standardized and aligned with new schedules for the lower and middle schools.

The new schedule will have seven class periods, in contrast to the current eight. Each class will meet for 50 minutes per week, a departure from the current 45-minute periods and one 75-minute period. Advisory will meet twice for 25 minutes each, and lunch periods will be extended from 40 to 45 minutes.

Every student will have four 75-minute periods designated for academic or co-curricular activities depending on the week. The new schedule will have two types of weeks. During "lab weeks," students will use such times for science labs, a by-arrangement course or free periods, while during "co-curricular weeks," some or all of these periods will be occupied by assemblies, learning and counseling programs or college counseling workshops. A universal open time for students will not be present.

Some details regarding the naming of the weeks and order of lab and advisory periods are still in discussion at time of writing.

Aria Choi, committee co-chair, hopes the new schedule will encourage non-academic program engagement.

"My hope is that during co-curricular weeks, because they are so infrequent, that students really do consider the programming valuable and worthwhile to attend," Ms. Choi said.

She also hopes students will continue to exercise choice over how to schedule their days and weeks _ to really support one’s wellness._

We are losing our open time," she said regarding the new schedule, "but it just gives students a little bit more agency and choice._

Midway illustration by Louis Aumaisette
Students struggle to find private space for virtual meetings

by CLARE O'CONNOR
Editor-in-Chief

Throughout the pandemic, students began to use conduct meetings and tutoring sessions, often using two library conference rooms. But now, the library conference rooms are often also available, leaving many students struggling to find quiet, isolated spaces at school, often optional meetings.

"When the school was designed, there was no idea that Zoom was going to be entering our lives, so there was no orientation into creating places for a single person to take Zoom calls," high school librarian Susan Augustine said.

"Now, after remote school, we're struggling with figuring out how to make calls for college interviews, for tutoring, or for classes they're taking at another school to make it possible to go.

According to Ms. Augustine, the lack of adequate space is difficult for students to anticipate. Many students only realize the issue right before their meetings, leaving little time to secure a conference room.

A second hurdle is that individual students aren't allowed to book the conference rooms during open time on Tuesdays or assembly periods on Thursdays.

Senior Nate Greely experienced this issue when trying to attend a virtual college interview. Interview slots are limited, and often all the times available after school hours are filled.

Nate had to cancel the first interview he attempted to schedule during school hours because the library conference rooms were reserved during his interview time.

"That interview, I ended up scheduling and rescheduling like two or three times until I just wasn't able to do it because there weren't any spots left," Nate said.

Without adequate space to attend interviews at school, Nate has had difficulty scheduling interviews at other colleges, even being forced to pick a time slot that falls right before their meetings, leaving little time to secure a conference room.

Leaving Lab: Racism, isolation shape students’ experience

Like Donovan, junior Katie Williams said she experiences a lot of microaggressions at U-High and has observed themes of tokenism, which have led her to consider what it means for her to have an example of opportunities such as internships.

"If I were to say, ‘Lab has picked many people, but they’ve never sent a Black student, if they’ve ever done the same thing at all,’ I’mAim’s worthy enough! I think this is a common thread for many students.”

In a series of interviews with the Midway, multiple students shared details of how they were treated differently not only around school but also in the classroom, such as in group projects and discussions.

Senior Luzia Austen said Lab’s culture often tends to deny the existence of racial microaggressions in the school community.

“Luzia Austen, senior

"I think there are a lot of great things about Lab, like a commitment to a good college,” she said.

"If I were to say, "Lab has picked many people, but they’ve never sent a Black student, if they’ve ever done the same thing at all," I’m worthy enough! I think this is a common thread for many students.”

"I don’t feel like I’ve ever been disadvantaged due to being Black at school,” Asa said.

Similarly, Courtney said he is treated the same as everyone else at school.

"I feel like no one really looks at me differently because of my race, even though there aren’t as many Black students," he said. "No one picks on the fact that I’m Black as a student.”

A Black student who requested to remain anonymous said they “desire” the pity and hyper-atención directed toward matters pertaining to Black identity.

"I find it offensive when people assume I experience mistreatment because I’m Black. I don’t want pity. I am confident in my identity and not to let others, I said. “Especially white folks who think they’re helping something only perpetuate the issue at hand.”

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CARRYING A TUNE. Junior Max Mathias warms up in a Bel Canto rehearsal on Nov. 15. Since he began singing in a choir during the sixth grade, Max has found joy in performing and works to spread that happiness with everyone around him.

By WILLIAM TAN
Editor-in-Chief

Bodies lie face down in a pool
sea of red, surrounded by yellow-
tape. Gunshots and cackling
laughter are silenced by the arriv-
al of flashing red and blue lights.
Revealing the stories behind se-
rial killers, mass murderers, un-
timely deaths and unsolved mys-
teries, the true-critte genre is in
greater demand than ever. Nota-
ably, the release of true-crime sea-
ries like “Dahmer,” “Convex
Cold: An American Murder Story”
and many others have suc-
tured audiences, it has faced
equal criticism for its over-drama-
tization and glorification of human
nature's darkest depths.
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Gory and gruesome yet enter-
taining in a twisted kind of way
“Dahmer” snagged a nomination
for the People’s Choice Award for
Favorite Bingeworthy Show. While
the psychological thriller has en-
captured audiences, it has faced
equal criticism for its over-drama-
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“Hey, we're deriving pleasure from
the darkest moments of peo-
lives,” Dr. Keeler referenced.
"It's seeking understanding for
the criminals and proving that
they've been through over and
over and over." While there are definitely mon-
tary and popularity-based incen-
tives motivating the studios to en-
gage in this form of skewed focus,
the sensationalism of criminals
and their inflicted trauma hurts
all those who find connection
to thesePoeDahmers' lives.

Audiences must be cognizant
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Students sew for self-expression

By CLARE O’CONNOR
Editor-in-Chief

The foot of a sewing machine is dropped onto fabric with a soft thud. After a second of silence, noise fills the air. The metronomic sound of a needle jangling and down punches through the machine’s leathery hide, hands togetherness as steady hands press the fabric forward, joining two pieces together. Among this cacophony of sound, some students have found an outlet.

Marcella Carter has been sewing for years, inspired by her parents who worked in garment construction. She learned to sew in her parents’ warehouse, full of sewing machines and fabric.

“I got my first sewing machine in second grade, but even before then, I would make little clothes for my Barbie dolls with just a needle and thread,” said Marcella, a junior. “I’ve just always been drawn to it.”

Today, Marcella makes complicated pieces, full of sharp lines and volume. Her ideas are realized through her technical sewing skill, allowing Marcella to make painted corsets, cage skirts, tailored dresses and anything else she can imagine.

Other students discovered garment construction more recently. Senior Martin Oliver started in 2020, right before school went virtual, and senior Sinéad Nagubadi started in Martin’s spring fashion class. Both Martin and Sinéad discovered their passion by making costumes for school performances, which inspired them to start making their own clothing.

“There’s something really valuable about making your own clothes. You won’t be opening up to a lot of possibilities,” Sinéad said. “I started sewing clothes and said ‘yes’ to that. I’m really glad I did.”

Martin echoed Sinéad’s sentiment, adding that learning to make clothes has allowed him to challenge his creative habits.

“Overall, sewing is just an important life skill, and it’s fun to express yourself,” Martin said. “It’s also really great that I don’t feel the need to go out and buy a ton of stuff. I can use materials I find second-hand instead of buying something that might be unethical or cheaply made.”

Understanding how to make and alter clothing also allows Martin to feel more confident in his outward presentation. Martin has dyed fabric, learned to sew ruffles and searched for unique fabrics, all to create one-of-a-kind garments that give him a sense of ownership and confidence.

“It allows me to make pieces that are tailored to what I specifically like,” Martin said. “I can make combinations of different pieces, I don’t have to settle for someone else’s idea, and I can make stuff that fits me in a way that makes me feel more comfortable than a piece I buy at a store.”

For all three students, the process starts with translating an idea into a pattern, a template drawn on paper outlining the shape of each piece of fabric needed.

“I either make my own pattern or find one online,” Marcella said. “I like making my own patterns. I can take some measurements and use that to make a pattern, or I base a pattern off of a piece of clothing I already have, adjusting it where I want it to.”

Sinéad explained that after getting a pattern, the process can be even more simple than people think.

“I really hope people start to realize how easy it is to make your own clothes or even just to upcycle clothes you think are boring,” Sinéad said. “I feel like there’s this block of ‘Oh, I have to learn to sew and use a machine’ but really, once you get past the basics, it’s really easy and fun.”

Sinéad has been sewing for less than a year, and while she has more to learn, Sinéad already knows that she wants to keep sewing throughout her life. Garment construction has become a deep passion for Sinéad, a way to channel her creativity into a physical expression of her individuality.

“It’s really important to me,” Sinéad said. “For a long time, I was worried that I wouldn’t find something unique to me, like it’s all passion, but then I started sewing.”

DEDICATED DESIGNER.

In a homemade outfit, Martin Oliver sews his own clothes. Martin acquired the material for the striped shirt he is working on by design and said the garment is one of his favorite pieces he has made recently.

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For all three students, the program for over 20 years. “Now we hope that, you know, history doesn’t repeat itself when our students go to France.”

In March, with school activities back in full swing, U-High will send three students to La Rochelle — one more than is usually permitted since the program remained the unused funds from the previous canceled trips. Ms. Collet-Jardar was delighted to offer more students this opportunity, allowing more students to experience the cross-cultural connections and lifelong relationships between families.

The Eliade Scholarship Program provides violence. The two remaining U-High students will visit France over the summer on a trip that is not funded by the school.

Host student Clara Cai enjoyed the experience of meeting students from different backgrounds. “It was a lot of fun learning the similarities and differences between life in Chicago and life in La Rochelle,” Clara said. “It was also interesting to see how the students viewed Chicago for the first time, as I have lived in Chicago all my life so I don’t notice many of the unique characteristics.”

Exchange student Tiana Burgaud spent her free time exploring the city with friends, bemoaned by the skyscrapers and seemingly ubiquitous Starbucks locations. At Lab, she was captivated by the Gothic architecture of the historic campus, with its tile-covered exterior and hints of Watts.

In the class she enjoyed the most, French, she conversed with some of the students, inspired by their curiosity and dedication to learning the language she speaks at home.

“I was surprised by the kindness of the students. Many came to talk to me and I really enjoyed it,” Tiana said. “There was a good atmosphere in my classes that I will miss.”

On Nov. 11, the five exchange students spent their last day at U-High, saying goodbye to their peers, and leaving the classrooms for the final time.

With the return of the program, this experience has proven to be invaluable for the host and exchange students, a reminder of the cultural immersion and delight this trip provides.
Barista, cashier provides cheer, daily comfort through genuine conversation

By PETER COX
City Life Editor

The school day starts, and during the first few periods, people filter in and out of the Judd lobby. Inside, a woman stands behind a counter making coffee drinks and handing out baked goods. Talking to her in the coffee shop has become a highlight of many people's days.

“I don't want people to just act like I'm just a number or some money. I'm not just money walking around. I'm a whole person, so I want to treat people like that, too.”

Ariel Williams
Cashier, Lab

When asked about people's appreciation of her, Ms. Williams said, “I was really cool” — a rare part of Ms. Williams’ conversation with me.

“I just want the coffee shop to be a safe space. I want everybody to be like, ‘Oh, I'm gonna come here. I'm gonna get my drink and I'm gonna be OK for the 30 minutes I'm here in line.’”

Sophomore Sinead Naghbad can attest that Ms. Williams has succeeded in this goal.

“'She's the sweetest person,' Sinead said. 'She always makes my day. She always has a really nice conversation with me.'”

When you’re down in the dumps after a long day, it’s crazy what just a nice conversation can do for you.

When the track team is running, a block away,” Ms. Williams said.


Bitterly cold. James Dill and Sam Rezaei sleep in tents throughout their journey, braving harsh conditions both day and night.

By CLARE MCROBERTS
Assistant Editor

A blizzard, heavy snow covers the New Mexico landscape, and 10 long hours of walking lie ahead in biting cold air. As hours pass, the snow becomes gossipy mud. A wheelchair breaks off a stroller, which is carrying all the camping gear. There’s no one to call for help; it’s a cellphone dead zone.

This is what a walk across the United States can look like on its bleakest days.

James Dill and Sam Rezaei, 2019 U-High graduates, expect to finish a five-and-a-half month walk across the US from New York to Los Angeles in early December. They’ve suffered blisters, grappling with crushing heat and bitter cold, and made their way next to sometimes-dangerous highway traffic.

But along the way, they say they’ve also found something they didn’t expect: boundless kindness and generosity from strangers.

“We’re on this whole trip together, and we’ve had people just give us food or water out of their car without even asking what we’re doing…”

James Dill and Sam Rezaei
Midway on the trail

1,000 miles over the pier at Santa Monica, Ed said. At one point, in Columbus, Ohio, blisters from the boots Sam had been wearing grew miserable.

“It looked like my feet were through a meat grinder,” he said.

At times, their feet ached, and at one point, in Columbus, Ohio, blisters from the boots Sam had been wearing grew miserable.

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It is really the most wonderful time of year?

This is the season of celebrations, holidays, and gatherings. Almost everyone has something to celebrate, brightening the colder months. While many holidays are celebrated this month, certain traditions seem to overshadow the rest. So consider testing your skills on the ice rink to munchy on tasty treats or finding something new to engage in — you won’t regret it.

Christmas season keeps creeping closer

By KRISHITA DUTTA

“, a survey conducted in 2013 by Pew Research asked people what they liked best about the holidays, and the top response was the commercialization of Christmas throughout the holidays, which was 39% of the answers.

Furthermore, students agree toward Christmas’s heavy dominance over the holidays has increased significantly, as seen in a 2011 Pew Research study that found only 36% of those surveyed knew that Christmas was the official holiday for the United States. What’s more, when students were asked how they’d like Christmas to change, the need for students to have a choice on how they celebrate Christmas was the most common answer, with 32% of those surveyed wanting to have a choice on how to celebrate the holiday. Additionally, 33% of those surveyed

Christmas is a sacred religious holiday for Christians that celebrates the birth of Jesus. However, it is also a time for people to make the occasion interpreted in winter industries worldwide and makes it impossible to miss due to its heavy presence in the commercialized world.

“Christmas is a celebration of the season over the cultural and religious holidays. Students, particularly those who celebrate Hanukkah or Christmas, should be able to do so without feeling uncomfortable. I think it’s important to respect everyone’s traditions and beliefs and not make some people uncomfortable.”

Hanukkah is on December 21, and it is a Jewish holiday that celebrates the miracle of the oil in the Temple.

I love Christmas so much. It brings my family together. But I agree that it goes on for so much longer than it needs to, or starts too early.”

“We do Christmas lights and decorations,” sophomore Madison Smith said. “It’s nice to see how others in the neighborhood decorate their houses.”

Hanukkah observance

Light up the season with city’s holiday activities

“Light up the season” with holiday activities in Chicago! Enjoy the winter season with the warmth of home-baked treats and listen to the sounds of snow falling into a multi-colored blanket.

January 7

Tantrum

The Tantrum, a shop in Wicker Park, is celebrating their 10th anniversary with a special event. The Tantrum is a pop-up shop that offers unique gifts for the holiday season, including handmade jewelry, vintage clothing, and home decor.

The event will feature live music, a holiday market, and a Silent Disco. Attendees are encouraged to bring their own headphones to enjoy the music.

The Tantrum is located at 3130 N. Halsted St., Chicago, IL 60618.

January 8

Zoo Lights

Zoo Lights is a winter festival at Lincoln Park Zoo. The festival features light displays and holiday-themed activities.

Visitors can enjoy a variety of light displays, including a snowman, a polar bear, and a Christmas tree. There are also holiday-themed activities, such as a gingerbread house decorating contest and a holiday craft fair.

Zoo Lights is located at 2200 N. Lake Shore Dr., Chicago, IL 60614.

January 9

Kids Day

Kids Day is a family-friendly event at Soldier Field. The event features a variety of activities, including a snow play area, a holiday market, and live music.

Children can enjoy a variety of holiday-themed activities, such as making snowflakes and playing in the snow. There are also holiday-themed performances, including a holiday concert and a gingerbread house decoration contest.

Kids Day is located at 1818 S. Lake Shore Dr., Chicago, IL 60615.

January 10

Martin Luther King Jr. Day

Martin Luther King Jr. Day is a federal holiday in the United States. It is observed on the third Monday of January each year.

The day celebrates the life and achievements of Dr. Martin Luther King Jr., a civil rights leader.

Martin Luther King Jr. Day is a day to reflect on the legacy of Dr. King and to celebrate his contributions to the civil rights movement.

The day is observed by the federal government and many businesses, and it is a federal holiday in all 50 states.

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Diversity doesn’t reflect neighborhood

It’s a familiar cycle. Racist incident. Public outcry. Email from the administration. Suggestion of implicit bias. Discussions among students and parents with affinity groups. In-class discussion. Meetings. After weeks later, people stop talking about it.

Our school has a poisonous and exclusive environment, and, to its core, there always seems to be a similar pattern. So, do we just keep doing this? Fixing it, however, goes in vain as the cycle inevitably repeats. As a result, we have known a disproportionate number of Black students are leaving the school. We all must do more to transform our school environment into something more welcoming.

To truly ensure Black students feel supported and valued at school, both the administration and student body must take active steps to promote anti-racism and greater diversity.

Every incident is nuanced, and there is always complicated context. For example, at the very least, the administration condemn the racist behavior and the actions. They should truly send an authentic message that the school is one that cares for and values students, the leaders in our community need to embody that message through their words and actions. Students, we also must be intentional about our behaviors, we must understand the context of problematic behaviors and hold each other accountable.

This month, the Midway re-purposed that former Black Lab students cited feeling unable to express their authentic selves as one reason they chose to leave the school. This is unacceptable. We could combat this feeling of isolation by putting in the work to make our school actually reflect Chicago and its Black communities, setting an expectation of diversity.

The Chicago Metropolitan Agency for Planning reports that in two neighborhoods adjacent to Lab, Hyde Park and Kenwood, African Americans make up 24% and 26% of the population respectively. Although 45% of Lab’s student body is from Hyde Park and Kenwood, only 9% of total students are Black. This disproportionate eth nic breakdown of local children enrolled is cause for concern. These are people the孝命 through the school service to all children through its character programs, which are made up of over 95% of Black students, Lab must increase the effort to accurately represent the neighborhoods around us.

In a Lab report that 59% of students are affiliated with universities. This data reveals that in order to be more accountable, we must understand the concept of homogenous. Students go are Black. This data reveals systemic issues with diversity in Lab admissions that need to be actively countered.

To further balance representation at Lab, the school must make an effort to recruit, hire and retain more Black teachers. Teachers of all backgrounds should facilitate welcoming and safe classroom experiences for all. As students, we also must be intentional about our behaviors, we must understand the context of problematic behaviors and hold each other accountable.

In August, California Gov. Gavin Newsom vetoed a bill that would have allowed Los Angeles, Oakland and San Francisco to open supervised drug injection sites. The primary reason would have provided people with a safe, supervised, hygienic environment for people dealing with addictions to partake in illegal drugs.

Although controversial, supervised injection sites argue they promote illegal drug use. However, the absence of these sites does more to diminish the number of people with access to addiction treatments. Providing a sterile, supervised environment for users will reduce the risk of death by overdose and disease caused by shared needles.

How these sites impact the rate of addiction or promote overall drug use remains to be seen. However, while these aspects merit further study, they are secondary outcomes. The primary impact of these sites is to save lives, a task they have already begun to accomplish.

Similar harm reduction strategies have existed across the country for many years. Needle exchange programs provide sterile supplies, safe disposal of previously used sharps and assistance in administering tests to look for contaminants such as fentanyl.

The Department of Health is a program pilot for these sites in 1999, as the AIDS crisis progressed and one in two drug users in New York City were testing HIV-positive. While originally unprecedented and controversial, these needle exchanges have proven invaluable, and they have contributed to reducing the spread of diseases such as HIV and Hepatitis B and C.

Yet while the 1% were planning to pay few taxes to support. The U-High Midway seeks to inform, educate and serve the community of University High School. The Midway is developed and managed by students, for students.

In every story we write, the Midway should give a voice to the experiences of people at U-High. We will report on the people, stories and thoughts that make our school unique, striving to include the voices we haven’t heard yet.

Midway illustration by Elisa Dauri

New income tax bill must pass to address growing wealth gap

by AINSLEY WILLIAMS

During the pandemic, unemploy ment hit a peak with nearly 25 million jobs lost, leaving people in lower economic classes with less disposable income. Meanwhile, people in the top 1% had their wealth grow by nearly $2 trillion in 2021 alone, meaning almost 80% of income in taxes in this time period.

The real-world impact is that the 1% benefit from but pay few taxes to support. The ultra-wealthy may receive income from stocks, interest and capital gains, which is not as heavily taxed. Mr. Musk is not the only billionaire to dodge paying their fair share of taxes. Another ProPublica investigation showed that Amazon CEO Jeff Bezos paid no taxes in both 2020 and 2017, Bill Gates, the majority of Americans earn their salaries through work, the ultra-wealthy may receive income from stocks, interest and capital gains, which is not as heavily taxed.

The BMIT must be passed for it to be possible to break this seemingly never-ending cycle. Hopefully one day soon, our school community will be able to witness our mission as we proudly display.

Implementation of supervised injection sites in Chicago would save lives

by MIA LIPSON

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Though growing in popularity, research shows that the drug has few known effects.

By AMY REN
Assistant Editor

When she was in middle school, Haley Smith recalled that she was “immersed” in CBD products. With her family and friends, she said she would, at times, drop a CBD drink and pretend to be high, which is a misconception, because THC is the thing that alters your mind, not CBD.

THC, an abbreviation for tetrahydrocannabinol, is the main psychoactive component of marijuana, which comes from the cannabis plant. It alters brain function and can affect mood, appetite and sensory perception, along with impairing judgment, coordination and reaction time. According to the National Institute on Drug Abuse, CBD, or cannabidiol, is another substance present in cannabis, but it does not have the same effects as THC.

Even though most products containing CBD do not have government approval, and there is little scientific evidence clearly establishing the benefits of their use, the popularity of CBD has skyrocketed in recent years, with the cannabis industry expecting sales to top $10 billion within the next 10 years. A large part of that growth has been attributed to marketing and advertisingcoupled with the hectic life of 2027, which the National Institutes of Health credits to an increase in stress levels, which can lead to anxiety coupled with the hectic life of 2027, which the National Institutes of Health credits to an increase in stress levels, which can lead to anxiety.

According to a study published in 2018, most of the people who aren’t looking for a latte or mimosas, but are the millions of people who are looking for a CBD drink and pretending to be high, which is a misconception, because THC is the thing that alters your mind, not CBD.

Energy drinks provide alternate caffeine intake

Popular beverages provide energy boost but can have more detriments than benefits for health

By AISLEY WILLIAMS

If you find yourself needing an energy boost, a cup of coffee might be the job-er drink. But if you are like the millions of people who aren’t looking for a latte or mimosas, but are the millions of people who are looking for a CBD drink and pretending to be high, which is a misconception, because THC is the thing that alters your mind, not CBD.

Global energy drink sales are expected to reach $53.1 billion by the end of 2022, with projected profits to rise to $86.1 billion by 2027, which the National Institutes of Health credits to an increase in stress levels, which can lead to anxiety.

A growing focus on exercise and health coupled with the hectic lifestyle of consumers, the majority of which are adolescents, despite what some say on energy drink websites and the sides of cans.

Energy drinks are a popular way to get a caffeine boost, but they can also have detriments.

Celsius
Price: $2.49 for one 12-ounce can
Flavor: Kiwi guava and watermelon berry.

Contents: For one 12-ounce can, there are 0 grams of sugar, 9 grams of sodium, 10 calories and 200 milligrams of caffeine.

Energy type: Celsius has caffeine, taurine, guarana seed extract, ginger extract and green tea leaf extract. Some studies show green tea leaf can boost alertness and prevent disease. Taste: The kiwi guava flavor is quite fragrant with a muted kari taste at first, with the guava being a key flavor along with a semblance of a tropical gum.

Monster
Price: $2.29 for one 16-ounce can
Flavor: There are 34 flavors including watermelon and blue ice.

Contents: For one 16-ounce can, there are 0 grams of sugar, 54 grams of sugar, 370 milligrams of sodium and 230 milligrams of caffeine.

Energy type: Monster has caffeine, taurine, B vitamins and L-carnitine. L-carnitine is a chemical shown to help turn body fat into energy, which is important for many body processes. Taste: The flavor of the original Monster is very similar to the Red Bull but with more of a green apple flavor and less of an aftertaste. It is sweet and strong with a nice balance of fruit and caffeine.

Alani Nu Energy
Price: $2.29 for one 12-ounce can
Flavor: There are 13 flavors such as tropical and cherry slush.

Contents: For one 12-ounce can, there are 0 grams of sugar, 170 milligrams of sodium and 230 milligrams of caffeine.

Energy type: Alani Nu Energy contains caffeine, B vitamins and taurine, which are research shown to increase energy. Taste: The flavor of the original Monster is very similar to the Red Bull but with more of a green apple flavor and less of an aftertaste. It is sweet and strong with a nice balance of fruit and caffeine.

Red Bull
Price: $2.29 for one 8.4-fluid ounce can
Flavor: There are current 10 flavors of Red Bull energy drinks.

Contents: For one 8.4-fluid ounce can, there are 28 grams of sugar, 105 milligrams of sodium, 110 calories and 77 milligrams of caffeine. The drink also contains a vitamin called biotin which is shown to strengthen hair and nails. Taste: The flavor of the original Red Bull, which comes from the cannabis plant, is the main psychoactive component of marijuana, which comes from the cannabis plant. It alters brain function and can affect mood, appetite and sensory perception, along with impairing judgment, coordination and reaction time. According to the National Institute on Drug Abuse, CBD, or cannabidiol, is another substance present in cannabis, but it does not have the same effects as THC.

Energy type: Red Bull claims to have energy drinks as well as a line of CBD products.

Bang Energy
Price: $1.99 for one 16-ounce can
Flavor: There are 40 flavors, including beach mango, root beer and sour apple.

Contents: A 16-ounce can contains 0 grams of sugar, 40 milligrams of sodium, 300 milligrams of caffeine and 4.325mg of sugar. The drink also contains a vitamin called biotin which is shown to strengthen hair and nails. Taste: The flavor of the original Red Bull is the main psychoactive component of marijuana, which comes from the cannabis plant. It alters brain function and can affect mood, appetite and sensory perception, along with impairing judgment, coordination and reaction time. According to the National Institute on Drug Abuse, CBD, or cannabidiol, is another substance present in cannabis, but it does not have the same effects as THC.

Energy type: Bang Energy uses caffeine, taurine and B Vitamins.

Taste: The “Rainbow Unicorn” flavor is a strong, almost fruit punch flavor mixed with bubblegum and cotton candy. The taste is chemical and overbearing, unpleasurable.

Side effects of CBD

CBD products, popular among celebrities like Kim Kardashian West, are becoming more accessible and popular. However, experts warn that CBD products can lurk in a legal gray area, since they are not regulated like other substances like caffeine and alcohol.

Energy type: Energy drinks are a popular way to get a caffeine boost, but they can also have detriments.

CBD is claimed to help relieve anxiety, reduce inflammation and reduce muscle pain, among other conditions, but the Food and Drug Administration has not vetted these claims, and THC is illegal to promote CBD as a food additive or a dietary supplement, and the FDA has only approved one CBD product, Epidiolex, a prescription drug used to treat seizures for a few neurological conditions.

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Now in its 80th year, the MSI event Christmas Around The World exhibits how holidays are celebrated globally.

Every year, we have new community members reach out to us wanting to decorate different trees. And we open up the opportunities for that," Mr. Vega said. "So really, the driving force of the whole exhibit is the community in Chicago that gets behind it." In addition to the trees, a part of the exhibit is the Holiday of Light Celebration. Around the rotunda with the trees vignettes represent the Chinese New Year, Diwali, Kwanzaa, Ramadan, Hanukkah and St. Lucia Day. "We also include the other holidays that are broader than just Christmas because the trees obviously are more of a symbol of Christmas," Mr. Vega said. "But we have these vignettes that are decorated by different volunteers as well that represent different cultural holidays." Mr. Vega says it's important to show the culture and tell the history of different heritages around the world.

"That's something that we really want to take care of," Mr. Vega said. "And given what we're facing in the world, it's something that even more, perhaps even more now, is needed." The museum started in 1942, as a way to, you know, bring communities together in a challenging time in the world.

Over the years, the number of trees has increased, expanding the representation in the exhibit to reflect the diversity of Chicago. Christmas Around The World shows more than 50 trees displaying the different ways customs are celebrated around the world. Mr. Vega said what brings the trees together is the community involvement. The trees are decorated by community volunteers.

"Every few years, we have new community members reach out to us wanting to decorate different trees. And we open up the opportunities for that," Mr. Vega said. "So really, the driving force of the whole exhibit is the community in Chicago that gets behind it." In addition to the trees, a part of the exhibit is the Holiday of Light Celebration. Around the rotunda with the trees vignettes represent the Chinese New Year, Diwali, Kwanzaa, Ramadan, Hanukkah and St. Lucia Day. "We also include the other holidays that are broader than just Christmas because the trees obviously are more of a symbol of Christmas," Mr. Vega said. "But we have these vignettes that are decorated by different volunteers as well that represent different cultural holidays." Mr. Vega says it's important to show the culture and tell the history of different heritages around the world.

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Striking success
Maile Nacu applies the skills and values of karate to everyday life. Her strong work ethic has made her a top competitor and leader.

By VICTORIA WASHINGTON
Audience Engagement Manager

During an international karate competition in the fall of 2019, Maile Nacu visited Fukuyma, Japan, with four teammates. Fully immersed in Japanese culture, she trained with younger kids at the host dojo and toured around the city.

Her dedication to the sport allowed her to see a country she always wanted to travel to. The hospitality she experienced in Japan represents a core value of her karate practice: respect for others.

“There are a few principles that we follow daily in our karate, and I like to apply them in my everyday life: seek perfection of character, be faithful, endeavor, respect others and refrain from violent behavior,” Maile said.

Maile’s hardworking attitude allows her to be a top athlete and apply the skills she learns in karate to her everyday life.

While she has participated in several international tournaments, Maile recently competed in the WKF U21 Junior & Cadet World Championships, which is the highest level of competition athletes under 21 can attend. On Team Kata, which represents the top seed of each country, Maile competed for the United States with two other teammates.

“This is a chance for us to form together and then we show the application of it: mainly throwing and flips,” Maile said. “It was really hard, so we got 13th place.”

As a member of the Enso Karate where she trained with younger kids at the host dojo and the time she spends perfecting her craft hasn’t gone unnoticed.

“She’s always encouraging others and being a good role model,” Milo said.

The time spent with her family through karate has been another important aspect for Maile. When she was younger, she traveled to local and national tournaments with her extended family, providing an opportunity to form relationships with them.

Before all of the advanced competition, karate has been a chance for Maile to spend time with her family, Norit. Not even my immediate family but my cousins, aunts and uncles did it with us, and that was another way for us to all bond.

Encouraged by her parents, who own the Enso Karate where she practices, Maile has been participating in the sport since she was 3 years old.

“My parents put us in classes, and I’ve never stopped since then,” Maile said. “I enjoy karate a lot, especially since I’ve gotten to this higher level of competition and I’ve wanted to train more.”

Even though she’s wanted to quit at times, Maile continues to enjoy karate.

She trains four to five times a week, or more if she’s preparing for a tournament.

Milo Plate-Walker, a sophomore, practices at Maile’s dojo, and the time she spends perfecting her craft hasn’t gone unnoticed.

“She’s always really hard and always pushing herself,” Milo said. “She’s always encouraging others and being a good role model.”

The community at Maile’s dojo has felt welcomed and supportive to everyone. Milo has also felt the familial bond ever since he began practicing there.

“It’s like a family,” Milo said. “I’ve known Maile’s entire family for 13 years and the whole time I’ve always felt part of one big family, they’ve always been very supportive of me.”

Talent and training

The community at Maile’s dojo has felt welcomed and supportive to everyone. Milo has also felt the familial bond ever since he began practicing there.

“Her work ethic is really strong. I don’t think I’ve ever been at practice and haven’t seen her working really hard and always pushing herself,” Milo said. “She’s always encouraging others and being a good role model.”

Fairy and the understudy

Maile said, “My family have been the ones who have motivated me to go to the advanced level.”

The community at Maile’s dojo has felt welcomed and supportive to everyone. Milo has also felt the familial bond ever since he began practicing there.

“The community at Maile’s dojo has felt welcomed and supportive to everyone,” Milo said. “Maile has had the opportunity to train with top athletes and improve her skills.”

The opportunities to train with other high level karate people, like Olympians who are in karate and other seminars with the National Team. All those experiences have been based from my dojo community, and my family,” Maile said. Because of her commitment to the core principles of karate, Maile has been successful both in karate as a top athlete and outside of practice as a role model to her peers.

Audience Engagement Manager

By ETHAN SWINGER
Assistant Editor

With precision, she glides across the paneled room. Her snowy-white dress flows around her. Every move has been rehearsed countless times. Tape lines the laminated floor and colorful costumes are strung across the heated studio. Snow cascades down, just visible from inside the window-lit room. Narrowing her focus, she deliberates the exact movements. Subdued classical music sets the sentimental tone as she practices, Maile has been attending the dance school for over 13 years and takes ballet and modern dance. “In the Nutcracker,” she will take on the role of the Snow Queen. Sarina said practicing for the upcoming show in rehearsals can take up to 15 hours weekly, but the process remains extremely rewarding.

“I think one really rewarding thing about dance in general, or really like any sport, is to see improvement, which is proportionate to the amount of time and effort you put into it,” Sarina said.

Sarina believes the Hyde Park School of Dance maintains an exceptionally close troupe that has provided her with ongoing support over the years. The students have danced together since childhood.

“It’s a really tightknit community,” Sarina said. “And I think knowing that I have that space where I’m supported by everyone around me…is really special, especially at this time of year.”

Sarina thinks that this exceptional group has one of the most valuable aspects of the school. The team and ballet have helped her reduce stress.

“My friends are the people I have in my life, and they’re partners in crime,” Celine said. “We always support and encourage each other.”

Although Celine, a junior who has been attending the dance school for nine years, will be taking the role of the Sugar Plum Fairy and the understudy for Dew DROP, according to Celine, ballet is an art form that requires many of the same demands that many sports do.

“Everyone does it, but you’re still an athlete in the way that you have to have such intense stamina and you’re working really hard,” Celine said. Though rewarding, Celine believes that like any sport the tryouts and rehearsals for “The Nutcracker” are an arduous process. According to Celine after years of training and months of rehearsals, the chance to perform is more than worthwhile.

“It’s very long and intense and we have tryouts starting in late September,” Celine said. “So it’s like a lot of fightbacks and I think that that goes with any sport that you are working your entire life to achieve something.”
by William Tan

For more than 70 years, a tenet of the U-High athletics program has been its no-cut policy, which allows students of any grade and ability to join one or more of the many school sports teams. Unlike many high schools in the Independent School League and across Illinois and the nation, Lab allows students of varying athletic experiences to participate fully in all team practices and games while maintaining a competitive presence across many sports.

At its inception, the no-cut policy was established as an extension of Lab’s principles.

“I think the philosophy behind it is rooted in progressive education. I think historically, there is participation in education to learning as you’re doing, right, including athletics,” David Ribbens, athletics director, said. “So the belief that that's good for students to have participated in has been the underpinning philosophy.”

Lab has long been a proponent of the no-cut philosophy, believing that athletics at Lab has grown exponentially. More and more students are joining sports teams, requiring concerns regarding the logistical feasibility and purpose of maintaining a no-cut policy. From coaches to uniforms to practice spaces, there are a larger amount of challenges to coordinating sports.

With sports involvement only trending upward, these values and questions are important to consider. Is Lab’s policy an impractical relic of the past, or a valued characteristic of the athletics program worth preserving?

I'm aware our commitment to creating a sense of community comes with an equal desire to achieve success. Our sports teams deserve to be as good as possible, and students of varying levels playing together might seem counterproductive to that goal. Yet, that’s why we have multiple tiers of participation: the P.E program, which can offer units in fencing, golf and squash so students can explore these sports without taking up spots on a team.

Many U-High athletics programs have seen reduced engagement in sports because students who are not interested in a sport or want to spend time on friends might not be able to join because they’re simply not good enough. What we do need to remember is that our mission statement principles, that’s just not right.

I'm not saying that Lab should chop the rosters in half or recruit students based on athletic ability. Lab has already had success in both individual and team sports while taking nothing away from academics. However, there needs to be some kind of balance so that the space, time and resources that each team needs are not spent trying to create something that would be required for most sports and might never be a problem for some, but there should be a reasonable cap on the number of athletes that each team can support.

Laboratories include a limited amount of practice space in Kovler and Sunny gyms and on nearby courts and fields. Scheduling practice for the nine total middle school and high school basketball teams during the winter season has been a challenge. This has resulted in teams of 30 athletes only having half a court on which to practice, while coaches have little time to give players individual attention or instruct. Teams also have to use the space, causing difficulties for athletes with long commutes.

For teams such as baseball and golf that regularly practice at facilities off campus, transportation is an added expense. The shuttle bus system is not completely reliable and transportation sometimes has to be organized by coaches and players.

The role of a coach is to organize planning and logistics while also instructing and guiding the team. However, when a team reaches a certain capacity, more and more of a coach’s time is taken up by the administrative aspect rather than the athletes themselves.

In taking on more teams, coaches and athletes need to spend more on uniforms, transportation and equipment. Even if the school continues to cover these costs, the limits placed on each team by their facilities remain.

Teams also lose some of their competitive advantage when all that is required to join the team is signing up. In sports like tennis, where the best place on the team is earned and not guaranteed, athletes will be more dedicated to being at practice and working to improve.

Some may argue that the no-cut policy indicates that Lab is more dedicated to the camaraderie and inclusion that comes with being on a team rather than being an athletic powerhouse. However, that experience is made difficult when the team becomes too large to be a tight knit group and the most committed athletes need to make accommodations.

Each of Lab’s teams should have a limit on the number of athletes who can join a team. Most teams probably would not reach that number and have no need for tryouts. However, tryouts should be an option so that overflow does not occur.

For students who may not be sure if they want to commit to a sport competitively, the P.E. program could offer units in fencing, golf and squash so students could explore these sports without taking up spots on a team.

Eventually, the need for tryouts would decrease as Lab grows, providing an opportunity for more students to participate in every sport. As Lab grows, the number of athletes Lab can support will decrease as we reach a point where Lab can no longer be a tight knit group and the most committed athletes need to make accommodations. This is about building a community based on kindness, and honoring diversity.”