Principal search aims to finish by April

By TEATAMBO
Editor-in-Chief

A lab committee and external consultants are conducting a search for the next U-High principal, with an ambitious goal of announcing their hire in April. Principal Paul Beekmeyer announced on Feb. 3 that he will leave at the end of this academic year after four years in the role.

A search committee will work with consultants from DRG Talent to identify two to four final candidates, who will be invited to visit the high school, meet with the community and provide feedback, according to a follow-up email the Midway from Director of Schools Tori Jueds.

Ms. Jueds said a search consultant was hired to help in the process of casting a global search for a diverse pool of applicants for principal.

“Our search will be open to all candidates. You could call it a national, even global, search and that’s why we have a search consultant. They know who’s in the profession, and they can reach out to people who might be a good fit,” Ms. Jueds said in an interview. “So candidates might come from international companies who have traveled from other schools, from other institutions, all over the country, all over the world.”

In an email to the Lab community Feb. 11, Ms. Jueds announced that she would co-chair the search committee with Carla Ellis, associate director of schools. Members include Ana Campos, dean of students; Mr. Chenn, athletic director; Mr. Hill, principal; and Ms. Jueds.

In addition to the search committee and consultants, a survey was sent to all U-High students, families and employees, asking for community input about principal aspirations.

There will also be separate listening sessions for high school teachers, faculty, students, families and all employees.

The in-person session for high school students will be March 7 during open time, 10:10-10:40 a.m. in the John Rogers Board Room in Judd Hall.

Zoom sessions for high school faculty will be Feb. 27 at 8:30 p.m.; Lab employees, March 1 at 4:30 p.m.; Lab parents and guardians, March 1 at 6:30 p.m.

Ms. Jueds said she, search committee members and consultants will be in the listening sessions to understand the characteristics, qualities and experiences community members believe a new principal should possess.

“If there are four qualities and experiences coming their way. We want to understand the characteristics, qualities and experiences community members believe a new principal should possess,” Ms. Jueds said. “So I am excited to explore the community input.”

To fill the role of departing U-High principal Paul Beekmeyer, a search committee of eight faculty and administrators will work with consultants DRG Talent to identify two to four finalists.

SUCCESSOR SEARCH. To fill the role of departing U-High principal Paul Beekmeyer, a search committee of eight faculty and administrators will work with consultants DRG Talent to identify two to four finalists.

Spring break exchange trips offer cultural exploration

By KRISHITA DUTTA
Opinion Editor

As the coronavirus pandemic is subsiding and global travel is again an option, U-High students are able to embark on exchange trips for the first time since 2019. Excited to finally step out of their comfort zone with their peers to explore cultures across the world, students are grateful for the experiences coming their way.

The world languages department has three exchange trips during spring break. Fourteen French students will travel to Paris and La Rochelle, France; 16 Spanish and 29 Latin and Greek students will travel to Greece March 6-16.

Latin teacher Fran Spaltro is helping coordinate the Greek trip and has observed the process for her colleagues to plan the other. She said the major differences between the international and domestic trips this year compared to previous years are the adjustments to COVID-19 protocols and the increased interest in international travel.

“We contract out with educational tour companies who book hotels, flights, entrances to museums, so that part of it is pretty straightforward,” Ms. Spaltro said. “The big difference, though, lies in the number of students. We have around 50 students going across all the trips, so clearly everyone’s hungry to travel.”

Ms. Jueds said she wants to find someone who embodies Lab’s mission and values of collaboration, student understanding and community building, she’s also looking forward to hearing what qualities and values community members voice as their top priorities.

“She said, ‘We will find ourselves on the other side of this search with a wonderful new principal for University High School who brings the qualities we’re looking for, like alignment with our mission and support for our commitment to scholarship and our commitment to exhibiting kindness and very much our commitment to valuing multiple, scholarly, diverse experiences as well as our commitment to exhibiting kindness and very much our commitment to valuing multiple, scholarly, diverse experiences as well as our commitment to exhibiting kindness and very much our commitment to honoring diversity.'”

“Tori Jueds, director

“I wish the best for him, and he’s been down the best principal I’ve ever worked with.”

— Daniel Bobo-Jones, science

“I’m grateful for the stability that he’s provided us with, and also looking forward to the next thing that, in this case, I think really suits him and his family as well as what he wants to do.”

— Carla Ellis, associate director of schools

“Mr. Beekmeyer very much, and I will personally miss him as well. I think he has been a great leader of the University High School, and I’m sorry that he’s leaving, but I’m also always excited for somebody who will lead the next thing that, in this case, I think really suits him and his family as well as what he wants to do.”

— Christy Gerst, history
Exchange students visit Lab for a week

Taiwanese, French students explore Chicago’s culture

By ERICH RAUMANN

Deputy Managing Editor

French students arrived at the University of Chicago during the winter holidays and spent a week with their host families. The exchange students, including seniors Amelie Liu and Lena Stole, shadowed their host students in classes and spent time exploring the culture. Liu, who hosted an exchange student from Taiwan, said she got more and more talkative.

As the trip went on, Liu said she learned a lot about the Chinese culture and enjoyed spending time with her host family. She got more and more talkative. As the trip went on, Liu said she learned a lot about the Chinese culture and enjoyed spending time with her host family.

Science Olympiad places first, second at contests

The varsity Science Olympiad team scored first and second place in two consecutive competitions at the University of Chicago Jan. 28 and Feb. 4.

Junior varsity scored sixth in the Jan. 28 event competing against 39 teams, and third of 22 teams Feb. 4.

Individuals participate in the contests and are individually ranked, and their scores contribute to the team’s overall score. The contests were held on a knowledge-based, engineering-based or hands-on basis.

The team members were happy with their results. Captain, Fermi Blume, said, “We were all happy with our results. The Feb. 4 competition was especially exciting for our team because we were able to work together towards a common goal.”
More than periods, pregnancy and pills

Hormonal medications provide menstrual aid

by MIA LIPSON
Assistant Editor

I

just days ago, sophomore Uma Malani left school early to spend an hour in the doc-
tor’s office. With a new schedule of needles and nurses, waiting to receive answers about her men-
sural cycle. Uma got her first period in late sevenths grade, Uma has struggled with frequent peri-
ods of intense, intolerable pain for weeks at a time.

For birth control pill Uma's periods did not improve as she expected, and she still experi-
enced many symptoms she sought to relieve.

“When going to the doctor, I was looking for a better alternative to what was happening and, really, I wanted to know if there was something wrong with me,” Uma said.

Now, she is looking for a medi-
cation option, other than the birth control pill, to manage her men-
sural cycle that works for her.

Hormonal medications, includ-
ing the combination hormonal birth control, have the potential to pro-
vide a solution for adolescents looking to manage menstruation and menstrual-related symptoms.

While these medications have been widely studied and tested, each user has a unique experience.

Shravasti Pradhan, Assistant professor of obstetrics and gyne-
cology at the University of Chica-
go, offers that she sees many young adults like Uma who wish to address their periods. She noted that many patients note pain-
ful periods with intense cramping, excessive bleeding and a duration that exceeds the typical three- to seven-day window. For patients wishing to address their cycles, for menstrual suppression of control.

Dr. Pradhan and Dr. Chor both like to present a variety of options:

“There are incredibly safe and effective medications, though each one is not for everyone. People have their different kind of prefer-
ences and I like to talk to them when choosing a method, and so the most important thing is understanding what is important for them in terms of think-
ing about their own medication to help,” said Julie Chor, a Lap parent and associate professor of obstet-
rics and gynecology at the Univer-
sity of Chicago.

Dr. Pradhan noted that while medications to manage periods are often only referred to as “birth

control,” not all medications have contraceptive efficacy.

“The term ‘birth control’ can sometimes intimidate people. Es-
pecially because a lot of my pa-
ients are younger, they come with parents and guardians who some-
times also feel like their child is too young to be on something like that.” Dr. Pradhan said. “But in terms of menstrual management, there are some hormonal medi-
cations that are not contraceptive, which makes the way we phrase it an important distinction to make.”

When seeing patients looking to manage their periods with medi-
cal steps, Dr. Pradhan categoriz-
es the many medication options in two primary ways: combined and progesterone only.

Combined medications consist of two primary hormones — pro-
gensterone and estrogen — and often allow the user to experience a bleeding episode approximately every 28 days that tends to be more manageable for patients, often re-
sulting in more regular periods with lighter bleeding and cramp-
ing. According to the American College of Obstetrics and Gynec-
ology, combined medications al-
so have the potential to manage ac-
ne, reduce the occurrence of men-
strual-related migraines without an aura and decrease the risk of ovulation, uterine and colon cancer. Combined medications include the patch, ring and widely known birth control pills, and each method has a unique potential for side effects.

With birth control pills, Dr. Chor and Dr. Pradhan both noted that adolescent patients frequent-
ly express concerns about side effects such as acne and weight gain. However, many medical studies show evi-
dence of little to no correlation be-
tween hormonal birth control and weight gain.

The other main category for menstrual management consis-
ts of progestin-only medica-
tions, which contain a form of pro-
gensterone, a hormone involved in pregnancy and menstruation. These medications consist of pills which, unlike the combined pill, may stop a patient’s period entirely, or thin the uterine lining to largely reduce bleeding. Anoth-
er form includes the birth control injection or an IUD, an intrauter-
ine device.

With both types of medication, Dr. Chor and Dr. Pradhan both consider the patient’s medical his-
tory when selecting a medication to address other medical condi-
tions as well as certain menstrual disorders such as endometriosis.

Each patient’s experience can differ based on individual prefer-
ences to individual side effects. For people like Uma, whose first

experience with the pill was not what she expected, she now hopes try other methods to address her periods will allow her to live her life cramp-free, as she hasn’t been able to do in years.

Dr. Pradhan said, “My goal is always to help patients reclaim their time so they can get back to the things that they really want to do.”
Unpopular mayor seeks second term: unfulfilled promises lead to poll struggles

by TEA TAMBURO

Editor-in-Chief

As Chicagoans compare candidates and some U-High students prepare to cast a ballot in the Feb. 28 municipal election, some students are interested in learning what the candidates stand for.

Those do not have experience in the city, state or nation make for a diverse set of candidates.

Those candidates include():

Brandon Johnson (D): Former Chicago Police Superintendent

Ja'Mal Green (D): Former state senator

Jesse "Chuy" Garcia (D): Former state representative

Willie Wilson (D): Former state senator

Ja'Mal Green has focused on addressing crime with hope. He solutions. He plans to create a social work force within a school and pass a Chicago Dream Act to expand work opportunities for immigrants.

William Wilson has advocated for a strict, crack-down approach to crime, saying police should be able to hunt down criminals like a rabbit.

Brandon Johnson's campaign revolves around social-focused policies with a trauma prevention program that provides two-year, interest-free loans to low-income homeowners.

Paul Vallas wants to increase boat commitments to the city and wants to educate more people about safety rules.

Roderick Sawyer has focused on increasing the Chicago police force by 1,000 officers.

Sophia King has an extensive background in community engagement and has experience in public service.

Kam Buckner has centered his campaign around his ability to work with the state government. He promises to hire thousands of teachers and to help in the creation of affordable housing and the balance of the city budget.

Jesús "Chuy" García has focused on addressing issues of police brutality and pass a Chicago Dream Act to expand work opportunities for immigrant and youth students.

Sophia King's campaign focuses on community policing reform. She wants to hire additional police officers in the Chicago Police Department to ensure a reserve force of retired police officers to handle non-dangerous duties.

The candidates are running as members of the Democratic party. Chicago, a stronghold for the party, has not had a Republican mayor since 1991.

Can't decide who to vote for? Scan this QR code to take the Sun-Times mayoral candidate compatibility quiz to make an informed decision on Feb. 28.

 sentient to the beginning of the pandemic began. Ms. Lightfoot had plans for increasing affordable housing, electing Chicago Public Schools' board members and creating a series of videos of her at different events.

In the first year of the pandemic, a lot of incidents in Chicago, such as the murder of three police officers, were attributed to the pandemic.

Throughout her tenure, violence in Chicago grew by 56 percent, and following summer riots in 2020, she came under criticism for her response in ensuring neighborhood safety.

Senior Asha Patel, who will be voting for the first time, said a mayor who will address issues of police brutality and gun violence.

"In terms of what I'm looking for in a mayor, I probably adducing more issues with the police department, and perhaps a general just violence and the use of guns in Chicago," she said.

Another area of Ms. Lightfoot's policy scrutinized due to the pandemic is the city's mental health clinics, which were closed under former Mayor Rahm Emanuel. Activists from the organization Stop Mass Incarcerations have called for reopening clinics.

Ms. Lightfoot has promised to invest in city-run mental health clinics. On Jan. 7, Ms. Lightfoot said her administration will continue to focus on mental health care.

Asha says she's prioritizing candidates' potential for tangible change when deciding her vote.

"After seeing the people who have been in power and seeing what has changed and what hasn't, and what their goals were originally and what they were able to accomplish, will definitely impact who I will vote for."
Urban farming catalyzes sustainability

For some, urban agriculture is more than a simple passion: it’s a way of life.

by AUDREY PARK

UChicago medicine nurse Sonia Jama recalls a time when she had a patient with a deadly brain tumor in need of immediate treatment. She directed the patient to a navigation service to seek a solution. However, the care process was delayed due to limitations with his insurance. This is not a unique experience. A 2022 study concluded that 8% of Americans are uninsured. Consequently, certain health care services are restricted for some. The approval process for such services can take a while, and sometimes a deadly, aggressive cancer cannot wait for care.

Health care workers work with limited care solutions for uninsured people, regardless of the severity of the condition. Often, patients may not have access to necessary treatments.

Ms. Jama and Ms. Contresas, both neuro-oncology nurses at University of Chicago Medicine, frequently encounter uninsured patients.

Ms. Contresas checks to see if the health care provider is appropriate for the patient, and Ms. Jama manages the treatment if approved. A lack of knowledge though UChicago Medicine accepts charity cases for uninsured patients. Sometimes it’s probably one of the biggest obstacles.“It’s not just the process, it’s also how to jump through so many hoops for the uninsured, and I can’t tell you how much time we spend just getting the authorizations for imaging or treatments.”

Ms. Conteras helps ensure the patients get the treatment they need promptly. One of the more common exceptions is an out-of-network exception form, also referred to as a “grant,” which allows them to receive their medications at six months of coverage. Such forms are only short-term solutions to a more significant problem.

“After that six months are up, you have to go back to the form, and then we have to keep doing that over and over,”Ms. Conteras said. “But the stipulation is that you’re still actively searching for a physician when the grant is approved. So it’s really like a Band-Aid on a wound.”

Communication with patients is another obstacle Ms. Conteras faces in her work. She said some uninsured patients don’t always follow up and, consequently, can’t come back to receive help. “We push them, we can do whatever we can for them, but ultimately it’s up to the patient to follow through,” she said.

Some outcomes of situations involving uninsured patients can depend upon their medical provider. “Some providers are very generous,” Ms. Jama said, “others not. Some providers have offered to waive the copay to see if it’s something very generous.”

Even generous providers have limitations to the services they can provide by hospital policy. “The generous provider could, for example, order an MRI for an uninsured patient. But then we’re like, ‘Well, wait a minute, the patient hasn’t seen in two years. What’s the liability? Because the doctor’s gonna order this scan, but then he’s responsible. A lot of times, we have to talk with risk management to make sure that it’s OK. There is a limit, and we have to follow policy,” Ms. Jama and Ms. Conteras said.

Ms. Jama and Ms. Conteras said they feel a moral obligation to help uninsured patients and do their best to work around the limitations.

Similarly, Margaret Clifford, a personal care assistant at Christ Advocate Medical Center, said she feels a strong moral obligation to help all kinds of patients. “As a health care worker, how can you not help someone? It doesn’t matter their circumstance,” she said. “We need help. It’s our responsibility.”

Ms. Jama said she thinks most of the struggle reflects the American health care system, not UChicago Medicine. She is appreciative of the resources available at the university.

Ms. Jama said, “I’m very fortunate to work in an environment that values our communities.”

For around 60% of patients, especially those with time-restrictive conditions, Ms. Conteras fills out an outreach to turn this form where the patient will be sent elsewhere using a navigation service.

The goal of Chicago FarmWorks is not just to grow organic food for communities in need. “We have a workforce development side to FarmWorks as well, which we are working with individuals that have barriers to employment. It could be previous incarceration, could be addiction, could be homelessness, could be many, many different things,” said “One of the reasons that the farm was created was to be a stepping stone for those individuals in the program.”

For those who believe in environmental conservation, urban agriculture produces healthy and sustainable options.
Step up to support peers’ mental health

More engagement, awareness around mental health is needed from students

Despite the calls for a more empathetic environment, students’ mental health throughout U-High’s hallways of groups of students can often be heard making off-hand remarks like, “This class makes me want to kill myself” or “That outfit makes me look like I’m anorexic.”

Joking about mental health or using it as a way to exacerbate a point may feel harmless at the moment. However, with recent data from the Centers for Disease Control and Prevention showing a rise in depression and anxiety in children among teenagers, such words are underlining the severity of the topic. While the administration ultimately bears most of the responsibility for this, we as students are not harmful to students’ emotional wellbeing, students must work together to be another face that uplifts their peers’ mental health.

Although it is tempting to blow off Wellness Workshops and assemblies, we as students have a responsibility to look after the health of others. We do not utilize the resources being offered and voice what more is needed, so substantial change will occur.

As students, it is imperative that we assess the culture we create. Our peers are looking for us to script it to our liking. Using language that portrays serious conditions as a joke trivializes and sexts judgments on the real hardships that many students face. Mental disorders are much more than just hyperbole, and they must be handled as such.

There are limits to the amount of content that harms of Lab’s overall culture, but sparking serious conversations about mental health is one area they can improve. A recent significant opportunity students have been given is to take an active role in improving the discussion surrounding mental health by applying to become a Peer Mental Health Partner. Those selected will receive specific training to identify and manage mental health challenges in their peers while also reducing internal efforts are often men’s work, as students are able to have personal knowledge of the challenges their peers face.

This burden does not fall on the shoulders of students. As students work on their part of the culture shift that needs to occur, the administration must do the same.

Some efforts like the mental health assemblies have been made, the administration has yet to genuinely listen to and address students’ needs in this area. Including mental health days as excused absences, instituting homework policies and pushing the start of the school day will prove all significant starts, but there is still a long way to go in improving students’ mental health.

As U-High seeks a new principal, mental health is among the top-most priorities and that the person has demonstrated experience understanding and supporting teenagers’ mental health. What U-High really needs is to become a place where students can be confident their concerns are being addressed as they voice them. Ultimately, students and the administration must work together to ensure that the conversations about our mental health at U-High address the topic as it is: a serious issue that is negatively impacting nearly all of us.

This reflects the opinion of the U-High Midway editorial board.

Finals week schedule must be provided to support students

By AUDREY MATEI

Senior

Page 18 of the student handbook states, “Students who have three 3 or more final projects assigned for the same day can ask their teacher for a reasonable extension to the deadline if needed.” Although I have heard students occasionally ask for a deadline extension, I have not once seen or heard someone actually try to apply it. That was until I had to... during the week of finals.

During the final two weeks of the term, I had 10 major assignments due. With the added stress of exams and classes, this unequal distribution of work made me realize that something is very wrong with the way our end of semester schedule functions. With many finals and final projects scheduled re- structure the week needs to be re- evaluated, too. Finally, students themselves are not helping. I have filled up my work load knowing that it would be rigorous. However, the entire system we adopt for the end of the semester is counterproductive to its purpose. Our current end of semester schedule includes a four-day week: the first day has a normal schedule; the subsequent three days only have two or three 5-minute class periods scheduled and the final day is off for students. Although the re- designed class meetings are meant to prevent cramming, having only three days reserved for tests, projects and papers still leaves many students overwhelmed with lots of work and little time. Next year, the schedule will support seven 7 periods while providing students the ability to take eight classes.

To adjust to this change, I propose that the day of exam scheduling be removed. Each of the four class days during the last week of the semester should have two class periods. This will slightly light the week before the semester’s end is incredibly important to use for longer term study. According to the University of California, San Diego psychology department, spaced-out studying practices help students to retain more information and study more effectively.

Although finals week should be set up to help students feel the least stressed as possible, the most recent experience didn’t work and we need to work to transform it into something better.

Disney’s 100th anniversary: Not a celebration but a wake-up call

By CHLOÉ ALEXANDER

Assistant Editor

100 years of Disney. 100 years of children growing up watching Disney movies, essential to a child’s life. The movies are filled with color by love and magic, are adored by all. I always treasured watching it every running away with Flynn Rider, Belle having a passion for books and grumpy and Tiana following her dream by opening a restaurant. But unfortunately, I have also seen or heard of racist caricatures. There are limits to the amount of content that harms our health. While the administration ultimately bears most of the responsibility for this, we as students are not harmful to students’ emotional wellbeing, students must work together to be another face that uplifts their peers’ mental health.

With Disney’s centennial anniversary approaching, not only do we recognize the happy ever after, but the long years of caricatures and stereotypes. As someone who has always loved watching Disney movies and will probably continue to watch them, I cannot ignore aspects of the movies that are painful and racist. There can be found lists of racist and problematic movies, character and situations that Disney has created and historically inaccurate slave-to-mastery relationship, according to NAACP’s statement on the movie: “Regrets, however, that in an effort neither to offend audiences in the North or South, the production helps perpetuate an glorified picture of slavery...[the film] unfortunately gives the impression that the relationship, which is a distortion of the fact.” There are plenty of other aspects of the movie that would make you understand why Disney refuses to make it available on Disney+. Although Disney has openly stated that “Song of the South” will not be shown, we must recognize that it was made.

While Walt Disney himself might’ve not been racist, the movies he allowed to be created, characterize and thought of and made in the Disney legacy have racist aspects. This isn’t to say that Disney’s past is not painful, but the movies that don’t reflect real life. Being able to address the realities in Disney’s questionable past doesn’t mean you can’t enjoy a Disney movie. But choosing to watch today’s more diverse Disney movies is a step in righting the wrongs of Disney’s past.

u-high midway

Published during the school year by journalists and photography students, the U-High Midway is an independent newspaper of the University of Chicago Laboratory Schools.

u-highmidway.com

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Bored of Disney’s 100th anniversary: Not a celebration but a wake-up call

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TikTok promotes unhealthy trends

By ZARA SIDDIQUE

As the Supreme Court weighs the implications of affirmative action in Students for Fair Admissions v. University of Washington School of Medicine, Asian American students must take the lead in advocating for ethnic inclusion. The current narrative pits Asian Americans as the “model minority,” a myth rooted in white supremacy and the perception that Asian American people are successful because they’re hardworking.

Without a clearer, more concise decision, we must reframe our thinking around Asian Americans regarding the multifaceted definition of people of color. I was a sophomore the first time I was asked if I consider myself a person of color. While asked out of genuine curiosity, I was surprised with the question, for I identify as Asian American. To me, being Asian American — not white — made me a person of color. Then, I questioned if I truly am a person of color, for I haven’t absorbed the same systems of oppression as other communities of color do.

The issue of Asian American people being overlooked as people of color is critical. The Americanized social, economic and educational success, sometimes pene- trating into the anti-Black bubble as well. Asian American women are often viewed only as allies to people of color in spaces for diversity, equity and inclusion. The lack of Asian female diversity as a real and racial inclusion in our mission to achieve racial and ethnic inclusion. The Asian American commu- nity has long been seen as the “model minority.” Since the 40s, this myth about Asian Americans’ collec- tive success has been used as a racial wedge and condones the diverse Asian experiences into a single narrative of success. Within this myth is the inherent implica- tion that despite the racial adversity and sometimes debilitating racist Asian Americans face, they’re still overlooked as valid people of color.

Between March 2021 and March 2022, 440 incidents of anti-Asian hate were reported across the United States, according to Stop AAPI Hate, a coalition that tracks and advocates for combating hate incidents. I believe that some power structures that lead to the oppression of other people of color and AAPI experiences with racism, have deeper and more ex- tensional impact than most Asian American communities, however, it’s still our school community’s duty to support and include all ethnic and racial ident- ities when addressing diversity and inclusion. By supporting stu- dents through the Model Minority Myth and general lack of knowledge around Asian American and cultural

Within the Laboratory Schools, we will begin to mitigate the effects of the Model Minority Myth and general lack of knowledge around Asian American and cultural

When deeming this aesthetic to be pleasurable and a white standard of beauty. While deeming this aesthetic to be pleasurable and a white standard of beauty.

Moving forward in our inclusion-centered conversations, I believe that it is important to recognize one’s success in a male-dominated field.

— Chani Patterson, sophomore

“Alexandria Ocasio-Cortez, based off of her political activism, especially coming from an underprivileged background and now leading the country. She has the potential to be a president — and that’s important to recognize her success in a male-dominated field.”

— Shauna Anderson, math teacher

“TikTok has become one of the most popular platforms.”

— Aaren Khan, junior

Women with ADHD face different, difficult social expectations

By CLARE MIRROBERTS

All over the internet, quizzes for people with ADHD are multiplying. Among these quizzes, some are young women who have recognized themselves in a list of qualities — strug- gling to focus, having vivid daydreams, viewed as a talking point — identified as symptoms of attention-deficit/hyperactivity disorder. As a young woman, I have always struggled to focus. I have found evidence that suggests that women with ADHD are more likely to seek help for girls than boys. ADHD is deeply com- plex, and it affects everyone differently. Women are often missed when it comes to medical referrals and diagn- oses, studies suggest, because women with ADHD may show a different set of symptoms: irritability and anxiety rather than hyperactivity, which is more widely rec- ognized symptoms of ADHD. Yet,innamonent women with ADHD — diagnosed or not — may exhibit symptoms that do not align with social constructs for women in particular. Often, wom- en are expected to be focused, or- ganized and reserved, taking up little space as possible. Too loud, too messy, too noisy — none of it quite fits what the world expects. Yet, these women with ADHD are young and the number of underdiagnosed women is real and deserves a deeper look.

Social pressure, teachers and administrators of a priori that 19% of boys are diag- nosed with ADHD compared to only 6% of girls. Yet, those very statistics bring reason for concern. Women with ADHD have found evidence that suggests that women with ADHD are more likely to seek help for girls than boys. ADHD is deeply com- plex, and it affects everyone differently. Women are often missed when it comes to medical referrals and diagn- oses, studies suggest, because women with ADHD may show a different set of symptoms: irritability and anxiety rather than hyperactivity, which is more widely rec- ognized symptoms of ADHD. Yet,innamonent women with ADHD — diagnosed or not — may exhibit symptoms that do not align with social constructs for women in particular. Often, wom- en are expected to be focused, or- ganized and reserved, taking up little space as possible. Too loud, too messy, too noisy — none of it quite fits what the world expects. Yet, these women with ADHD are young and the number of underdiagnosed women is real and deserves a deeper look.

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The “manosphere” is an online community centered around promoting toxic masculinity, often through misogynistic agitprop. Manosphere influencers flourish online, building audiences of millions through predatory disinformation.

Societal deficits help drive manosphere ideologies

by CLARE M. ROBERTS

Society encourages men and young boys to conceal their emotions and to channel their feelings into action or aggression. Some experts say this may fend off the worst of toxic masculinity.

Yet the manosphere extends beyond charged phrases and impulsive argumentative rhetoric. Concrete impacts of toxic masculinity permeate young men, at local, individual levels.

A host of advocates have perpetuated the manosphere since the 1970s, evolving as a byproduct of the Men’s Liberation Movement and as a relative of attempts to define, construct, and authorize men’s identity. Over time, the manosphere has expanded, and today, the political and cultural potential permeates young men’s self-awareness and influence in both public and private life. In 1979, Warren Farrell wrote the MLKs main source of justification against feminism, the book ‘Many Men Are the Invisible Sex.’ During the next decade, outgrowth of the MLKs as the critics of justice and fathers Manifesto said they work and defend it via sites such as 4chan. Today, famous figures including Donald Trump, faith leaders, and intellectual authors (Schoenfeld and SNARF) and Canadian psychologist and columnists have written some part of the movement toward reality and consciousness.

While its misogyny is often disowned by its creators, content on TikTok and Twitter, the manosphere also functions covertly using archetypal dog whistles. Its promoters use specific language to demonstrate dissonance and distance women and men in society.

There is also a spectrum of categories within the manosphere’s rights activism (MLKs) to pick-up artists (APA), each subgroup has slightly different views on the relationship between men and women, but all believe society white males have lost their deserving role in our society. Members of the manosphere identity as white non-Muslims, people who have been dealt the worst of toxic masculinity.

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Success with every season

Lucy Aronsohn focuses on her goals in athletics and academics through dedication and practice

by CHLOE ALEXANDER

Dribble the ball, assess the court, get in formation and shoot. That’s what Lucy Aronsohn knows to do during a basketball game. She knows when the game’s tempo is slow, when the energy is down and how to play well in those situations. But more importantly she knows how to get through that, work with her teammates and get the ball through the hoop.

As a two-sport, three-season athlete, Lucy works hard at staying committed to her sports while following her passion.

Now a sophomore, Lucy started playing basketball in seventh grade, and during eighth grade when the pandemic prevented her from playing soccer, she joined a travel team, which gave her a better sense of the game.

Although she has been playing basketball for a few years, her main sport is soccer, which she began playing when she was 2, so by now she has a great sense of the pitch. But with basketball, she had to learn and practice, which she accomplished with her travel team.

“My passion for soccer is bigger just because I’ve been playing it my whole life,” Lucy said. “Soccer and basketball are kind of similar. You have to be able to see the core to understand the game but since she started playing later she had to catch up. When it comes to balancing a full schedule, Lucy discovered something had to give.

Lucy said that balancing basketball and soccer is hard because centers have to catch up quickly. When it comes to training and working with the players, is important.”

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“I think the hardest part is trying to please everyone,” Lucy said. “I like my service. I like being with the kids. So in that way I feel like I’m not showing up for them. And then also from my coach’s standpoint, like, I need to show a level of commitment that’s similar. And I have been all season, but still I feel like I still find myself feeling bad if I miss a practice or two.”

Ms. Jenkins understands the balancing act as she was also a U-High athlete.

“Sasha Duda prepares to swing during a basketball game on Feb. 7, after she scored 11 points, even when the team lost by four points, Lucy will still show up and do her part.”

ALL-AROUND ATHLETE. Lucy Aronsohn begins her spring soccer season continuing from travel soccer and winter basketball. Lucy has had to work hard to maintain her commitment to being a two-sport, three-season athlete while keeping up her school career.

Ms. Jenkins said these groups showed a level of commitment, which is hard to get in high school. Being a two-sport, three-season athlete while keeping up her school career.

“I think that’s what life is about is understanding how to balance things,” Ms. Jenkins said. “And from here on out, it’s all a balancing act, no matter what gets thrown your way.”

Lucy’s commitment and struggles in her high school career help her become a better athlete. So when her team is struggling in a game, she knows how to pick them up so they can work together. Like in the Morgan Park Academy game on Feb. 7, after she scored 11 points, even when the team lost by four points, Lucy will still show up and do her part.

“I think that’s what life is about is understanding how to balance things,” Ms. Jenkins said. “And from here on out, it’s all a balancing act, no matter what gets thrown at you.”

UChicago economics study tests baseball team

by KATIE SASAMOTO-KURISU

In preparation for the upcoming baseball season, players have spent the off-season undergoing a special kind of training, one specifically designed by former MLB affiliates including major league coaches. But instead of being organized by a special kind of training, the training was run through the athletics department, and I have been all season, but still I feel like I still find myself feeling bad if I miss a practice or two.

The training study was the basis of a 12-week study focusing on the effects of various training habits on player performance. Professor John List, the parent of junior Masouk List and former University of Chicago student, aimed to study the production function of baseball, a method of experimenting to relate certain inputs to a specific output. Faith Fatchen, a UChicago pre-doctoral student who assisted in the study, said Dr. List was interested in examining what science could say about baseball.

“The training was a special kind of training, the training was run through the athletics department, and it was a special kind of training, the training was run through the athletics department, and I have been all season, but still I feel like I still find myself feeling bad if I miss a practice or two.”

The study contained three experiment groups: one underlying special training using over-weighted and under-weighted bats and balls, one training with standard equipment and one control group that did not participate in specializes training.

Ms. Fatchen said these groups were chosen to get a more precise estimation of the results, given that the respective inputs would move differently.

“The goal is to get an unbiased estimation of the production function,” she said. “What we’re doing is introducing experimental variation in those inputs.”

The two test groups trained with researchers three days a week, practicing with their designated equipment under specified training protocol created by a team of former MLB affiliates and coaches. The control group held normal practices. All players attended specific test points three times during the study: Oct. 31, Dec. 11 and this month. The test points gathered information on exit velocity — how fast the ball moved once it was hit — and throwing velocity — how hard the ball was thrown.

Junior Sasha Duda, who was in the regular-weight testing group, said that in general the study has had a positive effect on players.

“It’s pretty good on the mental side of things. It creates a good team cohesion,” he said. “Generally I’ve been getting quite a lot out of it just for ourselves and each different aspect.”

He also thought that the training helped the team in their regular practicing. He said it allowed the team to get back into the rhythm of the season, allowing players to get meaningful throwing and hitting training together as a group.

“It’s a little bit more laid back. When we’re in the season, there’s kind of set goals that you have for practice,” he said, regarding the regular baseball season. “It’s not super forced, it’s more laid back and not as strict. It’s easier for us to communicate.”

Ms. Fatchen, who has worked with Dr. List previously but is not entirely familiar with baseball, said she’s learned new things, and she’s learned a lot assisting with this study.

“It’s been interesting not just the economics literature but also the strength and conditioning literature,” she said.

Baseball coach Luke Zavala said he couldn’t be happier that the team had the opportunity to participate.

“They’re getting the chance to follow an incredibly well-supervised, high-level training program with elite-level coaches, those that train major leaguers,” he said.

Mr. Zavala also said that beyond getting specialized training, the players benefitted from simply being in a space with one another.

“If you like your teammates, if you enjoy hanging out and being around people, you’re gonna want to train harder for them, cherish them on and hope to see them succeed,” he said. “Those kinds of friendships that develop from the opportunity to workout together are huge.”

As the team gets ready for the regular season, the players are better prepared having practiced under specialized and focused training from professionals — both in baseball and economics.
**A Perfect Fit**

Through synchronized skating, junior Amy Ji discovers her place

by CLARE McROBERTS

The beauty of the routine changed in an instant. One moment, the team members were gracefully gliding and intersecting across the ice. The next, a skater’s leg was sliced open as she collid

ed with another. As the injured skater was carried off the ice, her teammates watched in traum

atized shock.

The frightening moment last year at a competition in Boston captured both the excitement and peril of a unique sport: synchronized skating.

“We share a lot of like laughter, even through all the pains that we have to go through,” Amy said, “in the challenging times, during practice and even if there’s a really scary moment.”

In synchronized skating, a group of eight to 16 skaters perform coordinated routines, and what sets it apart is its combination of some of the most challenging aspects of other events: the thrill and danger of figure skating, the collaboration of a large team and the precise coordination of dance.

For Amy, a junior and synchronized skater, these features are what make the sport a perfect fit for her.

“To prepare for competition, Amy spends about 14 hours a week practicing in the rink.

Amy began solo skating about nine years ago and started synchronized skating five years ago.

Now a member of the Teams Elite synchronized skating team, she has competed at international competitions and represented the United States with her group.

The group dynamic of this type of ice skating brings additional challenges to the already demanding sport.

“It’s pretty difficult,” Amy said. “You have to use your peripheral vision a lot. There’s a lot of counting and staying on beat because even if you’re slightly off, it can be really noticeable to the judges and the panelists.”

Each skater has an equally critical role, Amy said. Supporting a struggling teammate is crucial to success at this highly collaborative sport.

“Sometimes when one person wouldn’t be doing as well,” Amy said, “learning how to really support and keep them going and keeping optimism throughout the entire atmosphere has been really important.”

Despite the strenuous nature of synchronized skating, Amy said that the team’s close communal aspect is what makes the experience so special for her.

“They’re basically my second family,” Amy said. “It’s so many things we have to go through together. We have a really strong relationship from that.”

The close bond Amy has with her teammates has taught her valuable lessons. She has gained a more positive outlook on her experiences off and on the ice.

“I’m able to make sure that, as a person, I can be more optimistic and that I’m still very self-driven,” said Amy. “That can sort of permeate throughout the entire rink, or to the entire team so that you can cheer each other on.”

Such communication is fundamental to the sport. Amy’s teammate Jamie Hyun, a senior at Glenbrook North High School, said Amy excels at this.

“She’s able to easily communi

cate with the team and coaches when there is an issue,” Jamie said.

“She can quickly make corrections when given by the coaches.”

One of Amy’s favorite memories with her team is their most recent competition in Switzerland, where the team represented the United States.

“Despite the pressure, Amy wasn’t nervous to compete at an international level; the camaraderie she and her teammates had developed gave her that confidence.”

Motives for developing a Pilates routine were varied, Mr. Potter shared the same sentiment.

“I often think about my parents now. One of the things I’m always talking to them about is, ‘You need to stretch, so your muscles don’t tighten up and you can’t walk up the stairs at a certain point.’ Mr. Potter said. “I would all in all say Pilates are a really good thing for everyone in the community to be doing.”

Motives for developing a Pilates or mindfulness routine may differ depending on the person. While student athletes may want to prevent injuries, faculty may want to increase flexibility in their age or activity level.

After all, the bottom line is that everybody knows how to breathe in ... and out. Breathe in ... and out.
Sasha Watson earns accolades for poetry, stories

By ZARA SIDDIQUE
Audience Engagement Manager

Sasha Watson listens to a classmate talk about a writing assignment in the library classroom. Sasha is an avid writer, serving as the editor-in-chief of the Renaissance Literary Board and using writing as a way to reflect on her life. "Writing is a bridge for my thoughts and the world around me," she said. "It helps make sense of a lot of things." Writing is a huge part of her life. But with support and encouragement from teachers, Sasha has reached certain parts of her identity. She feels it allows her to look at the bigger picture and see the world around her.

Sasha's favorite part of writing is editing, especially in her role on the Renaissance Literary Board. "I think my favorite part about writing is editing a piece," she said. "I get through the hard first drafts and all of that, reaching that stage where you're honing in on something specific and feel close to articulating an idea accurately." Sasha also enjoys collaborating with other students who share the passion for writing. Co-editor Sara Kumar appreciates Sasha's love for writing and the energy she brings to the club. "She has such a strong work ethic paired with incredible creativity," she said. "She's a writer as much as she is an editor, and she looks at submitted work with the perspective of someone who knows how hard it is to create, and share and be vulnerable." The title, "Not All Realisms," originated from the essay by American photographer Allan Sekula, "The Body and the Archive." Dr. Wilson believes "Not All Realisms" can represent a testament from the oppressed. It's a refusal to silence themselves and let their oppressors control the narrative. Dr. Wilson said. "I feel like I'm at the beginning of this process of writing." Sasha also enjoys collaborating with other students who share the passion for writing. Co-editor Sara Kumar appreciates Sasha's love for writing and the energy she brings to the club. "She's a writer as much as she is an editor, and she looks at submitted work with the perspective of someone who knows how hard it is to create, and share and be vulnerable." The rule Sasha holds herself to is that she must always be writing or working a piece. Because of this, throughout her years in U-High, Sasha has had numerous pieces of work to submit to the Scholastic Art and Writing Awards in various grade levels. This school year she has won six keys, the previous year she won nine, and in ninth grade she received one. As Sasha continues with her writing, she acknowledges how comfortable it makes her feel and how helpful it is in unpacking and understanding the world around her. "I feel like I'm at the beginning of this process of writing," she said. "It is really comforting that I know I will have it for the rest of my life." A pencil scratches at the page and the cursor blinks on her document as she sits pensively at her desk. The piece she's editing has a part she just can't quite get. As she patient-ly edits, it finally comes to her. The keys of her computer furiously clack as the final piece of her story settles into place.

When Sasha Watson first started writing in middle school, it never occurred to her that she would be something she'd want to do for the rest of her life. But with support and encouragement from teachers, Sasha is now an accomplished writer, an editor-in-chief of the Renaissance Literary Board and a recent winner of 16 Scholastic keys. Through writing Sasha said she has reached certain parts of her identity. She feels it allows her to look at the bigger picture and see the world around her. "Writing is a bridge for my thoughts and the world around me," she said. "It helps make sense of a lot of things." Sasha's favorite part of writing is editing, especially in her role on the Renaissance Literary Board. "I think my favorite part about writing is editing a piece," she said. "I get through the hard first drafts and all of that, reaching that stage where you're honing in on something specific and feel close to articulating an idea accurately." Sasha also enjoys collaborating with other students who share the passion for writing. Co-editor Sara Kumar appreciates Sasha's love for writing and the energy she brings to the club. "She has such a strong work ethic paired with incredible creativity," she said. "She's a writer as much as she is an editor, and she looks at submitted work with the perspective of someone who knows how hard it is to create, and share and be vulnerable." The rule Sasha holds herself to is that she must always be writing or working a piece. Because of this, throughout her years in U-High, Sasha has had numerous pieces of work to submit to the Scholastic Art and Writing Awards in various grade levels. This school year she has won six keys, the previous year she won nine, and in ninth grade she received one. As Sasha continues with her writing, she acknowledges how comfortable it makes her feel and how helpful it is in unpacking and understanding the world around her. "I feel like I'm at the beginning of this process of writing," she said. "It is really comforting that I know I will have it for the rest of my life."
Pieces of pop culture: Read reviews-in-brief

**Source:** Macmillion Publishers

**By TAARIQ AHMED**

**REPORTER**

At 6 years old, I used to rush home after school to catch my favorite TV shows, "Phineas and Ferb" and "Jessie." While most of my peers loved the shows for more general reasons, I cherished the fact that each one featured an Indian American. Baljeet Jyender from "Phin- eas and Ferb" and Ravi Ross from "Jessie." I enjoyed the shows from the eyes of a small Indian American child. Look Mom and Dad, he looks like me! As a result, I bare- ly lived through the recurrences between Baljeet and Ravi’s personalities. The constant state of embarrassment.

As I grew older I started to identify this disturbing trend of stereotypical depictions of Indian Americans across entertainment and realized how these portrayals can negatively impact people, including me. By oversimplifying the identities of an entire diaspora, movies and television had left a lasting impression on Indian Americans searching for representation.

In the 1990s), But the development of certain American sitcoms used exoticism to cast Indian culture: from Peter Sellers’ "Brownface" imitation in "The Party" (1968) to the ridiculous portrayals of Indians in the blockbusters "Indiana Jones and the Temple of Doom" (1984).

Soon enough, Indian Americans became popularly misrepresented in American television, the most notorious example being Apu from "The Simpsons" (starting in the early 90s). The development of the stereotypical image of the "nerdy" and "puny" Indian American child became truly dangerous for the identities of young Indian Americans. So when other kids my age started to call me "Baljeet" and "Ravi," it made sense because these misconceptions about me were only amplified by movies and television.

Still, I run into countless Indian Americans who believe otherwise. Why are you shaming these shows and movies that have entertained an entire generation? I love Baljeet and Ravi. Plus, there are a lot of us just like them!

As the identities of Indian Americans are questioned, the pressure often comes from our own families and our own community. But whether you choose to pursue the life -styles of Baljeet and Ravi, there is no right or wrong way to be an Indian American. Just different ones. Therefore, when the Baljeet and Ravi system is asserted as the only correct way, a much larger cultural struggle that Indian American kids have long undergone is ignited. What does it mean to be Indian? And am I Indian enough?

For those who believe stereotyping for comedy’s sake is a fair trade, I turn to what Parbhat Sharma wrote for The Economist: "Those who defend this portrayal argue that this is ‘just a joke.’ But it stops being a joke the moment people are killed in crimes. It stops being a joke the moment the people being killed in crimes are Indian American. So when other kids my age started to call me "Baljeet" and "Ravi," it made sense because these misconceptions about me were only amplified by movies and television.

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In service, students understand selves

While giving back to their community, students connect to their own identity

by AUDREY MATEI

While her friends all have plans to hang out together after school, Lusia Austen drives to her local synagogue, KAM Israeliah, every Friday at 4 p.m. Walking into the place of worship she imagines five years ago, she prepares to teach a group of students that she was a part of only a few years prior. The kids are full of energy on a Friday afternoon and she works hard to make Hebrew school as engaging, relevant and fun as possible.

Lusia is one of many students involved in multiple organizations that help them to connect with their own identity and give back to their community. Throughout the city, students participate in multiple organizations that specifically serve and target certain demographics. Among them are Jack and Jill of America, a group that advocates and serves Black children through service projects, fundraising efforts, educational materials and policy work. Multiple Lab students participate in one of the Chicago chapters, and junior Katie Williams is the vice president of hers.

Katie said her biggest takeaway from working with Jack and Jill of America has been the connections that she’s formed within the group.

“I’ve been a part of Jack and Jill for the last three years. It’s been a lifelong friendship and bonds I’ve formed, and I really appreciate how that started my web of connections with other people,” Katie said.

Lusia shared a similar sentiment about the connections she makes. She said her favorite part of working at the synagogue is building relationships with the young people who attend.

“A big part of it for me is connecting with the children,” she said. “It’s by building community space, and the classroom is a really important part of that.”

Junior Yolotzin Martinez is involved in YoloCalli Arts Reach, an initiative hosted by the National Museum of Mexican Art. She participates in their radio journalism offering and spent a month last summer working on a two-hour show that focused on connecting with the community and its effects on specific communities.

Yolo said that it was important for her to share these stories with the communities around her.

“The biggest thing I learned was the importance of staying informed,” she said. “History does repeat itself if it’s not talked about enough, and we’re kind of seeing it, even now aside from reproductive rights, in other issues for people of color as well.”

The show shared resources for listeners, information from experts and overlooked impacts of initiatives like “My CHI My Future,” a program that connects Chicago youth with out-of-school activities.

Katie said that being able to learn about the Chicago community from new viewpoints has been extremely rewarding.

“I’ve learned so much from my peers and their different perspectives,” she said. “Without this experience, I would have zero to limited knowledge about the different policies and actions the city is taking to help youth and hav[ing] the perspectives of others has been extremely enlightening and life-changing.”

She also said her motivation for joining the Mayor’s Youth Commission was to help uplift her community during the pandemic.

“Over quarantine I gained a lot of knowledge of the political structure and parties,” she said. “I just felt very suffocated as a youth, so to combat that I tried to involve myself in different things to uplift my community, so I can make change.”

Lusia said that above anything else, she appreciates the act of giving back to the community that has done so much for her.

“One of the reasons I wanted to start working was because I had such a great experience there when I was a kid,” Lusia said, “and I want to give the same experience to the current kids.”

Desi community gains overdue visibility

Cultural group hosts celebrations, expands preserve by KRISHITA DUTTA

After years of dancing to Bollywood music and drawing mud prints on her palms, senior Kirti Sarav was finally able to share these experiences with her non-desi peers at U-High this year.

Despite members of Lab’s desi community organizing events in an effort to draw the attention of the greater school population to desi culture, they have felt overlooked. For a long time now. Recently, however, the desi community has received an increased interest in people from various religions and backgrounds showing up for each other is a sign of mutual respect and understanding. It builds community.

Kriti, the treasurer of Asian Students’ Association, is also excited by this shift in perception of desi culture that she finds evident in the newfound interest and engagement from non-desi peers, a stark contrast to the mockery she believes the Desi community has faced for so long. This excitement is largely rooted in her own personal experiences.

“I grew up being called all kinds of names for the color of my skin or for my Indian name, so I understand the reality that our culture is not widely appreciated. And it’s to the extent that such ignorance toward our culture even exists at Lab,” Kriti said. “So I’m really excited at the newfound appreciation at least at Lab. But I definitely think we have a long way to go in making sure that this appreciation and participation is sustained, and also to keep it growing and fight mockery.”

According to Ms. Sadjadh, it’s great to finally show that their peers are also interested in learning about our culture.”

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Jeffrey Chen reaches apex through determination, hard work and talent

By AUDREY PARK
Managing Editor

When Jeffrey Chen came to Lab in seventh grade and joined the math team as a ninth grader, it did not take long for his classmates, math teachers, or team coach to recognize his passion for and natural talent at math.

Jeffrey, now a senior and co-captain of the math team, is one of the nation’s top high schoolers in math, but beyond that, he is known as an enthusiastic leader, hard worker and outgoing friend.

Jeffrey’s interest in math began in sixth grade and ignited through his relationship with former math teacher Christopher Freeman, who coached Jeffrey for four years. Mr. Freeman was Jeffrey’s biggest inspiration.

“He recognized I was pretty good at it and showed me how fun math can be,” Jeffrey said. “Over time, we grew very, very close, and I saw him as a father figure who always gave me advice on mathematics and even outside of it.”

Math teacher Joseph Scoll said Jeffrey is the most talented math student he has seen in the 15 years he has taught at Lab. Jeffrey has placed in the top six of the four exams before qualifying to compete in the IMO, the International Mathematical Olympiad. Over 100,000 people participate in the first round of the AMC 10A, 12B. Six qualify to compete in the IMO, the final stage, where 104 countries are represented.

“Jeffrey is one of 30 currently trying to qualify for IMO. Last year, he qualified for the competition but did not make the top six,” Mr. Freeman said. “Jeffrey has completed two of the four exams before the team is chosen in the summer.”

TALENTED AND OUTGOING. One of the nation’s top high schoolers in math, Jeffrey Chen is involved in a number of activities outside of math, including computer science, physics and the Diplomacy Club.

Winning formula: Club races to build model car for contest

By AMON GEAY
Sports and Leisure Editor

The high-density polyurethane foam model block is a simple gray box that the U-High F1 team members brought with them to the U-High Midway Makerspace. Each member of the team is chosen in the summer and creates a model car for competition.

The U-High chapter of F1 in Schools combines their passion for STEM and racing by building and raising sponsors for the model car racing league, which they will compete in for the first time this summer.

Throughout the year the team works in the makerspace to build the model car out of the F1 model block. The current team will compete against other schools for the first time over the summer. The model that they will build will be attached to a carbon dioxide canister to test the car. The team is working on testing their design for drag.

“I think running the test was really exciting. It’s like a culmination of all the work we’ve done in the past,” Ayush Mishra, club co-president said. “I joined this club in eighth grade at Lab, and it’s been a lot of work, but that just felt pretty special.”

Along with the car, the team will raise money through sponsorships, similar to other F1 teams. The U-High F1 team is one of the six teams selected for the Regional Final stage, which means placing in the top three of nationals.

“The main competition Jeffrey Chen has competed in this year is the American Mathe- matics Competitions series,” Ayush said.

The AMC series consists of five stages to determine the International Mathematical Olympiad. Over 100,000 participants compete in the first round, the AMC 10A, and then are invited to 108 and 12B. Six qualify to compete in the IMO, the final stage, where 104 countries are represented.

“Jeffrey is currently taking Linear Algebra and Multivariable Calculus, and AP Statistics. One of his math teachers, Farah Kazhan, said Jeffrey thrives in math because of his dedication to the subject. “I am sure he is extremely talented, but the thing about pure mathematics is you have to possess the ability to concentrate and Jeffrey has that in spades,” Mr. Kazhan said. “So that is what sets him apart from others: his passion, the initiative and the ability to do what it takes to succeed.”

Junior Adam Tang, the other co-captain of the math team and Jeffrey’s friend, said Jeffrey makes math fun. Adam said Jeffrey is one of the most socially outgoing people he knows.

Jeffrey said, “Most people have this conception that really smart people are socially awkward, but he is the opposite of that.”

Currently, Jeffrey is working on a math project with a graduate student and professor at the University of Amherst through a program called MIT PRIMES. Jeffrey plans to major in math in college and pursue a math-related profession in academia. Aside from math, Jeffrey is interested in computer science and said it is a large part of his life.

Outside of academics, Jeffrey enjoys playing board games. He is the president of the Diplomacy Club. Some of his other favorite games include Settlers of Catan and poker. A successful and eventful four years later, Jeffrey has created a profound impact on the math team and will leave a long-lasting legacy at Lab.

“He is a great leader, but he is also just one of the nicest kids I could ever remember having on the math team,” Mr. Scoll said. “I mean, as far as I am concerned, he really is just a great kid and person. He is just really one of the best team members we have ever had.”

CREATING CARS. Members of the F1 in Schools club hover over the workbench in the makerspace as they work to design and build a model F1 car on their computers. They’re preparing for their first competition in summer.

“This year’s competition is to build a competitive car, which means placing in the top three of nationals,” Ayush Mishra, sophomore said.

Our goal for the upcoming competition is to build a competitive car, which means placing in the top three of nationals.”

Raza Ali Zaidi, club co-president, said his favorite part of the club has been seeing everyone improve and work together to create the car.

“I think especially with our return to in-person competition this year, everybody’s gotten to know each other much better,” Raza said. “We’ve gotten much more used to working with each other.”

As the team continues to develop, the members have learned to work together as creators and engineers.

“Our goal for the upcoming competition is to build a competitive car.” Raza said. “Hopefully we’ll qualify for globals (worlds), which means placing in the top three of nationals.”
Warm noodle dish provides winter weather delight
by LOUIS AUXENFANS
News Editor

Stacked upon grocery store shelves in plastic packages, instant ramen has become a staple in American culture. The allure of an instant noodle soup that can be cooked in three minutes has led to its presence in various ramen varieties. Yet, those quick bowls do not taste quite the same as those freshly prepared in a restaurant.

Ramen, as a traditional Japanese noodle soup dish consisting of wheat noodles with toppings of nori (dried seaweed), menma (bamboo shoots), scallions, corn, and a hard-boiled egg served in a broth. Four categories of ramen are each distinguished by their broth. Shoyu ramen features chicken and vegetable broth flavored with soy sauce, resulting in a translucent brown broth that is tangy and light. Shio ramen contains a thinner chicken broth that gives the soup a clearer appearance. Miso ramen consists of a thick and hearty miso broth that gives the dish a nutty flavor. Tonkotsu ramen is made from simmering pork bone on high heat for many hours that results in a creamy and fatty, translucent white broth.

The type of noddles also distinguishes the type of ramen. Noodles are made from wheat flour, water, and salt, and are kneaded into an alkaline mineral water of sodium carbonate and potassium carbonate that gives ramen noodles their characteristic yellow color and chewy elasticity. The noodles range from thick and straight to thin and curly. Typically, the thicker noodles are paired with heavier broths.

As a winter dish, ramen is perfect for providing a satisfying, hearty meal. Just one bowl will provide much-needed warmth in rough Chicago winters and leave your stomach satisfied. For a comforting and delicious meal at a decent price, check out these three ramen restaurants with locations across Chicago.

Gold: Kyuramen

Prices: $16.99

Kyuramen has an energetic and bustling atmosphere in downtown Chicago. Recently opened in January, the restaurant is the first in Chicago for the chain with 14 locations throughout Japan. Customers can choose from a variety of ramen with a tangle of noodles served cold, but they help cool the palate against the warm broth. It's definitely a great creative vessel, and it's just really fun to read as well because you know that they're having fun with it and you're having fun with it," Eliza said. "It’s nice pungent taste to the aromatic broth and the uber delicious marinated egg provides rich creaminess to the dish. Additionally, nori and wakame (algae) sprinkled on top also add to the flavor. The slices of grilled chicken in the dish are not strangely served cold, but they help cool the palate against the warm broth. It’s definitely satisfying. They’re not hot any more, but you know, the ‘height of literature’.

Both Beatrice and Eliza emphasized that fan fiction is not its negative connotations, and it can be a ground for judgment. "I know there are definitely negative views of it, which I can understand... there could be mature things in it," Beatrice said. "That doesn’t stop curious young readers from clicking."

Some websites allow readers to easily avoid or seek certain topics because creators can “tag” works with particular themes. "It feels very reliable and very safe," Eliza said. "You’re never really going to be surprised.

Both Beatrice and Eliza believe one of fan fiction’s biggest impacts is how it encourages creativity among both individuals and communities. "People create this base where people all over the world can read it, and see different perspectives," Beatrice said. "People can connect to a new generation."