Survey shows mental health concerns

Students experience more depression, discrimination than national averages

by KATIE SASAMOTO-KURISU
Assistant Editor

Anxiety and depression symptoms among Lab’s high school and middle school students are higher than national averages, and Black and multiracial students are more likely to report lower equity and inclusion, according to results in the 2022 Health and Wellness Survey.

The survey results, which were announced March 2, reported that over 30% of students report a “low desire to be at school.” The survey was conducted in October by the new survey vendor Authentic Connections, with 87% participation among students in grades 6-12. This year’s results compared with previous years and high school responses, different from previous years. Within the student body, participation was lowest in grade 12 at 68% and highest in grade 10 at 87%.

Title IX Coordinator for Lab Betsy Noel said she was not surprised by the results, given her experience with the Lab student population and the constant concern around mental health among the student body.

“We already knew that we had a significant portion of our student body that is struggling with mental health difficulties, and that hasn’t changed in a substantive way,” Noel said. “We were previous-ly above the national benchmark with rates of anxiety and depression and we continue to be above the national benchmark with rates of anxiety and depression.”

U-High counsel Camille Baughn-Cunningham said that students’ low desire to be at school is likely caused in part by the pressure of parents and adults at school as well as dealing with a difficult social environment. The Wellness survey reported that 28% of students experience hyper-parenting over academic grades, 4% more than the national norm.

With regard to Black students and multiracial students reporting low equity and inclusion, Dr. Baughn-Cunningham said the first step to making these students feel a greater sense of belonging is hearing their experiences.

“I hope that some of the events of this year will play a role in hear-ing the day to day experience of many of these students,” she said. “The better we know what's happen-ing, the better we are, hopefully, able to make some changes.”

She said that an individual’s peers can play the biggest role in making them feel unwellcome at school.

“It’s not always these kind of big incidents that are the most hurt-ful. It’s the numerous smaller inci-dents, the accumulation of things, that becomes unbearable on a giv-en day,” she said.

Ms. Noel said that addressing mental health difficulties, particu-larly anxiety and depression, is difficult because they are so multifac-torial. Despite this, there are ways the school can help students by focusing the areas, as determined by Authentic Connections.

“We have a huge issue with anx-iety but we’re not going to address it by prescribing anti-anxiety med-i-cation,” she said. “We’re going to do it by addressing low equity and inclusion, combating discrimination and socializing and having down time,” she said.

Junior Olivia Quiles said she learned how to better advocate for issues related to mental health.

“Mental health is not something that a lot of people feel comfort-able sharing,” Olivia said, “and I think the more that we talk about mental health, the more that we combat negative stereotypes, we can lead to a better future where people are healthier.”

Sophomore Theo Hinerfeld, who will be a peer leader next year, found the training beneficial and believes it will have a positive impact on the Lab community.

“The training lessened the stigma of talking about mental health,” Theo said. “We talked a lot about how you should always have a cir-cle of people you’re OK with open-ing up to and talking about your mental health with. At Lab, the people that you think you should open up to are just counselors or teachers, but if you have a peer that you can talk to, it might lessen the fear of being judged.”

The results of the 2022 Health and Wellness Survey, which de-tailed Lab’s substantial anxiety and depression levels, have igni-ted larger discussions about the importance of mental health within the community. According to school counselor Ted Stripling, the skills and knowledge that stu-dents gained should be applied in everyday life.

“It’s great because there’s ex-tra students in the student body that have the expertise to con-nect with a peer or a classmate,” Mr. Stripling said. “It means that anxiety or depression is go-ing to get completely eliminated? Absolutely not. But if some peo-ple are struggling with those, the training makes them more likely to get support. I think that’s a win.”

by the numbers

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Comparison</th>
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<tbody>
<tr>
<td>22.6%</td>
<td>experience hyper-parenting about grades, 3.5% higher than the national average</td>
</tr>
<tr>
<td>29.2%</td>
<td>of Black students reported experiencing discrimination</td>
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<tr>
<td>25.2%</td>
<td>of nonbinary-identifying students reported low equity and inclusion</td>
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</tbody>
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Mental health training program expands to student body

by TAARIQ AHMED
Reporter

More than 40 students are now certified in a teen mental health training program. The teen mental health partner training was offered to students as an expansion of the program that Lab employees took part in last school year.

The students who completed the training in one of two sessions on March 22 and 24 included 28 peer leaders for the 2022-23 year and 17 other students who applied to participate. It covered subjects from recognizing distress symp-toms to suicide prevention, as well as information on safe methods and resources for students to utilize when assisting peers.

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Students seek principal who understands

by CLARE M. ROBERTS

I had always danced, and I came to
understanding to me, because it is
that would be a better leader
the next principal to be
keeps a lot of that, but we want to
and emotional wellness.

Director of Schools Todd Juers,
search committee, said she noti-
ction when it came to

They’re looking for somebody who’s attuned to the
balance of your lives.” Ms. Juers said, adding
that students had made it clear
that they are looking for leadership
from someone who both appreci-
aus the academic rigor of the U-Hi
experience and who is attuned to
other concerns.

Her

She said that she heard from
students “the fact that this is such
an achievement-oriented student body, on the one hand, and we li-
ke lots of that, but we want to
balance that speaking excessive stress
and considerations of mental
and emotional wellness.”

Goyer, a sophomore who
attended the student session, said he
wants the next principal to be
student-focused and to address
mental health issues for students
head on.

Mr. Juers said students also
seemed to be seeking another prin-
cipal who was deeply connected to
the school community as she said
Mr. Beekmeyer has been.

“They feel known and seen by
him,” she said, “and they liked that and they’re looking for that in our
next principal.”

Mr. Juers said that the next prin-
cipal’s understanding of young
people in your generation is like,”
she said, “in terms of technology
and the way technology shows up
for you in the learning environ-
ment and in your social environ-
ment.

Carla Ellis, associate director
of schools and co-chair of the
search committee, noted that much
has changed in the four years since
Mr. Beekmeyer arrived in 2009.

“I wouldn’t say I always planned
to be in education,” Mr. Beek-
meier said. “I feel like there’s still a lot of work

to do on every level of govern-
ment.

I think we all can participa-
te in our own special ways.”

Ms. Hardy came to her current
career after jobs in both govern-
ment and tech, but found herself
sitting in a career that focused
around art.

“I’m a West African dancer,
and I came to working on Capitol Hill in college.

I wouldn’t say I always planned
to be a Cook County Commis-
ioner. It kind of came organically,”
she said. “Then I am going in-
to my second term. And you know
I feel like there’s still a lot of work
to do on every level of govern-
ment.

I think we all can participa-
te in our own special ways.”

Ms. Hardy shared about her
relationship with Keewa Nurullah,
a former performer
artist who turned children’s sto-
er into a performance artist turned children’s sto-
er.

“I ended up touring the U.K.
performing all over the country
and all over the world,” Ms. Nuru-
ullah said. “I realized that I no lon-
erg wanted to ask for permission
to do what I knew I was good at
... and so I became an entrepre-
neur.”

When asked about what activ-
ism means to her, Ms. Hardy dis-
cussed the intersection between
art and activism and how she
allows them to thrive through
her work at the Logan Center for
the Arts.

“To me, art is activism. My form
of activism is allowing and making
space for that art to happen.” Ms.
Hardy said, “so I create the space
in the world for people to present
their ideas, to present their forms
of social justice, to present the way
that they are to you.”

Ms. Nurullah spoke about how
she encourages inclusivity throu-
gh her kids store business, Kiddo.

“At my shop, we promote multi-
culturalism and inclusivity. We ha-
ve a wonderful diverse book co-
lection[...], so that every kid that
comes in the shop can see them-

self reflected, and feel seen and
feel appreciated and loved.”

Ms. Nurullah said.

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space for that art to happen.” Ms.
Hardy said, “so I create the space
in the world for people to present
their ideas, to present their forms
of social justice, to present the way
that they are to you.”

She also noted that students can
be a part of the larger Lab commu-
nity,” said Priya Larco, assistant di-
cctor of the Women’s History
Month assembly.

Maroon Key members meet
monthly and get to lead tours, work
the reception desk at a cocktail re-
ception and attend important
functions.

“This is a low-pressure, high-reward
activity for those who are eager to make connections, meet
new people and polish their
networking skills,” Ms. Laroia
said.

Mr. Allen was looking for
a leader who understands
some of the challenges stu-
ents have faced in their lives and
the way technology shows up
in their hearts.

“So this is an opportunity to
be at Lab for the past seven years.

The BRAVE conference
will provide a space to explore experiences
by SKYE FREEMAN

The Becoming Racially Aware
and Valuing Ethnicity conference
will be held on April 12 from 9 a.m.
to 3 p.m.

The BRAVE conference is a
day dedicated to exploring ra-
cial and ethnic topics at Lab and
around the world.

For this year’s BRAVE con-
cference, students can engage in
open discussions, listen to guest
speakers, participate in work-
shops and watch unique perfor-
mances centered on this year’s
conference theme, Unity Through
Unity.

Inspired by incidents involving
discrimination at Lab this year,
the BRAVE conference decided to hold
workshops and have discussions
on how to move forward and pre-
vent these occurrences in the
future.

“We saw the soccer team unite
after facing racial discrimination,
we saw BSA lead the walk out, we
saw the numerous posters put up
all over lockers,” senior Kavan Pu-
ri, co-president of the committee,
said. “We felt that we’ve seen a lot of
movements within the school and
we thought it would be in-

The conference will offer a va-
riety of unique workshops that in-
clude learning about Vietnamese

culture through cooking, creat-
ing murals, discussing the impor-
tance of people of color and the
topic of youth involvement in pol-
ications from now until April 21.

GirlUp organizes Hyde Park
Love Fridges

The GirlUp club is holding a hy-
giene product drive through April
12 to replenish the Hyde Park
Love Fridges with hygiene products.

Hygiene product drive through April 12 to replenish the
Hyde Park Love Fridges with hygiene products.

Ms. Laroia, assistant director of
the Women’s History Month
assembly on March 23 presented by
the Young Women of Côte.

SHARING STORIES. Keewa Nurullah, Donna Miller and Marshuane Hardy speak at the Women’s History Month assembly on March 23 presented by the Young Women of Côte.

THURSDAY, APRIL 6, 2023
uhighmidway.com • University of Chicago Laboratory High School

news in brief

Applications open until April 21 for Maroon Key Society

The Maroon Key Society, a group of student ambassadors that connects to leadership opportuni-
ties in various areas of Lab, seeks applications from now until April 21.

The group gives students chances
to connect with students from other
colleges, to learn from current Lab
alumni, support the school and learn about philanthropy.

“The goal of the Maroon Key Society is to help our student ambassadors see themselves as part of the larger Lab community,” said Priya Larco, assistant di-
cctor of the Women’s History Month
assembly.

Maroon Key members meet
monthly and get to lead tours, work
the reception desk at a cocktail re-
ception and attend important
functions.

“This is a low-pressure, high-reward
activity for those who are eager to make connections, meet
new people and polish their
networking skills,” Ms. Laroia
said.

Middle school principal leaves for Latin School

Middle school principal Ryan
Allen will be leaving Lab this sum-
mer for an assistant head of school
erole at St. Rita O’Hara School in
Chicago. Ms. Allen will be leaving Lab this sum-
mer for an assistant head of school
role at his alma mater, the Latin
School of Chicago.

Mr. Allen has been working at Lab for the past seven years. Throughout his tenure, he has made many changes to Lab and helped the school through a
difficult period.

Although the decision to leave was not an easy one, Mr. Allen says that
it’s the next step in his career.

“So this is an opportunity to be
the assistant head of school,”
Mr. Allen said. “I think in the long run, I’ve always thought about wanting to be a head of school.”

Mr. Allen will participate in the
National Association of Indepen-
dent Schools program for aspiring
heads of schools.

Chloé Alexander

Giraffe organizes Hyde Park
hygiene product drive

The GirlUp club is holding a hy-
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Ms. Laroia, assistant director of
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SHARING STORIES. Keewa Nurullah, Donna Miller and Marshuane Hardy speak at the Women’s History Month assembly on March 23 presented by the Young Women of Côte.

“Because I am from Africa, I have
always thought about wanting
to come back here,” Ms. Laroia
said. “I know I had always wanted to
be someone who could help and
and support the school and the way technology shows up
in your generation is like,” she said, “in terms of technology
and the way technology shows up
for you in the learning environ-
ment and in your social environ-
ment.

Carla Ellis, associate director
of schools and co-chair of the
search committee, noted that much
has changed in the four years since
Mr. Beekmeyer arrived in 2009.

“The school is in a different pla-
ce right now,” she said.

Dr. Ellis said she hopes the prin-
cipal that is hired will be some-
one who can move the work
we’ve done so far, of equity, pro-
gress, social justice, and inclusion and forward.”

On March 28, the search com-
nittee will present a report on the
final candidate to the Chicago Public
Schools Board of Education.

“We’ve had a lot of people want this job who have
really great personal characteris-
tics. I think that’s something that
the next principal will feel proud and
encouraged by.”

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a leader who understands
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OBSERVING OBESITY. Guidelines from the American Academy of Pediatrics detail the societal stigma surrounding obesity and the many factors that play a role in contributing to the illness, such as a family history.

"Talking about healthy growth and weight loss doesn’t cause eating disorders alone, but excessive restrictions and struggles over control can trigger eating disorders."

Dr. Jonathan Klein, professor of pediatrics at the University of Illinois at Chicago

The guidelines suggest these difficult conversations can help to destigmatize it. Rather than a child-focused one, "It does require having that whole family approach," Dr. Hodges said, "especially for children.

Talking about healthy growth and weight loss doesn’t cause eating disorders alone, but excessive restrictions and struggles over control can trigger eating disorders," he said. "There is a level of caution families should take."

Dr. Hodges recognizes the danger of eating disorders but said talking about healthy diets is productive and safe.

"Talking about healthy growth and weight loss doesn’t cause eating disorders alone, but excessive restrictions and struggles over control can trigger eating disorders," he said. "There is a level of caution families should take."

The guideline also says the prescription to permanent, bariatric surgery is not an unreasonable treatment for obesity in adolescents.

"Surgery is not an unreasonable treatment for obesity," said Dr. Klein, "for the child with eating disorders and uncontrolled obesity."
The concept of saving is similar to the oranges, but you must save money to be spent later. This principle demonstrates that sometimes less is more.

Many students have the benefit of having parents who are able to save money. However, most of us are currently without savings, and this lack of saving is a concern.

The main reason for learning how to save now is because we currently have limited spending requirements, and most of us have the benefit of having parents or caregivers that pay for most of our spending needs. This cushion allows us to learn without the risk of running into financial problems.

The two also joined theater to get in ninth grade, with Karani acting and Juan as set crew. While Juan, as stage manager, oversees a production with theater members reporting to him, Karani said he remains familiar.

“Being able to see other people succeed, that is just really fulfilling to me, and seeing other people happen… is something that I like to see because I’m very empathetic,” Juan said. “Other people’s emotions do very much get at me very easily, so being able to see other people happy will make me happy.”

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Dress code can limit student expression

By CHLOÉ ALEXANDER

Asst Editor

Last year, when Charlotte Satali was in ninth grade, she was told by a faculty member during the school day that the skirt she had to wear with her jersey for a volleyball game violated the dress code. The faculty member said her body was hanging out and asked Charlotte if she had gone to the bathroom.

For many students, clothing can be a way for them to express themselves and their identity. Deciding what they’re going to wear can be a time-consuming and nerve-wracking experience, especially during their formative high school years. They are not often enforced at U-High, teachers and administrators can determine whether a person’s clothing is not “school appropriate.”

Although she often talked about how many students feel the dress code has specifically targeted girls, which can have harmful effects.

Charlotte has had incidents of being “dress coded,” but the lasting effect for her is the uncomfortable feeling she had after.

Charlotte said, “The thing is, it was just uncomfortable knowing that a teacher was, like, looking at my body in that kind of way. It just made me uncomfortable.”

Most of the time, the comments were from other students that make students uncomfortable. But it’s the fact that an individual is looking at her body and clothes as something that is not appropriate.

“Classmates are a lot better with how they perceive your clothing. They don’t comment on it, even if my friends, like, if they think that’s something, they won’t say it,” Charlotte said. “Then they’ll tell me just in case of the dress code, not that it’s inappropriate. They don’t make me feel bad or something. But it’s just the dress code that makes you like, you don’t want them to, like, see you a certain way.”

Charlotte is the only one who has been at the receiving end of the dress code. She said her friends have had a harder time when it comes to being told to change or that they’re not wearing something that’s appropriate for school. Not only was it embarrassing, it started to eat away at their self-esteem.

“I think that my friends have experienced a harder time with the dress code. Like, last year, they would get dress coded like every single day,” Charlotte said. “It wouldn’t happen to me as much. It’s just like, the whole thing is very, like, inherently bad. Also just feeling like, it’s not appropriate.”

Like Charlotte and her friends, senior Lauren Tapper has heard some passive aggressive comments from teachers about her clothing.

“I’ve definitely had teachers make, I think, inappropriate comments about my clothing when I thought it was completely fine,” she said, “but it doesn’t really happen too often.”

The lateness also made the dress code frustrating. “I would stop me from wearing what I want to wear.”

Discovering how clothing can be a form of expression, sophomore Ana Campos, dean of students, feels the dress code is applied liberally at U-High and doesn’t interfere with a student’s individuality and expression. She said she never judges a student’s taste in clothes or body type when she talks with a student about what they are wearing.

“School is preparation for later life,” she said, “and there are standards in work and other areas of life where people need to dress for the occasion.”

Similar to Ana, Isadora Glick, a junior, feels it’s important to have confidence in what you’re wearing and that the dress code can block that confidence from being created in a person.

“So I definitely think that, like, being perceived as somebody who shows a lot of skin or doesn’t show a lot of skin makes an impact on confidence and just willingness to express yourself and what you want to wear for sure,” she said.

“I think that it’s really important that, like, dress codes don’t hinder people’s ability to express themselves in their clothing, outside the dress code.”

The dress code’s vague wording provides more freedom, giving someone the opportunity to say someone is breaking the dress code.

“So I guess I would just say that leaving so much of the interpretation up to the community itself, in terms of how to respond to the dress code is always entirely helpful,” Isadora said. “Because then it just makes it easier, I think, for individuals to kind of say somebody was breaking the rules without having anything to back it up.”

Differing trusts in astrology helps create conversations

From comforting to casual, use of astrology varies

by SAHANA UNNI

Feature Editor

Junior Kaavya Shriram was a big astrology enthusiast as she was introduced to horoscope done, outlining specific aspects of her future. Before she was born, her parents were married in the early morning because astrology told them it was an auspicious time.

As a Hindu, astrology has always been present in Kaavya’s life, and now, with the invention of apps like Co-Star and Nebula allowing astrology to become more mainstream, Kaavya enjoys the new — but perhaps less serious — form of astrology developing in America.

For many teenagers and adults alike, astrology is central to how they make decisions, view themselves, and see the world. For others, it serves as simply a passing trend, or whatever, or it’s just what I’m used to.

While cosmology teacher Kevin Nihill doesn’t believe in astrology himself, he says it’s a fun thing to do, and briefly covers it in his class.

“It’s not by any means a big part of the course, but just where it comes from, what it means,” Dr. Nihill said. “People will know that they’re a Virgo or whatever but won’t actually know what that means star-wise, so it’s cool to talk about because astrology is a big part of culture, so it’s just fun to get a better sense of what that means.”

From basing important life decisions on astrology to laughing at funny astrology memes, this belief has provided comfort and security for what can be an otherwise confusing world.

“What’s really interesting about astrology is that it doesn’t just show you where you are in the moment, but where you’re going or who you’re essentially going to evolve into being,” Ava said. “I think that a lot of times it helps me specifically centered around my personal growth.”
The flavors of family

What's the recipe for home?
1. Start with a cup of comfort
2. Throw in some traditional techniques
3. Finally, let it simmer for a generation

These ingredients aren't essential to a meaningful meal, but for five U-High students of different cultures and backgrounds, food is inextricably connected to their personal and cultural identity and central in forging lasting bonds among generations of family members.

Amelie Liu finds intersectional identity through matzo ball soup

Amelia Liu

“Tara Sawney experiences meaningful moments by cooking gulab jamun, a traditional Indian dessert.”

Amelie Williams sets her family table with jollof rice, fragrant West African blend of stew, spices

Sophia Shimanska overcomes distance with Ukrainian perogies

Anokha Nathan frits dosa, South Indian staple, with grandfather

by ETHAN SWINGER

The table is set. She paces over the table, a grin spread across her face. Her spirit of turkey, mashed potatoes, and gravy has filled the room. As she looks around the table, she contemplates the history of the dishes she is about to eat. Amelie, the daughter of a U-High student, has a table full of dishes that are a mix of her family’s heritage and the traditions of her parents. For Amelie, this is a celebration of her family’s culture and heritage.

“Matzo ball soup is a tradition that has been passed down through generations in my family,” Amelie said. “It’s not only a meal, but a connection to my family’s past.”

Amelie’s family is a mix of Chinese and Ukrainian heritage. Her mother is Chinese, and her father is Ukrainian. Amelie’s family has been in Chicago for generations, and the tradition of cooking matzo ball soup has been passed down from her grandmother to Amelie.

“Cooking matzo ball soup is a way for me to bond with family members, but it has also been important in helping her find pride in her family’s heritage and culture,” Amelie said.

The matzo ball soup is a blend of chicken and vegetable stock, which is simmered on the stove for a few hours. The soup is then pureed and passed through a sieve to remove any bones or fat. The pureed mixture is then refrigerated until it thickens and sets. Once it’s set, Amelie and her family add the chicken and vegetable broth. The meal is then heated up and served. Amelie and her family enjoy the soup with a side of green vegetables and a dollop of sour cream.

Amelie’s grandmother, who passed away a few years ago, was an important figure in her life. She helped Amelie develop her love for cooking and passed down the tradition of cooking matzo ball soup to her granddaughter.

“Cooking matzo ball soup is a way for me to connect to my family’s past and heritage,” Amelie said. “It’s not only a meal, but a connection to my family’s past.”

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Amelie’s family is a mix of Chinese and Ukrainian heritage. Her mother is Chinese, and her father is Ukrainian. Amelie’s family has been in Chicago for generations, and the tradition of cooking matzo ball soup has been passed down from her grandmother to Amelie.

“Cooking matzo ball soup is a way for me to bond with family members, but it has also been important in helping her find pride in her family’s heritage and culture,” Amelie said.

The matzo ball soup is a blend of chicken and vegetable stock, which is simmered on the stove for a few hours. The soup is then pureed and passed through a sieve to remove any bones or fat. The pureed mixture is then refrigerated until it thickens and sets. Once it’s set, Amelie and her family add the chicken and vegetable broth. The meal is then heated up and served. Amelie and her family enjoy the soup with a side of green vegetables and a dollop of sour cream.

Amelie’s grandmother, who passed away a few years ago, was an important figure in her life. She helped Amelie develop her love for cooking and passed down the tradition of cooking matzo ball soup to her granddaughter.

“Cooking matzo ball soup is a way for me to connect to my family’s past and heritage,” Amelie said. “It’s not only a meal, but a connection to my family’s past.”
Candidates show a sharp contrast

Education, safety become key issues in April 4 runoff

By MIA LISPON

OVERVIEW

Moderate Vallas slight favorite in close race with more progressive Johnson

After no candidate received 50% of the vote in the Feb. 28 municipal election, the two top candidates, Gery Chico, a former commissioner, and Brandon Johnson, a former CPS teacher and union organizer, will face off in the April 4 runoff, setting the stage for the two, and their vast- ly different policies, to face off to replace incumbent Mayor Lori Lightfoot, who finished third.

In the primaries, Mr. Vallas gained support from affluent areas, sur- ceed by Mr. Johnson’s 21.3%. While both candidates in the offi- cial nonpartisan race are affli- ated with the Democratic party, Mr. Johnson raised questions over his conservative views, and their policies and campaign focus- ing on safety, education, and funding.

Mr. Vallas’ campaign is centered around progressive ideas, while Mr. Johnson’s campaign focuses on safety and education. Mr. Vallas’ campaign emphasizes a tough-on- crime message, citing a goal to improve the standard of living in Chicago.

POLICY POSITIONS

Campaigns have same big issues, but approaches to solving them are different

Both candidates cite their experience with CPS as driving forces for their educational reforms. Both candidates believe that Woodlawn is a great place to live and work, but to empower them and their families, Mr. Vallas has dodged questions over his conservative views, and their policies and campaign focus- ing on safety, education, and funding.

Mr. Vallas, who unsuccessful- ly ran for mayor in 2019, is seeking to take the “handcuffs” off of the police, taking a “hands-off” approach to the police. Mr. Johnson’s campaign is centered around progressive ideas, while Mr. Johnson’s campaign focuses on safety and education. Mr. Vallas’ campaign emphasizes a tough-on- crime message, citing a goal to improve the standard of living in Chicago.

Mr. Vallas’ plans include creating an independent Communi- ties, a subsidized housing initiative. Mr. Johnson’s plans are con- cerned with public safety, education, and funding. His Bring Home Chicago initiative would provide funding to address the housing crisis.

Mr. Vallas plans include creating an independent Com- munity Policing model, which he believes is necessary to address the safety concerns of the West Side. Mr. Johnson’s plans are concerned with public safety, education, and funding. His Bring Home Chicago initiative would provide funding to address the housing crisis.

In the primaries, Mr. Vallas claimed the need to “empower and trust local communities to know what’s best to do with your money for your children.” Vallas would like to keep schools open for weekends, holidays and after school by bringing in community and religious groups, and to dismantle central education administration and bring the power to elected Local School Councils.

Mr. Johnson’s plans are con- cerned with public safety, education, and funding. His Bring Home Chicago initiative would provide funding to address the housing crisis.

At the refugee center, Mr. Vallas focuses on safety and funds, so that “money follows the kids in- to the classroom,” allowing citi- zens to “empower and trust local communities to know what’s best to do with your money for your children.” Vallas would like to keep schools open for weekends, holidays and after school by bringing in community and religious groups, and to dismantle central education administration and bring the power to elected Local School Councils.

Mr. Johnson’s plans are concerned with public safety, education, and funding. His Bring Home Chicago initiative would provide funding to address the housing crisis.

Mr. Vallas raised $6.3 million, over $100,000 from each, which will ultimately deped on voter turnout.

“Think that there’s a pretty significant endorsement today,” Mr. Armentrout said. “Think that sort of divide might play better in Paul Vallas’ favor, especially because old- er people tend to turn out to vote more. It’s harder to energize the youth vote, so I think that’s anoth- er focus for Brandon Johnson here in the homestretch.”

PROVIDING REFUGE. The refugee center at 6420 S. University Ave. houses 250 asylum seekers, operates out of a closed elementary school.
From behind the scenes, Dory Barnard shines in theater technical crew

by TAAIQ AHMED

Editor’s note: Dory Barnard uses they/them pronouns, which have been substituted for different pronouns that were used in quotations from sources.

Lights, Camera, Action! The school musical is under way as hard-hatted thespians toil away at theild, and amid the sounds of paint and wood, actors and technicians charge the atmosphere of the Sherry Lansing Theater. All the expected vibrance and liveliness of a theater event is proudly displayed toward the audience, which then erupts into a burst of cheers. However, concealed upon a balcony evading the vision of the spectators, lies the diligence and dedication of the lighting crew, directed and supervised by their leader, sophomore Dory Barnard.

Dory was a ninth grader when their sister Jane Barnard, a 2022 U-High graduate and former theater program member, suggested Dory should join the backstage crew.

From that moment on, Dory became heavily involved in the lighting department, working for all performances since Fall 2021. Now, Dory is the official master of lighting, a role that has given Dory substantial leadership experience in technical theater.

“I think being the head of the crew has been interesting for me because it’s a lot of management kind of stuff,” Dory said. “So I’m responsible for everyone and making sure everything gets here and is on track. I have to communicate with the directors, and make sure everything’s working out in that sense.”

Dory said that they have become close friends with the lighting crew and have developed a sense of community within the theater program overall.

However, concealed upon a balcony, a burst of cheers erupts into a thunderous applause as the entertainers take a bow, well-coming the praise.

Meanwhile, behind the scenes, Dory and their crew, celebrating another successful performance.

IN THE SHADOWS. Sophomore Dory Barnard works the light board in the balcony above Sherry Lansing Theater.

The crew itself is great, so we have a lot of fun,” Dory said. “Before shows, we’ll play Nintendo Switch games, and we often hang out outside of school as well, so I think it’s obviously gotten me a lot of friendships over time.”

Typically graduating backstage crews instruct younger, developing crews as to the mechanics and technical aspects of lighting work. However, due to the COVID-19 pandemic, collaboration among the generations was severed, and the theater department was forced to start from scratch.

Theater teacher Allen Ambrosini said that upon arriving into this predicament, Dory thrived both with learning new material and helping others learn the ropes.

“Dory is very conscientious. They learn very quickly and [they] are a very good leader,” Mr. Ambrosini said. “[They] were thrown into the situation last year but [they] picked it up quickly and pulled together a group of people to do lighting. [They’re] also very efficient and very straightforward. We’re very happy for [them] to be working in the theater and [they] bring a whole palette of information and positivity to the theater.”

Dory said that they did have to figure out a balance between the commitment that comes with being the master of lighting and regular schoolwork.

“Before the fall play and Student Experimental Theater, I had to come in a lot, especially during free periods, so it was often hard to balance lighting with homework,” Dory said. “It’s easy to get stressed, but if I have theater to think about, then I think it takes my mind off school. In that sense, it’s really enjoyable because I feel accomplished. It’s given me a lot of connections, something to do, and something to be proud of.”

At the end of a show, the crowd erupts into a thunderous applause.

Hyde Park exhibit explores American veteran experience

by PETER COX

City Life Editor

Serving the nation is honored as the greatest sacrifice that a person can make, yet the question of how veterans struggle to reintegrate into society after their service, making the connections among veterans one of the greatest hypocrisies of American culture.

Inspired by this conversation, The Hyde Park Art Center unveiled on March 17 a new exhibition, “Surviving The Long Wars: Unlikely Entanglements,” which explores the experiences of veterans in the two longest conflicts in American history, the American Indian wars and The War on Terror, with a specific focus on the 2003 invasion of Iraq.

The exhibition provides insight into the complex experiences that veterans, particularly those who are Black and Indigenous, associate with their service.

The exhibition was curated by Aaron Hughes, a former artist in residence at The Hyde Park Art Center. Two other sections of the exhibition are on display at the Newberry Library and Chicago Cultural Center.

STRIKING SCULPTURE. On exhibit at the Hyde Park Art Center, “Surviving The Long Wars: Unlikely Entanglements,” uses art to dive into the complex experiences of Black and Indigenous veterans in America.

“I just felt like it was an important audience that we hadn’t had any programming around and wanted to be open to,” Ms. Quinn said.

WHEREAS the Chicago Cultural Center is displaying work from more established artists and the Newberry Library’s exhibition focuses on print, “Unlikely Entanglements:” The Hyde Park Art Center section of the show, mainly consists of experimental art. Media vary from abstract painting to mixed media projects such as Joe Dervin’s sculptural piece “And All The King’s Men,” which depicts a creature that loosely resembles a horse made from pieces of wood and draped in sheets of fabric, metal and packs of gauze taped to it by Ruth Kaneko, a native Hawaiin.

Another piece, “Sature,” is a box made of camouflage material with metal and packs of gauze taped to it by Ruth Kaneko, a native Hawaiin.

Veteran Rodney Ewing has a series in the exhibit layering photos of Black laborers working in the early 20th century with patient sketches for machinery from the same period, showing the relationship between industrialization in the United States and the exploitation of Black labor.

The exhibition displays the creativity of the veteran community and the complex relationship that Black and Indigenous veterans feel serving a country that so often turns its back on them. This is the reason that The Hyde Park Art Center took an interest in the exhibit.

“It wasn’t about bullets and guns and helmets, it was about psychological effects and trauma, but also about brotherhood and connection and all these other things that make it so much more complex,” Allison Quinn, director of curation and residency.
Mental health, rigor stand at crossroads

By ETHAN SWINGER

Academic and extracurricular success are the goals of most students but make it clear that academic and extracurricular success should never come at the expense of student well-being.

The Midway is an independent newspaper that strives for queries on the health and well-being of faculty on the assignment of faculty on the assignment tend to churn out 467 million barrels of oil over its 30-year duration. The project is located on Alaska's North Slope, on the nation's largest public land expansion. The Willow project was annulled during the Trump administration. During his campaign, President Joe Biden had made it clear that the Biden administration has not only banned drilling in a large region of the Arctic Ocean, but it also plans to limit or prevent the practice in 2020, 2022, and 2024. The United States has gradually decreased its carbon emissions over the past decade, emissions have increased 13% from 2020 levels. The switch from predominant coal to renewable energy promises to achieve this sends a warning to the world that a carbon-neutral future is possible. The Midway project is an environmental disaster. The project is expected to cause carbon emissions equivalent to 17 million gasoline-fueled cars annually and target the disproportionately warming Arctic Circle. Another Authentic Connections suggestion was to coordinate the weekly workload of students rather than a reduced workload. This reflects the opinion of the U-High Midway editorial board.

With harmful oil project, fight against climate change takes a hit

By KATIE SASAMOTO-KURISU

Academic or professional programs themselves can be valuable and rewarding for participants, offering guidance and experience, not for an application. These opportunities bring them closer to students and give them the opportunity to participate in a competitive or specialized program. It is important that students understand that engaging in experiential activities can be equally or potentially more valuable than a pre-professional position, offering both a character- and resume-building experience.

This fosters an overarching sense of unnecessary competition with students wanting to further themselves over peers, even between students who have entirely different interests and personal goals. Students should be genuine and community-minded in their intentions in any activity, doing it for themselves and their interests, not for an application. While these opportunities have their value and can be the right choice for some students, teachers must be careful not to time their summer is a time to unwind, explore interests and take time for themselves, not to get ahead. It is only the part of the year that is not consumed by school and should be considered differently than year-round activities or programs.

There is value in non-academic or nonprofessional summer experiences, such as getting a job as a lifeguard or at a nearby restaurant. While these activities don’t boast a title up behind a high-ranked university, they do invite a host of valuable skills such as learning how to work with different types of people and time management on a schedule that can be gained through participation and time commitment. These are real-life experiences rather than topics one can learn in a class.

The habits the participant learns from the experience will supply them with transferable skills that could be used as effectively on a résumé later on. Working on a team, showing up on time, building personal relationships — these are all résumé skills that can be gained from an experiential program.

As students plan their summer schedules, they should think about what really interests them and how the option they choose aligns with that.

One can have an enriching and fun summer without the need to participate in a competitive or selective program. Regardless of what they decide, students should stay true to their summer activities, like any activity, for the right reasons: genuine interest, curiosity and enthusiasm, not as a selling point or prestigious title.
Take a step into nature

Starved Rock State Park offers source for views. Indigenous history

By ERICH RAUMANN
D-Gency Managing Editor

will be refreshing for most Chica-
goans: forest, sliced by the wide Il-
inois River, stretches out in every di-
rection, an expansive amount of hor-
zon. Walk the trails on top of it, and you’ll also be able to see the
breathtaking, river-facing side of the
bluffs, which meet the river like a 40-foot wall.

While Starved Rock itself has
some stunning scenery, it’s only
the beginning of what the park
has to offer. Several miles of trails,
fairly well-maintained even in the
early spring, follow the river up-
stream, providing a scenic mixture of
riveride views and deciduous forest. While the forest doesn’t
become lush until the late spring,
the lack of leaves makes the beau-
tiful geology more visible. The hig-
lights here are the waterfalls, which
flow in full force during the
middle of spring and are always
spectacular to witness. If you plan
go, the falls in Wildcat Can-
yon (two miles round trip) and La-
Salle Canyon (four miles round trip)
are some of the best, having car-
ded the sandstone over which they
flow into nearly alien rock formations.

Starved Rock State Park doesn’t
really need to be awe-inspiring
to be worth a trip. It almost feels like a
theme park stuffed full of geology, water,
views and history, coexisting you lon-
gest and longer along its peaceful
trails until you can hardly imagine
you’re just a few hours away from the
city.

NEED FOR NATURE. Starved Rock State Park boasts 15 miles of well-
marked trails — including picturesque views of rivers, bluffs and unique rock
formations — all just 90 miles from Chicago. Additionally, the park features
34 canyons with waterfalls that trickle into the expansive Illinois River.

Reconnect at nearby, leisurely Palos Heights

By LOUIS AUXENFANS
News Editor

The sunlight filters through the
sparse pine trees, illuminating
the golden brown leaves covering
the forest floor. A robin stands on
a pile of leaves, rummaging for
a twig for its nest, while frogs croak
non-stop in a nearby marsh. The
birds chirping, squirrels fluttering
and frogs croaking supplement the
sound of music playing in the back-
ground. The Palos Heights trail system will
provide an enjoyable hike and quite a
pictureque view. Enter from the
north side to find a 100-foot bluff
that provides a demanding stair
workout. Beyond the stairs lies a net-
work of trails for a peaceful walk
in the forest. Pine trees line the
path and off-the-beaten path trails
go into rolling streams at the bot-
tom of hills or prairie grasslands.
Birds chirping, squirrels flapping
and frogs croaking supplement the
depth of the fresh air. The 8-mile Yellow Unpaved Loop winds around
Swallow Cliff Woods and connects to the ra-
vine-filled Cap Sauers Nature Preserve
and Calumet-Sag Park Trail along the
channel.

As the spring season
comes, the Palos Heights trail system will
come to life out of its winter slum-
ber with more wildlife and bud-
ding trees. Considering the amount of
days. A café at the bottom of the
stairs can provide a quick snack or
smoothie treat.

The Swallow Cliff Woods of
offer an enjoyable hike and quite a
panoramic view. Enter from the
north side to find a 100-foot bluff
that provides a demanding stair
workout.

The uneven granite steps pro-
vide a hefty challenge to climb, but
the lookout observatory at the top
provides a beautiful view of the
forest preserve and even a glimpse
of the city skyline on the clearest
days. A café at the bottom of the
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Sprinting to success

Poppy Beiser perseveres through all obstacles, finds joy as a leader and top athlete in track and field

By VICTORIA WASHINGTON
Headline Engagement Manager

R
... it's a lot of familiar faces and a feeling of belonging again and hang out with the seniors who display a passion for athletics, said Grayson Smith, a member of the varsity boys basketball team. "I really appreciate them and their help throughout the season," said Ms. Magliocco. "They are a great addition to the team." As the basketball players take to the court, Camille focuses on the camera and the music, and their interaction extends beyond their own sport to the community and her teammates but also her own aspirations. "Most of it comes from my personal goals and my dreams," Poppy said. Poppy's focus has allowed her to push past the tough training and reach a high level of endurance. "A lot of people say 'Our sport is your sport's punishment' and they don't give it a chance to actually find a passion or see what running has to offer," she said. The mental focus and dedication has paid off for Poppy and has allowed her to truly reach her potential as an athlete. "A lot of people stop running before they reach the point where it becomes enjoyable," she said. "When you reach or pass that threshold, it feels like you're flying."

Team managers organize behind the scenes and on the field

By ZARA SIDDIQUE
Headline Engagement Manager

The distinct echo of basketball fills the gym prepping for a game, as a student sets up a video camera. The soccer team warms up before a game, as a student sets up drills. The dance team meets in the hallway before half time, as a student sets up their music. This school year many varsity sports teams have opened a new era. The soccer team warms up behind the scenes and on the field. "When you reach or pass that threshold, it feels like you're flying." The dance team managers stand ready at the music prepared to bring all her teammates along on their journey. "A lot of people say 'Our sport is your sport's punishment' and they don't give it a chance to actually find a passion or see what running has to offer." She said. "When you reach or pass that threshold, it feels like you're flying."