**FUNDRAISING**

**SWEET TREATS.** Pom student committee Tahirri Mutreja writes names on boxes of Krispy Kreme doughnuts April 6 in the high school lobby. All proceeds from the fundraiser will go toward the prom.

**Student Council election begins**

By BEKK OTTO

Editor-in-Chief

The Student Council election began April 7 with historic changes to the campaigning system. Candidates must submit written statements, their completed candidate petition and a 90-second campaign video by April 21.

The election will be April 29 from 8 a.m. to 3 p.m. through Schoology. Student Council website. Students will be able to cast votes for declared candidates or write in another student.

In lieu of campaign speeches in the cafeteria, each candidate's campaign video will be played by advisors during the April 27 advisory period. The videos will also be available on Schoology.

"We decided to go with video this year because of the lack of turnover to watch campaign speeches in previous years," All-School President Brent Pennington said. "Hopefully this will boost engagement and turnouts for the election."

Brent hopes campaign videos will give candidates the freedom to display their creativity and potentially attract students who would not otherwise have run for office.

"Student Council gives students the opportunity to play a part in their community, effect change and hold office," Brent said. "I encourage anyone who finds that interesting to run for Student Council."

Brent said it's most proud of his administration's increase in transparency with regularly posted meeting notes and a list of bills in progress.

"I hope next year's officeholders will build on the transparent measures we implemented."

**Appliance**

**Election timeline:**

April 21: Candidate declaration forms due with 90-second campaign videos, completed petition form and written statement.

April 25: Campaigning begins. Candidates may hang up to 20 campaign signs approved by Ana Campos.

April 27: Respective class candidates' campaign videos will be played during advisory period. Videos will also be made available through Schoology.

April 28: Election day occurs from 8 a.m. to 3 p.m. Voting will take place on the Student Council website and results will be announced by 4 p.m.

**BRENT PENNINGTON**

**In-Depth**

Transgender involvement in women's sports has historically been a sensitive and contentious topic as policies have restricted these athletes from competing.

As part of the broader #WhyIDidntReport movement, Intersectional Feminism Club created in February an Instagram account for victims in the Laboratory Schools community to detail the complex reasons culminating in their decision not to report the incidents. Since the 2018 allegations of sexual assault against Brett Kavanaugh during his confirmation hearing for the Supreme Court, more than 54,000 posts have been published on Instagram posts under #WhyIDidntReport. As an activist, Christine Blasey Ford was quoted for not reporting the assault when it occurred in the 1980s that it's not always being reported. Or that the platform was used to bring anyone justice, the platform was not intended to be a place for people to report. It was just intended for kind of a narrow purpose, which I think has value.

"This platform is not intended to bring anyone justice, the platform was not intended to be a place for people to report. It was just intended for kind of a narrow purpose, which I think has value."

— WILL TRONE, CO-PRESIDENT

"Lab encourages victims and witnesses of sexual assault or misconduct to report potential violators of Lab’s policies, according to Ms. Noel or another administrator submitting a Google Form. Ms. Noel is then responsible for connecting victims to resources and informing them of the options.

On the Instagram account, students have voiced concerns of facing disbelief from the community, blaming themselves for the incident, and protecting the reputation of the perpetrator. Nationally, about two out of three incidents of sexual assault involve a perpetrator that is acquainted with the victim, according to the RAINN. U-High counselor Camille Baughn-Cunningham said that the nature and prevalence of the submissions was not a surprise.

"As much as we all have an appreciation for some of the things that sets Lab apart and makes it a special place, unfortunately, it doesn't keep these kinds of things from happening."

Dr. Baughn-Cunningham said, “And it was so not surprising that it's happening. It was not surprising that it’s not always being reported.”

"I believe that at least some of them are credible, that there is some truth." In terms of addressing sexual assault at Lab, Dr. Baughn-Cunningham said the solution starts with education for both survivors and perpetrators. Following the launch of the Instagram account, Intersectional Feminism Club hosted workshops for Consent Fest during the week of Feb. 28.

Dr. Baughn-Cunningham said, "Maybe this is a start for many of these people who chose to share and that hopefully somewhere down the line there is an ability to report in a more specific way to address their healing and to address the perpetrators actions as well."
BRAVE attendees work toward justice

**Students, employees unsurprised by report**

*by COLIN LESLIE
ASSISTANT EDITOR*

A story published in the Midway March 9, U-High students and teachers expressed disappointment, but not surprise, at the frequency of incidents of mistreatment and frustration over the lack of accountability for racist actions.

Director Victoria Juárez sent an email message to the Lab community on the day of the BSA meeting.
Weighed down: Are packs harming our backs?

The weight that’s on our shoulders may be too much

by AMY BEN

As students weave through the school, backpacks bounce behind them, slung over one shoulder, worn low on the back, or over heavy shoulder straps. Struggling to stand up, students hunch over and lock together as they clog the hallways.

While backpacks can be necessary for high schoolers, back pain can be heightened due to increased weight and the backpack’s design. “I kinda see my backpack as like, a giant rock,” the senior said. “I keep everything in my bag because, like, just I don’t want to go all the way up, back to my locker.”

Although Khairy recognizes that the weight of his backpack causes him back pain, he accepts the consequences. “I feel like this is more something I’m just doing to myself. I could probably fix it, but like, it’s what works for me, and since I’m already so close to getting out, I’m not going to bother to change it,” she said, referencing his status as a senior.

For people like Khairy who don’t want to shuttle materials to and from their lockers, there are tips and tricks to alleviate back pain from carrying backpacks. Douglas Dirschl, professor and chief of surgery at University of Chi-rope department of orthopaedic surgery and rehabilitation med-i-cine, said that distribution of weight within the backpack itself is also important. “If the weight is distributed so that it’s a long ways away from your back, then that too makes it very hard to carry,” Dr. Dirschl said. “Generally, the heaviest items of the backpack should be fairly low and fairly close to your back.”

Along with changing the back-pack, the weight that many students carry on their backs can cause damage in the long run. Consistent exercise can help to strengthen the back, core, and shoulders, and the upper body, hamstrings and shoulders. “Keeping your hamstring mus-cles stretched is important be-cause social media and bombastic change how your pelvis is rotat-ed and that pains different stress-es on your back,” he said. “Most of us who live where we tend to get sufficient amounts of sunlight, that tension in our shoulders, and keeping that stretched out can also be very helpful.”

While heavy backpacks can be unavoidable, paying attention to the amount and distribution of weight and the backpack’s design can help ease back pain—and the freedom to stand up straight and move as they wish.

Smoothie additives may not be as healthy as thought

Go-to nutritious snacks might be undermining

by AAYRE PARK

ASSISTANT EDITOR

On the menu of the acai restau-rant are varieties of proteins and antioxidants labeled as “super-foods.” Matcha, collagen, whey powder. Why powder. These are just some of the many superfoods thought to be nutritionally dense that some people view as life-changing. The number of options seen in the media or heard from friends can be overwhelming. But, exactly how real are these seemingly magical ingredients?

Kristen Straughen, director of the nutrition science program at the University of Illinois at Chi-ca-go, is one of many dietitians who continue to question the health benefits of superfoods. Below are five superfoods, which Ms. Straughen evaluates as significantly beneficial, exaggerating their beneficial-ness or simply unknown due to mini-mal research.

Chi- a Seeds: One superfood, chi-seeds, come from a plant called Salvia hispanica L. They are the richest source of omega-3 fatty acids, es-sential to thrive in one’s diet. Ms. Straughen said chia seeds serve as a great way to recov-er omega-3 fatty acids. However, foods such as fatty fish should be consumed to combat free radi-cals. Exposure to free radicals can be heightened due to increased time in the sun, but they pro-duce every time the body con-sumes omega-3 fatty acids.

Ms. Straughen emphasized an-al-ternatives to using superfood advertise-ments and marketing exaggerating their benefi-cial-ity greatly influences the choices people make. “There is not anything substan-tial about whey powder where you would see or feel a noticeable dif-ference,” she said. “I want to em-phasize that it is not bad or harm-ful, just very needless.”

Overall, Ms. Straughen said that these additives are overvalued in the media. “It is a marketing strategy used to portray these additives as some-thing greater than some of them are,” she said. “You cannot eat Flami’ Hot Cheetos all day, eat a superfood and expect to suddenly be healthy. It is about the choices you make in the long run.”

She said the value of science and social media’s power on soci-ety greatly influences the choices people make. “Our meal and nutritional pat-terns matter, but not one super-food additive or food is not going to make a difference in our health,” she said. “We really have to think generally what foods we are eating in our diet instead of relying on one gimmicky tip we saw on social media.”

While the names of certain super-foods and additives may look and sound intriguing, ultimate-ly, prioritizing a balanced diet and daily exercise. A list of super-food additives is critical to see notable changes. “No one food is going to change our life. We have to think more generally — what foods we are eating,” Ms. Straughen said. “As op-posed to saying one additive or one food is good for us, think in the long run.”
Florida’s “Don’t Say Gay” bill conflicts with true goals of education

The Point still needs to be saved

As the Midway sees it...

Florida’s “Don’t Say Gay” bill conflicts with true goals of education

The Point still needs to be saved

A no-fly-zone in Ukraine would only exacerbate violence

A no-fly-zone in Ukraine would only exacerbate violence

The Russian invasion of Ukraine that began Feb. 24 has shown little
durability and accessibility lime- stone revetments provide an opportu-nity for students receiving an educa-tion in almost half of the country. While Rep. Rush and Ald. Hair-son’s no-fly zone proposal would help

student identities are not up for debate and do not change based on parental approval. The debate incited by this bill is harmful to queer students across the coun-try, as it ostracizes them from their peers, whose rights and identities are not now being scrutinized. The classroom is an environ-ment where students should be able to learn about and discuss topics that are prevalent in their lives, which includes conversa-tions about sexuality and gen-der identity. Many LGBTQ peo-ple have played important roles in history; which should not be deemed inherently more sexual. Learning about LGBTQ themes in no way sexualizes or promotes children, as many supporters of the bill have claimed. Discussing these topics about real-world topics they may not otherwise be exposed to. The “Don’t Say Gay” bill is unlikely to be passed in Illinois and even less likely to affect students at Lab. It only addresses the issue any less important. Sign pe-titions asking for the United States to ensure queer students in Republi-can-dominated states can feel safe engaging in conversations about gender identity. This bill politicizes the well-being of children and diminishes stu-dent input on school curriculums necessary for a true education.
Reggaeton music unifies singing, history, culture

by AUDREY MATEI

It's dynamic, it's inventive. It's enormous fun for documentary and veteran listeners alike. Reggaeton, a Panama-born musical genre stemming from dancehall, American hip-hop, and various Latin-American and Caribbean styles that combine singing and Spanish-language rap, is making its way through the Anglophone world.

Touring “the biggest Latin line-up to hit Chicago,” the Sueños Music Festival is drumming up a weekend of rhythm and rhyme. Between May 28-29, Grant Park will host 21 different Reggaeton acts, including Wisin y Yandel, Ozuna, Farruko, and J Balvin, referred to as the “Prince of Reggaeton.”

While J Balvin has sold 35 million records worldwide, his music hasn't quite taken hold among Lab students. Isabella Alvarez, a ninth grader, said she wished more people at Lab knew what Reggaeton was all about.

“Unfortunately, there’s not many Latinos at Lab,” Isabella said. “I know it’s popular overall, but it doesn’t feel like it, because there’s so few people at Lab who have that same interest.”

The syncopated beats and clever turns-of-phrase we hear today, she said, are a few decades in the making. Reggaeton took hold throughout Central America’s youthful underground in the ‘90s — angering Puerto Rican censors and law enforcement — and has since trickled upward into mass culture, topping the charts with singles such as “Despacito” in 2017. The actual genre, however, remains somewhat niche.

“I love talking to the people who do listen to it, because I can connect with them on a deeper level,” Isabella said. For her, reggaeton — in all its depth and它的conviction, conveys a snapshot of the human experience. If listeners feel like dancing to it, they can dance, and if they can simply listen. “It’s very simple and it’s very danceable. If I were to imagine it in some way, it’d probably be played at a Latin club,” she said. “It can range from party music, to just lay-in-your-bed, imagine-a-different-reality-type stuff.”

One of Isabella’s favorite tracks, Bad Bunny’s “La Canción,” features J Balvin on alternating verses. She said despite the language barrier, it tells a story to which many can relate.

“It’s about a breakup,” she said. “I know how some relationships, like, have a song? It’s about how he’s at a club, and when they played that song, he remembered her.”

She praised two other headliners, El Alfa and Farruko, for their artistic and performance-based prowess. “They give like, Pitbull energy, they said, referencing the Miami-based singer and business-man. “Very strong beats like that, definitely dancing music.”

While she hasn’t quite made converts out of any of her peers, this hasn’t stopped her from raving about it, bringing her fandom to their attention. “I’ve definitely made people aware of it, like my friends. They don’t really know about it before I started talking about it,” she said. “A lot of them just don’t speak Spanish.”

For nascent fans, Isabella recommends Latinos Mix 95.5, a Latin American radio station. “It plays all of the main hits right now. It’s always good to start out with the main hits, but if they really wanted to get into old-ish reggaeton, I’d recommend young Daddy Yankee,” Isabella said. “I would say he’s one who really started, I don’t know, this generation of reggaeton.”

As for the Sueños Chicago festival itself, Isabella is too young to attend. Nonetheless, she hopes to one day see her faves in concert, provided none of them have fallen off. “It’s like, 18 plus, and I’m not 18. I really hope they keep it going until I’m old enough to attend, and that the artists are still good.”

by AUDREY MATEI

content manager

Kanye West. Verses. Ye.

Anyone who has stayed up to date with pop culture for the past two decades has probably heard at least one of the notorious rapper-producer’s nicknames. Whether you’ve been a fan since the late ‘90s or you’ve seen the lucrative and controversial Ye throughout recent years, it’s clear his story is not one to miss.

So, it’s surprising that Ye, whose name change became official in October 2021, is not actually the protagonist of the nearly five-hour docuseries following his story, “Jeen-yuhs: A Kanye Trilogy.”

The Netflix documentary has its light-sheddng, emotional and inspiring moments, but it’s also almost as convoluted, long-winded and disjointed as Ye’s career. Maybe this is a part of the beauty of the film or maybe it’s firsthand. However, after the first two episodes, I was left wanting more — more authenticity, more narrative and most importantly, more Ye.

The documentary was filmed, produced and narrated by Clarence Simmons, referred to as Coodie, who became the focus of the narrative as the documentary proceeded. Coodie has been planning this documentary since he dropped everything to film Ye’s journey as an established producer and rising rapper in 1998.

Coodie started following Ye after meeting him during a brief interview for his Chicago-based TV-channel, Channel Zero, where Ye was still only a producer in Chicago. He followed Kanye’s every move for five years through his tumultuous struggles to sign to a label, recover from a car accident, self-fund his first music video, release his debut album and eventually win Grammy awards.

The events spanning from 1998-2003 are covered in the first two episodes of the series, “Vision” and “Awakening,” via a hand-held camcorder and narration. These episodes show Kanye that’s almost unrecognizable to the controversial 2022 Ye. He’s a kid with an unbreakable drive to be not only successful, but the most successful.

However, there’s still an undeniable humility in these first episodes. Viewers are taken inside the Chicago house of Ye’s mother, DONDA, whose kind, motherly advice resonates with not only Kanye, but every viewer.

We see Kanye taking out his retainers so he can rap demos to record executives, re-thinking viewers of how far he had to come. We see Kanye having to make a decision whether to get corrective jaw surgery or record a self-funded music video. With episodes two concluding with Kanye winning three Grammy awards for his triple-platinum debut album, this narrative is a compelling hero’s journey of rags to riches and reached a logical conclusion for this part of his life. If the documentary were to continue on the same detail-oriented and grounded level for the remainder of Ye’s career, it would be 20 episodes. However, mostly attributed to Coodie and Ye drifting apart the more success Kanye accumulated, about 20 plays into his 20-year career are condensed into 90 minutes.

The last episode is mostly just about Coodie as an outsider watching Ye, rather than a documentary about Ye. We see the birth of Coodie’s daughter more than his interactions with Ye.

All the while, Ye divagates into countless controversies and mental illnesses, completely transforming into a new person and artist. What present-day viewers do see do not satisfy the precedent set in the first episodes. In a few intimate moments included, we hear Ye discuss mental health, brief phone conversations with his father and studio sessions, still I don’t learn much more about Ye since 2003.

We miss out on the mind and life of Ye so much so in these last 20 years that I don’t think it’s fair to really market the series as a tell-all documentary on the entire career of Kanye West. Still, the narrative surrounding Ye’s rise to fame changed my perspective of who he is today.
The involvement of transgender athletes in sports has long been a controversial topic ranging from school to college to the Olympics. Policies have historically restricted these athletes from competing.

Amid controversy, athletes seek inclusion

by MEERA LEE DE VOS LEE DE VOS

Paving the Way

It’s a sunny day, a slight breeze blows, and the turf field I’m standing on is near perfection. The referee flies his whistle and the game is on. I’m transposed to another world as my teammates and I execute crisp passes, our minds are fully focused on the task at hand. We’re running towards the goal, our encouraging young girls in play sports, the next time you pass to make those things happen.

How would U-High accommodate transgender athletes?

Currently, there aren’t any policies in place at U-High about transgender athletes. The school wants to be prepared to accommodate transgender students, but no one is passing laws or making decisions about this.

“Any policy would be written with the school’s mission in mind,” Ms. Stall said. “Athletes deserve to be included in a way that prioritizes transgender athletes. It’s a sunny day, a slight breeze blows, and the turf field I’m standing on is near perfection. The referee flies his whistle and the game is on. I’m transposed to another world as my teammates and I execute crisp passes, our minds are fully focused on the task at hand. We’re running towards the goal, our encouraging young girls in play sports, the next time you pass to make those things happen.”

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Currently, there aren’t any policies in place at U-High about transgender athletes. The school wants to be prepared to accommodate transgender students, but no one is passing laws or making decisions about this. Alex Green, a transgender junior, doesn’t view these factors as concerning either. “It’s so upsetting to see transgender girls bills since 2004. Hubbard and the school have a better ability to gain muscle mass. Some girls may be taller or have a better ability to gain muscle mass. Some girls may be taller or have one mold.”

Caster Semenya

Caster Semenya was a two-time Olympic gold medal winner. She is in her prime and is one of the best female athletes in her time. She was affected by her sex assignment, which was determined by her birth parents. Semenya’s sex assignment is female, and she was raised as a female. She began competing in track and field at a young age, and by the age of 16, she was already setting national records.

Semenya’s rise to fame was meteoric. In 2009, she won the 800-meter race at the World Championships, becoming the first African woman to win an Olympic gold medal. She went on to win the 800-meter race again in 2011 and 2013. However, despite her success, Semenya faced controversy and criticism, particularly from her fellow female athletes.

The controversy surrounding Semenya centered on her ability to compete against other female athletes. Semenya was born with congenital adrenal hyperplasia (CAH), a condition that causes the body to produce too much testosterone. This results in higher than normal levels of testosterone in the body, which can give male athletes a physical advantage in certain sports.

Despite the controversy, Semenya continued to compete, and she was eventually allowed to continue competing as a female athlete. She retired from professional athletics in 2021.

Laurel Hubbard

Laurel Hubbard is the first transgender woman to compete in the Olympics. Hubbard was born in New Zealand and later underwent gender-affirming surgery. In 2016, she qualified for the Olympic Games in weightlifting. Hubbard began her weightlifting career at a young age and quickly rose to prominence, winning multiple national and international championships.

In 2019, Hubbard was selected to compete in the Olympic Games in weightlifting. She faced intense scrutiny and criticism, particularly from her fellow male athletes. Despite the challenges, Hubbard continued to compete and eventually qualified for the Olympic Games.

Hubbard’s story is one of perseverance and determination. Despite facing discrimination and prejudice, she continued to train and compete at the highest level. Her story serves as a reminder of the importance of inclusion and equality in sports.

By Renée Richards

In 1972, tennis player Renée Richards underwent sex reassignment surgery. After being refused entry into the 1972 U.S. Open, she sued the U.S. Tennis Association to compete in the tournament. Her case was heard by the U.S. Supreme Court and eventually led to a New York Supreme Court decision invalidating sex discrimination in tennis. Richards went on to compete in the U.S. Open for several years.

Renée Richards’s story is a testament to the importance of inclusion and equality in sports. Despite facing discrimination and prejudice, Richards continued to train and compete at the highest level. Her story serves as a reminder of the importance of inclusion and equality in sports.

Maria José Martínez-Patito

Maria José Martínez-Patito was an Olympic athlete from the Dominican Republic. In 1994, she won the 100-meter dash at the Pan American Games. Martínez-Patito went on to compete in the 1996 Olympic Games in Atlanta, where she won a silver medal in the 4x100-meter relay.

Martínez-Patito’s success was not without controversy. She was born with a congenital heart defect, which required her to undergo open-heart surgery. Despite this, she continued to compete at the highest level, and her story serves as a reminder of the importance of inclusion and equality in sports.

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SCALING for SUCCESS

Whether it is trying to grow a public policy or school club, scaling increasing an idea’s scope without slowing growth – has often seemed like an art. Some great ideas make it big while others fail to take off. In his new book, “The Voltage Effect,” John A. List, a University of Chicago economics professor, turns that art into a science and lays out five key elements that ensure an idea will scale. He is also a former chief economist at both Lyft and Uber, and a longtime Lab parent. Dr. List also provides tips on quitting, incentives and scaling culture to make an idea have large-scale impact. By LOUIS AXENFANS

ECONOMICS FOR EVERYONE

The Midwest: There are many policy initiatives that attempt to create a climate change or poverty that have seemed promising initially, but then either no one hears about them anymore, or they fail to work out. Why is that?

Dr. List: I think it’s the precautionary principle of one reason. We’ve gone about the research in the exact opposite way than what we should be doing. Most of the time, what people do is they have a research project they want to work on, and if they run an experiment, they use the most powerful inputs and the best of breed to give their idea its best chance, and then they write it up and they forget to tell everyone else that they’ve just done an efficacy test – that they’ve used the most powerful inputs. This evidence we need for scaling is what I call policy-based evidence. I want people to bring all of the warts and all of the constraints and all the problems that you’re going to face at scale back to the petri dish, and I want you to say, ‘My idea works in the worst-case scenario, or in the realistic scenario...

How would you explain your five key elements of scaling to high school students?

The first one is – just make sure it’s not a false positive. The way I like to put it is this: if you have a false positive, that means you have a data point that doesn’t show what it really shows. The fact that we’ve ignored the implementation side has led us to have great ideas in the small, and great ideas that look like they should work, but the science of using science is not well understood, and because of that, we haven’t made big progress like we should, so I want to turn the cul ture around. We have enough innovation, enough ideas – we have to do better on the implementation side.

**

Sometimes people, including high schoolers, want to be seen as the innovator, the creator, the founder of a program, but not really the implementer. What do you have to say about that perception?

There’s an old biblical passage that goes as follows: ‘It’s the peas before the swine.’ And what that means is the innovation is the peas – that’s the beautiful part of it. The swine is the implementa tion. A lot of times academics think of that way too, “Look, I want to be the innovator, I want to be the headline, and the im plementation of it, ‘Who gives a damn? I don’t have time for that because I have to go innovate some more.’ There’s a problem with that because if you’re not an appropriate implementer in roll ing it out, you’re not going to affect change. And we’ve seen that for years.

The fact that we’ve ignored the implementation side has led us to have great ideas in the small, and great ideas that look like they should work, but the science of using science is not well understood, and because of that, we haven’t made big progress like we should, so I want to turn the cul ture around. We have enough innovation, enough ideas – we have to do better on the implementation side.

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In “The Voltage Effect” you talk about your own experience quitting your college dream of becoming a PGA golfer and write that people should not be afraid to quit. For high school students who have invested many years in an extracurricular club, but who are not improving anymore and feel the pressure of college admissions or a social group to continue that activity, what do you have to say about the importance of quitting?

I’m glad you asked that because — bottom line — we don’t quit enough, and the reason why we don’t quit enough is twofold. One, society tells us that if you quit, you’re a loser. Society tells us that quitting is the most repugnant word in the English language. Now, the other reason why we don’t quit enough is our own faults, and what I mean by that is, we tend to ne glect the opportunity cost of time. Steve Levitt and I started a project a long time ago that adds science to the fact that some people were very close to whether they wanted to quit or not. We had them flip a coin — if it came up heads, they quit, tails, they didn’t — and then we tracked them for months. What you find is people who quit are a lot happier, so there’s actually sci ence behind this too.

Quitting to me is stopping one activity and starting another, and that’s also called pivoting, so if we reframe what I’m talking about here, we can all agree we should do it more. People often say, “John, I hear you, it makes sense that you should quit more. When should I decide to quit or not?” Here’s the answer: You quit when your out side option is better. If you’re talking about incentives, if you can find another club that uses your comparative advantage or that you can help more people by being part of an existing club and go to the new one, the outside option is better for you. But that’s when you quit. I’m not saying just go on a whim and do it — make sure that it’s a real outside option, and then go ahead for it.

Moving into the second half of your book, what tips would you give high schoolers on how to scale up their club or large social issue they’re trying to improve?

I have more simple economic tools or simple economic ideas to get what we want. The first chapter talks about incentives and most of the time when people talk about incentives, they think it’s going to be money, money, money, but it’s more much more than that. Incentives are in many cases, non-financial, and those are the important kinds of in centives. So in this chapter, I talked about Uber and tipping. Here’s some facts about tipping on Uber – only 1% of people tip on every trip in Uber, three out of five people never tip at all. But when you look at those same people when they use Lyft, 60% tip, you get the trick out of backseat and at the end you pay face to face. In those cases, 95% of people tip.

The social norm and social pres sur of doing it face to face leads people to do an activity much more when they’re doing it on their couch alone, which is how you tip at Uber. So this chapter gives you some insights about nonfinancial and behavioral in centives that your club can lever age to get more people on board or the officers to work more.

The other one I want to point to is culture, because I think my club or organi zations and end up putting together a rotten culture. What I mean by that is a culture that’s dominated by a few people. They don’t give everyone a fair chance. Your bias is that a male or white person is treated differently, whether they’re female, people don’t feel like it’s an inclusive setting, and I think from the very beginning every organization should appreciate individuality, should appreciate diversi ty, and only when you buy in that diversity of thought.

For a high school student, in terested in public policy, politics, what can they take away from your research on scaling?

I think you should take away first that there’s a science to scaling. Secondly, when you collect data and do science from the very beginning, if you’re testing an idea, you should change the man ner in which you do your research or generate your data to account for the fact that you want to scale. The reason why we haven’t come to the result that you would think is that nobody has done the necessary research to come up with the best possible solutions to the wrong questions and then move on to the correct questions. The correct question is, ‘Will this idea work at scale?’ The next one is, ‘What can we do to make it work at scale?’ The question, ‘Does this idea work in an efficacy test?’ Or does this idea work in the real world? That’s a great start, but it can’t be from there to scaling. It has to be, ‘Can this idea work in large-scale in the wild?’
Holiday connects students with faith and family

by ANATHA CARRIGAN
MANAGING EDITOR

During Ramadan, junior Noon 2aki starts her morning around 5 a.m. She takes part in the first prayer of the day, called salat, with her family, before breaking fast. She goes to school, and abstains from food and drink until late that night, around 7. This time every day, she opens fast with her family, and they eat a long midday picnic together again.

She returns this day after day, from April 2 until May 2 to celebrate the holy month from dawn to sunset.

Despite the additional challenges posed by fasting within the school environment, Muslim students at Lab observing Ramadan find it a rewarding way to get closer to God and their families and to form connections within the Muslim community.

Last year, the celebration of Ramadan was limited due to restrictions resulting from the pandemic. Noon found it harder to build community relationships.

"Last year was COVID — we were in quarantine, we couldn't go to mosques, we couldn't do a lot of group activities, which is what I think you do during Ramadan," Noon said.

However, junior Yasmin Qureshi noticed that the fasting setting also had its advantages when observing Ramadan.

"Last year I was really homebound — we were remote, observing Ramadan was much easier because I had more control over my schedule and my workload," Yasmin said.

TASTING TRADITION.

Areen Khan organizes prepared dinners at the end of the Ramadan Ramp Up event. The event, which took place on April 7, was hosted by MSA and featured student leaders of the club, who explained the significance of Ramadan in the Muslim faith and how it is practiced.

At school, Noon finds it hard to focus as students around her eat.

"Within the school environment, concentrating, it's really hard to stay focused during class because everyone around you is usually eating a snack. You can smell food on the first floor in thecaf," Noon said. "It's really hard to concentrate when the only thing going through your mind is food."

To accommodate Muslim students who are fasting, the administration has opened a room, C12, for them to spend time in during lunch.

"Being able to have our own room to talk and keep fast without looking at food has been a great help," Noon said. "It shows that there is a lot of consideration from the administration and faculty for our unique experience as Muslim students."

The challenges they face are not only mental but also physical. Fasting leaves the students with less energy than normal.

"I also get a little dizzy or nauseous sometimes," Noon said. "(During choir, she said to stand up when we had to sing. When I stood up I was swaying a lot, and it's just really hard.)"

Although Areen tries to fast during Ramadan, he has found it difficult while participating in his tennis season.

"This year, I'm trying to fast as much as I can," Areen said. "The problem with that is that Ramadan is in the middle of the boys tennis season, meaning I have to stop fasting each day. I have a match, which is typically two to three days a week."

Noori's teachers have been accommodating with work, which has been helpful to her when trying to manage school and Ramadan.

"My teachers are a lot more lenient, and I think all the teachers," Noori said.

MIDWAY PHOTO BY PATRICE GRAHAM

Art teacher facilitates student conversations regarding racism

by SOPHIE BAKER
REPORTER

"Missouri teen shot by police was two days away from starting college."

"Vigil For Mo. Teen Killed By Police Officer Spurts Violence"

These 2014 headlines plastered newspapers and radio broadcasts and the news cycle. This 18-year-old Black man named Michael Brown had been shot and killed by a white police officer in Ferguson, Missouri, forcing people all over the nation to confront the dire existence of racism in the criminal justice system. Art teacher Sunny Neater said, "I learned about [Michael Brown's death] on the news on my way to school, and I was, like, 'what's going on with this right now, first period. And there was only one Black person in the class and he was a young Black man. It was the first time that I've ever had to talk about anything like that with only one Black person in the room."

Since then, Ms. Neater, who values her students' uniqueness above all else, has endeavored to provide an environment for all of her students byimmerseing herself in antiracist work and social justice seminars that she believes to be necessary to combat the systemic prejudice against non-whiteness and other people of color.

Ms. Neater started teaching in Chicago Public Schools in 2003, where she learned the importance of talking about race and became comfortable doing so.

Last year, Ms. Neater started teaching in Chicago Public Schools in 2003, where she learned the importance of talking about race and became comfortable doing so.

"I learned about this. I went to a university, and I saw the importance of antiracist work."

Since then, Ms. Neater has committed to teaching antiracism at Lab. Ms. Neater draws from her teaching experience at schools with most minority students to facilitate conversations about race with her students, while acknowledging the racial demographics of Lab.

"Awards and honors are not everything," Ms. Neater said. "I think being a part of a model to implement future antiracist discussions in classrooms."

"Awards and honors are not for me," Ms. Neater said. "I don't give any awards at art honors because I think it makes me feel weird, it just feels like you're othering somebody, excluding people, not honoring everyone's amazingness."

"If you talk to them, they're a lot more lenient about the workload because they understand this is a really hard month," Noon said.

Yasmin has had a different experience, and finds it tough to keep up with her assignments.

"It is incredibly challenging to manage workload while fasting, but the best I can do is to make the most of my free periods and manage my time effectively. When I'm not functioning at 100%, it makes it even more important to be mindful of the schoolwork that we have to do," Yasmin said.

Because they had more time together, Yasmin also sees Ramadan as a time to get closer to his family.

"Family dinners have always been a staple, but during Ramadan we've made sure to break fast together as a family. Although fasting can be tiring, it also brings us closer together," Yasmin said.

Despite the challenges, Noon finds celebrating Ramadan rewarding. She enjoys the community-building opportunities it provides.

"We always have to go to the mosque, at night time. It's like extra prayer just for the holiday, and it really brings the whole Muslim community together," Noon said. "There's even other students at Lab, like Hala Assasi and Maya Assasi, they go to the same mosque as me. Now we're making plans to go to the mosque together, whereas last year we couldn't really do that."

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Pressure to perform

Student athletes say managing their workload, sports comes with a cost

by WILLIAM TAN
ASSISTANT EDITOR

Eithards in, junior Maya Atassi warms up before a basketball game. She stretches fully, jogs a few laps and dribbles the ball, making sure to break a sweat. Adrenaline is pumping, and her body is energized, raring for game time. Maya is eager to get on the court, but the excitement comes with an equal amount of anxiety to perform at her peak potential.

“She’s my one of a kind player,” said Princeton coach Tom Zollo. “She’s definitely more skilled than the average person is.”

For Maya, as the pressure increases, the fear of disappointment and losing also compounds, turning the situation worse and negatively affecting his performance.

“I feel like I need to be the best on the court, how I do on tests and things like that,” Maya said. “At school, it’s like nothing in life is going well at competitions.”

According to soccer player Milo Jarard, a source of pressure comes from the desire to fulfill the expectations of others. He believes the ambitious standards that his coaches and teammates set contribute to a significant amount of stress.

“When you play at a certain standard, you’re expected to perform well,” Milo, a junior, said. “I don’t know how to explain it, but you kind of have to perform, or you get moved down or you don’t play. You have to maintain a certain level.”

Junior Xavier Nesbit has experienced the strain of balancing academic and athletic responsibilities in school, and he has led to negative consequences such as sleep loss and cutting back on the sport itself.

“My coach pressures you to play well, and then you’re like, ‘Oh, I have to play well,’” Milo said. “And then if you mess up, then you’re like, ‘They’re probably mad at me.’ And then you get nervous, and you continuously play worse.”

Xavier also talked about the difficulty of balancing academics and sports.

“Your coach pressures you to play well, and then you’re like, ‘They’re probably mad at me.’ And then you get nervous, and you continuously play worse.”

To make matters more difficult, student athletes must manage their academic workload and extracurricular activities, all while taking on intensive athletic practice schedules.

“Eli has to be the most spirited motivator and a hard-worker. He brings his energy and enthusiasm to practice and in every practice, he always feels like I want to be better. He does a lot of the manual labor, he does a lot of the rigging, he helps pull the boats up out of the water when other people don’t want to.”

Senior Eli Erling peers over the edge of a sailboat at practice on Oct. 5. Eli’s teammates described him as a spirited motivator and a hard-worker, or since he was in fifth grade. He started out as a camper at the Chicago Park District and the Jackson Park Yacht Club, and he eventually worked his way up to being a full-time sailing instructor for the jack- son Park Yacht Club.

“Teaching sailing has been really interesting for me,” Eli said. “I had to learn how to manage a bunch of kids. When I was doing the course I was like, ‘Yeah, I get to teach kids sailing? What you don’t realize is that the teaching part is a lot bigger than the sailing part.’”

While Eli admits that teaching other kids wasn’t what he expected, he is grateful for the opportunity it gives him to improve himself and others.

“I think I’m doing my part in showing other children my love for sailing,” Eli said, “and I think it has really taught me a lot about how to push through adversity and stay independent running my group.”

Eli is also adamant about going the extra mile on land, always willing to help people out with the less glamorous, menial work which goes on in the background of the sport.

“I love it,” Eli said. “I love it.”

Read an extended version of this story at uhighmidway.com.

Commitment, spirit, guidance define senior sailor

by ERICH RAUMAN
SPORTS EDITOR

SAILING SAVANT. Senior Eli Erling peers over the edge of a sailboat at practice on Oct. 5. Eli’s teammates described him as a spirited motivator and a hard-worker.

“Even though it’s a no-cut team and there are not supposed to be expectations, everyone definitely feels pressure to compete and be one of the best players and play as well as they can.”

— MILO JARARD

FINDING A BALANCE. On Feb. 1, junior Xavier Nesbitt dribbles the basketball in a game against Morgan Park Academy. Xavier and other U-High athletes expressed often-overwhelming feelings of pressure when trying to perform at a high level athletically and academically.

“Even though it’s a no-cut team and there are not supposed to be expectations, everyone definitely feels pressure to compete and be one of the best players and play as well as they can.”

— MILO JARARD

THURSDAY, APRIL 14, 2022
U-HIGH MIDWAY • UNIVERSITY HIGH SCHOOL, CHICAGO

CREDIT: MEDIUM PHOTO BY MALCOLM TAYLOR

U-HIGH MIDWAY • UNIVERSITY HIGH SCHOOL, CHICAGO
Fantasy game brings challenges with beauty, freedom

From dragons to knights, ‘Elden Ring’ offers a difficult adventure

by ERLICH RAUMANN

CONTENT MANAGER

Having cleared out and plundered the ruins of an old cathedral, the player rides horses back through the swamp to investigate a small fire that they can see in a clearing. Seeing a few minor enemies, they dismount, thinking they’ll be able to clean them up quickly and maybe find a new item. As they approach the ground shakes. They hear a roar and, toppling trees, torching the camp, a colossal dragon lets out a roar in the distance. They hear a roar and, toppling trees, torching the camp, a colossal dragon lets out a roar in the distance.

Niche sports offer fun, stress-free opportunities

Upcoming spring favors outdoor park activities

by BRIE O’TO

EDITOR-IN-CHIEF

Spring is officially here and with it the opportunity to partake in the numerous outdoor sports that the Chicago outdoors have to offer. Aside from traditional warm weather athletic activities like baseball and golf, Chicago parks offer a variety of other sports that can be just as fun. Boccie, disc golf and badminton are three of these outdoor activities that require little equipment or experience to play recreationally.

Boccie

Boccie is a ball sport based on games played in Ancient Egypt, developed in to its modern form in Italy and popularized around the world by Italian immigrants. The game is played on a long, rectangular walled court. Boccie is played in two teams of one to four people and each team is given four 90- to 100-millimeter diameter bocce balls, made of wood or clay, painted in the respective team’s color. One team, chosen at random, throws the smaller white ball known as the pallino within an agreed upon zone of the court. Once the pallino is placed successfully, the same team then throws its first round by throwing one of their team’s balls as close to the pallino as possible. Balls that touch the pallino or travel outside the court are deemed “dead” and don’t count for the rest of the round. It a team hits the pallino with a ball, the game continues from that new location.

The teams take turns throwing their balls until all eight are on the court with the pallino. To calculate a score, the player multiply the number of points by the number of balls that are closer to the pallino than the other teams at the attempt. Rounds continue until one team reaches 12 points.

Boccie can be played throughout Chicago in public outdoor courts, so in the first part of the month, several bowling alleys, restaurants and arcades.

Disc golf

Disc golf is similar to golf, but instead of balls and clubs, players use discs and their arms. Players take turns throwing their disc from a designated tee area to the target, which is usually a steel basket with a chain near the top to catch the discs.

Once players have each thrown their disc from the tee, they continue to take turns throwing their disc toward the target from the place it landed after their previous throw. The golden rule of disc golf is to always throw precisely from the spot where the disc landed and make no changes to the surrounding landscape that may ease the shot.

The round continues until all players have thrown their discs into the basket (ricketors don’t count). At the end of each round, players tally how many throws it took them to make their shot. Disc golf courses have either nine or 18 holes and can be played in natural landscapes. Disc golf courses have either nine or 18 holes and can be played in natural landscapes.

A disc golf course is located at the Illinois Institute of Technology at 33rd and State streets. In Hyde Park, putting baskets are located in Nichols Park and near Promontory Point.

Badminton

Although games with shuttlecocks (a piece of cork with plastic attached to one end in the shape of a cone) have been around for centuries across Eurasia, the modern game of badminton was developed in India under British colonial rule. Badminton, a racquet sport played with rackets by hitting a shuttlecock across a net, can be played in teams or in a player versus player format, much like tennis.

The Chicago Park District has official badminton courts at Ping Tom Memorial Park in Chinatown and and near Promontory Point.

HOLE-IN-ONE

Senior Spencer McKula throws a frisbee toward a putting basket at Nichols Park on April 5. For a full disc golf course, players can go to the Illinois Institute of Technology at 33rd and State streets. In Hyde Park, putting baskets are located in Nichols Park and near Promontory Point.

Tom Memorial Park in Chinatown.

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A disc golf course is located at the Illinois Institute of Technology at 33rd and State streets, while putting baskets are nearby at Nichols Park and near Promontory Point. Courses usually have more varied landscapes than traditional golf courses, so players must often curve their shots around obstacles, making each target a new challenge.

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Preserving the Point
Lake lovers rally to protect limestone shore

by ADRIANNA NEHME
NEWS EDITOR

The waves of Lake Michigan crash below while the limestone rocks wait to emanate a warm, comforting feeling with students like senior Feya Epel, who sits on top of them as she flips through pages of a book she recently began. They wait to don a soft glow as stars surround a campfire while sharing laughter. The rocks have always been there, waiting to provide each individual with a unique experience.

Feya has always enjoyed visiting the Point. “I love just sitting on either the rocks or trees behind the rocks and just drawing, staring out or reading,” Feya said. “It’s just really a pleasant place to be.”

However, with the city’s plan to tear out the limestone rocks and replace them with concrete slabs, the Point was named on March 9 to Preservation Chicago’s “most endangered” list, an annual list that spotlights sites in danger.

The 40-acre, human-made peninsula is a popular place for swimming and strolling. However, concealed within this natural ambiance, the limestone revetments have always faced danger due to the lack of maintenance over its long history, which has caused them to erode. In 1980, the Chicago Park District, the City of Chicago, and the U.S. Army Corps of Engineers worked to develop a $300 million plan to repair and replace the revetments with concrete.

Wanting to preserve the Point, the director of Preservation Chicago, expressed concern that the concrete slabs would not have the same lifespan as the limestone rocks. “We feel that this is kind of an insensitive approach to this beautiful spot on Chicago’s lakeward. Mr. Miller said. “This sort of man-made peninsula that was designed with utmost care.”

Promontory Point Conservancy, an organization dedicated to protecting and preserving the Point, follows a preservation approach to repair and rehabilitate the limestone rocks, rather than demolish them. Founder and president Jack Spicer said that in 2000, the Park District and the City’s Department of Transportation made preliminary plans for proposed changes to the Point. “I think virtually the whole community was really upset because the Point has always been a really special place for people,” Mr. Spicer said in an interview. “It’s a place where everyone feels welcome, and they can do what they want to do.”

Over 20 years have passed since the first proposed changes, yet members of the Laboratory Schools community still echo similar sentiments of fear and concern regarding the replacement of the limestone rocks. Feya fears the removal of the limestone rocks will impact the pleasure experiences she faces at the Point. “The Point is one of the few places in Chicago where you can be by the lake peacefully,” Feya said. “I just feel like it is such an important place to everyone Hyde Parker and Chicagoan in general, and if the limestone rocks were removed, I would be really sad.”

Mr. Miller is glad the list can spotlight the need for groups like Preservation Chicago and agencies to come together and address replacing the limestone rocks. Mr. Miller said steps are being taken to speak and write letters to elected officials to continue to shine light on the issue.

“When we try to save something, it’s not just the structure we are trying to save,” Mr. Spicer said. “We are trying to save the kind of cultural and community activities and traditions that have grown up around a particular space.”

Shawn Michelle’s spreads love with every scoop
Bronzeville ice cream shop employs, gives back to neighborhood
by ETHAN SWINGER
REPORTER

It was a cold day, Shawn Michelle’s Homemade Ice Cream remains a hot spot for the Bronzeville community to gather. The liveliness of the restaurant flows through the classy jazz music, echoing laughter and the aromas of caramel and fudge.

Thanks to hard work, entrepreneurship, and both community and grant funding, the success of Shawn Michelle’s has allowed it to give back to its community in Bronzeville, a message they hope other small businesses in the neighborhood can carry on.

According to co-owner Nataki Muhammad, “Bronzeville does not have a business like Shawn Michelle’s.”

Shawn Michelle’s was first founded in 1996 and operated in Blue Island, and later Avalon Park. For the past three years, the shop has been located in Bronzeville’s historic Rosenwald Courts Apartments at the corner of East 47th Street and South Wabash Avenue.

During the pandemic, Shawn Michelle’s thrived and expanded since many regulations other restaurants faced did not apply to them due to their lack of seating. Ms. Muhammad said Shawn Michelle’s opened another successful location last year at the Time Out Market in the West Loop and plans to open another restaurant in south suburban Olympia Fields in May.

Ms. Muhammad believes Shawn Michelle’s has worked hard to prop itself as a pillar of the Bronzeville community. In the past few years, the store has raised nearly $5,000 in scholarships for five students.

“We have community members that work here at Shawn Michelle’s,” Ms. Muhammad said. “We have volunteer community cleanups. We donate our time. We donate our ice cream. So anything that the community needs, we’re there for.”

The introduction of the Bronzeville-Black Metropolis National Heritage Area Act by U.S. Rep. Bobby Rush, which will include $10 million in federal funding, will help the expansion of small businesses in Bronzeville, such as Shawn Michelle’s.

“We donate our time. We donate our ice cream. So anything that the community needs, we’re there for.”

NATAKI MUHAMMED, OWNER

Wadi Abdullah, an employee at Shawn Michelle’s, credits grants with allowing them and other small businesses to flourish and give back to Bronzeville. “When we get opportunities to make something our own, then of course we care,” Mr. Abdullah said. “And those opportunities, they come in forms of grants.”

Mr. Abdullah wants to see more small businesses in Bronzeville prioritizing the community, and giving back. He believes a grant can make this change a reality and further incentivize small businesses in Bronzeville to foster the creativity and entrepreneurship that had previously been hindered.

He believes that businesses in Bronzeville deserve this grant to give back to the community and fulfill their intentions of what the neighborhood can be. “Because we should be able to represent ourselves,” Mr. Abdullah said. “We should be able to build our community the way that we envision for the future.”

The staff at Shawn Michelle’s acknowledges that love is put into every scoop of homemade ice cream. “Here at Shawn Michelle’s, our goal is just love. That’s the first ingredient in all of our ice cream,” Mr. Abdullah said, “and when you come in here, first thing I say is ‘Welcome home.’”

“Additional reporting provided by An Ngo.”

Federal bill would designate Bronzeville as heritage area

by CHLOE MA
CONTENT MANAGER

TOWERING HIGH. The Light of Truth Ida B. Wells Monument honors the journalist, who lived in Bronzeville.

ENDangered. Organizations including Preservation Chicago and Promontory Point Conservancy have come out against plans to demolish and replace the limestone rocks with concrete.

“We’re really a pleasant place to be.”

FEYA EPEL, SENIOR

MIDWAY PHOTO BY ANDREW BURKE-STEVENSON

“Promontory Point to highlight the issue. According to Mr. Spicer, it is not just the limestone that people are trying to save, but the way it has come to be a part of the community’s life and nature.”

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