New schedule receives mostly positive student feedback

by CLAIRE McROBERTS  Editor-in-Chief

This school year, students and faculty have shared many complaints about the new schedule. Some say that designated co-curricular weeks, packed with assemblies, leave little free time, while others criticize the long, consecutive Lab periods on Wednesdays.

The results of surveys conducted this spring show that despite many complaints and critiques, many students have come to appreciate the new schedule introduced this school year and some even prefer it over the old one.

Two committees — one led by Student Council and the other by faculty members — spent months collecting feedback from students regarding schedule changes.

“Even though I first heard that people were upset, many people ended up really appreciating the changes,” all-school vice president Joshua Carter, who was on the Student Council committee, said.

The survey found overwhelming support for numerous aspects of the new schedule, including assemblies being less frequent. The Student Council survey revealed wide agreement on the new schedule, including as.

> 91% prefer consistent 50-minute class periods rather than some longer periods
> 80% prefer co-curricular weeks rather than weekly assemblies
> 78% prefer individual lab periods to accommodate science classes

— Source: Student Council

Budget cuts disappoint, dishearten

As programs face cuts due to financial strain, community reacts passionately

by LIGHT DOHRN  Editor

The announcement of budget cuts that will eliminate sports teams, an academic program, and staff positions prompted passionate student, faculty, and family opposition, including protests, petitions, and the potential hiatus of a prominent student-driven program. Facing financial challenges, University of Chicago Laboratory Schools Director Tori Jueds announced the cuts in an email on May 6.

A combination of rising interest rates and a drop in operating income provoked the cost-cutting measures across the university, which include a temporary staff hiring freeze and voluntary staff retirement packages, as well as budget cuts for programs.

U-High sports teams — sailing and squash — will be cut in the administration’s new financial plan, and Lab’s German language program will be phased out by 2028. A separate email to Lab employees explained that nine staff positions will be cut, four of which are in the libraries. Sixth grade sports teams will be eliminated beginning next year, and middle school teams will have participation caps due to the elimination of the “no cut” policy, resulting in two girls teams and two boys teams.

Sophomore Adam Tapper, one of the protest leaders, said the German program has been an integral part of his experience at Lab, and that he wouldn’t want to see it cut. “This program has been really important to me,” Adam said. “I’ve met some of my best friends through it, and the exchange program was one of the best experiences of my life. It would just be really devastating to see the program lost.”

Seventh grader Jonah Dennis said removing the no-cut policy at the middle school would mean a significantly less enjoyable experience on the court for him and many of his friends. “Next year, we’re gonna be in a different division and there are cuts,” Jonah said. “So, even if I get in, there are gonna be a lot of my friends who I really enjoy playing with, who don’t. And I might not even get in. So that’s gonna affect all of us a lot, in and out of sports.”

Ivana Umanzick, a junior on the sailing team, felt blindsided by the elimination of library staff positions. She explained that nine staff positions, librarians but by the students as well. “I can’t let our entire school know at the same time as us, cause it’s gonna affect a lot of kids.”

Other cuts that will be made under this plan include faculty summer pay for service on hiring committees, print copies of Lab Life alumni magazine and new faculty extra-service positions.

Reporting contributed by Taarig Ahmed, Jaya Alenghat, Chloë Alexander and Clare McBride.

This is a developing story. Visit uhhighmidway.com for updates.

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Researcher Ralph Hruban recognized with alumni award

by TAARIQ AHMED
News Editor

The lineup of speakers and per- formers has been finalized for the Class of 2024 graduation ceremo- ny, which will be held at Rockefeller Chapel from 2-4 p.m. on June 6. Karim Sulayman, a Class of 1994 alumnus, will deliver the com- mencement address.

Class of 2024 president Sam Pastor and Karish Shah will give speeches to peers. Performers will include Maurice Neuman on the cello and a jazz band led by Adam Syeerson with Skylar Albert, Alma Francee and Jacob Gavers.

Each family can claim up to six tickets initially, and once the dead- line for reservations passes, any re- maining tickets are made available to families. Mr. Sulayman, who joined Lab in nursery school, is now a versatile performing artist, most notably a classical singer.

He was recognized with the 2019 Best Classical Solo Vocal Gram- my Award for “Songs of Orpheus,” his debut solo album. A globally recognized performer, Mr. Sulay- man performs in operas and stage works, even writing his own.

Mr. Sulayman said aspects of his time at Lab remain with him 30 years after graduation. “What was really special about my time there was that I was able to have a family outside of my family with the student body that I was in school with,” he said. “It’s invaluable.”

Mr. Sulayman said: “It instalts a sense of self to have con- nections like that in your life at such a young age. My time at Lab formed me in a lot of ways.”

Hoping to impart wisdom, Mr. Sulayman said he wishes to inspire seniors who might be in the posi- tion he was in as an aspiring artist at Lab, a school where he felt the field was underrepresented. “Something that is really im- portant in life is to find your indi- vidual path,” Mr. Sulayman said. “We have maps that are not set out for us, but true success exists in peo- ple who are willing to challenge the norms that set for themselves and for others. I didn’t have a lot of people around me who understood what I want- ed to do, and that was a struggle of mine, but ultimately it’s the differ- ences that make us special.”

Graduation committee member Yolotzin Martinez said the deci- sion to invite Mr. Sulayman went beyond his status as an alumnus. While his attendance at Lab was an important consideration, the committee was also impressed by his career path.

“He is a singer, and that’s not what you would consider to be a tra- ditional path of success at Lab,” Yolotzin said, “because people of- ten come here with an Ivy-or-bust mindset. But that deviation was in- teresting about his experience. He has an amazing story regarding his career and the committee was al- so impressed by some of the as- pects of social activism in some of his work.”

Dean of Students Ana Campos is anticipating the ceremony, one comparing personal favorite traditions at Lab. “For many seniors and their families, graduation is a culmi- nation of their up to, and in some cases, their whole lives,” Ms. Campos said. “The only mem- ories they have of being here, and of course a celebration is a celebration of this class.”

May project provides avenue for unique exploration

by MILO PLATZ-WALKER

From painting Hungarian land- scapes to finding the best steak in Chicago, seniors use May projects to find creative ways to gain ex- perience exploring interests. The project period began May 6. Se- niors are required to present their findings in 10-minute presentations participating in an exhibit that will be held in Upper Kovier on May 30 from 2-4 and 6-8 p.m.

I thought May Project would be a good opportunity to apply my previous experience working with electronics to make something that might be useful to others. I hope to expand my knowledge of electrical components and also learn about bees and beekeeping.

By evaluating the viewpoints of tourists and locals in Oman and the UAE, I hope to develop a greater understanding of these areas.

I saw May project as the perfect opportunity to get a taste of what the restaurant/food industry is like. I hope to develop my cooking skills and meet new people. I also hope to gain a greater understanding of whether this is something I would like to pursue in the future.

I was inspired to research the life of nun in Spain, and realizing that this was a way of life that was quickly drying out, I wanted to research it before it was no longer possible.

To the current Lab communi- ty, he offered words of encourage- ment: “Pursue your passion, what- ever it may be.”

The lineup of speakers and per- formers has been finalized for the Class of 2024 graduation ceremo- ny, which will be held at Rockefeller Chapel from 2-4 p.m. on June 6. Karim Sulayman, a Class of 1994 alumnus, will deliver the com- mencement address.

by EDWARD PARK
Health & Wellness Editor

Class of 1977 alumnus Ralph Hruban, a renowned figure in the medical community and an ac- tive researcher of pancreatic can- cer, has received the Distinguished Alumni Award. Journalist Ma- ria Hinojosa, Class of 1979, has re- ceived the Distinguished Alum- ni Award. Reflecting on his time at Lab, Dr. Hruban, a Lab alumnus, praised the school’s commitment to experiential learning.

“For me, my recollections of Lab school are that it’s an extraor- dinary teaching environment,” Dr. Hruban said. “Teachers embraced John Dewey’s philosophy of ex- periential learning, presenting us with challenges, welcoming our questions and being wonderfully tolerant of our answers.”

Dr. Hruban vividly remembered specific projects that influenced his passion for science.

I was interested in researching the life of nun, and I hoped to travel from a nun in Spain, and realizing that this was a way of life that was quickly drying out, I wanted to research it before it was no longer possible.

For my part, I want to learn more about the complex relationships between culture and tourism. By comparing the viewpoints of tourists and locals in Oman and the UAE, I intend to learn more about how tourism affects both locals and visitors and is changing my understanding of these areas.

I have been producing music as a hobby on the side for five or six years and was introduced to it in middle school by a friend. May project is an opportunity to dedicate my full attention to music, something I had only been producing whenever I had free time.

Despite growing up within an Ethiopian community, I sometimes find myself feeling a sense of disconnection from my cultural roots. Engaging in this culinary exploration feels like a meaningful step towards bridging that gap.

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**Sketching Serenity**

Sophomore Jiho Song finds calm in expression in art

*by KABIR JOSHI  Opinion Editor*

**F**or Jiho Song, art runs in the family. He is heavily influenced by his mom—who went to art school and is now an artist—Jiho picked up his art at age four. It started with drawings of his dog, and has now evolved into a passion for figure drawing, landscape painting, and a way for Jiho to de-stress from the constant stress of school and extracurriculars.

Jiho, now a sophomore, has turned art into more than just a hobby. Art is a way for Jiho to express himself in measures other than words. While Jiho is known by many of his peers for his focus on figure drawings, he focuses on artistic styles from landscape painting to realism.

With each painting or drawing, Jiho finds the process is the most important step in achieving the best final result. Focusing on the small process-based steps helps him unwind from the intricate details he faces with school. Even when the final product is not something he likes, Jiho finds the process of getting there, figuring out our mistakes or discovering new techniques to be both enjoyable and refreshing.

“I really love the process,” he said. “A lot of the time, I won’t like what I draw and think of and figuring out new ways to use paint or new ways to combine charcoal and marker is really really fun.”

When it comes to inspiration, Jiho looks toward Claude Monet’s art style. He was introduced to this through his art teacher, Sunny Neater, who introduced the best final result.

“Art is a projection. Putting aside emotional art or protest art, I feel like it can kind of reveal what someone finds most beautiful, and I really like looking at different artists and seeing what they have come up with and what holds value to them,” Jiho said.

Jiho wants people to be able to see how a person or landscape is in real life when they look at his art. He focuses on making people able to see the motion of a figure andimmerse themselves in the scene for landscapes.

“I feel like with figure drawing, I want them to be able to see how that person is in real life, and the same thing goes for landscapes,” Jiho said. “I want people to be able to see the motion of the pose, and for landscapes, I want them to be able to immerse themselves in that scene and hear what’s going on.”

“Finding the balance between focusing on schoolwork and personal artwork took Jiho a lot of time to perfect.”

Last year, he spent around two hours a week on art, but when summer came around, Jiho found himself sketching, painting, and drawing six hours a day.

Jiho’s art teacher, Sunny Neater, really appreciates Jiho’s sense of humor, which is integrated in his work ethic and artistic skill.

“It’s fabulous,” Ms. Neater said. “He has such a great sense of humor, and he has not only enor-mous talent but has this amazing work ethic.”

While hearing stories of people spending many hours on art can be a turn-off for many new artists, Jiho feels art is for everyone, something they can use to relieve their stress or take a break from work.

“You don’t need to be good at art in order to make something you feel proud of or can objective-ly look good,” Jiho said. “Sure, realism might take hours of prac-tise, but there are so many ways to make art.”

**ROM-COM RECYCLING.** Netflix’s “Anyone But You” starring Glen Powell and Sydney Sweeney enticed viewers through social media buzz but lacked substance and authenticity in comparison to other rom-coms.

**ROM-COM REVIEW**

- **1970–1989**
  - “Risky Business” — compiled by Light Dohrn
- **1990s**
  - “Pretty Woman”
- **2000s**
  - “Sleepless in Seattle”
  - “Can’t Buy Me Love”
  - “Legally Blonde”
- **2010s**
  - “Crazy, Stupid, Love”
- **2020s**
  - “Licorice Pizza”
  - “You People”
- **To All the Boys I’ve Loved Before**
- **The Idea of You**

**Anyone But You falls short with overused rom-com tropes**

*by LUCY SHIRRELL  Reporter*

**“Can’t Buy Me Love”**

“Anyone But You” is the latest iteration of these classics, catered to a 2024 audience. Although it checked many of the boxes for a rom-com—cliches, humor, and sarcastic banter that beg for landscapes, I want them to be able to see how a person or landscape is in real life when they look at his art. He focuses on making people able to see the motion of a figure andimmerse themselves in the scene for landscapes.

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Shackled in shame

70 years later, ‘Giovanni’s Room’ is still relevant at depicting queer desire

by LILA COYNE

In the last conversation between two main characters, David holds Giovanni on their bed and tells him he is leaving. Giovanni begs him to stay. When he is rebuffed, he says to David, “You have never loved anyone. I am sure you never will! You love your purity!”

This scene is at the core of James Baldwin’s 1956 novel, “Giovanni’s Room.” Despite being published nearly 70 years ago, it remains a mainstay of queer literature for its exploration of the entanglement between desire, shame and purity, and is particularly relevant at Pride Month approaches.

“Giovanni’s Room” follows David, an American living in 1950s Paris, who falls in love with an Italian bartender, Giovanni, with whom he enters into an affair. The two are intensely attracted to each other, and while their relationship is initially a source of great joy to them, David’s shame catches up to him, and Giovanni’s life unravels in the wake of their romance.

“Giovanni’s Room” is a tragedy, one which, in classic style, declares its tragic ending from the first scene. On the third page of the novel, David reveals that Giovanni will soon be dead. He is set to be executed by guillotine for a crime—unknown to the reader.

This conceit of the novel creates a constant dread undercurrent—even its few hopeful moments. The knowledge of how this affair will end is nearly never far from the reader’s mind. Yet, the true emotional intensity of the book lies in the small tragedies which unfold on every page.

While the writing flows swiftly and the prose is compelling, “Giovanni’s Room” is not an easy read. However, it is a necessary one. Baldwin’s great insight creates a tangible humanity in the characters.

The reader will find their own guilt and desire on the page. “Giovanni’s Room” does what the best books do: it makes the particular universal.

In Ancient Greek tragedies, characters often have fatal flaws. David’s fatal flaw is a combination of shame and purity. “Giovanni’s Room” urges its reader to free themselves, if not from shame, then from the desire for purity.

As said to David by another character, “Love him and let him love you. Do you think anything else under heaven really matters?”

Live-action adaptation conflicts, complements original

by DECLAN SMITH

The camera zooms in on the scene: off-white buildings and jagged, icy walls loom above the dark water. Rustling streets with intri- cately designed props are cover- ed in fires and rubble. A sense of sadness settles as the characters gaze at the wreckage. A childhood animation brought to life, the season.

The live action adaptation reimagines the plot of the first season of the 2005 animated series, “Avatar: The Last Airbender.” Characters who have met merely days before seem to know each other perfectly due to im- pressed faces and costumes. By Episode 7 it felt noticeably odd dialogue and fight scenes. Sometimes it feels like the show can not decide between its more hu- man or darker action. Characters in- stead of rising in popularity across the screen, earth rumbles and water is hissed as characters dance through these feats of magic, but something feels amiss. The constant need for slow-motion shots becomes repet- itive and dilutes the intensity of these action scenes.

The “bending” of the four elements occasionally amazes with smooth and fluid motions, but sometimes, especially with setting people on fire, it feels off-putting and the lack of realism takes away from the show.

The show often breaks from the original series, which is expect- ed, yet breaks from the canons in places that actually hurt the show more. The episode “Only Time Around,” which although sorrowful at times in a single sitting. It is short, yet deeply impactful in its brevity. This season’s cause both times and the reader to ponder the rightness of the show.

REIMAGINED FAVORITE. “Avatar: The Last Airbender” is the latest live-action adaptation after the 2010 mov- ie “The Last Airbender.” This newest iteration of the fan favorite series reimagines the plot of the original show.

One Gets Out Alive). In an in- dustry like country music, which is still nearly 89 percent male. Ms. Rose’s work is paving the way for other aspiring young female coun- try artists.

No. “One Gets Out Alive” is proof of Ms. Rose’s talent and ability to combine many different genres to make her music truly stand out. The tracks on this cap- tivating new album will be sure to have you singing your heart out, whether you’re on the highway, chilling with friends or dancing alone in your room.

Country-folk album inspires, uplifts with raw, vast emotions

by ORLIE WEITZMAN

Although her emotional story- telling is ever-so-slightly reminiscent of Taylor Swift’s “Fearless,” Ms. Rose manages to distinguish herself through her dramatic bal- lads, which although sorrowful at times, like in the heartfelt track “Only Time Around,” are neither despondent nor angry, Confident and passionate, the album com- bines smoothly delivered, fresh new lyrics with 80s-inspired melo- dics, particularly in “Vanish,” Ms. Rose’s 10th song, whose chil- ling harmonies and verses will continu- e to play in your head long after you’ve listened.

Several tracks have an exciting, fun feel, such as “Dead Weight,” where Ms. Rose deftly sings, “But you ain’t ever gonna be in my way / You ain’t ever gonna see the day / You could ever make me feel afraid / Of your sticks and stones, your box of bones / All you is is a man.”

The Maryland singer began her music career in 2009, where she re- leased a cover of King Leon’s “Use Somebody.” Since then, she has produced three studio albums (four with the addition of “No One Gets Out Alive”). In an in- dustry like country music, which is still nearly 89 percent male. Ms. Rose’s work is paving the way for other aspiring young female coun- try artists.

MIXED GENRES. Maggie Rose’s new album features country and folk. 

The reader will find their own emotions, and sometimes this expectation is met. The casting for each char- acter fits well and keeps with the show’s diversity, while the back- grounds and costumes are de- tailed and stunning.

In Ancient Greek tragedies, characters often have fatal flaws. “Giovanni’s Room” by James Baldwin expertly explores shame, purity and queer desire as it recounts the love affair between two men in 1950s Paris. This tragic novel serves as a cautionary tale.
Iverstein. 123 distinct poems, many of which life. The children’s poetry collection provides an escape from the often unimaginative tasks of everyday hood imagination through cre

Sdewalk Ends” is a timeless poetry ciation for the deeper aspects of

picture books, from rhyming poet tic marketplace — and the area leather purses to woodsy-scented

cine was looking at this space, she

The stock ranges from gothic leather purses to woody-scented candles, remnants of an elec-

coli — and the area is splashed with soft yellow and green hues that reflect the out-

side sun and welcome you into the space.

“When this room was intentionally made really yellow, really welcom-

ing,” Mr. Silverstein said. “It’s kind of like the reception area, and what we’re doing here that’s different is there are objects for sale. To unlike typical galleries where you can’t touch anything on the wall, these artists are able to actually pres-

ent work, and visitors can support them that way.”

Further into the gallery, the col-

bines, workplace relationships and

a show that’ll lure you in, keeping you returning. The accompanying line drawings fea-

ture a caricature-like style that en-

hances each poem. For instance, in “Recipe for a Hippopotamus Sand-

wich,” which gives the recipe for a normal sandwich with a hippo-

potamus in the middle, the pencil-

line is that the sandwich is easy to make but difficult to eat. The sand-

wich is difficult to visualize, so the accompanying drawing, which features a massive hippopotamus between two tiny pieces of bread, makes the pencil-line more clear.

“Where the Sidewalk Ends,” the titular poem, encapsulates the book’s purpose well. Mr. Silver-

stein describes the “place where the sidewalk ends,” where child-

hood imagination thrives, an es-

cape from the “smoke” and “dark street[s]” of the industrial world.

Mr. Silverstein combines this es-

cape nature with a distinct, elev-

tone. He uses common rhyme schemes like coupled rhyme and alliteration to heighten the im-


tic. In most poems, the beginning lines establish the situ-

tion, the middle lines escalate and the final lines divert the read-

er’s expectations in comedic re-

lief. For instance, in “The Croco-

dile’s Toothache,” the first five lines establish that a crocodile went to the dentist for a toothache. The middle lines escalate the situ-

tion as the dentist accidentally pulls out one of the crocodile’s many teeth, asking, “What’s one crocodile’s tooth, more or less?” In the final lines, the crocodile eats the dentist, and the narrator concludes, rhetorically, “What’s one dentist, more or less?”

A combination of imaginative description, well-crafted rhyme and creative drawings has allowed Shel Silverstein’s “Where the Side-

walk Ends” to stand the test of time and remain popular today.
Cuts undermine what makes Lab, Lab

Modern feminist movies should focus on spoken feminism

by LUCY SHERRILL
Reportor

As my parents walked away on that late-August morning, I anxiously pushed myself through the gate outside Goodwin Gate and into the Arts Hall for the first time. Stand by me, there was a sense of my being welcomed into the all-female Lab. While the all-female Lab is anathema to the Lab's education values, Middle schoolers — who are the first participating school sports in the fall of sixth grade or to continue these sports in seventh and eighth grade — now will be thrown into a competitive athletic environment, where some students will become no different than other schools. By testing recent budget cuts and changes, what if the Lab is testing recent budget cuts and changes, what if the Lab is

For the first few weeks of school, this mentor and I simply would not talk to each other, but sometimes exchange greetings. Despite these interactions, we both knew that raising someone else in the community would have made me feel more confident in this new environment. After all, my relationship with my sophomore buddy helped me feel confident enough to reach out to another friend of mine, and I would have never new to Lab didn't get to have that same mentor experience.

To create a more active transition, mentorship programs should be added for ninth graders, guiding them in many aspects of their transition into the high school environment. Mentorships would help to integrate into the high school, re-integrate into the Lab community, foster and nurture students, both academically and socially, in a more personalized way. This is why mentorship programs should be added.

by LIGHT DOHR
Art Editor

After the release of the “Barbie” movie, I babysat two little girls who had seen it the day before. They were pink dresses and sang songs from the soundtrack, and at some point, the younger one turned to me and asked who my favorite Barbie was. I replied, “I don’t know. Maybe that one.”

The two glanced at each other, then at me, and then the older one announced, “We like Stereotypical Barbie.” When I asked why, she looked at me like it was obvious before replying: “She’s pretty.”

Feminist media is nearly impossible to get right — it’s truly never going to please everyone. But a recurring theme is that the content is seemingly made for adults, while the actual messages are lost. Some of the scenes are tagged with black squares, indicating that they have on overall feelings. These are the friendships, and the impact that these friendships, and the impact that these experiences have on girls.

Mentorship programs should be offered to all ninth graders. Although an expansion of mentorship programs would help ninth graders integrate into the high school, re-integrate into the Lab community, foster and nurture students, both academically and socially, in a more personalized way. This is why mentorship programs should be added.
When I was in fifth grade, I downloaded Instagram onto my phone without either my parents knowing. I learned to be like my friends, most of whom already had Instagram and Musically accounts. I chose my username to be “rainbow-fluffyunicorn,” which I found to be elev- er and obviously not a child. Over the first few weeks of creating my private Insta- gram account, I started to receive follow and message requests. The follower requests weren’t always from people at school but from adult men and women alike. The message requests, always from men, asked if they could fol- low me and if I could send them photos of me because I was so young, fresh and cute. I was not the only one of my friends get- ting messages like these. As I grew older, the requests never stopped, and as my oth- er friends started downloading Instagram, it started, for them, too.

As someone who was just 11 when I started using Instagram, I didn’t under- stand the dangers that lay within those platforms, and that’s why social media platforms need to start enforcing age lim- its on accounts to protect younger kids.

Social media has been shown to be in- fested with people who prey on young- er kids. From sexual predators messag- ing kids on social media to stalking them, most kids on social media platforms have experienced some type of harassment by predatory adults on the same apps. Even now, in the age of artificial intelli- gence, there is a new risk of AI child porn being made of young kids just from a few images of their faces online. Not only does social media provide a place where kids can be exploited, it ex- poses them to inappropriate content such as violence and explicit material.

Unlike other platforms that are made for children — such as YouTube Kids and PBB Kids — social media like Instagram and TikTok lack filtering mechanisms that can shield younger users from such content. Instead, they give them access to every type of media produced, good and bad. Access to content like this for older people is important, allowing a new level of freedom of expression, but for young kids, it’s perilous.

Additionally, recent studies have shown that social media can be harmful to young kids’ mental health, shorten attention spans, disrupt sleep and erode self-esteem. Social media, by setting unattainable standards and being a constant barrage of consumerist messages, can negatively impact kids’ mental health.

In a 2023 study, the Pew Re- search Center found that most parents worry that social media is “leading to cyberbullying, anx- iety or depression, exposure to explicit content, or lower self-es- teem.”

Now yes, parents should be monitoring their kids so that they are not misusing so- cial media or have access to content beyond their years, but there also needs to be safety measures made by social media companies as well to protect the younger, more vulnerable populations.

Social media companies should also put in more mechanisms to keep children safe on their apps, but there are other easier solutions.

One way to start enforcing age limits is to follow the protocol of Uber by requiring users to submit a photo of their ID or pas- port, proving they meet the age require- ments.

By doing this, social media com- panies can properly age-gate their platforms and pre- vent young kids from getting on them without direct pa- rental aid and supervision. If Instagram required age verification for creating ac- counts, 11-year- old Chloe would’ve nev- er had to en- dure the grown, male aggres- sion she came with having an account.

Parents should not be moni- toring their kids all the time. By setting wise restrictions for their kids, parents can help their kids stay safe.

I came away from that conversa- tion with two conclusions that have lasted: never accept a follow re- quest or message from someone you don’t know in real life, and, perhaps as a corol- lary, never presume someone you don’t know is who they claim to be online.

The responsibility to keep children safe can’t be entrusted to giant corporations like TikTok, Google or Meta. Parents need to take responsibility and make themselves accountable for the well-being of their children.

In every other aspect of life, parents un- dertake the responsibility to protect their children from the dangers of the world and to teach them how to stay safe. Par- ents would never consider sending their kids off to cross a street without first teaching them to look both ways, and they wouldn’t allow their kids to sit in the car in a pool without showing them how to swim.

That’s what being a parent is. It’s not the duty of the government or private industry to ensure that children don’t burn them- selves on stovetops or play with kitchen knives. In a sense, social media is like a stovetop burner or a knife. It’s a tool with inherent dangers.

It is parents, not the U.S. Justice Depart- ment or the Federal Trade Commission — or even TikTok — who must step up.

Beyond the questions of morality and who is responsible for keeping children safe, the concern of exposing kids to con- cepts prematurely is hardly a new prob- lem. Of course, long before the emergence of the internet, children were exposed to age-inappropriate images and ideas in lit- erature, news media and television. Once again, in those cases, responsibil- ity does not fall full and undividedly on parents; sometimes, it is on social media, at everyone’s fingertips.

Efforts at restricting social media sites based on age have been tried already. Officially speaking, plenty of social media companies have tried to allow kids under 13 from using their sites, but those limits have failed miserably. At the click of a button, a child can easily lie about their age and maneuver around restrictions.

Why should we expect more limits, like requiring proof of gov- ernment-issued identification to work any more effectively than the ones already in place? From using a parent’s device to submitting a parent’s identifi- cation, kids will simply find new and innovative ways around the new restrictions and the debate will drag on.

Let’s face it, this is the difficult truth too. It’s not been possible to for- bid that social media companies are not responsible for our children’s internet safety — we are. Since its conception, teen use of social media has been a debated issue. One perspective argues for age-gating platforms while another argues for parental restriction.

Who should limit teen’s social media access?

Social media companies should enforce age limits

by CHLOÉ ALEXANDER

Parents should monitor use, access to various platforms

by CLARE McROBERTS

VOX POP

Should social media have a government-mandated age limit for minors? If so, what would a fair age limit be and how would it affect minors in their lives?

“i think social media should only be available for taxes, as any age before that it is even easier to get trapped and scroll for hours. I had to put a time limit on my social so I don’t lose them all day.”

— Mikey Skobus, ninth grader

“I think social media should have limits for what content children see, so they get older they start seeing more things. I also also think a certain age should need a certain parents account to set up their account.”

— Ronen Maloni, ninth grader

“I think social media apps like Instagram, TikTok and Twitter should have age limits, as they are also being widely used. For the first year, I think should be 16 and up, and 13 for TikTok.”

— Amira Williams, senior

“I think social media like Instagram I think should have a limit of 13 because of their widespread use, and therein’s a lot of moderation. Anyone can post on the internet and you either have the right to comment or not include them at all.”

— Alex Fayed, senior

“I think that social media should have an age restriction of no younger than 14. Mostly because it can cause bad self-perception and cyberbullying, so early that the audience might not know how to cope or defend themselves.”

— Theo Hinerfeld, junior

Since its conception, teen use of social media has been a debated issue. One perspective argues for age-gating platforms while another argues for parental restriction.
The final curtain call

Theater teachers Allen and Lucija Ambrosini retire after long era at Lab

by SKYE FREEMAN
Features Editor

A s a darkened Sher- ry Lansing Theater is brought to life, with spotlights in multicolored hues. Audiences across the brightly painted set, drama teach- ers Allen and Lucija Ambrosini at work for their final performance on the side of the theater. Posters for plays and musicals from past years cover their desks, velvet hats with pinned feathers lie in piles on the linoleum floor, and the ginormous paperclips — handwritten let- ters and skillful drawings — are pinned on the walls. Footsteps pat- ter into the theater as polka-dotted skirts fly past the door, announc- ing the beginning of the first dress rehearsal for the spring musical, “Bye Bye Birdie.”

It’s also the Ambrosini’s final show at Lab.

Mrs. Ambrosini, who came to Lab in 1970, directs each show, helping the actors and singers with their parts. Mr. Ambrosini, who joined her nearly 10 years later, specializes in set design and technology, assisting crew mem- bers to build stage pieces or op- erate set changes between scenes.

Their love for theater made them the perfect duo, and after a combined 74 years working in U-High’s theater department, they will retire this June.

Their decision to retire was formed while stuck at home during the coronavirus pandemic.

“During COVID we were all the time, teaching remotely, and we realized ‘Oh, this is great,’ so we got the ball rolling sooner. After we came back from COVID, and we just can’t wait,” Mr. Ambrosini said.

“We have all kinds of things we want to do, including just rest- ing, you know. We’re in our 70s, so we’ve been working for a long time.”

They put their in-two-year no- tice in 2022 and have been prepar- ing their departure ever since. The couple has been married for over 50 years, and they’re excited to leave, with plans to travel and ex- plore new interests, or simply do their laundry and sleep in.

“I have all sorts of things I want to do,” Mrs. Ambrosini said, “and I know that I’ll miss working on the shows with the kids. I will miss that, but I will miss that. That’s different from working for the school, being in the school all the time and the working on shows. It’s different.”

Although “Bye Bye Birdie” was their final show at U-High, they don’t view it as their last. To them, it’s just another show. Yet with the retirement date nearing, they’ve been reflecting on their time here.

“I really loved going to school every day and dealing with the students — even COVID, ever- ything kind of changed — but it was just always a pleasure,” Mr. Ambrosini said.

“Every year there were different students that I had to teach how to do things, how to build scenery or paint, whatever, and it’s always a fun challenge be- cause the kids are different and I wouldn’t want to teach anything else.”

While they’re ready for the tran- sition into the next part of their lives, they’re happy to leave the school will certainly not go unno- ticed.

Mr. Ambrosini has helped de- sign countless sets for countless shows — including Lab’s most recent, directed by Mr. Ambrosini said shows for 55 years. She estimates she’s directed around 180 shows at Lab.

“Different things happen with different shows. We’ve done orig- inal musicals, we’ve done origi- nal shows, we’ve done any amount of Shakespeare, we’ve done mod- ern, we’ve done absurd theater, so doing that huge range of, you say, theatrical history,” Mrs. Ambrosini said, “that huge range makes a really big difference. You feel very fortunate in being able to study all the historical periods in doing theater. You really need to

During COVID we were home all the time, teaching remotely, and we realised ‘Oh, this is great, so we got the ball rolling soon after we came back from COVID, and we just can’t wait. We have all kinds of things we want to do, including just resting, you know. We’re in our 70s, so we’ve been working for a long, long time.’

Allen Ambrosini, theater teacher

SMILING SUCCESS. U-High theater teachers Allen and Lucija Ambrosini stand on the set of the spring musical “Bye Bye Birdie,” their final show at Lab. They will retire this June.

to learn a lot about architecture, styles, social norms, you need to know everything about history, art. It just makes you learn things all the time.”

Mrs. Ambrosini has also taught U-High drama classes. Senior Lena Valenti, assistant director for theater, took. Mrs. Ambrosini’s acting studio and drama classes. They’ve grown close, and Lena feels she’s learned a lot from Mrs. Ambrosini. In preparation for re- tirement, the two moved hundreds of documents out of Mrs. Ambrosi- ni’s office, scripts and notes for plays she’s worked on and direct- ed.

“All of these binders that I was pulling out were just full of years of depictions, and that kind of really made me realise that nobody in the Lab community has done the amount of theater that she has, and people that aren’t a part of theater really overlook that.”

Lena attributes her success in getting into theater college to Mrs. Ambrosini, and to the communi-

ty that the Ambrosinis fostered, where she learned so much about life.

Junior Dilara Dogan, a set crew member, shares the appreciation, specifically toward Mr. Ambrosini.

“I think that if he sees people struggling, he’ll go over and clari- fy what to do, and he gives us the freedom to figure stuff out, which is kind of nice since I don’t think I would have been able to learn the stuff I’ve learned from crew if I was told to do everything exac- tly,” Dilara said.

For the summer, the Ambros- ini plan to clear out their office belongings, settle in at home and hopefully go on a vacation. The- ater will always be a part of their lives, and they hope to keep it that way.

“THEATER, to me, is the perfect thing to be involved in if you have a lot of interests and you really want to study stuff,” Mrs. Ambrosi- ni said. “I thought I’d go into his- tory, but theater was that. Litera- ture! Theater was that. Music? I used to do an awful lot of music in all sorts of other situations; the- ater does that. Everything is just combined inside of it.”

8 features

TWO TOUGHS

ACTS TO FOLLOW

1970: Lucija Ambrosini began at Lab as a drama teacher. Allen Ambrosini helped with set design and tech- nical production.

1971: U-High won several awards at the Chicago Drama Fest for a performance of the play “Pantagleize.” Mrs. Ambrosini received a special commendation for her work as director.

1973: Mrs. Ambrosini was the first person to design and supervise the entire Ritas of May festival on her own. She also directed the festival’s spring play, and Mr. Ambrosini designed the stage, set and furniture.

1977: After two years of protesting the old Baffeld theater, fire code and safety violations, Mrs. Ambrosini and colleagues were heard and renovations were made, pre- venting any future incidents.

1978: Roger Ebert, film critic for the Chicago Sun-Times first film critic to win a Pulitzer Prize, came to see U-High’s production of rock musical “Godspell.” Mrs. Ambrosini, who directed the show, was friends with Mr. Ebert. Upon seeing the musical, he told the Midway, “it seemed almost professional.”

1985: Mrs. Ambrosini di- rected the musical “Bye Bye Birdie” for the first time at Lab 39 years ago. Mr. Ambrosini designed the stage and set.

2004: Mr. Ambrosini was hired as theater technical director. Since then, he’s helped students get involved in the behind-the-scenes work for each performance.

2013: Baffeld Hall, Lab’s fine arts building, was mostly demolished to be replaced by Gordon Parks Arts Hall, which opened in 2015. Separately, for the first time since 1999, the annual play performed at Ritas of May moved indoors.

2024: Mr. and Mrs. Ambros- ini completed their final show at Lab, the spring musical “Bye Bye Birdie.” Regarding retirement, Mr. Ambrosini said, “We just can’t wait.”

compiled by Skye Freeman
Source: U-High Midway and U-Highlights Archive

midsized photo by Dilara Dogan

THURSDAY, MAY 30, 2024
highmidway.com • University of Chicago Laboratory High School
Dewey expert, English teacher
Catie Bell retires
by CLARE MCRBOERTS
Editor-in-Chief

She taught Dostoevsky’s “Crime and Punishment” and was dazzled by the author’s ability to create characters and build suspense. She brought students Shakespeare and fondly remembers a time ninth graders performed scenes from “Macbeth” interspersed with narratives they had written. She was intrigued by the philosophy of John Dewey, the founder of the Laboratory Schools, who valued experiential learning and the links between education, democracy, and art.

But for U-High English teacher Catie Bell, who is retiring after almost 38 years at Lab, it was the people of the U-High community, she says, that will stay with her the most.

“The best part of teaching at Lab School is having students with the capacity for sovereignty and seeking opportunities to exercise it,” Ms. Bell said. “They see connections between what they are learning in class and their lives, and find clubs and other activities in which their hard work is satisfying and rewarding.”

Ms. Bell came to Lab in 1986 as a sixth grade history teacher. She’s lived in Illinois her whole life, growing up in Evanston, studying at Northwestern University and teaching at schools in Winnetka and on Chicago’s West Side. She earned a Ph.D. from the University of Chicago in 2002.

For her next chapter, Ms. Bell plans to split her time between her home in Hyde Park and a house outside Cody, Wyoming, where she and her husband have a house outside town, not far from the McCullough Peaks.

“I’ve been teaching 32 years. Even after 38 years, I will miss the joy of being around the people here,” she said. “Bell, it is time to focus on unread books, spending more time with friends and family, traveling and perhaps learning more about how to live, only minimally diminishing the natural diversity of flora and fauna in the biosphere.”

Catie Bell’s name is her nickname, given to her by her co-workers, in parentheses: the Sage. Jane Canright’s name is her nickname and birthday. Next to the fridge lies a list of each teacher’s philosophy. A favorite, interspersed with narratives they performed scenes from Shakespeare, was the English Department through changing times and difficult challenges.

“Together, we have worked diligently to cast a wider net, incorporating literature that students can more easily identify with, coming together to grips with the diminishment of reading as a pastime and otherwise coming to terms with teaching the humanities in the twenty-first century,” she said.

“Students have helped to free me from ideas derived from static binaries,” she said.

She added, “Class discussions have opened me up to appreciating the vast area between ideas we’re accustomed to seeing in opposition, like male and female, educated and uneducated, and lucky and unlucky. The shades of gray require hard but valuable work.”

“Every day when I walk in, Ms. Canright would make me feel welcome and would just bring an amazing energy to the class that was just so infectious,” Krish said. “They saw me as uniquely great as her.”

Ms. Canright is one of the best educators I have ever seen,” Mr. Hartigan said. “We’ll miss her presence and the way that her philosophy and teachings have impacted the greater community.”

“Every day when I walk in, Ms. Canright would make me feel welcome and would just bring an amazing energy to the class that was just so infectious,” Krish said.

“Every day when I walk in, Ms. Canright would make me feel welcome and would just bring an amazing energy to the class that was just so infectious,” Krish said. "They saw me as uniquely great as her."
C\n
o Izak frontline with a st ature of elegance and support, overseeing and taking care of the health of the students, faculty and students, even if she’s easy going. Caring is often used to de scribe Ms. Arrington, so the port manente her Lab email creates is unexpected.

"That is how she is known, that is how many people she has touched. I have worked with Prac ces Spaltro, who served for a year as the interim principal. Every stu dent, every adult that walks into that office understands how car ing she is."

In 35 years working at Lab, Ms. Arrington has been a caretaker for the staff through out all of its chang es, making many connections, and she will retire after this school year. Ms. Arrington started work at Lab because she wanted to have a similar schedule as her son, who graduated from U-High in 1995 and 1997. Working at their school was the best option for her and her family, although she never expected to be at Lab for 35 years.

"I've made all of friendships here, and that's very special to me," Ms. Arrington said. "It wasn't just a job. I had a close relationship with a number of faculty and staff — though some of them have re tired, I'm still in touch, and that's pretty special to me."

Ms. Spaltro, she had one final re mark, signaling her love to Ms. Ar rington and her wish for the Lab com munity to continue with the passion of knowing her.

"That is when we became tru ly very close because I could not have done that without her," Ms. Spaltro said. "That year was a dif ficult year for the high school in general but was also the year that my little brother died, and it was very sudden and I don't think I could've gotten through that and continued to work without Ms. Carol."

After everything that Ms. Ar rington has accomplished, and done to care for Ms. Spaltro, she had one final re mark, signaling her love to Ms. Ar rington and her wish for the Lab com munity to continue with the passion of knowing her.

"It's a 9-year-old grandson that I'll still be in touch with, and that's pretty special to me."

To start her family and returned in 1987. Ms. Woods had previously worked at the University Regis ter's office. As she approaches retirement after 36 years, Ms. Woods is exci ted to interact more with her family and explore her personal passions. "I plan to spend time with my family, travel and read a lot. I have a 9-year-old grandson that I'll spend time with," she said. "Throughout her time at Lab, she has cherished the social aspects of her role."

"I'm a people person, so it's been interesting meeting so many different kinds of personalities," she said. "One of her fondest memories is the annual Connections gala. At Connections, you get a chance to, you know, be social with the people that you work with and parents that come in and out of the building," she said. As she leaves, she advises the Lab community to keep a positive attitude. "My final words to anybody that meets you is don't stress the small stuff," she said. "You know, just be in the moment that you are, and enjoy it."
Teaching dance to incarcerated women offers freedom

by LILA COYNE

Dance teacher Jane Sawyer steps into a bleak gray room, where eight women are waiting patiently in bland, shapeless uniforms. Ms. Sawyer, introducing herself, tells the room that nothing in this dance class will be mandated. In jail, there is already too much regulation.

Since January 2019, Ms. Sawyer has been working with Cook County Arts Collective to hold dance classes for female inmates at the Cook County Jail. There, she works to help incarcerated women realize their bodies are a resource for freedom, even amid confinement.

When Ms. Sawyer first began teaching in the jail, she said, the experience was "daunting." Instead, Ms. Sawyer has her students focus on body temperature, breath and heart rates, allowing them to feel more at ease.

"In jail, there is already too much regulation," Ms. Sawyer said. "I'm going to basically make each dance class a group project."

Nelly McGovern, a senior at Whitney Young High School, has been working with Ms. Sawyer on her senior project. She credits much of Ms. Sawyer's success to her adaptability, discussing the "unpredictability" Ms. Sawyer takes for her students.

"For example, a lot of trauma survivors. They have trouble when you say, 'OK, now close your eyes and focus on your breathing.' Right because they're just focusing on how they feel in their bodies," Nelly said. "And a lot of people who have unprocessed trauma have trouble just focusing on their own self. They're trying to escape that."

Instead, Ms. Sawyer has her students focus on body temperature, breath and heart rates, allowing them to feel more at ease. "I do get feedback that it's just like a reminder, a calling back to yourself when you decide to move your body any amount with gentleness and compassion for yourself," she said.

Getting to know these women has been a "radicalizing" experience for Ms. Sawyer.

"I definitely am a supporter of decarcerating the jails and de-carcering the prisons, letting as many people go as possible," she said.

Because she works in a jail rather than a prison, Ms. Sawyer only teaches women who are waiting for their trial.

"It's supposed to be a temporary place, but because of budget cuts and a lack of oversight and just a mess of other things there are people who are there for years at a time," she said.

Ms. Sawyer has known women who have been waiting for their trial date for seven or eight years. While she doesn't claim to be an expert on incarceration, Ms. Sawyer believes that economic and racial prejudices factor into delays.

"Often being poor is the crime that people are being punished for," she said. "Ms. Sawyer does not have an answer to these problems, but she does give incarcerated women the opportunity to feel at home in their own bodies.

"No matter where you're coming from," she said. "I think you're still deserving of a positive, optional, gentle, compassionate movement experience."

Music fills the room; women dance in sharp movements. Heads turn to the right, then the left, rolling down and back up. Ms. Sawyer's voice leads the exercises as the calls for tongues and drop swings. Today, the group had decided on a more rigorous class and their exhales can be heard over the music. Their arms slice through the stale air, spreading wide as they pierce...
The Olympics are back — this year in Paris! It’s been a century since Paris last hosted the Games, and this summer will feature a new slew of traditions, sports and athletes. Here is your guide to the 2024 Paris Olympics.

by LUCIA DIMITRUESCU

Reporter

100 years

The Olympic games will take the form of a four-mile jog through the streets of Paris. The 2024 Olympics will feature a new slew of traditions, sports and athletes.

For more news, visit

Scan this QR code to learn more about the Summer Olympics on our website.

Read about a 1924 Lab alumnus who won two gold medals at the 1924 Summer Olympics.

Check out a video where we ask students Olympics trivia.

Read more about new Olympic sports.

**Noi, Sports.** The Games begin July 26 and continue for more than two weeks, throughout France and French Polynesia.

**OUI, SPORTS.** The Games begin July 26 and continue for more than two weeks, throughout France and French Polynesia.

**Paris 2024 will break new ground by bringing the sporting competition into the heart of the city. The Olympics website**

Midway Illustration by Ilana Oshmyansky

Despite not being a major fan of the Olympics, sophomore Ish-Holz appreciates the creativity that the Paris Games will incorporate, including surfing and skateboarding. Ish-Holz began to learn how to surf when she was 14 years old and has continued doing them for fun. “It’s cool that the Olympics is expanding what sports are a part of it,” Ish-Holz said.

For surfing, the scoring is similar: a panel of five judges judge the commitment or degree of difficulty, variety of innovative maneuvers, combination of major maneuvers, as well as their speed, power and flow. Skateboarders will be judged on the height and speed during their runs, and will be marked as they make their way through the course.

The Olympic sports not to miss

by ABHAT CHANDRA

This year’s Olympics will take place in Paris, with 10,500 athletes competing in 32 sports from July 26 to Aug. 11. The events will take place in 14 venues surrounding Paris — three of the largest, the Olympic stadium in Saint-Denis, the Velodrome and the Parc des Expositions — and will stream on the networks of NBC and on Peacock.

What to miss:

1. **Wednesday, July 24:** A Louisiana vs. Florida basketball game at the Louvre Museum, where the city hosts once again, but this time the opening ceremony will be bigger than ever. In addition to being held in a stadium, the opening ceremony will turn into a “fête de la fédération,” a four-mile floating parade on the Seine River, composed of 100 boats carrying athletes and their families.

2. **Thursday, July 27:** The first day of medal competition arrives with one of the most-anticipated swimming events in the entire competition. Three of the fastest performing swimmers in his- torical competition will compete in the women’s 400 freestyle: Summer McKeon from Australia, Katie Ledecky from the United States, and Ariane Titmus from Australia, and Rio gold medalist Katie Ledecky from the United States.

3. **Tuesday, July 30:** Alpinist Ama Dablam takes center stage. The mountain will rise above the city, and the climbers will attempt to scale it in the men’s alpine combined event.

For more information, visit

Scan this QR code to learn more about the Summer Olympics on our website.

Read about a 1924 Lab alumnus who won two gold medals at the 1924 Summer Olympics.

Check out a video where we ask students Olympics trivia.

Read more about new Olympic sports.

**Paris 2024 will break new ground by bringing the sporting competition into the heart of the city. The Olympics website**

Midway Illustration by Ilana Oshmyansky

Despite not being a major fan of the Olympics, sophomore Ish-Holz appreciates the creativity that the Paris Games will incorporate, including surfing and skateboarding. Ish-Holz began to learn how to surf when she was 14 years old and has continued doing them for fun. “It’s cool that the Olympics is expanding what sports are a part of it,” Ish-Holz said.

For surfing, the scoring is similar: a panel of five judges judge the commitment or degree of difficulty, variety of innovative maneuvers, combination of major maneuvers, as well as their speed, power and flow. Skateboarders will be judged on the height and speed during their runs, and will be marked as they make their way through the course.

This summer, the Paris Olympics program will feature 32 sports, nearly all of which have been featured previously. Four are returning from the Tokyo Olympics, but two sports will make their debut at this Olympics: breaking and kayak cross.

Breaking: Also known as breakdancing, will be included in the Olympics for the first time ever. It is a style of street dance known for its intricate footwork and impressive acrobatic movements, breaking originated in the Bronx in the 1970s.

Kaya cross: A sub-sport in canoe slalom, which takes place in a human-made whitewater course where athletes have to navigate through a series of gates along the water. Kayak Cross is a combination of all the canoe slalom rules but with teams of athletes competing against each other, not just the clock.

All of these sports debuted in Tokyo in 2021 and will be back for their second appearance in Paris. Surfing: The actual event will take place on a man-made wave machine in Paris, in Teahupoo, Tahiti, part of French Polynesia. The event will take place throughout the year with six competitions, for four days, where surfers will perform an array of different skills on the challenge.

Skateboarding: will have two types of competitions in which athletes will perform. Street skateboarding will feature street-like condi-tions, and will simulate an urban environment. Park skateboarding will take place on a course that will be separated into three sections, each with an estimated 30-45 second rounds, with only one athlete from each country counting toward their final score. The break dancers take turns, taking turns while the music plays, then trying to outdo the other until the music fades out.
Here are the best ideas for sun-protective gear, places to relax, recipes with summer ingredients and summer activities, plus full-day food and exercise itineraries for multiple fitness levels.

Chart your healthy summer

by TINSON XU & NEHA DHAWAN

As the temperature rises, Chicagoans have various options to stay active while enjoying healthy-conscious dining across the city’s vibrant neighborhoods. From light exercises, like yoga and pickleball, to more intense sports, like tennis and biking, each level offers a blend of physical activity and culinary options to enhance your summer experience. Use the chart to plan your summer days, whether you’re interested in leisurely strolls through the South Loop or engaging in strenuous activities near Millennium Park.

It serves both beginners and those seeking more challenging adventures, providing new opportunities for you to prioritize your health. Summer can be a great time for fun in the sun and a time to invest in your wellness. This itinerary begins in the South Loop near the Museum Campus metro station. If you plan on biking the longer distances, bring a bike or get a Divvy. Otherwise, take whatever transportation is best for you.

To prepare: Make reservation for kayak rental, bring pickleball equipment, money for restaurants/transit

- **Light yoga**: Ekhart Yoga (YouTube) in your house
- **Breakfast**: Yolk South Loop, 1220 S. Michigan Ave.
- **Recommended drinks**: Grapefruit juice, whole milk
- **Recommended food**: Avocado toast, steel cut oats
- **Walk or bike**: 0.3 miles to the next location.
- **Recommended drinks**: Unsweetened iced tea, juice
- **Recommended food**: Sichuan fish casserole
- **Recommended sports**: Volleyball, football, ultimate Frisbee, soccer

**Level 2**

This itinerary begins in the Near North Side by Washington Square Park. For longer distances, you might want to bring your bike or get a Divvy. Bus or ride share may also be options.

To prepare: Bring basketball equipment for beach sports (football, beach ball), money for restaurants/transit

- **Power Yoga**: SarahBeth Yoga (YouTube) in your house
- **Breakfast**: Deep Purple Acai Bowls, 880 N. Clark St.
- **Recommended drinks**: Smoothies: Deep yellow, strawberry banana
- **Walk or bike**: 0.5 mi to the next location.
- **Basketball**: Durso Basketball Courts, Durso Parks 421 W. Locust St.
- **Walk or bike**: 0.3 miles to the next location.
- **Lunch**: The Cafeteria Food Hall, 840 N. Orleans St.
- **Recommended drinks**: Just Beet it Juice, Mango Madness smoothie
- **Recommended food items**: Vegetable delight, orange cherry chicken salad
- **Bike or drive**: 2 miles to the next location.
- **Afternoon at the beach**: Ohio Street Beach, 600 N. DuSable Lake Shore Dr.
- **Recommended sports**: Volleyball, football, ultimate Frisbee, soccer

**Level 3**

This itinerary begins at Millennium Park on Randolph street and Columbus bus drive. Bring a bike or rent a Divvy for the trail. Use your preferred transportation to reach the park.

To prepare: Bring bike, tennis rackets and balls, money for restaurants

- **Pilates**: (8-8:45 a.m.) Millennium Park Great Lawn
- **Walk or bike**: 0.9 miles to the next location.
- **Breakfast**: Protein Bar & Kitchen, 151 N. Michigan Ave.
- **Recommended drinks**: Tropic thunder smoothie, lemon & green smoothie
- **Recommended food items**: Overnight oats, sunrise pots scramble
- **Walk or bike**: 0.8 miles to the next location.
- **Biking Trail**: Lakefront Trail DuSable Harbor
- **Walk or bike**: 0.8 miles to the next location.
- **Lunch**: Just Salad, 80 S. Stetson Ave. (closed on weekends)
- **Recommended drinks**: Strawberry Banana, Detox Cleanse
- **Recommended food items**: Peruvian chicken bowl, protein panini
- **Walk or bike**: 0.7 miles to the next location.
- **Tennis**: Maggie Daley Park Tennis Courts

Summer protective gear need rises as summer nears

The case of sunglasses glints in the faint light. Aisles of green, blue and gray shirts are in front of it, and large multicolored hats hang on racks. These are some of the items on display at REI, 905 W. Eastman St. in Lincoln Park, and each of these items is advertised to help protect from the sun.

With summer fast approaching, it’s time for everyone to find some gear to protect from the sun.

The harmful effects from sun exposure include sunburn, wrinkles, dark spots on the skin, skin cancer and melanoma in the eyes. REI sells standard hats and sunglasses as well as shirts with extra protection from the sun’s rays. This includes their “Sahara Shade Hoodies” marketed toward hikers, which is labeled as UPF 50, UPF, which stands for ultraviolet protection factor, describes how much protection certain clothes and fabrics can give from ultraviolet rays. UPF ratings represent protection against UVA and UVB light, which have different effects on the skin.

Dermatologist Amy Brodsky thinks it’s important that teenagers protect themselves properly from the sun. One of the reasons she began researching the effects of the sun was because of concern for her own children.

“80% of the sun damage you get before you’re age 18 shows up later in life,” Dr. Brodsky said. Junior Lee Ripple plays golf outside during the summer months. To protect herself from the sun she often uses hats, such as a golf hat.

Dr. Brodsky thinks, among other things, that some types of UPF clothing are effective and warns against tanning. She thinks people should pay more attention to sun damage.

Dr. Brodsky said, “I don’t think people realize how bad the sun can be for you, not just for your skin.”

**For more**

Scan the QR code to access the Midway’s online package on summer wellness activities. Along with the itineraries above, the package includes a curated list of gardens worth visiting, indoor and outdoor activity suggestions to keep you active and healthy and a video with recipes that use fresh summer produce.

**SUN SAFETY.** REI has several items of apparel and accessories that offer sun protection. The demand for this protective summer gear has increased as concerns over excessive sunlight exposure grow.

**POWER UP your summer**

Here are the best ideas for sun-protective gear, places to relax, recipes with summer ingredients and summer activities, plus full-day food and exercise itineraries for multiple fitness levels.

**by DECLAN SMITH**

**Reporter**

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**SUN SAFETY.** REI has several items of apparel and accessories that offer sun protection. The demand for this protective summer gear has increased as concerns over excessive sunlight exposure grow.
Summertime in Chicago is known for its vast array of summer festivals. These events take place throughout the city, each with its own unique theme and activities. The landscape of Chicago's summer festival scene is a eclectic mix of cultural, musical, and art events that cater to a diverse range of interests. Whether you're a music enthusiast, a food lover, or simply someone who enjoys the outdoors, there's something for everyone to enjoy.

One of the most diverse cities in the country, Chicago is home to a rich array of identity-oriented festivals. While it would be impossible to cover them all, here are three festivals to watch out for this summer, featuring food, performances, and some classic fair activities.

**Andersonville Midsummermatt, June 7-9**
One of the opening festivals of the summer, Andersonville’s Midsummermatt celebrates Swedish heritage with a marquee, diverse foods and lively activities, standing out as one of the city's oldest and iconic summer events.

**Pride Parade, June 30**
For more than 50 years Chicago’s Pride Parade has been one of the world’s most popular LGBTQ celebrations. This year, 150 groups will march a shortened route through the city.

**Taste of Greektown, Aug. 23-25**
West Loop’s Taste of Greektown is known to “blend Old World traditions with modern flair.” With cultural dances, live entertainment and fantastic food, it makes for a perfect summer finale.

**Food**
Chicago has a wide range of annual summer food festivals, from pop-up stands to farmers markets to countless food booths. Whether you’re craving international cuisine, traditional barbecue, or a sweet dessert, the city brings something for everyone to enjoy.

**Flying High**
During the 2022 ArtsFest opening ceremony, Dance Team members participated in a trek alongside the Jesse White Tumblers. "We teach them to love their fellow man and woman and never ever dislike anyone because of race, creed or color," Mr. White said in an interview with the Midway. Mr. White has been able to use his experiences in the military, as a Chicago Public Schools teacher and serving as Illinios Secretary of State from 1997 to 2003 to help his students navigate life. His dedication to the team has helped change lives.

"Every year that we've added to the number of years that we've been in existence has inspired me to continue to grow on the path more importantly, involve more young people," Mr. White said.

The eight team units in Chicago will perform along the city this summer, including at Midsummermatt, the Wells Street Art Fest and the Chicago Outdoor Fitness and Dance Festival. "It's just, really impressive, to see people who are able to do something like that," Samara said. "I think one of the other things is, how coordinated they are. You can tell how much they've practiced it as a group." Mr. White hopes to continue helping young people become greater individuals, so they can make their communities better.

"Usually when people look down toward the ground, they look upon it as a failure," Mr. White said. "And the only time I want them to look down is in life to tie their shoes." By the time Samara's popski has melted, leaving her fingers sticky, the festival crowd has cleared out and the Jesse White Tumblers are gone — but Samara can't forget their performance.

**Music**
Chicago is known for its vibrant music scene. From rock to hip-hop, there is a festival for everyone.

One of the most popular events is the Pitchfork Music Festival, which takes place in Union Park on the 19th.
Sophomore Austin Siu finds passion for powerlifting

by JAYA ALENGHAT

Editor-in-Chief

As summer sports begin taking place, here are a list of dates for major international competitions that will take place this summer.

Global summer sports competitions sparks nostalgia

Events to know

As summer sports begin taking place, here are a list of dates for major international competitions that will take place this summer.

June 14-July 14: Olympic Games in Paris

July 20-July 30: European Championships in Munich

August 5-20: Paralympic Games in Paris

August 11-20: Commonwealth Games in Edinburgh

August 20-30: Gay Games in Amsterdam

September 23-October 8: World Championships in Jakarta

October 25-28: World Games in Birmingham

November 3-13: World Cup in Qatar

Students look to soccer contests, Olympic Games

by TAARIQ AHMED

Mommy, look, I can do the same thing as them!" Five-year-old Olivia Adams said those words to her mother as they watched the U.S. Olympic gymnastics team compete in the final during the 2012 Summer Olympics.

"I think the Olympics really bring back nostalgia of when I first fell in love with gymnastics," Olivia said. The whole reason I enrolled in classes in the first place was because I wanted to go to the Olympics and win gold just like Gabby Douglas did in London 2012. Without the 2002 Olympics, I may not have ever started gymnastics.

Olivia also said watching the main events, she was excited to see the exciting sights and sounds of the event alongside loved ones. Now a sophomore, Jonah said the Olympics have become a way to bond with family and relax over the summer.

"I am less interested in who will be winning, but more in creating the memory of being there," he said. "I want to experience the feeling of belonging among the fans and the games."
Throughout the spring season, U-High athletes have displayed passion and dedication to their sports. Here are some of the most exhilarating, action-filled moments.

**PERFECT PITCH.** Pitcher Theo Williams, junior, winds up during a game against Latin School of Chicago on May 3. The team lost 1-13. “I think in past years we hadn’t been as strong in longer games, but we really managed to come together and have faith in our ability to gel as a team this year,” Theo said.

Midway photo by Ryan Burke-Stevenson

**FINISHING STRONG.** In the 100-meter dash, sophomore Eve Dyson sprints past the finish line after a neck-and-neck race, finishing sixth at the 35th Annual Jim Kwasteniet Track and Field Classic on April 26. “When the meet started, it was raining really hard, but by the time I was racing I felt good about it,” Eve said. “I remember having a meet there last year, and knowing how much I improved was encouraging despite the weather.”

Midway photo by Carter Chang

**SPLITTING THE DEFENSE.** Sophomore Leyla Yates goes for a header between the North Shore Country Day goalie and a defender on April 26. U-High won 8-0. The team also won the IHSA Super-Sectionals, finishing at 4-2 after a high-tension game that progressed to penalty kicks.

Midway photo by Eli Raikhel

**FINAL STRIDES.** Baton in hand, senior Justin Giles sprints as the anchor leg of his relay team at the Jim Kwasteniet Track and Field Classic on April 26, where he also participated in the 100-meter dash, placing seventh.

Midway photo by Bryce Light

**SPOT-ON SWING.** Concentrated and determined, sophomore Tyler Chang prepares to return the ball during his doubles match against Latin School of Chicago on May 8. This was Tyler’s second year on the team and his first year on varsity. “It was super intense. Every point felt like a battle,” Tyler said. “In that moment I remember being super focused.” The team won the IHSA 1A sectionals May 17-18 and the state championship May 23-25.

Midway photo by Daniel Baeza

**SIDEWAYS STEERING.** Junior Ilana Umansky demonstrates balance as she directs the boat during the Baker pre-qualifier race for the sailing team, “As soon as we got the boat back up these people were covering us and were jamming into us and then we had to flip,” Ilana said. “It was really scary but we made it out and we won the race.”

Midway photo by Simon Vian

**SPOT-ON SWING.**