Principal Woods brings dedication to new community
by MIA LIPSON  
A 93-year-old student union leader and a current vice president of the school, Woods has devoted himself to learning about Lab’s community, and as U-High’s new principal, he is committed to fostering a safe, supportive learning environment that promotes balance and belonging.

At Lab, Mr. Woods would like to emphasize the importance of academic-life balance, which he first experienced as a high school student while attending a Chicago institution similar to Lab in its emphasis on community. He believes that parents’ support in his extracurriculars, from singing to theater to track, he shaped his approach to education.

These experiences instilled the value of curiosity and personal development in schools. According to Mr. Woods, a key part of academic-life balance consists of pursuing one’s passions and making the most out of Lab offers.

“I want to impress upon students the value of taking advantage of everything Lab provides, from Hyde Park to the athletic program here to your clubs and to leadership opportunities,” Mr. Woods said. “Lab is really rich with opportunity, and we are the community, we can continue to access that.”

Reinforcing a sense of belonging also remains at the heart of Mr. Woods’ goals for Lab. Mr. Woods wants to continue the work to ensure Lab embodies the “beloved community,” a term coined by Martin Luther King Jr. that ensures every individual shares compassion and care for one another to boost a sense of belonging.

In order to create that welcoming community, Mr. Woods believes cultural humility — self-reflection and work to address one’s own biases — is a key avenue to achieving safe and welcoming spaces throughout the school.

“It takes humility to commit to learning about other people and honoring differences, and you have to work at that. We must have awareness that we carry with us as we move in every space. So it’s in our interactions at lunch, on the soccer field, and in the classrooms,” Mr. Woods said. “It’s really those micro-interactions that we have throughout the day that can be small touch points for learning about other people and having people learn more about us. We have to look at every interaction as a learning opportunity and as a way to make a positive impact on our community.”

Mr. Woods believes supporting students’ mental health is another necessary way to achieve the “beloved community.”

“My job is really making sure all members of the community care enough to pay attention to one another and have those necessary conversations,” Mr. Woods said. “I think that putting the emphasis on the academic-life balance will also create a less stressful experience for students. That balance allows students to take breaks and engage in activities that bring them joy, which certainly affects their mental and emotional well-being.”

Currently, one of Mr. Woods’ main goals is to gain a better understanding of the Lab community and appreciate the work that has been done by students, faculty and administrators to live up to Lab’s mission.

In this role, Mr. Woods has been getting to know the student body, throughout the beginning of school. He is doing this by organizing advisory visits in the upcoming weeks and regularly meeting the school’s door policy, which he encourages students to utilize.

These are the experiences that remind me of why education is so important to me, why I chose education, because it is truly the impact that we make on our students that matters the greatest joy,” Mr. Woods said.

At Lab’s upcoming games, Mr. Woods will show his spirit under the blazing lights of Jackman Field. He will stand on the Bleachers cheering on a new team, as the Lab community unites to celebrate the start of the year and, importantly, Maroon pride.

“This is the greatest time of the year and getting acclimated to this institution that we all love and that we can be a part of,” Mr. Woods said, smiling warmly. “It’s been a big year for Lab, the students, the faculty, the administration, and I’ve just had the best time falling in love with Lab.”

New schedule prompts mix of convenience, irritation
by VICTORIA WASHINGTON  
Opinion Editor

With more than two weeks into the 2023-24 school year, students have embraced the 8:30 a.m. start time and lab periods but found co-curricular weeks to be stressful and harder to get work done.

The new schedule was presented last winter after more than a year of planning and features standardized 50-minute periods and course start times that have been well-received.

Due to the standardized class periods, some junior Chani Patterson enjoys increased free time during the day. She finds it easier to get work done, ensuring she can manage her time more efficiently.

“I love the new schedule because I have a free period and I have an hour every single day to do my work,” Chani said.

“The lab periods are really effective because I can finish all my work during the day. I have more time outside of the school day to do other things like ACT prep and relaxing.”

While she appreciates the free time in the morning, Sarra already noticed how having every class period meet on Mondays and Fridays can be stressful, particularly when she has homework due the next day. Although some students have been able to take advantage of the late start, junior Jahan Gil finds it harder to commute.

“It’s nice that I get to wake up later, but then I also go to bed later, so it didn’t really change that much,” Jahan said. “It has made it tighter for me to catch the train before I get to class at 8:30 p.m. so I have to rush from school.”

The new schedule also incorporates eight co-curricular weeks into the school year. During typically scheduled lab classes or free periods, students are required to attend community assemblies and workshops.

Sophomore Maggie Yagan relays the later start time, especially because she doesn’t have a first period class.

“I love the 8:30 start,” Sarra said. “I hated going to class at 8 a.m., and now I can take my time getting up in the morning.”

Ninth grader Mia Lane appreciates the elimination of long periods for every class, which were replaced by four 75-minute lab periods for science classes.

“In middle school, the really early start and 90-minute periods were really bad first thing in the morning,” Mia said. “I like that we have 50-minute periods now and only occasional lab periods.”

Senior Sarra Grimshaw appreciates the later start time, especially because she doesn’t have a first period class.

“So I have the 8:30 start,” Sarra said. “I hated going to class at 8 a.m., and now I can take my time getting up in the morning.”

MORNING RUSH. Students pile into the high school entrance, which opens at 8:15 a.m. for the middle school and 7:30 a.m. for the high school. However, that’s not enough time for students to complete assignments. Students find it more difficult to plan when those periods are taken up by assemblies.

“Teachers assume that we have other things waiting for us to complete those assignments,” Sarra said. “I think they are nice for gathering students together and giving us a break from labs.”

“I feel that we are unfortunately not taking away from necessary homework time.”
**German exchange students explore Lab**

**Students adjust to new security with relief, resentment**

**Kenwood Gate mall gate, assemblies need student IDs**

**news in brief**

**Lab purchases lifeguard training supplies for CPR**

**news in brief**

**Administration promises data security after transcript breach**
**Fact or fiction**

**Notes:**

- Teens use social media as news source, risks included

**by CLARE M. ROBERTS**

It used to just be a step-by-step cinnamon roll tutorial. A group dancing in sync to a popular song. Maybe a few ferrets, compelled by their owners to dance along to a catchy tune. But more and more, social media has become a place for creators to spread what they consider news. A claim about how COVID-19 is transmitted. An assertion about a coming election. Even a bogus death notice of a popular influencer.

Nearly a quarter of young people younger than 30 get their news from TikTok on a regular basis, a recent study from the Pew Research Center found. Users, from Gen Z especially, find that creators on popular social media platforms can be useful and appealing sources of information. Still, there are risks.

“In some ways, they can be really helpful and we can trust them if they’ve earned our trust. But in other ways, you need to maintain your skepticism because you have to realize that they aren’t doing original reporting or they are not journalists,” said Stephanie Lynn Edgerly, a professor and associate dean of research at Medill School of Journalism at Northwestern University.

In August of last year, a post appeared on the Instagram account of Tay Tiana, known as Lil Tay, announc- ing the death of her and her brother. It sparked a flurry of attention from the spotlight as a pre-teen superstar. It sparked a flurry of attention from mainstream media as well as on social media platforms.

Subtitles gain popularity among Gen Z

Subtitles are among the most useful features of TikTok. A 2022 study from the Pew Research Center found that in terms of news, audiences are paying more and more attention to these social media creators over traditional reporters. In other cases, anonymous or less-known posters spread information that gain popularity on outlets like TikTok and Instagram.

“I definitely know a lot of people who get a lot — if not all — of their current news from social media,” said Justin Salomon, a ninth-grader.

And some students said that they may be beneficial for audiences who are homeowners, who are parents, who are reti- ring,” she said. “I would say it’s probably, one part, distract, but I think it might be more a part of feeling unattached, or feeling like you’re not the target audience for some of these news media, and therefore you look elsewhere.

They can be helpful for people who don’t know much about the current events or who are unfamiliar with the cultural phenomenon. For example, someone who doesn’t speak Spanish but is interested in learning more about the issues in Mexico can use subtitles to follow along.

**MEDIA MAYHEM.**

Almost a quarter of people younger than 30 — Gen Z especially — use TikTok as a news source on a regular basis. Although many find it more digestible than traditional media sources, there are risks.

A day later, Lil Tay and her brother announced through their social media channels that the account had been hacked. “I definitely believed Lil Tay’s death at first,” sophomore Bashaah El-Bawab said. “When I found out it was fake, I was really annoyed because it seemed like such a terrible thing to lie about.”

“So sometimes people are drawn to a particular influencer who they come to trust over time. This year, a report from the UK’s Reuters In- stitute for the Study of Journalism found that in terms of news, audiences are paying more and more attention to these social media creators over traditional reporters. In other cases, anonymous or less-known posters spread information that gain popularity on outlets like TikTok and Instagram.”

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By CHLOÉ ALEXANDER

Terry Shanks recieves recognition for positive, lasting impact on community

For Shreya Nallamothu, the stories behind the images of Terry Shanks roused a sense of nostalgia. As one of the students who nominated Shanks for the Billy Streeter Award, Nallamothu was moved to recollect her memories of him. "He was always very nice to me, even from the first day I met him," she said.

As a student in Lab's 2022 Class of 2026, Nallamothu was one of the first to recommend Terry Shanks for the award. "I think that's what kids see — I think that's what kids see is that he's not only caring for the children, and I wanted to try to help them," Nallamothu said.

So, for her, this award truly epitomizes the kind of teacher who cares about his students and goes above and beyond to ensure they are taken care of. "I think that returning college students ask, "What was your favorite teacher?", and they say, "Mr. Shanks," and it's kind of like family now. That means a lot to me."

The award also symbolizes Shanks' commitment to the community and his efforts to make a positive impact. "I think Mr. Shanks is our heart and soul of Lab community. He really just makes my day. ... In the morning and after school, I always see him there. He always got a smile on his face and he'd always dapping me up. He makes my day better," said Brayden Kenny, junior.

Sharks shares spark

Terry Shanks recieves recognition for positive, lasting impact on community

Teenager inspires bill protecting child influencers

As I saw these cases of exploitation, I was really surprised to see that there was nothing in place for the children, and I wanted to try to help them.

Shreya Nallamothu, activist

Making a Mark

Photo provided by Shreya Nallamothu

Shreya Nallamothu stands next to Illinois Senator David Koehler, who she worked with to advocate for a bill preventing the exploitation of child influencers.
THURSDAY, SEPT. 28, 2023

Safety changes emphasize distrust

As a student entered school on Sept. 14 instead of an easy flow into the building, they encountered a large, daunting metal fence with gates blocking the Kenwood Mall entrance to school. The construction regarding the stark security change was sent in an email in July briefly mentioning the gate being installed.

From needing your Lab-issued ID to gain entrance to the school grounds, to teaching them again to confirm attendance at assemblies, lots of security changes were made without as little as a survey sent out to students for input. These changes caused a shock to the systems of many students, leaving questions running through their heads, while assembly protocol changes emphasize lack of trust in student voices.

In order for lab to continue fostering a two-way trust between the administration and students, teachers should lead more transparently regarding major changes to the school.

No formal communication has been sent to students explaining why a structural change to the construction of the gate could have been related to new safety protocols, as suggested by the University of Chicago, the possibility of a previous plan being dropped, or perpetuates fear of the South Side and reinforces stereotypes.

In these stereotypes, the “Lab Schools bubble” is furthered, along with the creation of a physical barrier around the school. The bubble is the isolation of Lab from the rest of the South Side community through religious, racial, socio-economic and physical isolation — or lack thereof. Creating a bubble around the school isolates it from the rest of Hyde Park.

This bubble has always been there in theory and idea — as an independent school connected to the University of Chicago, we’re already far removed from the Hyde Park community and South Side. But now, the daunting metal gates surround the school, creating a display of the bubble that we are afraid to show the community that we are this separate institution dropped in the middle of our neighborhood.

The fencing around Lab sends a message that we as students need to be protected from danger surrounding the school. Because we lack information regarding an incident prompting these gates, it leads to the thoughts that in the tennis team, and in the student body, something, or some people, in the area threatening the school. As young adrenaline-filled U-High students are capable of handling information regarding major changes to the school. We can understand and get behind the decision to put a bubble around Lab if the administration is transparent with students.

The efforts by the administration to make Lab safer are not being taken for granted. With hopes for the future with safety, the school, the administration is asking for student feedback and trust, but, in order to build that, there needs to be background information and discussion with students — informing the community about what is going to change.

Self-advocacy in tennis is just as important as the game

by Jaysu Ahnghat

It’s a hot summer day in the middle of the season, and the crowd watches as you battle for match balls. Your opponent calls, “Out!” before you can scream in celebration, as the ball hits the white line of the court and is called in.

Are you too late to protest? Will the other team think you are a sore loser? Now you are second-guessing yourself, wondering if you were exhausted and tired to see that the ball was out. Tennis players around the world face physically and mentally challenging situations during their matches. Rather than criticism, tennis players should receive support when they advocate for themselves or question the play. Even if you are not a tennis player or fan, it is important to understand that actions which might seem aggressive at first, can sometimes derive from learning and difficult situations. Self-advocating in situations like these actually reaps a lot of rewards.

In Coco Gauff’s first match of the 2022 U.S. Open Women’s Singles against Laura Siegemund on Aug. 28, Ms. Gauff argued with the umpire about her opponent taking too long between points, but she only spoke about it in the third set. When Ms. Siegemund claimed she was not ready as Ms. Gauff served.

Most was noticeable about this moment was the crowd’s encouragement. While some might argue that tennis crowds should be quiet to allow concentration, players often need support in times like these.

According to an NPR article, Ms. Gauff’s self-advocacy made the issue “much harder for the umpire to continue to ignore.”

In addition to the crowd’s cheers, Michelle Obama, who was watching the match, defended Gauff’s actions. In an article on usopen.org, Ms. Gauff said, “It’s healthy to speak up for myself. I think she was happy that I spoke up for myself and that players have to learn how to deal with negative situations and self-doubt during times,”

While the old Disney aesthetic will forever be unmatched, it’s time for a new set of diverse characters.

by Skye Freeman

When Walt Disney Animation Studios re-introduced culture into their live-action remake of “The Little Mermaid” in 2018, they provided a new set of diverse characters that resonate with parts of America’s culture. In 2023, “Ariel from “The Little Mermaid” is... a mermaid. Why does a fictional being’s race matter? Why is the new live action remake of “Snow White” sparking criticism for Disney choosing to replace the original seven dwarves with a new set of diverse characters of varying races and sizes, even though it is a healthy attempt to avoid reinforcing harmful stereotypes from the 1937 film?

From Buddhist art found in Vietnam to the art of the Islamic world, the representation of nonwhite, so it’s time to acknowledge. While the old Disney aesthetic may have been stereotyped as aggressive and violent when many are not aware of how mentally difficult a tennis match can be, Ms. Gauff’s overwhelming support this year has demonstrated society’s growing support.

Tennis players should not be lauded as hostile or mean during matches when they are simply speaking up for themselves.

Disney should prioritize remakes with diverse characters

by Sky Freeman

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Tennis players should not be lauded as hostile or mean during matches when they are simply speaking up for themselves.
On June 29, the U.S. Supreme Court banned affirmative action in a 6-3 decision, terminating race-conscious admissions in higher education. The court concluded that affirmative action violated the 14th Amendment’s equal protection clause. This decision has raised controversy and questions regarding the application process.

6 key events leading up to the affirmative action decision

1978: Regents of University of California v. Bakke

The Supreme Court ruled that a university’s use of race quotas was unconstitutional, thereby preventing minority students from being admitted unless they could show an affirmative action effort.

1995: Hopwood v. Texas

The Supreme Court banned race-conscious admissions in state universities by a close vote of 4-3.

1978: Regents of University of North Carolina v. Carolina

The Supreme Court upheld affirmative action at the University of North Carolina.

1978: Regents of University of Michigan

The Supreme Court sent the case back to the lower court in 2008. The Supreme Court banned race-conscious admissions in 2016.

2023: Students for Fair Admissions

In June, when the Supreme Court ruled against affirmative action in college admissions, it sent the case back to the lower court.

Students debate ruling

Expert input: Law professor explains case

By AURORA PARK

University of Chicago Law School Professor

Professor Steven Smith of the University of Chicago Law School argues that the Supreme Court’s decision in favor of affirmative action was a victory for diversity in higher education.

“We must create a more inclusive society and education system that values diversity and promotes equal opportunities for all students,” Smith said. “The Supreme Court’s decision recognizes the importance of diversity in the student body and the benefits it brings to the learning environment.”

The difference is... by CLARE McROBERTS

The Supreme Court’s decision in favor of affirmative action was a victory for diversity in higher education. The decision means that universities will be allowed to consider race as a factor in their admissions process.

“This is a significant victory for affirmative action,” said McRobert of the Supreme Court’s decision. “It recognizes the importance of diversity in higher education and the benefits it brings to students and society.”

“arbitrary boundaries” by DAVE SHUSTER

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It is now time to end legacy admissions

It is no longer appropriate for universities to incorporate legacy admissions into their admission policies. These practices perpetuate an elitist and exclusionary system that favors the sons and daughters of alumni and donors, while excluding the vast majority of the student body.

By Myles Cobb

“Legacy admissions perpetuate a system of privilege and exclusion that undermines the meritocratic foundation of higher education,” said Cobb. “It is time to end these practices and create a more inclusive and equitable admissions process.”

THURSDAY, SEPT. 28, 2023

in-depth

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in-depth

vox pop

How has the Supreme Court decision to ban affirmative action in higher education admissions affected your college application?

Myles Cobb

“The Supreme Court decision to ban affirmative action in higher education admissions has affected my college application process in several ways. First, it has forced me to consider my race as a factor in my applications, which is something that I never had to think about before. Second, it has made me more conscious of the legacy system and the benefits it brings to some students.”

Dana Harris

“The Supreme Court decision to ban affirmative action in higher education admissions has affected my college application process in several ways. First, it has forced me to consider my race as a factor in my applications, which is something that I never had to think about before. Second, it has made me more conscious of the legacy system and the benefits it brings to some students.”

Sofia Medwedewicz

“I’ve been thinking about what I might add to my applications in light of the Supreme Court’s decision. I’ve considered adding a personal statement about my family’s history and how it has impacted me.”

THURSDAY, SEPT. 28, 2023

in-depth
Mindy Kaling’s depiction of Indian women in her TV shows isn’t a step forward in representation but creates stereotypes.

**PARTICULAR PORTRAYALS.** In her shows, like “The Sex Lives of Colleagues Girls,” Mindy Kaling portrays and creates stereotypes of Indian teenagers.

**DEMOCRATIC DEPICTIONS.** Doja Cat’s most recent music seemingly expresses her “authentic self,” and her actions have people wondering if she’s genuinely showing her true self or if it’s an act for publicity.

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**Too Thirsty:** Mindy Kaling’s depiction of Indian women in her TV shows isn’t a step forward in representation but creates stereotypes.

**Who is she?**

Mindy Kaling, an American comedian, is best known for her roles in shows like “The Office,” as Kelly Kapoor, and “The Mindy Project,” where she plays Mindy Lahiri.

In recent years, she has written and produced “Never Have I Ever” on Netflix and “The Sex Lives of Colleagues Girls” on HBO. She has also been the voice of Velma on HBO.

For Devi, a major part of the show is her defying the strict immigrant household she comes from, specifically to pursue a half-white, half-Japanese boy in the process.

Her somewhat desperate and obsessive nature often makes her extremely dislikeable, especially when she’s willing to hurt her loved ones just to get her way.

This wasn’t a particularly new or offensive way of portraying a teenage girl, but when Mindy Kaling released “The Sex Lives of Colleagues Girls” featuring an Indian main character with an equally controversial fixation on boys — particularly white boys — a single toxic character evolved into its own stereotype.

Bela and Devi also share a continued conflict with their culture. Bela’s main character is a half-Indian, half-white, half-Japanese boy in the process.

Tied to her cultural identity. Neither attempt to be like her upcoming fourth studio album, Velma.

After starting school in Chicago, for example, the cultural acceptance I’ve experienced has made it easy for me to accept and even celebrate being Indian.

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Mindy Kaling, an American comedian, is best known for her roles in shows like “The Office,” as Kelly Kapoor, and “The Mindy Project,” where she plays Mindy Lahiri.

In recent years, she has written and produced “Never Have I Ever” on Netflix and “The Sex Lives of Colleagues Girls” on HBO. She has also been the voice of Velma on HBO.

For Devi, a major part of the show is her defying the strict immigrant household she comes from, specifically to pursue a half-white, half-Japanese boy in the process.
Stop scrolling and get creative

Students find inspiration for various activities in each TikTok scroll

By LIGHT DOHRN

In a world where short attention spans are prevalent, inspiration and motivation can be hard to find. Extra free time, handy materials or crafty ideas are especially scarce, and it can be difficult to take your two hands and actively create something rather than passively consume online content.

TikTok, one of the most widely used social media platforms with a crisp 1.677 billion users, is not exactly considered educational. Its short-form video format is widely seen as detrimental to the attention span and social capabilities of adolescents.

But the app may actually be a source of inspiration for teenagers to cook new recipes, learn dance and even customize and create art. It allows creators to share concise, engaging content on a wide range of topics, from science and math to crafts and cooking.

Sophomore Lydia Gilbert often wears a pair of jeans with small flowers embroidered near the knee. She did the embroidery herself to fix a hole in the fabric, having first been introduced to the idea by a creator on TikTok. “I think it went pretty well,” Lydia said. “I collected to do it a few more times and practice. But I think it’s something I’m gonna do for a while, like it’s a conscious practice — if I get a hole in my pants, I will do the craft on it.”

Lydia believes the side of TikTok that’s inspiring, if not quite educational, should be considered more thoroughly before any real conclusions or arguments are crafted about the platform.

“It brings different artistic opportunities closer to the user — for example, a specific type of embroidery for clothing repair. It teaches young people to use art as expression in their clothing as well as fix something that needs repairing,” Lydia said.

TikTok has also become a sort of playground for artistic expression, where users can explore new ideas, collaborate and inspire one another, making it a digital hub for creative discovery. “I think it’s kind of 50/50. I do agree, like, I wish I wasn’t on my phone so much, so I could go and do more real stuff, and it is kind of addictive, but also, I’m on there for a reason — and the reason is exploration,” Lydia said.

Sophomore Mira Reddy is sent TikTok videos by her friend and TikTok creator, William. “I think it’s kind of successful, creative and compelling activities. It can also be a sort of omelet-sandwich hybrid. Whether it’s learning a new skill, gaining insights into current events, or simply broadening one’s horizons, TikTok has proven its potential as a platform that inspires creative and productive usages of time. “I think it’s, like, a social thing,” Mira said. “It’s kind of a way to see what’s going on in your life.”

SEEKING INSPIRATION. TikTok may actually be a source of inspiration for teenagers, as it allows creators to share concise, engaging content on a wide range of topics, from science and math to crafts and cooking.

Online chess allows students to have fun, play easily

by AUDREY PARK

Editor-in-Chief

In groups, students can be seen on their computers deeply engaged. Playing against each other and with strangers across the world, the students strategize and bond over online chess, a game they all enjoy.

“There is a lot of camaraderie when playing chess,” said Sam Pastor, the president of U-High’s chess club. “It’s just a fun way to spend time together and hang out. Having a game that is convenient and can bond us all together has created some pretty strong friendships.”

According to the New York Times, chess boomed in popular culture when the Netflix show “The Queen’s Gambit” and the pandemic hit.

U-High students make up some of the 100 million users on the No. 1 online chess platform, chess.com. They enjoy playing online chess as an easy and engaging way to spend time with friends.

Sophomore James Hubbard played chess for one to two hours daily over the summer. During the school year, he plays one to two games during lunch and a few games when he gets home before starting homework.

James, who is not part of the chess club, plays the game with his friend in the cafeteria. An avid online chess player, James said he and his friends enjoy the game because of the community it has created.

“Sometimes we play mini chess tournaments during lunch,” he said, “or we have a team account where we play against other players as a team.”

He said online chess allows for a fun game with flexibility for him and his friends.

“If you’re playing over the board, you have to go to Harold Washington Park or out to 53rd Street. If you’re playing online, you get to stay in your own house,” James said. “You can put on some music and play with people all around the world.”

James said he also enjoys playing online chess because platforms like chess.com track his progress and skill level. Chess.com uses an Elo rating system that calculates players’ skill levels depending on how many games they win or lose. Users are matched with similarly ranked players. While chess club member William Zhang prefers playing with a board, he said online chess offers a number of advantages.

“With online chess, you can play wherever you want, and you don’t constantly have to have someone next to you, which is not possible all the time,” William said.

Sam said there are not enough physical chess boards for the 10- to 15-member club to use, and online chess accommodates the entire club with a fun game that they all enjoy.

Sam said, “When you get that many people in a room focusing on one thing, there is a whole lot to learn from everyone, and online chess allows for that.”

It’s just a fun way to spend time together and hang out. Having a game that is convenient and can bond us all together has created some pretty strong friendships.

— Sam Pastor, chess club president.
Soccer player returns after injury

Mahin Schneider shows fearlessness despite fracture

By JAYA ALENGHAT

Fearlessly seizing the opportunity to take control of the ball, Mahin Schneider races into a hard tackle with his opponent, but instead of coming out victorious, he is left on the midfield, unable to move. After raising his hand for the trainer, his coaches and teammates surround him, carrying him off the field, worried if he would play again.

That was June 29, 2022. Seven months later, Mahin was able to return to the field.

After suffering a tibial tubular fracture during a preseason game, Mahin, a central defensive midfielder, was able to recover through offseason club soccer and the futsal league — just in time for his senior U-High soccer season this fall.

Despite having to watch from the sidelines during the 2022 season, Mahin’s head was always in the game, and once he returned, it has become obvious that facing such a serious injury has not put a dent in Mahin’s bravery.

“Mahin has done a tremendous job of not playing with fear, of not allowing that to inhibit his ability to play with courage and confidence,” Mr. Vadeboncoeur, assistant varsity soccer coach, said.

From strengthening his knee in the gym to working with his physical therapist and meeting with the athletic trainer, Mahin aimed to get back on his feet as quickly as possible.

“I’m a pretty calm and patient person,” Mahin said, “so I think I was able to really focus on my goals and have the mindset to get better and not be super emotional about it.”

While he was mostly able to avoid it, Mahin occasionally faces negativity.

“I always think, like, what if this didn’t happen, would I be a better player? Mahin said. “But, you know, things happen, and you just have to get over them, and I understand that.”

Mahin’s coaches were impressed by his commitment.

“He was always incredibly dedicated but it wasn’t something that we as coaches had to prompt him to do,” Mr. Vadeboncoeur said. “It was just something that he’d intrinsically wanted to do, which was just being an incredible teammate and member of our program.”

Supporting the team also helped Mahin stay positive when faced with periods of isolation.

“Just being able to be around the team, like the team aspect after I was able to walk again, it was really helpful,” Mahin said.

Mahin’s journey also inspired his other teammates.

“Seeing how Mahin recovered and came back the next year, and now is playing so well, makes me feel confident that if I did suffer an injury like Mahin’s I’d be able to come back like he did,” Danny Arohounin said.

As Mahin reunihes with his team on the field this season, he will not only remember the hardships he faced, but rather the growth and perspective he gained.

“It’s not just about scoring a ton of goals and bringing your team to the championship,” Mahin said. “It’s made me a stronger person and taught me values about patience and community support.”

Former athletes will be honored

by ZARA SIDIQUE

Sports and Leisure Editor

Five former U-High athletes will be inducted into the Lab Athletics Hall of Fame on Oct. 14. The reception and ceremony will take place from 5 to 8 p.m. in Upper Kovler gym at 6 p.m. The entire Lab community is invited and encouraged to attend.

The Lab Athletics Hall of Fame was established as a way to “honor and celebrate alumni athletes, outstanding contributions to the Lab athletics program, and the Schools’ rich athletics history” according to the Lab Athletics Hall of Fame website.

Athletics Director Matthew Manley said, “It’s a way to highlight all the great things that have happened here, but also all the great history. So many really exciting things have happened in our history, and you know if you’ve just come in you might not know them.”

Mr. Manley explained that the program is designed to not only carry on the legacy of athletes who thrived during their years at U-High, but also to inspire the current generation.

Rebecca Diamond, 2003

Mr. Diamond played as a member of the starting volleyball team, winning two straight Illinois High School Association Player of the Year for two of the championships. Her demonstrations of determination, perseverance and grace as she led the team to victory were apparent both on and off the field as she demonstrated what it means to be an exceptional student athlete.

Lars Nelson, 1995

Mr. Nelson was a four-year varsity tennis player in addition to playing soccer and basketball. He was named ISL Player of the Year and placed fourth in singles in the Illinois State Championship his senior year. He continued his tennis career at Santa Clara University. As a SCU, Lars ranked No. 35 in singles and helped the team in achieving their national ranking of No. 57.

Jef Fish, 1976

Mr. Fish played as a three-sport athlete, participating in a varsity sport for every athletic season of the school year. He competed as a four-year varsity swimmer leading the team to three ISL championships, a four-year varsity tennis player winning two ISL championships, as well as a three-year varsity soccer player, named all-conference two years in a row, leading the team to three ISL championships.

John Octobry, 2003

Mr. Octobry participated on both soccer and baseball teams. Playing soccer, he was a two-time ISL Conference Player of the Year, four-time ISL all-conference, two-time captain, and won ISHSAA all-state. He then played four years at Harvard, where his total career goals was the fifth-highest all-time in ISHA boys soccer history.

Mr. Octobry was captain of the baseball team in 2003, four-time ISL all-conference. He contributed to play soccer at Harvard for four years.

James Fleming, 1977

Mr. Fleming played as a four-year varsity basketball player, and earned the title of Top 50 Chicagohalled basketball player twice in his four years on the team. He was named all-conference three times and was awarded Conference Player of the Year. During his time as the team captain, they only lost six games in three years. He later returned to the team as a coach, mentoring future Hall of Fame inductees.

For more information, scan this QR code for more about these Athletic Hall of Fame honorees. The reception will be Oct. 14 in Upper Kovler gym at 6 p.m.
Mindset confronts COVID wave

Conversation takes place while new wave hits

By TAARIQ AHMED

The World Health Organization officially declared COVID-19 as a public health emergency months ago. The debate over mask and vaccine mandates is no longer a hot topic. Virtual Zoom meetings are a thing of the past for U-High. But as schools are back in session, a new wave of COVID-19 cases is arriving, including at Lab.

More than three years after the COVID-19 pandemic began, new strains of the virus continue to evolve and circulate, and hospitalizations are rising nationally. But the new wave, along with its recommendations, come at a different juncture than before — one where many are weary of talking about COVID and the subject has faded from daily conversation.

Senior Cameron Grant said there doesn’t seem to be much public discussion of the new wave. After seeing family members infected recently, he wishes to see more awareness.

“I know a significant amount of people who are currently out with COVID, both teachers and non-teachers, throughout Lab,” Cameron said. “I would like to hear more from the administration. The only place I heard about it, before my parents became ill, was through social media.”

The Food and Drug Administration approved new COVID-19 booster shots on Sept. 12 and on Sept. 12 the Centers for Disease Control and Prevention recommended the shots for Americans aged 6 months and older.

Renuga Vivekanadan, the division chief of infectious diseases at the University of Chicago Medical Center, said pandemic-era applications continue to be effective ways to slow the spread.

“Getting vaccinated is really important because we know vaccines are effective,” Dr. Vivekanadan said. “If you’re ill and have a runny nose, fever, cough, fatigue, stay home and get better before you go back to school. You should be using cough etiquette and good hand hygiene as well.”

Dr. Vivekanadan said she doesn’t predict a return in mask or vaccine mandates, one of the more controversial topics during the pandemic. Still, she believes wearing masks is still important when one is sick or is trying to protect susceptible loved ones.

“If somebody in your family is immunocompromised or has a high risk health condition,” Dr. Vivekanadan said, “be careful around them and if you’re sick, wear a mask, because you want to protect your grandma or grandpa.”

Dr. Vivekanadan echoed the idea that COVID-19 will likely become endemic, similar to influenza, in the way it recurs every season.

“Flu season starts in the fall, and COVID is going to take a similar pattern.” Dr. Vivekanadan was quick to add, “It’s another way for us nurses to get ready.”

As defined by the Centers for Disease Control and Prevention, Narcan, the nasal spray form of naloxone, is a life-saving medication which blocks or reverses the effects of opioid overdose within minutes of the crisis, and is now supplied in the three nurses offices around Lab’s campus as a backup tool in case of an urgent, drug-related emergency.

In 2019, the Illinois Department of Public Health enacted Public Act 99-0480, expanding access to naloxone and requiring entities administering the medication to be trained in opioid overdose reversal. From there, access to the medication has grown to schools and public libraries.

Nurse’s office stocks Narcan, antidote to opioid overdose

Newly authorized nasal spray could be life saving

by MIA LIPSON

In the nurse’s office, a small white box with bright fuchsia lettering rests in a clear bag on the corner of the medical supplies cabinet. But this box, no bigger than one made for bandages, reads “Narcan” and contains a medication with the potential to save lives.

As defined by the Centers for Disease Control and Prevention, Narcan, the nasal spray form of naloxone, is a life-saving medication which blocks or reverses the effects of opioid overdose within minutes of the crisis, and is now supplied in the three nurses offices around Lab’s campus as a backup tool in case of an urgent, drug-related emergency.

According to Laboratory Schools lead nurse Kristen Szewczyk, “It’s another way for us nurses to get ready.”

For those who do get sick, Dr. Martino said he strongly encourages students to take time off to recover when infected with COVID-19 or any other illness.

“It’s one of those compelling things in which if you don’t rest, then you only get worse.” Dr. Martino said. “You miss more than if you just rested, and now you’re losing sleep because you stayed up too late to try to catch up on stuff, and now your quality of work the next day is terrible, and now you’re falling behind again — get better and rest first.”

COV1D-19 QUICK GUIDE: Ketan Kandula, wearing a mask, converses with Oliver Go and George Ofori-Mante in one of the library rooms. Some people

•... is an “opioid receptor antagonist,” is a life-saving medicine that is used to rapidly reverse the effects of an opioid overdose, and can quickly restore breathing to someone who has overdosed.
•... has recently been approved for over-the-counter purchase in drug stores through a nasal-spray version called Narcan.
•... can be used fairly easily by people who have taken a brief time to learn how.
•... is relatively safe, federal officials say. They say it will not harm people who turn out not to have been overdosing on an opioid in the first place.
•... is typically administered by doctors, nurses, law enforcement officers, emergency medical workers and ordinary residents.

— compiled by Clare McBride

Midway photo by Carter Chang

NARCAN NEWS. Narcan, an opioid antagonist designed to prevent overdoses, is now available in the U-High nurse’s office. “As a measure of protecting public health, we want to be prepared to treat anything that comes our way,” Laboratory Schools lead nurse Kristen Szewczyk said.

By MIA LIPSON

Newly authorized nasal spray could be life saving

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— compiled by Clare McBride

Midway photo by Carter Chang
As the city accommodates waves of new migrants, the local government, community organizations and individuals work together to provide support.

by KATIE SASAMOTO-KURISU
Editor-in-Chief

A bit over a year ago, 75 migrants arrived by bus in Chicago on the order of Texas Gov. Greg Abbott, part of Operation Lone Star, a response to the federal administration’s migration policy. After a year of the busing program, nearly 1,000 migrants have settled into Chicago neighborhoods, causing resident pushback on the city’s South and West sides and requiring community organizations and city leaders in the Hyde Park, Kenwood and Woodlawn neighborhoods to address both local concerns and how to accommodate these new families.

Given new migrants have to wait at least 15 days before obtaining a work permit once applying for asylum, both the local government and community organizations have had to step in to provide aid.

“Now our cities are struggling to try and figure out housing, how to provide (food, shelter, medical), all the basic needs that they have,” Lisa Jenschke, executive director of the Hyde Park Refugee Project, said. “There are people in the shelters, but there are a lot of people who are living basically homeless and police aren’t doing much about it.”

During the previous school year, Chicago Public Schools saw an increase in 5,000 refugee learners, according to district enrollment data. This academic year, nearly 1,500 English learners enrolled in July, August and the first few weeks of September, according to a statement from the CPS Office of Communication.

“Two of a very fluid situation, but our principals, staff and families have been working hand in hand with our District and City leaders to welcome each and every new student into our schools as we have done for more than a century,” the CPS statement said.

Chicago’s influx of migrants has placed a strain on city resources and exacerbated cultural tensions, especially in historically underserved areas where legacy segregation has caused community school and shelters to close down to address overcrowding.

“Obviously, lots of racial tensions come up because of the way Chicago has treated its Black and brown populations specifically living on the South and West sides in the past,” Pooja Ravindran, chief of staff for the City of Chicago Committee on Immigrant and Refugee Rights, said.

The contention sparked by the city’s response to the needs of the incoming newcomers has led local organizations to seek external assistance, particularly with city officials and neighborhood leadership.

“Here on the South Side especially we have a real mix of socio-economic groups. Some people are doing really well and some people are struggling. What I think we’ve seen in the work we’ve done with refugees and asylum seekers is that the help that we’re able to give them is also the same help that a lot of people in our community need,” Ms. Jenschke said. “I think there will be competition for those resources, and it’s one of the reasons I’m hoping that the government is going to be able to step in and provide more for people.”

A low supply of resources has compelled individual and community efforts to work together in providing support for the migrants, as they settle into Chicago or beyond.

“What is happening instead is that a lot of nonprofits, individuals, mutual aid and just anyone who wants to help is kind of jumping in and doing that work of signing up to bring meals, taking blankets into the shelters and registering the kids for school,” Ms. Jenschke said.

While tensions throughout Chicago communities remain prevalent as more migrants enter the city, officials are urging local organizations and individuals to be involved and contribute to the greater effort.

“Mayor Harold Washington, who was Chicago’s first Black mayor, made it a priority to be a welcoming city,” Ravindran said. “He fought for that and made that

how to help

The topic of immigration has been fought over in the United States for generations - so long that it can feel like there’s little one person can do to help affect change. But any U-High student who wants to make a difference has numerous opportunities close here. Here are a few:

Donate basic supplies: The City of Chicago has identified several organizations that are gathering essentials for new arrivals, including clothing and shoes. To find dropoff locations and what to give, visit the Donations tab at the City of Chicago website, chicago.gov. Community organizations also host their own donation drives, such as the Little Village Community Council located at 5630 W. 26th St.

Give to food pantries serving migrants: Examples include the Pilgrim Food Pantry at pilgrimfoodpantry.com, Nourishing Hope at nourishinghopechicago.org and the Greater Chicago Food Depository at chicagofoodpantry.org.

Donate to the Chicago police stations nearby: Some Lab parents have set up a Facebook page to help migrants being housed at stations at 51st & Wentworth and 71st & Cottage Grove. The City of Chicago website also has a wish list of helpers who can contribute to cloth those in the need in the Donations section.

— Compiled by Clare McRoberts

by the numbers

50 migrants on each bus
3-5 buses arriving daily
14,000 migrants arrived in Chicago since August 2022
Source: WTTW Chicago

A recent decision to turn the Lake Shore Hotel into a shelter for asylum seekers, citing Chicago’s historical disinvestment in traditionally underserved areas for Black and brown communities in the area.

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