After recent developments in the Israel-Hamas war, Christine Fojtik, AT Comparative Politics & Global Relations teacher, began to include informed class discussions about the conflict—assigning students to read about the complex history of the region before giving them guiding questions to address in the conversation.

“I think most of us are really upset and affected by what we’re seeing,” Dr. Fojtik said, “and I’m so impressed by the amount of curiosity and empathy I’ve seen from students, which has honestly been more impressive than I’ve seen from many adults this past week.”

The ongoing Israel-Hamas war has prompted questions about how to address the complex and multifaceted conflict both in and out of the classroom, while ensuring not to generalize and stereotype identity, and recognizing the recent surge of Islamophobia and antisemitism.

While some classes, like those taught by Dr. Fojtik, have sought to address the crisis in the Middle East, fourth grade teacher Rania Khan said she wishes her classes talked about current events and the Israeli-Hamas war more.

“Any people shy away from it because it can be seen as too controversial,” Khan said. “I do think it is an important subject to teach in class, and I understand why, but I think it is valuable to hear different peoples’ perspectives because on social media it can just feed one side or the other.”

Sophomore Maya Livni, who has family in Israel, said history teachers should discuss the conflict in classrooms because of how historically rooted it is.

“It is really important for history teachers to address the topic in an unbiased way, giving the consent as straight facts and then letting students form their opinions rather than leaving it to social media,” Maya said.

Maya said equating the conflict with religion creates a space that allows for antisemitism and Islamophobia.

“The Shoulder to Shoulder Campaign is a multifaceted coalition committed to addressing, countering and preventing Islamophobia in the United States. Executive Director Nina Fernando said in an interview with the Midway that addressing current events in the classroom, especially those involving the potential implication of stereotypes should be handled with care and sensitivity.

“We have to point out the nuances, and we cannot equate the government of Israel with all Jewish people,” Ms. Fernando said. “We cannot equate the horrible acts that Hamas has committed last week with all Muslims. It is a ridiculous thing to do, to conflate the two. To point out the reality that no community is a monolith is extremely important.”

Ms. Fernando said educators are responsible to facilitate and guide students in a way that allows them to ask questions, to be curious and not conflate groups of people with the acts of violence committed.

“We have to protect one another and not ask a minority student to speak on behalf of their entire community,” Ms. Fernando said. “That is very dangerous and totally unfair. We have to point to narratives that are humanizing.”

U-High history teacher Sharon Housinger has tried to form a Jewish faculty affinity group, adding that the increase of anti-Semitic incidents in the last couple of years at Lab has caused fear and isolation among Jewish community members. She said upsetting and affected by what we’re seeing, Ms. Fernando said, “I want this to just be a place of peace where we can say, ‘We’re all upset together!’”

Ms. Fernando said with the ongoing conflict, Islamophobia and antisemitism will be on the rise, and the murder of the 6-year-old Muslim and Palestinian American boy in suburban Plainfield exemplifies this.

“Your hearts are spinning, our hearts are just breaking because of the violence abroad and the rising violence we are seeing in the United States,” Ms. Fernando said. “If we are perpetuating narratives that dehumanize, it is what allows us to justify violence and it will continue with the horrible events that happened with the 6-year-old boy.”

Lab School’s Community Addressed Complex Israel-Hamas War

Noted author Sandra Cisneros shares writing is powerful

In a visit to U-High on Oct. 23, renowned writer Sandra Cisneros explained that writing is essential to heal, connect with others and express oneself. She spoke to an audience that included ninth graders who had just finished “The House on Mango Street” as well as students in Latinx history and advanced Spanish classes, many of whom were excited to meet an author whose work they read in class.

Ms. Cisneros spoke about her tumultuous childhood and her training as a writer, describing the writing process for the novel. Ms. Cisneros, a Chicago native and former teacher, said she wrote it because she loved her students.

“When you create something with pure love, love pure, on behalf of those you love, will always turn out well, if you do it from the heart,” she said. “I didn’t expect to get a dime. I didn’t expect anyone to read it.”

Ms. Cisneros gave further insight into her own writing process, sharing a draft of an unpublished essay. Later, Ari Mendola, the screenwriter for a proposed adaptation of the novel, joined Ms. Cisneros and spoke on her work to authentically adapt the original work. Ms. Cisneros advised students to constantly write to express themselves.

“The most important writing you will do is the writing you can’t share. Even if you can’t keep it or complete it, you still don’t have to hold the emotions that are triggering in the past. You can process it by writing.” Ms. Cisneros said. “The biggest censor you have is yourself. The way I got past it is I give myself permission not to share. I can write it, I can think it, but I don’t have to share. What I need to do is process it. I need to let it go in whatever art form I’m comfortable with, whether it’s words or dance, song or sculpture, whatever it is, but you don’t have to hold onto it.”

A handful of students were able to ask questions, including sophomore Maya Livni, who asked Ms. Cisneros how she struck a balance between beauty and pain in her writing.

After the hourlong event, Maya and a large group of students spoke to Ms. Cisneros one-on-one to share the impact of her work.

“The book was just so powerful to me,” Maya said in an interview with the Midway. “I didn’t read it the first time in school. My mom made it to me as a little girl and then I reread it and reread it — and then I read it in school. So meeting somebody who is such a big part of my life and has been a huge part of growing up was just so powerful.”

Community addresses complex Israel-Hamas war war

MEETING A HERO. Sophomore Camila Bravo and Sandra Cisneros hug after Ms. Cisneros talked, “I grew up reading her work,” Camila said. “She inspired me to write my poems, so meeting her felt so good.”

To stay informed about the Israel-Hamas war, the Midway encourages the use of reputable and trustworthy sources to get and stay informed and to avoid the spread of misinformation and disinformation. From live updates to quick reads, the Midway has compiled a list of news articles which have covered the war and the complex history and background of the ongoing conflict.
Words matter. Words matter a great deal. But actions also matter. And I think some might argue that actions matter more.

Tori Jueds,
Laboratory Schools director

During a busy and chaotic AT Chemistry lab period, 20 students rush around the classroom collecting different chemicals and solutions, all competing for the teacher’s attention, the sound of glass beakers clinking in the air. Amid all the chaos, 11-year-old Black student in the lab...
A historic reckoning at last
House museum project honors, preserves Emmett Till's legacy

by CLARE M. ROBERTS

Feature Editor

On a quiet stretch of the West Woodlawn neighborhood, less than two miles from the Laboratory Schools, two-flat buildings line South St. Lawrence Avenue, one after the next. But one brick home stands out. Lush foliage fills its lawn. Tall red scaffolding stands beside it. Most of all, giant, haunt- ing photographs loom from the windows.

This is the boyhood home of Emmett Till.

Organizers are transforming this residence into a house muse- um in memory of Emmett and his mother, Mamie Till-Mobley. They aim to open it to the public in 2025.

"We are charting a future for a sustainable community and at the same time demonstrating how the tragedy of Emmett Till’s mur- der and death can be transformed from trauma and grief to triumph," said Nuri Madina, Sustainable Square Mile director at Blacks in Greens, a group that focuses on re- newing neighborhoods in sustain- able ways amid climate change and is leading efforts to create the Till house museum.

In 1955, when Emmett Till was 14 and on a trip to visit family in Mississippi, he went into a grocery store. The white woman behind the counter accused him of whistling at her, and he was later kidnapped, beaten and killed by white men.

Back in Chicago, his mother, Ms. Till-Mobley, insisted on the funeral. Mamie Till-Mobley, Till’s mother, insisted on the funeral director in her mem- ory, “Death of Innocence.” Tens of thousands of people attended the visitation and funeral services on Chicago’s South Side.

The home, where Emmett Till and his mother had lived on the second floor of the two-flat at 6427 S. St. Lawrence Ave. since the early 1950s, has switched between own- ership in the decades since his death, officials said. Plans to renovate the building and turn it into a house museum where visi- tors can recall his legacy are now underway, in part with help from a $150,000 grant from a historic preservation fund and an city of- ficials deemed the site a Chicago landmark.

Over the passing years, some worried that the home’s history might be forgotten, or that it might simply become part of efforts to redevelop the neighborhood.

“The real value and history of the building was largely ignored,” Madina said. “We have to depict the horror he experienced, and the path that his mother Mamie took to transition her grief into forgive- ness.”

The FBI reopens an investigation after two men were acquitted by an all-white jury years earlier. By 2006, officials had the statute of limitations on civil rights violations had expired.

The Department of Justice reopens the investigation after an author says the groove store proprietor admitted his accusations were false. The new probe ends without charges.

Emmett Till’s childhood home, at 6427 S. St. Lawrence Ave., just a few miles away from Lab- oratory Schools, two-flat buildings line less than two miles from the Laborato- ry Schools, two-flat buildings line. The Tallahatchie County Second Dis- trict Courthouse is located in Sumner, Mississippi, The courthouse was listed on the National Register of Historic Places on March 6, 2007. The trial led to the acquittal of Roy Bryant and his brother-in-law, J.W. Mil- lam, the two men accused of tor- rusting and killing 14-year-old Emmett Till after a white woman falsely accused Till of whis- tling at her in a grocery store.

The trial, with an all-white male jury, lasted five days. The Court- house was designated as part of the Emmett Till and Mamie Till-Mobley National Monument on July 25, 2023.

Grabbal Landing on the Tallahatchie River.

Grabbal Landing is located across from where the Black Bayou meets the Tallahatchie River in Mississippi and can be visited through River Road. The site is believed to be where Emmett Till’s body was recovered after his killers dumped his body in the river, though changes in river flows and erosion since 1955 make it difficult to determine the site with precision. Since 2008, Grabbal Landing has served as a memorial to the 14-year-old boy and his mother, Mamie Till-Mobley. Now, the site is part of the federally protected national monument.

President Biden signs into law the Emmett Till Antilynching Act, making lynching, an atrocity carried out against thousands of Black Americans, a federal hate crime.

— compiled by Light Dohrn

Emmett Till travels from his home in Chicago to see southern relatives when he is kidnapped and brutally killed after going to a white-owned grocery store in Money, Miss.

Emmett Till was being transformed into a museum in honor of Till and his mother, Mamie Till-Mobley, and is leading efforts to create the Till house museum. The Roberts Temple Church of God in Chicago’s history."
Life Blood
Combination of factors leaves America short of blood donors
by JAYA ALENGHAT

Patients all around the world, suffering from diseases ranging from cancer to sickle cell anemia, require blood transfusions to stay alive. But what happens when the blood runs out?

The American Red Cross announced a national blood shortage on Sept. 11, after years of an inconsistent blood supply. Since August, the supply level has decreased by 29%, causing pleas for more donors to keep patients alive.

A result of a combination of regular seasonal variation and recovery from the pandemic, Timothy Carll, an assistant professor of pediatrics at the University of Chicago, notes that there were no cases of blood supplies that required blood transfusions during the pandemic, but this changed as the trend reversed.

"As we began to recover from the pandemic, elective surgical cases actually rose to above the prepandemic level," Dr. Carll said, "and unfortunately, the amount of blood supply has not grown to match it."

Illinois, the minimum age to donate blood is 17 and with parental approval 16-year-olds can also donate. However, medical professionals like Dr. Carll and Geoffrey Wool, director of the University of Chicago blood bank, have noticed that the lack of repeat donors in younger generations.

"Reliable donors are either dyed-in-the-wool lifetime donors or have deferred medical conditions that make them no longer acceptable donors," Dr. Wool said, "and we need to get younger donors more excited and interested in becoming repeat donors. Really, the backbone of the U.S. blood supply is repeat donors.

Like Dr. Wool, Dr. Carll also recognizes the importance of repeat donors and its effect on blood supply. He said that the rate of blood donation in younger generations, like millennials and Gen Z, is actually higher.

"More people in our generation are apt to donate," Dr. Carll said, "but the rate of repeat donation is much lower. There are fewer of us that will go and repeat donate. And as a result, the amount of the overall supply that is derived from these donors is relatively smaller."

This inconsistency can be seen through the spikes of donors after major natural disasters like the 2017 Las Vegas shooting and 9/11 terrorist attacks.

"Every day, there's this huge need," Dr. Wool said, "and when people see an event on the news, they really want to help. It's absolutely fantastic. But we want that sense of urgency and that need every single day."

To help with this blood shortage, Dr. Wool believes that blood donors are an excellent way to gather support and awareness for all generations, but recognizes the difficulties that come along with it.

"Blood drives are fantastic, but there's just a huge amount of effort and work to make sure that they're worthwhile, that you're collecting enough blood to make the costs balance," Dr. Wool said. "And sometimes you're spending more on movers and logistics than actually are on saving blood products." But blood drives are not the only way to help this cause. At the University of Chicago, the Blood Donor Center, 2E, Room 28, is open Mondays through Fridays from 8 a.m. to 3 p.m. year-round. Before arriving, donors should fill out the donor availability form online or call the Blood Donation Center at 773-702-6242.

Along with this opportunity, students can also donate at blood drives through Lab. U-High's new Heartbeat club will be sponsoring a blood drive at Lab for the Red Cross during a school day later this winter.

"People in different schools or colleges should help with the blood shortage, more rather than just adults," junior Natan Gami-gara, Heartbeat co-founder, said. "We're educating the next generation about these things and telling them this is happening."

Along with increasing availability to donate through blood drives, Dr. Carll believes that providing donors with more information about the process — and the ability to save lives — would increase the number of donors.

"It is helpful to know from a general standpoint, what the blood is being used for," Dr. Carll said. "So they have a better sense of how their blood is helping people."

IMBALANCED SLEEP. Some students use the later start time for more sleep. For others, the change does not have an impact. Sleep expert Alejandra Lastra, a pulmonologist and assistant professor of medicine at the University of Chicago, shares her insight and advice.

"Every day, there's this huge need, and when people see an event on the news, and really want to help, that is absolutely fantastic. But we want that sense of urgency and that need every single day," Geoffrey Wool, co-director of the University of Chicago blood bank.

"We're educating the next generation about these things and telling them this is happening."

According to Dr. Alejandro Lastra:
- The velocity at which toxins are cleared from the human body is eight times faster when asleep than awake. They have been proven to be linked to Parkinson’s disease and Alzheimer’s disease, so sleep deprivation can cause a higher risk of disease.
- Sleep deprived people perceive the world as more threatening, and it can affect social behavior. When sleep deprived, people tend to be less empathic, have lower tolerance for social interactions and isolate more.
- It is proven that sleep deprived people will have slower response times and are less alert. Drivers increase their risk of motor vehicle accidents when they do not get enough sleep.
- Sleep deprived people tend to adopt less healthy diets and food choices.
Influencers: Consider audience before promoting steroids
by MILO PLATZ-WALKER

As someone who regularly uses the gym and is eager to share tips to everyone who wishes to have a healthy lifestyle, I occasionally scroll through TikTok. Tailored to my personal interests, my feed lights up with videos of fitness influencers promoting fitness as the best path to perfection.

Among these videos, I begin to notice a specific phenomenon: these influencers often share the use of steroids to enhance their physique. They celebrate the gains they've achieved through their physiques, they're openly discussing the cycles and doses. Many of these videos solely mention the benefits of steroids, including testosterone and other anabolic androgenic steroids. These videos are concerning for young viewers.

TikTok's "gym culture" could easily influence people of all ages to educate themselves on new ways to lift weights. I could observe the fitness journeys of people from various body types and learn more about the gym. However, over time, videos featuring enhanced physique bring growing popularity. Various forms of steroids, including testosterone and other androgenic anabolic steroids, expand their visual reach and are commonly observed on social media.

With hashtags such as "tren" and "roids," videos are reaching a wider audience. The solution to this problem relies on the promotion of health and fitness. The solution to this problem relies on the promotion of health and fitness. The solution to this problem relies on the promotion of health and fitness.

This glorification of steroids on social media is concerning for young viewers.

In addition to this, removal of misinformation is necessary and worth their time. DEI conversations should be ap proached with more nuance. Instead of an overhaul of repetitive conversations that don't engage the student body, we should be more intentional about our programing, to reduce the amount. In my experience, organic conversations are much more effective methods for learning about DEI than going overboard on mandatory discussions.

In a 2021 article posted on Medium, Dr. Shiva R. Griffin, co-founder and co-director of the Justice Leaders Collaborative, emphasized the importance of having the right people in the right places. No two-hour training or 45-minute assembly will convince people who already don't believe the world is equitable. Systemic change can be effective. Students are not convinced that Labs are where it should be on inclusion. Several required community gatherings don't transm it to an increased sense of belonging.

U-High must be intentional about approaching DEI in a way that is effective. Students are not convinced that Labs are where it should be on inclusion. Several required community gatherings don't transm it to an increased sense of belonging.

by VICTORIA WASHINGTON

Opinion Editor

Over the years since the set up of the Black Lives Matter movement, the wave of DEI and social justice activism has con versed change. Everyone has to be more aware. DEI is happening all over, but not much has changed in actuality.

During the Jewish Students’ Association’s Holocaust Remembrance Program, Lab students reflect on the disappointment in the school community. Both groups express the need for Lab to be on the front of its progress toward its DEI objectives. DEI initiatives, while well-intentioned, are just the novel way of convincing ourselves that the school cannot promote certain views. Intuitions are left unchallenged, and 45-minute assemblies or DEI weeks of the world do little to sup port the daily lives of students.

Content must be grounded in un pa ses and rhetoric to cut DEI pro grams in several states, and assert that DEI is indiscernible from an entity under the University of Chicago. This represents the opinion of the U-High Midway editorial board.

The Kalven report, which was created by the Kalven committee in 1967, is a widely considered policy document that the University of Chicago. It states that the University should “permit itself to become a role model” by playing the role of a second-rate university whose focus is on satisfying Lab an entity under the University of Chicago, must also abide by this stance.

We could make the argument that Lab cannot consider itself political because of its association with political thought. If Lab has an opinion about a political topic, then Lab’s DEI statement could be considered political, because that has become a highly politicized topic.

Removing the know ledge element from the statement within it. The school ac know ledges a political topic? It is not an opinion, nor an inter pretation: it is simply an ac cision to what percent of the school that the land sits on is a historical fact.

There is no hiding the historical facts, they have been hap pen. Indigenous people inhabited the University’s land many years ago, and the state ment is merely recognizing the truth.

We would argue that the Kalven committee was not aware of the emerging defini tion of Lab, not to mention today’s society. In order for proper steps to be taken, the out-dat ed report must be adjusted or amended to specify the subjects to which it refers.

T he University of Chicago and Lab school are well-known for their historical landmark buildings, notably university buildings, and location within the city. As students of all ages walk through the campus with its ivy-covered buildings, leaves turning golden with the coming of autumn, it is hard to re member the people who lived on the land before us.

While many might not be aware of the land which Lab school is built on did not originally belong to the University of Chicago. The science department has a statement which acknowledges the indigenous tribes, such as the Ohi o, Odawa, Potawatomi, and ma ny more, who used to inhabit the land. However, this land acknowledge ment statement is being tak en away, because the University of Chicago’s Kalven report states that the school is prohibited from pro moting “political” ideas.

Rather than blindly following guidelines of the out-dated Kalven Report, Lab school must revise the report so that its institutional mission and values are not prohibited from acknowledg ing important historical realities, such as those impacted by the University’s land.

Influencers: Consider audience before promoting steroids

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U-High must be intentional about approaching DEI in a way that is effective. Students are not convinced that Labs are where it should be on inclusion. Several required community gatherings don’t translate to an increased sense of belonging.

By Victory Washington

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During the Jewish Students’ Association’s Holocaust Remembrance Program, Lab students reflect on the disappointment in the school community. Both groups express the need for Lab to be on the front of its progress toward its DEI objectives. DEI initiatives, while well-intentioned, are just the novel way of convincing ourselves that the school cannot promote certain views. Intuitions are left unchallenged, and 45-minute assemblies or DEI weeks of the world do little to support the daily lives of students.

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While many might not be aware of the land which Lab school is built on did not originally belong to the University of Chicago. The science department has a statement which acknowledges the indigenous tribes, such as the Ohi o, Odawa, Potawatomi, and many more, who used to inhabit the land. However, this land acknowledgment statement is being taken away, because the University of Chicago’s Kalven report states that the school is prohibited from promoting “political” ideas.

Rather than blindly following guidelines of the out-dated Kalven Report, Lab school must revise the report so that its institutional mission and values are not prohibited from acknowledging important historical realities, such as those impacted by the University’s land.

Influencers: Consider audience before promoting steroids
by MILO PLATZ-WALKER

As someone who regularly uses the gym and is eager to share tips to everyone who wishes to have a healthy lifestyle, I occasionally scroll through TikTok. Tailored to my personal interests, my feed lights up with videos of fitness influencers promoting fitness as the best path to perfection.

Among these videos, I begin to notice a specific phenomenon: these influencers often share the use of steroids to enhance their physique. They celebrate the gains they've achieved through their physiques, they're openly discussing the cycles and doses, many of these videos solely mention the benefits of steroids, including testosterone and other anabolic androgenic steroids. These videos are concerning for young viewers.

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In a 2021 article posted on Medium, Dr. Shiva R. Griffin, co-founder and co-director of the Justice Leaders Collaborative, emphasized the importance of having the right people in the right places. No two-hour training or 45-minute assembly will convince people who already don't believe the world is equitable. Systemic change can be effective. Students are not convinced that Labs are where it should be on inclusion. Several required community gatherings don't translate to an increased sense of belonging.

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### You & AI: The new reality for your research, personal assistant, and creative helper companion

**By SKY FREEMAN**

In recent years, AI has taken the research world by storm, designed to refine writing and answer questions. At times, this immerses us in the tool of the novel-rewritten future. In the academic community, a large number of new research and writing tools have been devised. In this article, we’ll focus on AI’s potential and explore how it can be used to enhance the scholarly process.

#### In the classroom

AI can be used in various ways to enhance the learning experience. For example, chatbots can be used to provide students with instant feedback and support. This can help students to understand complex concepts and improve their understanding of the material. Additionally, AI can be used to create personalized learning experiences for each student, based on their individual needs and learning styles.

#### In research

AI can be used to help researchers with data analysis and to identify patterns or trends in the data. This can be particularly helpful in fields such as biology, where researchers are dealing with large datasets. AI can also be used to assist with literature reviews and to identify relevant studies.

#### In administration

AI can be used to automate administrative tasks, such as scheduling appointments and managing emails. This can save researchers and administrators time and help to improve efficiency.

#### In conclusion

The use of AI in research and education holds great promise for improving the scholarly process. However, it is important to consider the ethical implications of using AI in these fields and to ensure that it is used in a responsible and transparent manner.

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### In-depth

Focus on artificial intelligence has rapidly grown in the past year. From self-driving cars to online shopping, AI now impacts virtually every aspect of our modern world.

Asher Grossman

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### Generative AI technology now part of daily life

Students use the varied capabilities of AI systems to complete personal tasks, solve problems

By SANJOG MISRA

In recent years, AI has transformed from a tool for computer-related jobs to a tool for everyday life. In this article, we’ll explore how AI is currently being used in various aspects of our daily lives.

#### In education

AI is being used to improve the educational experience. For example, chatbots can be used to provide instant feedback and support to students. Additionally, AI can be used to create personalized learning experiences for each student, based on their individual needs and learning styles.

#### In health care

AI is being used to improve the health care experience. For example, chatbots can be used to provide instant feedback and support to patients. Additionally, AI can be used to create personalized treatment plans for each patient, based on their individual needs and medical history.

#### In entertainment

AI is being used to improve the entertainment experience. For example, chatbots can be used to provide instant feedback and support to customers. Additionally, AI can be used to create personalized content for each user, based on their individual preferences and viewing history.

#### In conclusion

The use of AI in various aspects of our daily lives holds great promise for improving the quality of our lives. However, it is important to consider the ethical implications of using AI in these fields and to ensure that it is used in a responsible and transparent manner.

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### Teachers, students adopt new AI tools into coursework, school life

Teachers using the varied capabilities of AI systems to enhance the educational experience

By MIHYUN DONG

In recent years, AI has become a common tool in the classroom. It can be used to assist with a variety of tasks, from grading assignments to providing personalized feedback to students. In this article, we’ll explore how AI is currently being used in the classroom and the benefits it can provide.

#### In grading assignments

AI can be used to grade assignments and provide feedback to students. This can help to save teachers time and improve the accuracy of their grading.

#### In providing personalized feedback

AI can be used to provide personalized feedback to students. This can help to improve the learning experience and to motivate students to learn more.

#### In conclusion

The use of AI in the classroom holds great promise for improving the educational experience. However, it is important to consider the ethical implications of using AI in these fields and to ensure that it is used in a responsible and transparent manner.

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### Al poses risks for spread of false info

Al vesely Washington

Every time you open your phone or computer, you are exposed to a deluge of information. This deluge has increased dramatically over the past few years, with the rise of social media and the internet. In this article, we’ll explore the risks associated with the spread of false information and the steps we can take to combat it.

#### In social media

Social media is a major source of false information. This can be particularly problematic during election season, when false information is spread to influence voting behavior.

#### In the news

The news is another major source of false information. This can be problematic because people often rely on the news to get their information about current events.

#### In the classroom

The classroom is another major source of false information. This can be problematic because students are often taught to believe what they read in the classroom, even if it is false.

#### In conclusion

The spread of false information is a serious problem that needs to be addressed. However, it is important to consider the ethical implications of using AI in these fields and to ensure that it is used in a responsible and transparent manner.

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### In-depth

The advent of generative artificial intelligence, commonly known as AI, has brought both issues and benefits to several fields of interest among U-High students.

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### Visual Art

AI can help people create digital art faster and more efficiently, using computer algorithms to generate art based on user-defined parameters.

Thomas Bickel, freelance art director

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### Writing

AI can assist in the creative process by generating text based on user-defined parameters.

Bryan W. Brooks

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### Science

AI is being used to analyze complex scientific data and to identify patterns or trends in the data.

Dexter Maggs

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###vox pop

I'm not worried about AI actively creating misinformation on its own, but I'm worried about malicious actors using AI and AI tools in an agenda-setting or deflection agenda-setting or deflection method that wouldn't be able to detect that it's not a benign AI system.

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### Conclusion

The advent of generative artificial intelligence, commonly known as AI, has brought both issues and benefits to several fields of interest among U-High students. However, it is important to consider the ethical implications of using AI in these fields and to ensure that it is used in a responsible and transparent manner.

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### Acknowledgments

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### References

Athletic Approach

New trainer establishes relationships with student athletes in her first year

**ZARA SIDDIQUE**
Sports & Leisure Editor

The second school ends, a stream of student athletes is seen heading to the gym building and locker rooms. After gathering in their uniforms, about half of these athletes stop by the training room. The loud beat of music bursts from speakers, weights clink as students slam them to the ground or place them back on the rack, the squeak of sneakers echo as students ride bikes, run on treadmills or climb the ellipticals.

But the great majority of athletes wait eagerly and sometimes anxiously in a line for the reassuring attention of Hannah McCarrell.

In her first year as U-High's new athletic trainer, Ms. McCarrell has already encouraged and inspired numerous student athletes with the positive and motivational style she brings to the fitness room.

Ms. McCarrell grew up in the training room. Her father was a football coach, and she said she spent every free moment either on the field, in the weight and training rooms. As she got older she started spending more and more time in the training room, and she found herself enjoying the atmosphere.

This moment Ms. McCarrell knew that she wanted to pursue her passion. She was later to suffer a serious injury in high school. Ms. McCarrell said, “I played through it, and then I was told I wasn’t allowed to play sports anymore.”

Ms. McCarrell then started working alongside her high school’s athletic trainer. This work solidified her desire to pursue the career.

“You’re around sports all the time, and you’re helping people,” Ms. McCarrell said. “I also enjoyed the compassion of actually trying to get someone back out on the court or field.”

Ms. McCarrell hopes that her relationship with students is more than just clinical. She wants to be a resource for students to come and talk to, not just about injuries, but about their day-to-day life. She believes that having a good relationship with students as an athletic trainer is getting to know them personally, rather than just by their injuries.

“I want them to view me as someone who’s always in their corner,” she said. “I think that’s the most important to me is making sure that they’re supported, and I’m here to support them in any way I can.”

Sophomore Mo Iyi-Ojo has been working with Ms. McCarrell this soccer season while he is recovering from an injury. He appreciates the way she guides athletes through their recovery and believes her approach to be a significant part of the recovery process.

“When she’s tapping people up, she’s talking to them, guiding them through it,” Mo explained. Ms. Mohan also appreciates how she holds him and other athletes accountable.

“She’s been helping me work out, helping me keep my fitness up, even when I don’t want to,” said Mo.

Ms. McCarrell has only been at U-High for a few months, but her effect on athletes is already noticeable and profound.

“I hope this athletic training room is a safe space for everyone,” Ms. McCarrell said. “I love being here, and don’t plan on leaving anytime soon.”

Athletes departing class early creates academic stress

by LIGHT DOHAN
Assistant Editor

The bleachers are packed, cheers echo, the air and bright sunlight shines on the team of student athletes. Sophomore Xia Nesbitt grips the handle of her tennis racquet, squinting against the sun. While her heart is caught up in the game, in the back of her mind sits the upcoming chemistry midterm and the textbook chapters that need to be read before it happens.

It can be tough to find a balance between academics and athletics when homework, assessments and lessons are dispersed throughout a student’s days. Athletic programs can be a respite from academic stress — and for many students are among their favorite activities at U-High — but they can also cause anxiety about making up work or missing deadlines.

Xia is a member of the girls tennis team, which has more matches than half of the season. For locations especially far from campus, she has to leave early — thus, Xia misses class.

Additionally, student athletes have been missing more class than before due to the new schedule and longer games combined with the already lost classroom hours can be difficult to account for.

“My mom hates it when I have to miss school,” Xia said, laughing. “She’s definitely one of those parents who says, ‘student-athlete,’ student comes first.”

Xia said the stress of missing class time and the fear of falling behind can be managed through organization and notifying teachers about when class will be missed — especially if the class period is missed frequently because of this year’s later dismissal time.

“I think the key is really just having good communication with your teachers and being open about needing to catch up,” Xia said. “It’s sort of about finding your own balance, you know, and figuring out for yourself what works best for you.”

There are so many elements of participating on a team where you kind of learn lessons that you can apply to your entire life. — Laura Gill, deputy athletics director

Ms. Gill said. Ms. Gill also believes that being a student athlete teaches students important lifelong lessons, in academics and life outside school.

“There are so many elements of participating on a team where you kind of learn lessons that you can apply to your entire life,” Ms. Gill said. “I think students that participate in athletics learn time management skills, and I think they learn accountability and responsibility, and those are just key things that you can carry with you throughout the rest of your life.”

The whack of racquets fills the court as the players focus their eyes on the ball.

Chemistry exams and homework anxiety fade away, replaced by the thrill of the game.

The work and tests won’t go away and this balance must still be worked hard to maintain, but for now, the athletes bathe in sunlight and adrenaline as they grin and fight to bring their team to victory.

Student athletes struggle to find balance amid new schedule

EARLY DISMISSALS. The JV boys soccer team is dismissed early in order to travel to their game on time. Student athletes struggle with missing class when assessments and lessons are dispersed throughout their day. Rather than focusing on their athletic goals during games, student athletes can become stressed about their school work.

**THURSDAY, OCT. 26, 2023**

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uhighmidway.com • University of Chicago Laboratory High School
by KATIE SASAMOTO-KURISU

Editor-in-Chief

Three years ago, during the 2020 NFL championship game between the Kansas City Chiefs and San Francisco 49ers, Adam Tang, then a ninth grader, was focused, closely following each play. He was down many points, banking on his only hope: number 87 on the Chiefs, tight end Travis Kelce. Eyes glued on the hotel room television, Adam and his family waited, watching. By the end of the game, the final score read 9ers 20, Chiefs 31.

Adam’s enthusiasm in the game was fueled by both a love of watching football and an interest in engaging with his team through an alternate platform — a fantasy football league.

While the sites vary in their specific layouts, the premise of the activity is the same: draft players to a virtual team and manage it throughout the season with the hope of securing a win at the championship playoff, the final game at the end of the roughly 14-week season.

“You keep your players each week, but you’re allowed to drop them and pick up a new player or trade with each other,” Adam said. “It allows you to build your team, and the more players you have, the better your team will be.”

Myles Cobb, a senior who has played in numerous leagues, said they add a degree of fun to playing with friends.

Outside of Lab, in more serious leagues, some punishments extend far beyond monetary penalties.

“What can happen in the end is you can lose your player for the season or get a zero for the game. But I’ve never heard of anything too bad,” Cobb added. “I can only imagine it’s a really intense experience.”

The competitive nature makes playing fantasy football appealing for participants, in leagues both in and outside of Lab. Betting is a large part of the game for some, increasing the risk and interest, in the experience.

“It can foster a sense of community and can also destroy friendships,” Myles added. “There’s a certain amount of competitiveness you want. It starts to waver when money gets brought into it. It can range anywhere from $20 to $5,000.”

Math teacher Julia Maguire, who can often be seen talking to students about the fantasy season, has been playing for around 14 years. She got involved simply because of her love for sports and enjoying playing in a league with her family.

“I was always interested in sports, not necessarily even football but just being active and interested in sports, talking to people about it,” she said. “A friend and I shared a team that year, and we ended up doing really well, which is of course annoyed everybody. We ended up doing really well, which is of course annoyed everybody. We were now on the scene. It was just something fun to engage in.”

Fantasy leagues have served as venues for social connection and engagement with the sport. The sense of community the platforms maintain continuously unites and motivates players.

“Yes, this is a competitive thing, but it’s also completely out of the person’s control. It’s not like I’m competing for my own ability versus someone else,” Ms. Maguire said. “It just makes it fun and fosters a sense of camaraderie. That isn’t personal, which I think is positive all around.”

Fall outings

In addition to the four activities featured here, there are some fall destinations in Chicago or a short drive away to check out!

• Kaifer’s Family Farm is the perfect place to pick apples while they’re still in season or select the perfect pumpkin to carve.

• Chicago Ghost Tour is a great way to learn about the spooky history of Chicago. Tour options range from on foot to cruising down the Chicago River all the way into November. (Image provided by Charlotte Satalic)

• The National Museum of Mexican Art has an exhibit honoring Day of the Dead, up until December 12 in Pilsen.

For football fans everywhere, fantasy leagues have served as venues for social connection and engagement with the sport. The sense of community the platforms maintain continuously unites and motivates players.
Juggling Act: Senior Emma Ciesla works to explore passions with numerous roles in the fall play, ‘Our Town’

by TAARIQ AHMED

Dressed in a pink tulle dress, playing the Disney princess Cinderella, 6-year-old Emma Ciesla-whirled onto the stage of the Blaine Hall theater, announcing her lines in French to the Summer Lab crowd. Observing the audience beam at her performance, a deep connection with theater was made.

Now, as a senior, Emma continues her passion through acting, directing and crew leadership roles in the upcoming play, ‘Our Town.’ After that first performance at Summer Lab, Emma started uncovering new opportunities both at school and within her community. Providing a platform to express herself, acting has always been special to her.

“I have a lot of anxiety and I can be very self-conscious,” Emma said, “but when you’re on stage you don’t have to be worried about yourself. There’s nothing like stepping on stage and being able to become someone else.”

As a member of the theater expanded, Emma also found success in directing, especially as it related to helping less-experienced students assimilate into the theater world.

“I think it’s also a dynamic artist specializing in a variety of mediums, from sketching to painting being a part of and leading behind the scenes crew has allowed Emma to exhibit her creative side in new ways.

“It’s really an amazing feeling to be able to come together as a group and create something magical,” Emma said, “and being able to see the students’ reactions is like no other.”

Although Emma assumes a significant amount of responsibility from her roles alone, she recognizes the value of working as a team.

“There are moments when you have to take a step back, and say we all have to work together,” Emma said, “and then I got to see them all come together — it was one of the best feelings.”

Emma is also a dynamic artist with a passion for helping those who pick it up and run with it learn an awful lot about how to build your own character, but also how to build leadership skills.

An actor and makeup crew member, sophomore Bayaan El-Bawab said Emma always seeks harmony between the work and play of theater.

“She keeps everyone organized,” Bayaan said, “but I think, at the same time, she doesn’t have like she’s above anyone else.

Emma’s leadership was something that she recognized in a person she considered a role model.

“I recognized her as a person who could really contribute right there when we were doing shows and that’s the type of leadership and kind of role model that I think it was really important for me to have when I was growing up,” Mrs. Ambrosini said.

It’s hard for productions where there was a lot going on, and I feel like people put a lot of their energy into Emma, but it’s hard for productions where just making jokes with you and it just make you feel a lot more welcome.

Both during and after the COVID-19 pandemic, when challenging moments for the program often arose, Mrs. Ambrosini said Emma was a guiding figure for the team.

“I recognized her as a person who we could really contribute right there when we were doing shows and that’s the type of leadership and kind of role model that I think it was really important for me to have when I was growing up,” Mrs. Ambrosini said.

“After I saw her, I knew that I wanted to focus on a career in acting,” Bayaan said.

Emma also found success in directing.

“Module photo by Alex Diamond

“Haegue Yang: Quasi-Legal," "Smart to the Core: Poet Laboratory Schools campus will host various exhibitions throughout the fall. These exhibitions focus on color artists. The Hyde Park Arts Center website reads.

“Our exhibitions help artists through the entire process of making bold work that enrich their careers and spur public discourse on important subjects.” Hyde Park Arts Center is free and open to the public during Sunday with varying hours.

Renaissance Society, 5851 South Ellis Ave., Cobb Hall, 4th Floor.

The Renaissance Society is showcasing one exhibition which is titled “Dala Nasser Adonis River,” where the work of Dalia Nasser commemorates the Adonis River. The river is located in Lebanon and is known as the Bahr Ibraham or Abraham River. Her art focuses on the different names the river was called, the lover of the Greek goddess Aphrodite, was killed by a wild boar. The craft is around the river, it is commemorated in pilgrimages of mourning and grief, and the art work hopes to celebrate that. Admissions to the Renaissance Society are free to the general public Monday through Sunday.


Compelled by Kabir Joshi

“Kay Rosen: Don’t Look Back” will be featured in the fall. These exhibitions focus on color artists. The Hyde Park Arts Center website reads.

“Our exhibitions help artists through the entire process of making bold work that enrich their careers and spur public discourse on important subjects.” Hyde Park Arts Center is free and open to the public during Sunday with varying hours."
New vegan eatery offers haven, health

by ZARA SIDDIQUE
Sports & Leisure Editor

When Jeremy Jones’ family found out that his father’s colon cancer was terminal, his mother, Carole Jones, turned to an alternative form of treatment: food as medicine. Mr. Jones father died from the disease, but the family took that personal journey and turned it into a business.

Last month, the Jones family — Carole, Jeremy and his wife, Kaitlyn — opened a new location of their vegan eatery, Sundrip, which serves healthy fare like noodle bowls, smoothies and salads. The Hyde Park location, at 1059 E. 55th St., beside the University of Chicago campus, is the second of the family’s permanent locations; the first opened in 2020 in Fulton Market.

Since his father’s illness, Mr. Jones said he found himself following a path of health and wellness, keeping the memory of his father alive while also connecting with the community, through food and drink.

Sundrip café, he said, offers a place for people on any step of their personal journey through health and wellness to immediately feel welcomed and accepted.

People love it,” Mr. Jones said. “I think they’re enthusiastically receptive, which we can only hope for but we weren’t really banking on.”

Jeremy Jones, co-founder of Sundrip.

The restaurant, he said, is not meant to exclude anyone. Customers should not feel as though they need to or should be vegan. Rather, he said, that aspect should merely be viewed as another part of the restaurant’s commitment to health and wellness.

Health experts say that eating a plant-based diet has many health benefits, including lowering the risk of diabetes and improving life expectancy.

Sundrip’s Hyde Park location seats up to 20 people, but the owners are still in the process of purchasing furniture.

Mr. Jones said that he viewed Hyde Park as an ideal place to open up a new Sundrip location.

“We really wanted to root in the mission of being intentional of where we show up in spaces,” Mr. Jones said.

Colon cancer is among the leading causes for death among Black Americans, Mr. Jones said. Providing healthy options in a diverse community is something Sundrip always views as core value, he said. That was one reason opening in this neighborhood felt essential, he said.

“Hyde Park, especially, is this really cool intersection of a bunch of different folks,” Mr. Jones said, “a bunch of different communities, and that was really attractive to us.”

Mr. Jones said he hopes the restaurant can connect to many different communities through Hyde Park, the university and surrounding neighborhoods. The restaurant has exceeded the Jones’ expectations in Hyde Park.

“We really wanted to root in the mission of being intentional of where we show up in spaces,” Mr. Jones said.

People love it,” Mr. Jones said. “I think they’re enthusiastically receptive, which we can only hope for but we weren’t really banking on.”

People have been over-the-top excited about what we’re doing. People really like the product, the environment, the space. It’s all been positive.”

Ultimately, he said, his long-term hope for the restaurant is to help overcome some of the socio-economic divide of the city with affordable options for a healthy lifestyle. He acknowledged that the goal is not a simple task.

“We really want to really smart about our product offering,” Mr. Jones said, “where we can obviously be profitable but also do it in a way that doesn’t necessarily alienate a lot of folks.”

Midway photo by Clare McRoberts

VEGAN VALUES.
In the Sundrip cafe, a vegan restaurant new to Hyde Park, an employee works at the cashier.
Snacks around the globe

International snack stores have seen a boom in popularity in the United States, Chicago especially, giving many people the option to purchase their own favorite cultural treats that come from thousands of miles away. From old classics of non-American cultures to new twists on American snacks, these six treats represent the range of flavors now available in the U.S.

by SKYE FREEMAN, Audience Engagement Manager

**INDIA**

*Almond and cardamom dairy beverage*

**Price:** $3.99

**Where to buy:** Lincoln Park’s “Exotic Snack Guys” international snack store

Founded as a restaurant in Bangalore, India, in 2014, and later as a global convenience product manufacturer, MTR foods has been a staple for efficient and heritage-rich meals in India. The company’s goal is to be a world-class brand supplying ready-to-eat meals that has brought their products to the United States. Their badam (almond) and cardamom dairy beverage is sweet and refreshing, a healthy drink for those looking to expand their flavor profile. The flavor of badam, known also as almond kernel, is subtle yet sweet. Mixed with bits of almond and spiced with cardamom, the drink is reminiscent of ginger, tangy and earthy, with a slightly sweet kick. The almond pieces in the drink weren’t my favorite. They added a unique yet off-putting texture. Priced at $3.99 at Lincoln Park’s “Exotic Snack Guys” international snack store, the drink is a bit expensive but worth a try.

**POLAND**

*Bacon Chips*

**Price:** $4.99

**Where to buy:** Lincoln Park’s “Exotic Snack Guys” international snack store

Bacon wheat puffs, from the Polish Lapsy Company, are a part of their selection of natural puffed chips. The company has spent 30 years in the market, selling snacks that are free of artificial additives. Many chip varieties and corn puff snacks can be found in Polish grocery stores. The chips’ subtle bacon flavor and smooth-yet-puffy texture make them almost addictive. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks that are free of artificial additives. Their products are popular across the United States. They are not well known in the United States, selling snacks in the market, selling snacks.

**TAIWAN**

*Cheesecake pejow candy*

**Price:** $3.00

**Where to buy:** Amazon

Peyo cheese cake biscuit sticks, a product from Glico, is a scrumptious Taiwanese snack. The makers wanted to create the cookie, known as the “inside-out pokey” with the filling on the inside and the sticks in hopes that they wouldn’t melt as easily as Pokey does. The cookie definitely tastes like pokey, a deliciously sweet cookie with filling. Yet the cheesecake filling felt more neutral and vanilla-like than I had imagined. While these cookie sticks lack the strong cheesecake flavor I was hoping for, they’re delicious. They’re less sweet than other flavors I’ve tried, which I appreciate. The packaging is a cute vibrant yellow, and the sticks are perfectly shaped and tasty. Classic chocolate Pokey can be purchased on Amazon for roughly $3 a pack or in smaller international stores if you seek a wider range of flavors.

**EGYPT**

*Sweet chili puffs*

**Price:** $9.00

**Where to buy:** Amazon

Sweet chili puffs, from the Flaminco Snack Manufacturing Co., are a staple in Egyptian stores. The company, founded in 1977, focuses on creating preserve and gluten-free puffs that still reflect the popular Egyptian snack. This snack has a really nice kick of spice, while remaining sweet and tangy, creating a perfect balance of flavor. They are pleasantly puffy with a crisp crunch. Flaminco Snack Manufacturing Co. has countless other flavors for their puffs – cheese, peanut and even grill chips. The treats are available in many stores, but at a cost: the chips go for roughly $3 a pack or in smaller international stores if you seek a wider range of flavors.

**MEXICO**

*De la rosa pulparindots watermelon candy*

**Price:** $7.20

**Where to buy:** Amazon

Dulces de la Rosa, a handmade candy brand founded in 1942, has turned into a major manufacturer of iconic Mexican artisinal sweets. Known for their mazapán and pulparindots candels, the brand can be found in many Mexican family-owned stores. Pulpapindots, a candy made from the pulp of the carambola fruit, flavored with sugar, salt and chili peppers, is a sweet, tangy and spicy treat. The watermelon-flavored pulparindots lacked a distinctive watermelon flavor. Nevertheless, the green candies, with a gummy interior, were delicious and slightly spicy. The treat offers a unique flavor to switch up your sweet cravings. You can purchase them on Amazon, a 12-pack for $7.20, or in stores around Chicago. The price point is reasonable, and I definitely recommend it if you want a unique candy.

**RUSSIA**

*Alenka chocolate with hazelnuts*

**Price:** $4.50

**Where to buy:** Amazon

Alenka chocolate, an iconic Russian chocolate known for a child’s picture on the wrapper, has been a staple since 1966. First made in the Soviet Union in 1965, the treat is described by some as the symbol of a happy Russian childhood. Unlike American chocolate, which is meant to be eaten relatively quickly, this rich and sweet chocolate is meant to be savored. It is richer than most other milk chocolates, and the chunks of hazelnut inside offer a nice and surprising texture. Priced at $4.50 on Amazon for a 100-gram chocolate bar, and available in smaller international stores, these treats will please any chocolate lover.

What is your favorite snack from your culture that you can get in the United States? How is that important to you?

“My favorite snack from Mexico that is available in the U.S. is definitely, I think, either mazapan or duvalin. It’s a very sweet candy. It’s from Mexico, and it’s very available over here in the U.S., and it’s very sweet, you know, tons of different flavors here that are so available. It’s definitely something I used to eat for my children a lot when I was in Mexico.” — Adrian Chaites, sophomore

“My favorite snack is that Indian crunchy snack that’s made with rice flour, ‘urad dal’ and spices. I don’t think there’s a language so food is really the thing that connects me with my family. Every time I eat these, I’m reminded of the good times I have with those I care about.” — George Ofori-Mante, senior

“My favorite snack is that Indian crunchy snack that’s made with rice flour, ‘urad dal’ and spices. I don’t think there’s a language so food is really the thing that connects me with my family. Every time I eat these, I’m reminded of the good times I have with those I care about.” — George Ofori-Mante, senior

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“My family is Russian, and my favorite snack would probably be Sushi (also called boudikhi) and anything with tea. They’re kind of like crackers and we dip them in tea. I usually buy them at Ann’s Bakery in Ukrainian Village, that’s where we get all of our food. We don’t have snacks like this in the U.S. and it’s important for me to stay connected to the culture.” — Ilona Umaniskiy, junior

— compiled by Taariq Ahmed, Edward Park and Victoria Washington