Return of college exams provoke mixed reactions
by CHLOÉ ALEXANDER
Art Editor

In February Yale University announced it would require undergraduate applicants to submit scores from standardized tests, going from test optional as they had been since the pandemic, to “test-flexible.” For many students, this was a desired change, but for others it was shocking.

In the last couple of months, Ivy League colleges Yale and Dartmouth, the University of Texas at Austin, and others have brought back their standardized testing requirements. This leaves students either forced to not apply to these colleges or to rework their mindset about standardized testing.

Yale’s testing plan is a “test-flexible” policy, meaning applicants can submit scores from the SAT or ACT or substitute an AP test score, an SAT test score, or their high school transcript. “The college admissions sky is falling,” a GoogleForm petition reads. “It still is very few schools in the larger scheme of things.”

Yale’s decision to reinstate comprehensive standardized testing in the 2022-2023 and 2023-2024 academic years is unlikely to be the last. It still is very few schools in the larger scheme of things.

But for students going to college in 2022, it can leave them frustrated and worried. Junior Antonio Del Campo said he was already going to take the SAT, but he has some friends who are frustrated because they have to start preparing for standardized tests.

“Now, they’re kinda forced to test, and a few of them aren’t great test takers,” Antonio said. “So it’s a little frustrating because they primarily based their applications around extracurriculars and other parts of their application that don’t include taking the SAT.”

Junior Elizabeth Grace Sharp was planning to take the SAT, a decision she made with her parents. She believes this change is unfair for students who don’t share her mindset.

“I think that they shouldn’t change it because some students have different things that they naturally succeed at,” Elizabeth said, “and I feel like requiring people to participate in testing when some students aren’t good at testing is unfair.”

Hana Javed, a junior planning to take the SAT, believes that if she does well, her SAT score will help her application but that this change is unfair for her classmates, noting that colleges dropped testing requirements during the pandemic.

“I think our year especially still went through a lot of important classes when we were online and we went through a lot of important shift, like from middle to high school, during COVID,” Hana said, “so being test required puts us all at a disadvantage.”

Student Council switches election platform for April 26 election

After hack, new technology has been implemented
by SAHANA UNNI
Editor-in-Chief

1362 East 59th Street
Chicago, Illinois 60637

After unauthorized changes were made to the online voting system in late March, the Student Council election, causing mass confusion, outrage and distrust, the Executive Board decided for this year’s April 26 election on April 26 will take place on ElectionBuddy — voting software dedicated to holding secure and accurate elections — if the website approves it. The Student Council election on April 26 was the first time students have decided to use ElectionBuddy.

With ElectionBuddy, students in grades 9-12 will each receive a unique link through school email, which they can use to vote. Asher Grossman, one of the two directors of student technology services, said he has no concerns regarding the security of this year’s election.

“From the testing that I’ve done and that the Executive Board has done, ElectionBuddy seems very secure, and we’ve gone through and thought about what happened in the past, how can we improve it and what are other possible security measures,” Asher said, adding that unique links will ensure security.

Onalii Shaw, the other director of student technology services, said the biggest difference between voting on ElectionBuddy instead of the Student Council website is that students will no longer be able to easily change their votes during the day.

Onalii said, “but we are going to publicize that you can email us. Everyone is going to have a voter key, and if you tell us your voter key we can manually change your vote or allow you to vote again. So there is a workaround, it’s just more cumbersome.”

According to Asher, ElectionBuddy was chosen due to concerns Dean of Students Ana Campos raised about the security of a turn-run website.

“She felt that using an actual, vetted, professional system rather than one designed by us was better,” Asher said. All-School President Zoe Nathwani said that given how upset the student body was last year, she doesn’t think anyone will attempt to hack this year’s election.

“I think what happened last year was kind of an anomaly, and I think generally speaking people are pretty upset about it happening,” Zoe said. “I mean, no one wants to wait that long for an election result to come out, and it’s just kind of unsettling for an election to be hacked… Because that happened and because it wasn’t a pleasant thing that happened, I’m really hoping that it won’t happen again.”

Change in testing requirements rattles students

TESTING TENSION. Recently, multiple colleges have brought back standardized testing requirements. Though these colleges are not the first to do so, the news has prompted some students to rethink their approach to testing.

“From the testing that I’ve done and that the Executive Board has done, ElectionBuddy seems very secure, and we’ve gone through and thought about what happened in the past, how can we improve it and what are other possible security measures.”

Asher Grossman, DGS and SAT test scores, an SAT test score, an ACT test score or an International Baccalaureate test score. All will have the same weight.

David Stroila, a junior who has been taking standardized test preparation classes for years, hypothesizes that more colleges will follow these colleges’ decisions.

“I think a lot more schools are going to start becoming test-required,” David said, “because once they see these elite schools being test-required they’re going to want to follow in their footsteps. Like what happened when they went test optional. And I think I’m going to have to start studying more.”

U-High college counselor Patty Kovacs thinks that these decisions won’t cause a larger trend.

“I don’t think there’s going to be a great avalanche of new schools jumping on this,” Ms. Kovacs said. “What’s driving colleges’ decision is their internal research. They still want to find ways to measure what allows students to put their best foot forward. I still really don’t believe that test scores are going to be the deciding factor of an application.”

Conversely, Ms. Kovacs wants students to take this one step at a time regarding changing their minds about testing.

“I really want people to take it all in stride. This is not a course of action for hysteria. It still is very few schools in the larger scheme of things.”

Patty Kovacs, U-High college counselor, believes this change is unfair.

According to Asher, ElectionBuddy seems very secure, and we’ve gone through and thought about what happened in the past, how can we improve it and what are other possible security measures.

As for the testing that I’ve done and that the Executive Board has done, ElectionBuddy seems very secure, and we’ve gone through and thought about what happened in the past, how can we improve it and what are other possible security measures.

Asher Grossman, one of the two directors of student technology services, said he has no concerns regarding the security of this year’s election.

“From the testing that I’ve done and that the Executive Board has done, ElectionBuddy seems very secure, and we’ve gone through and thought about what happened in the past, how can we improve it and what are other possible security measures,” Asher said, adding that unique links will ensure security.

Onalii Shaw, the other director of student technology services, said the biggest difference between voting on ElectionBuddy instead of the Student Council website is that students will no longer be able to easily change their votes during the day.

Onalii said, “but we are going to publicize that you can email us. Everyone is going to have a voter key, and if you tell us your voter key we can manually change your vote or allow you to vote again. So there is a workaround, it’s just more cumbersome.”

According to Asher, ElectionBuddy was chosen due to concerns Dean of Students Ana Campos raised about the security of a turn-run website.

“She felt that using an actual, vetted, professional system rather than one designed by us was better,” Asher said. All-School President Zoe Nathwani said that given how upset the student body was last year, she doesn’t think anyone will attempt to hack this year’s election.

“I think what happened last year was kind of an anomaly, and I think generally speaking people are pretty upset about it happening,” Zoe said. “I mean, no one wants to wait that long for an election result to come out, and it’s just kind of unsettling for an election to be hacked… Because that happened and because it wasn’t a pleasant thing that happened, I’m really hoping that it won’t happen again.”
Lab community celebrates International Day

by SKYE FREEMAN
Audience Engagement Manager

The sun lit up Judd Hall as a flowing line of students made their way around food-covered tables, partake in dish samples which lively music played in the background. For the hour-long ArtsFest lunch period on Feb. 28, the Student Council hosted U-High’s first International Day, where a group of nearly 30 parent and staff volunteers provided students with a free hunk of international cuisine samples.

With the mission of making a new U-High tradition centered around educating students on the variety of nations in Lab’s diverse community, Student Council members worked for months to find a way to host a fun but educational event.

“The difficulty with this event was that we really had no idea of how many people were going to come to it,” senior Zoe Nathwani, all-school president, said. “It was kind of like a trial run.”

Despite having 27 different dishes, the food quickly emptied out within the first half of the lunch period. Dozens of students are at competing tables, dancing to the music in the hallways, and despite the decreasing food levels, there was a constant line of happy faces.

Most of the feedback we got from parents was like, “This needs to be a bigger event; bigger space for next year; we should really make this into a big thing,” Zoe said.

With foods from tiramisu to kishk, many parents set up placards explaining their dish’s cultural origins, so students could learn about each dish. Parent Rebecca Salomon brought in noodle kugel, a traditional Jewish casserole, and the team of volunteers provided students with free lunch samples.

Despite the food running out, the feedback was overwhelming for the event. Sarah Halbach, all-school policy advisor and senior, said most of the students recieved superior ratings with junior Taylor Landry. Student Council hosted the dance in the Sherry Lansing Theater. Evelyn attended the dance with her friends for the second year, and said, “I think the thing that really elevated it this time was the decorations. I thought that they were really nice.”

DIVERSE DISHES

For the ArtsFest lunch period on Feb. 28, the Student Council hosted U-High’s first International Day, where a group of nearly 30 parent and staff volunteers provided students with free lunch samples.

We were also the grade of COVID, and we didn’t get many events, like other grades got, so this was just a really great experience with everyone.

Yolotzin Martinez, senior

Collins, senior vice president, said, “I wanted to email Ms. Campos, and she approved it, then we emailed the faculty to participate, too.”

Cassia said that maybe in the future, Student Council could possibly make this a schoolwide event.

Yolotzin Martinez liked it because it was for seniors. “If it was the whole high school, I feel like it would be a complete mess,” Yolotzin said, “we were also the grade of COVID, and we didn’t get many events, like other grades got, so this was just a really great experience with everyone.”

With any competition come great wins and great losses. “I had lost all of my beads and then I challenged Mr. Wilderman for my beads, and so now I have one,” Cassia said.

Collins can relate to Cassia’s experience. “I had so many beads, like 20, and then I challenged one of the cafeteria workers for three of their beads,” Yolotzin said. “I was like, ‘Oh that helps a lot.’ Then he won, and now I’m bankrupt.”

On Friday, March 22, in the senior lounge, Student Council hosted U-High’s first Rock, Paper, Scissors competition with the final four winners taking home the one of the gold necklaces. “For seniors it was just for fun,” Yolotzin said. “I’m hoping that next year we can bring in more people and continue doing it because I thought it was really great.”

In school competition, all students received superior

Fifteen U-High choir students participated in the Illinois High School Association District Music Festival on March 2. All the vocalists who took part were rated and received a superior rating. The festival is more of a vocal evaluation than a competition, where the ensemble or soloist receives feedback from a judge and the rating with Superior being the highest rating.

“At this competition, you don’t even receive the best rating,” said professional vocalist and choir instructor Lily Couye." "I think that’s really a good learning experience,” Gabi said, discussing areas where the adjudicators deduct points can help the choir look more professional.

Both Gabi and Lena have participated in this festival — or the middle school version of it, IGSMA — since sixth grade. Lena said she was more comfortable and at ease after so many years of experience.

“It just feels so much more relaxed. Like I wasn’t nervous at all because I did it so many times,” she said.

— Lily Couye

Journalism teams receive national recognition

Individual student journalists have received national recognition for their work, while the U-High Midway has received a prestigious national award for general excellence and is a finalist for another.

The U-High Midway and U-High lights staff received a combined 23 national awards from the Columbia Scholastic Press Association at Columbia University. These 21 Gold Circle Awards featured work from recent school years. The Midway received its 18th CS-7A Gold Crown Award, which is its 27th Crown Award overall.

In addition, the Midway’s website is one of 26 finalists for the Online Pacemaker given by the National Scholastic Press Association.

Sahana Unni, a senior and a current Midway editor-in-chief, received three Gold Circle Awards. She said she appreciates the recognition for topics that she cared a lot about, including the remaking of the assembly hall.

“The Gordon Parks auditorium was an issue that I really care about, so it feels really nice that I’m receiving recognition for such an important matter,” Sahana said.

U-Highlights assistant editor Daniel Chang, a sophomore whose work was recognized, feels the award represents the “of work and dedication the U-Highlights team put into the 2023 yearbook.”

Daniel said, “I think the award is representative of all the team work and collaboration that went into the yearbook, which I’m very grateful for.”

— Kabir Jahan

Resource officer hired as new director of security

The Laboratory School’s best director of safety and security, Michael McGeehan began his new role on March 1. His job includes working with safety officers and the Lab Safe app.

Mr. McGeehan is a 2002 U-High alumnus. Before joining the Laboratory Schools, Mr. McGeehan worked as a police officer with Chicago Police Department, where he also was assigned as a community resource officer in Chicago Public Schools.

Mr. McGeehan said he is passionate about ensuring the building is safe not only during the school day, but for before- and after-school programming. In the future, he wants to fully staff the SOO team and continue to remind the community about best safety practices.

“I want to make sure we keep up with best practices and suite new security,” Mr. McGeehan said. “It’s important that we listen to our community and work with them to make sure that we’re providing the necessary resources to the Lab community.”

Mr. McGeehan would like students to feel comfortable approaching their feedback and concerns about campus security. “If there’s anything they want to do is make sure they know that we’re open to their feedback and policy and that if they have any safety or security concern they can always reach out to me.”

— Victoria Washington
‘Gordyland’ mural shows ’60s trends

Student-designed mural brought in class collaboration

by ZARA SIDIDIQUE

ARTS & LEISURE EDITOR

Swirls of carefully coordinat-ed color dance across the wall. A group of students huddle together debating their next steps. At a closer look one can see lightly penciled sketches spanning the length of the wall. Paint brushes and pal-ettes cover the floor, as the stu-dents continue their work. A gra-dient of rainbow colors span the wall outlining shapes and words.

The Studio Art elective art class has been commissioned to create a mural for the new music recording studio in Gordon Parks Art Hall. The studio is to be called “Electric Gordyland” a nod to “Electric Ladyland,” the recording studio of Jimi Hendrix.

While murals painted in U-High are typically required to be com-pleted within a day, fine arts teacher Sunny Neater was able to get her class special permission to work on the mural over a longer span of time.

Ms. Neater wanted the process of her class painting the mural to occur as it does in the real world. The class had multiple meetings to figure out what the mural was to represent. Then there was a re-search process followed by de-tailed work in sketching and finally painting.

“It was a lot of back and forth with just making sure we had what they envisioned,” Ms. Neater said. “Students would take various cri-tiques and recommendations to tweak certain aspects of the mu-ral.”

Class member Lucie Bhat-oey-Bertran said the process was collaborative. Whether it was finding a color palette, measur-ing the wall outside the recording studio or researching the context behind the mural, everyone had a delegated job.

“The whole process has been a really great experience,” Lucie said. “I’m learning a lot about his-tory and art.”

Studio Music teacher Francisco Dean commissioned the mural and explained that the music re-cording studio draws inspiration from the psychedelia conveyed in Jimi Hendrix’s music and record-ing style.

“We found that Jimi Hendrix’s vibe really matched what we want-ed the studio to represent to begin with,” Mr. Dean said.

Swirls of bright color light up the hallway, and students quiet-ly work on bringing to life the es-sence of the music studio: a wel-coming place for all to explore their passions and interests in music.

Analysis: Accept Beyoncé’s country music shift

Artist’s new album honors genre’s Black history, origins

by VICTORIA WASHINGTON

“This ain’t a country album. This is a ‘Beyoncé’ album.”

With that statement from Be-yoncé’s website, people all over social media are embracing Beyoncé’s newest single “Texas Hold’Em” with open arms. They throw their invis-ible keys up and swing around to the catchy country chorus in wide leg jeans and cowboy hats.

In Verizon’s Super Bowl com-mercial, Beyoncé announced that she would be dropping new music, and both “Texas Hold ’Em” and “60 Car-riages” were released to streaming plat-forms shortly after. “Texas Hold ’Em” made Beyoncé the first Black artist to have a sin-gle country song, “Daddy Lessons,” in an otherwise R&B album. The full album “Carter Cowboy” is set to re-lease March 29.

This isn’t the first time the singer has tried to break into the country music scene: the 2016 album “Lemonade” featured a sin-gle country song, “Daddy Lessons,” in an otherwise R&B album. However, Beyoncé’s entry into country music wasn’t well received when she performed at the 2016 Coun-try Music Awards. Critics ques-tioned whether the performance actually belonged at the awards.

Although Beyoncé is an established R&B, pop, and hip hop artist, she should be al-lowed to experiment with different genres of music. In expanding her repertoire, Be-yoncé is bringing to light the rich culture of country music and the story of the Black cowboys of Texas.

Imitating that Beyoncé is unqualified to perform country mu-sic because of her race is deeply problematic and ignores the history of the genre. Beyoncé worked with Rhiannon Giddens, a Grammy-winning ban-joist and folk artist, to pay homage to the Black roots of the genre and instru-ment. The banjo, accord-ing to the Smithsonian, was an instrument created by enslaved Africans in the Caribbean and colonial America. Giddens has dedicated her career to educating the public about the Black roots of country music and spreading her love for the banjo.

Beyoncé’s intention was to draw atten-tion to the complex history of America that is ingrained in country music. While white ranchers are generally associated with Tex-as cowboys, Beyoncé’s reimagined “Carter Cowboy” pays homage to Black cowboys who worked on Texas ranches since the ear-ly 1800s.

Still, fans are defending Beyoncé’s de-cision to enter the country music sphere. When an Oklahoma radio station refused
Mr. Berrueta said that he enjoyed "lies," he said. "But see my family in those families," he continued as he was able to serve psychology at the Carl Schurz Schools, Mr. Berrueta spent eight years teaching history and psychology at the Carl Schurz Schools, Mr. Berrueta spent eight years teaching history and psychology at the Carl Schurz Schools. He's following his face with dedication. With his knowledge of the topic, he's most familiar with, he has on his face the subject that fascinates him most. Though it was his undergraduate subject, he has the knowledge of the topic. Isaac Berrueta interacts with students during his history class. Mr. Berrueta uses a variety of perspectives to his classrooms so that his students gain a deeper understanding of topics. "The more I learn about history, the more I learn about myself. That's what makes it interesting," he said. "The more I learn about history, the more I learn about people, and the human condition if you will." According to Mr. Berrueta, being informed on humanity's past events helps us understand different perspectives and events, an important aspect of education. History makes us more informed and open-minded citizens of the world, helping us to communicate with the 8 billion.

**Features**

**Preaching Perspectives.** Isaac Berrueta interacts with students during his history class. Mr. Berrueta uses a variety of perspectives to his classrooms so that his students gain a deeper understanding of topics.

Mr. Berrueta brings to his class is discussing the Treaty of Guadalupe Hidalgo, an agreement between Mexico and the United States. Daisy Juarez, a student who is discussing the Treaty of Guadalupe Hidalgo, an agreement between Mexico and the United States. Daisy Juarez, a student who

"I definitely bring a whole lot of my background into the topics and into the content," Mr. Berrueta said. "I try to provide nuanced perspectives that I've heard growing up in a multicultural home."

"It really allows us to maybe think about how these subjects can be very nuanced and how there's no right or wrong answer to a topic because it can be very complex," Daisy said.

Of the history classes he's taught, Latin history has been a subject that fascinates him most. Though it was his undergraduate subject, he has the knowledge of the topic. Isaac Berrueta interacts with students during his history class. Mr. Berrueta uses a variety of perspectives to his classrooms so that his students gain a deeper understanding of topics. "The more I learn about history, the more I learn about myself. That's what makes it interesting," he said. "The more I learn about history, the more I learn about people, and the human condition if you will." According to Mr. Berrueta, being informed on humanity's past events helps us understand different perspectives and events, an important aspect of education. History makes us more informed and open-minded citizens of the world, helping us to communicate with the 8 billion.

**Looksmaxxing trend used for self-improvement**

by NEHA DHAWAN

It's a typical day in Isaac Berrueta's AT Latinx History class. The class is discussing the Treaty of Guadalupe Hidalgo, an agreement between Mexico and the United States. Daisy Juarez, a student who learned about the treaty in previous classes, believed that it was unfair, until Mr. Berrueta challenged her belief. He claimed that the treaty was worded in a vague way that ensured that Mexican and American citizens weren't treated the same, a perspective that intrigued Daisy.

This wasn't the first time that Mr. Berrueta introduced a new perspective to his class. An eager learner and passionate thinker, Mr. Berrueta uses nuanced perspectives to better inform the way he teaches history and views the role of history in our lives.

Before coming to the Laboratory Schools, Mr. Berrueta spent eight years teaching history and psychology at the Carl Schurz High School. He describes the years as both challenging and rewarding, as he was able to serve immigrants like himself.

"I couldn't help but see myself in students, and I could not help but see my family in those families," he said.

He was able to advocate for immigrant parents who could not speak English. He observed that his students had a background and his family's points of view to inform how he teaches, especially for AT Latinx History. "I definitely bring a whole lot of my background into the topics and into the content," Mr. Berrueta said. "I try to provide nuanced perspectives that I've heard growing up in a multicultural home."

"It really allows us to maybe think about how these subjects can be very nuanced and how there's no right or wrong answer to a topic because it can be very complex," Daisy said.

**Softmaxxing: A more organically, friendlier form of looksmaxxing**

Originating on TikTok as an umbrella term for popular ways of physical self-improvement, looksmaxxing has captured a global audience with its promise of improving one's physical features. Looksmaxxing first developed after the increased popularity in "mewing," a way in which one could alter their face shape and achieve a square jawline through holding their jaw in one direction, or clenching their jaw while clenching their jaw.

Mewing was created in the 1990's by Dr. John Mew. After their jaw. Mewing was created in the 1990's by Dr. John Mew. After

An intense practice is used to improve blood flow. The smooth, jade rock is rubbed on the skin in long motions and advertisements. Spencer recommends this item to others looking to improve their facial features.

Besides looksmaxxing's focus on physical self-improvement, Mateo isn't just tending to his complexion. He's following his face with dedication. With his knowledge of the topic, he's most familiar with, he has on his face the subject that fascinates him most. Though it was his undergraduate subject, he has the knowledge of the topic. Isaac Berrueta interacts with students during his history class. Mr. Berrueta uses a variety of perspectives to his classrooms so that his students gain a deeper understanding of topics. "The more I learn about history, the more I learn about myself. That's what makes it interesting," he said. "The more I learn about history, the more I learn about people, and the human condition if you will." According to Mr. Berrueta, being informed on humanity's past events helps us understand different perspectives and events, an important aspect of education. History makes us more informed and open-minded citizens of the world, helping us to communicate with the 8 billion.

Despite the trend's basic sentiment of genuine physical improvement, for some, it has become a joke. Ninth grader Sulei Suli said that the term has become more satirical for him and his friends. "Looksmaxxing is mostly a new joke you can see on social media," Sulei said. "I saw the trend mostly on TikTok and Instagram. Sulei's participation in the trend goes beyond social media. "I mostly joke around with my friends about the term," Sulei said. "Sometimes I will flex my jawline as a joke. I definitely see it as more of a joke than anything serious."

As he prepares to go to bed, Mateo concludes his day with his nighttime skincare routine. After washing his face and applying his nighttime skincare, Mateo opens TikTok again as he goes to bed, learning new methods and techniques about how to self-improve.
A voice for shared humanity

by CLAIRE M ROBERTS

Features Editor

It's the mid-1970s. María Hinojosa and her U-High classmates have been studying history, but the emphasis feels different. Their teacher, Phil Harte, convinced them only by showing students how to truly grasp the lives of the people they were learning about, she recalled.

"He was really intent on teaching us to understand humanity across the world," Ms. Hinojosa said, "I think that those kinds of things stick with you.

The value Ms. Hinojosa absorbed at U-High of understanding a shared humanity has proven to be a driving force in a journalistic career that has spanned decades, broken barriers and drawn in voices that had often gone unheard.

In May, Ms. Hinojosa, Class of 1979, will receive the 2024 Distinguished Alumna Award during a ceremony in Gordon Parks Arts Hall.

Ms. Hinojosa, who has also been honored with an array of national awards, including four Emmy's, has been a pioneer in newsrooms by the numbers: 76% U.S.-based journalists identify as white, 8% U.S.-based journalists identify as Hispanic.

"I would say now, 30 years later, all those people who thought I was being a bit of a rebel or trying to instigate change understand that what I was saying was right on the nose," Ms. Hinojosa said. "I would say that one of my lasting impacts has been for newsrooms to understand why covering the diversity of our country — and all of its complexities — means doing excellent journalism.

"The problem is when you have the media all from a certain perspective — a class perspective, gender perspective, heterogeneous perspective — you know, it's just not good for the rest of us," Ms. Hinojosa said. "You have the situation where we are in now, which are divisions and differences based on a lack of information and based on race and ethnicity dividing the country."

At U-High, the theater department was where Ms. Hinojosa felt most at home. She participated in every production and even choreographed her own dances for Student Experimental Theater. She said the sense of voice she gained acting at U-High proved fundamental in her career.

"You can't be a television journalist or a decorated television journalist unless you've done some theater work, because it's all about the performance," Ms. Hinojosa said.

"It taught me how to be present on stage and to begin to use my voice, which became the tool that I make my living off.

U-High's academic environment shaped Ms. Hinojosa into the journalist she is and developed a theme of humanity in her perspective, allowing her to connect with the people she writes about.

"I was particularly concerned with the apathy and the entitlement that I see around me. Because I went to public school, and so I said, you know, all these privileged kids who complain about whatever," she said.

She added, chuckling, "I'm like, 'You guys have a pool.'"

"I have my stories, my articles and awards, Ms. Hinojosa said she is most proud in knowing she has served as a model to a Latina in a field that is rare. "I have been an example for other young journalists," Ms. Hinojosa said. "And that makes me the proudest honestly."

Through colors and accessories, students are customizing their headphones, an integral part of taste and expression.

Headphones serve as form of expression, past practicality.

by HALEY MAHARRY

Reporter

Through the hallways of U-High, headphones are everywhere: on desks, desks and shoulders, and in bags, pockets and purses. But the sorts of headphones students have to choose from are more wide-ranging than ever, from chunky Apple AirPods Max headphones to compact options like AirPods or Powerbeats.

"I do know that I have been an advocate for AirPods," Ms. Hinojosa said. "I would say now, 30 years later, all those people who thought I was being a bit of a rebel or trying to instigate change understand that what I was saying was right on the nose." Ms. Hinojosa said.

"I would say that one of my lasting impacts has been for newsrooms to understand why covering the diversity of our country — and all of its complexities — means doing excellent journalism."

"I think Bluetooth is good personally. I think wires are kind of outdated, but it's becoming a style where people will buy things and use things from the past."

"I love that they're like noise canceling, and you can change how much you hear out of them," she said.

"I feel like I would lose them a lot, but I can use 'Find My iPhone' on them and know where they are," she said.

"But Olivia Adams, who has lost multiple sets of AirPods, said she has found herself annoyed by the headphones.

"I used to decorate my headphones, but I always lose them so I stopped. I think the one negative thing about AirPods compared to regular headphones is they are more expensive, and if you lose them then that's just a lot of money," she said.

Since she lost her latest pair a couple months ago, Olivia has been using some simple wired earbuds throughout her day to day. Despite the risk of losing the AirPods, which operate wirelessly with Bluetooth, Olivia said she still prefers them over her current wired headphones.

"I don't like using them because they always get tangled in my bag, especially during passing periods when I want to listen to music and it takes two minutes to untangle them," she said.

Raven Williams also dislikes wired headphones and thinks that they're becoming outdated.

"I think Bluetooth is good personally. I think wires are kind of outdated, but it's becoming a style where people will buy things and use things from the past," she explained.

Rathin Shah is a fan of old school headphones. "Their groovy headphones are Koss Porta Pros, a Walkman-style over-the-ear headphones that was first introduced in the 1980s.

I remember about them through this album cover, a Carolee Polacheck album, 'Desire, I Want to Turn Into You.' She wears these very pretty headphones and I looked them up," they said.

They explained that although the audio quality they get is not the best, the looks and the compliments they receive are worth it.
While traditional gamblers may become accustomed, the younger you start, the greater the risk. Experts advise parents to look for ways to increase their odds.

"I think it's just a form of gambling," Student A said. "Theoretically, high school students are allowed to gamble, but many of them don't. I don't feel the need to gamble, but I also don't feel the need to stop, either."

Student B also enjoys placing bets often, specifically during events like the NCAA basketball tournament.

"Sports betting websites provide U-High students with an easy way to gamble despite being under-age. Although many websites have age restrictions, Student A said they're easy to bypass."
Students like Vedika, who traveled to different parts of the world, often find that jet lag can make the return to home — and school work — hard, finding their own antidotes while new cures are suggested by studies.

Despite such challenges, students still find the effort worth the joy earned from traveling. “It’s 100% worth it,” Vedika said. “I would do this again. I think it’s worth it. It’s 100% worth it.”

“Thankfully, long COVID has not been a topic of concern or discussion for us nurses here at Lab within our community that has been affected with COVID,” U-High nurse Dr. Zeitzer said. “At Lab, no formal complaints of long COVID have been reported. Still, some students have experienced enduring COVID-19 effects such as fatigue.

“Thankfully, long COVID has not been a topic of concern or discussion for us nurses here at Lab within our community that has been affected with COVID,” U-High nurse Mary Toledo-Trevino, said. “I think for our high schoolers, the biggest thing would probably be the chronic fatigue that would be most noted in patients that are dealing with long COVID symptoms.”
**Opinion**

**To the max**

Lifestyle trend ‘looksmaxxing’ takes self-improvement culture to extremes

By JAYA ALLENIGHT

Imagine a media organization that has been publishing articles on various topics, including a discussion on the benefits of public transportation and the impact of social media on self-esteem. However, there is a more pressing concern that needs to be addressed:

**New White Sox stadium project is useful; nonessential**

by JAYA ALLENIGHT

Imagine this: The empty 62-acre plot of land where Chicago’s South Loop, known as “The 78,” transformed from a thriving community into little more than a bustling, lively neighborhood — all centered around a new White Sox ball park. Just a few years ago, the idea of building a stadium on this land was met with skepticism by many Chicagoans.

However, this dream ballpark would not come without a financial cost. White Sox owner Jerry Reinsdorf has asked taxpayers to fund this project, which is estimated to cost about $1.5 billion to $1.6 billion. The project is expected to bring significant economic benefits to the city, including increased tourism and the potential for new businesses to open near the stadium.

The White Sox’s proposal seems like it would reap great benefits not only for the team but also for the city, the local economy, and the region. The project will help to create jobs, stimulate economic growth, and enhance the city’s overall attractiveness to visitors and potential residents.

In an interview with Greg Hinz of Crain’s Chicago Business, Mr. Reinsdorf made the bold claim that this new stadium would be necessary in keeping the White Sox in Chicago. Mr. Reinsdorf, 88, argued that the new stadium would be the best thing for the team and the public’s interest.

A new South Loop stadium would conceivably publicize the practicality of using public funds in a way that would benefit the city, which was just that. Some of the documents released by WikiLeaks were unique in that they were not independently factually verified, but they were able to collaborate with other media outlets, namely the New York Times in 2001. Mr. Assange’s case threatens the basic press rights that allow journalists to seek the truth and report it, which cannot be ignored.

The looksmaxxing trend perperts the concept that a perfect appearance is directly attainable — a false reality. Social media makes it incredibly easy to get trapped in pursuit of unrealistic beauty standards, qualities and trends that are constantly changing. In reality, there is no one-size-fits-all to obtaining any single ideal.

**Assange extradition threatens journalists worldwide**

by MIA LIPSON

Imagine a media organization that has been publishing articles on various topics, including a discussion on the long-term impact of social media on self-esteem. However, there is a more pressing concern that needs to be addressed:

**New White Sox stadium project is useful; nonessential**

by JAYA ALLENIGHT

Imagine this: The empty 62-acre plot of land where Chicago’s South Loop, known as “The 78,” transformed from a thriving community into little more than a bustling, lively neighborhood — all centered around a new White Sox ball park. Just a few years ago, the idea of building a stadium on this land was met with skepticism by many Chicagoans.

However, this dream ballpark would not come without a financial cost. White Sox owner Jerry Reinsdorf has asked taxpayers to fund this project, which is estimated to cost about $1.5 billion to $1.6 billion. The project is expected to bring significant economic benefits to the city, including increased tourism and the potential for new businesses to open near the stadium.

The White Sox’s proposal seems like it would reap great benefits not only for the team but also for the city, the local economy, and the region. The project will help to create jobs, stimulate economic growth, and enhance the city’s overall attractiveness to visitors and potential residents.

In an interview with Greg Hinz of Crain’s Chicago Business, Mr. Reinsdorf made the bold claim that this new stadium would be necessary in keeping the White Sox in Chicago. Mr. Reinsdorf, 88, argued that the new stadium would be the best thing for the team and the public’s interest.

A new South Loop stadium would conceivably publicize the practicality of using public funds in a way that would benefit the city, which was just that. Some of the documents released by WikiLeaks were unique in that they were not independently factually verified, but they were able to collaborate with other media outlets, namely the New York Times in 2001. Mr. Assange’s case threatens the basic press rights that allow journalists to seek the truth and report it, which cannot be ignored.

The looksmaxxing trend perperts the concept that a perfect appearance is directly attainable — a false reality. Social media makes it incredibly easy to get trapped in pursuit of unrealistic beauty standards, qualities and trends that are constantly changing. In reality, there is no one-size-fits-all to obtaining any single ideal.

**Assange extradition threatens journalists worldwide**

by MIA LIPSON

Imagine a media organization that has been publishing articles on various topics, including a discussion on the long-term impact of social media on self-esteem. However, there is a more pressing concern that needs to be addressed:

**New White Sox stadium project is useful; nonessential**

by JAYA ALLENIGHT

Imagine this: The empty 62-acre plot of land where Chicago’s South Loop, known as “The 78,” transformed from a thriving community into little more than a bustling, lively neighborhood — all centered around a new White Sox ball park. Just a few years ago, the idea of building a stadium on this land was met with skepticism by many Chicagoans.

However, this dream ballpark would not come without a financial cost. White Sox owner Jerry Reinsdorf has asked taxpayers to fund this project, which is estimated to cost about $1.5 billion to $1.6 billion. The project is expected to bring significant economic benefits to the city, including increased tourism and the potential for new businesses to open near the stadium.

The White Sox’s proposal seems like it would reap great benefits not only for the team but also for the city, the local economy, and the region. The project will help to create jobs, stimulate economic growth, and enhance the city’s overall attractiveness to visitors and potential residents.

In an interview with Greg Hinz of Crain’s Chicago Business, Mr. Reinsdorf made the bold claim that this new stadium would be necessary in keeping the White Sox in Chicago. Mr. Reinsdorf, 88, argued that the new stadium would be the best thing for the team and the public’s interest.

A new South Loop stadium would conceivably publicize the practicality of using public funds in a way that would benefit the city, which was just that. Some of the documents released by WikiLeaks were unique in that they were not independently factually verified, but they were able to collaborate with other media outlets, namely the New York Times in 2001. Mr. Assange’s case threatens the basic press rights that allow journalists to seek the truth and report it, which cannot be ignored.

The looksmaxxing trend perperts the concept that a perfect appearance is directly attainable — a false reality. Social media makes it incredibly easy to get trapped in pursuit of unrealistic beauty standards, qualities and trends that are constantly changing. In reality, there is no one-size-fits-all to obtaining any single ideal.

**Assange extradition threatens journalists worldwide**

by MIA LIPSON

Imagine a media organization that has been publishing articles on various topics, including a discussion on the long-term impact of social media on self-esteem. However, there is a more pressing concern that needs to be addressed:

**New White Sox stadium project is useful; nonessential**

by JAYA ALLENIGHT

Imagine this: The empty 62-acre plot of land where Chicago’s South Loop, known as “The 78,” transformed from a thriving community into little more than a bustling, lively neighborhood — all centered around a new White Sox ball park. Just a few years ago, the idea of building a stadium on this land was met with skepticism by many Chicagoans.

However, this dream ballpark would not come without a financial cost. White Sox owner Jerry Reinsdorf has asked taxpayers to fund this project, which is estimated to cost about $1.5 billion to $1.6 billion. The project is expected to bring significant economic benefits to the city, including increased tourism and the potential for new businesses to open near the stadium.

The White Sox’s proposal seems like it would reap great benefits not only for the team but also for the city, the local economy, and the region. The project will help to create jobs, stimulate economic growth, and enhance the city’s overall attractiveness to visitors and potential residents.

In an interview with Greg Hinz of Crain’s Chicago Business, Mr. Reinsdorf made the bold claim that this new stadium would be necessary in keeping the White Sox in Chicago. Mr. Reinsdorf, 88, argued that the new stadium would be the best thing for the team and the public’s interest.

A new South Loop stadium would conceivably publicize the practicality of using public funds in a way that would benefit the city, which was just that. Some of the documents released by WikiLeaks were unique in that they were not independently factually verified, but they were able to collaborate with other media outlets, namely the New York Times in 2001. Mr. Assange’s case threatens the basic press rights that allow journalists to seek the truth and report it, which cannot be ignored.

The looksmaxxing trend perperts the concept that a perfect appearance is directly attainable — a false reality. Social media makes it incredibly easy to get trapped in pursuit of unrealistic beauty standards, qualities and trends that are constantly changing. In reality, there is no one-size-fits-all to obtaining any single ideal.
Ava said, “as opposed to waiting a of related movies, like a series of rather than spread out over time. her to see the plots of many mov ing engrossed in a show to build ly due to the COVID-19 pandem increased in the past few years gin their TV marathon. TV and all sit together as they await to be everyone is buzzing with excite room, bringing food, beverages and to watch multiple movies in a row and you see everyone’s opin ions. It adds some depth to what you have just watched.”  

“Which is especially nice when you watch multiple movies in a row and you see everyone’s opinions because you discover more stuff you might have not even noticed,” Ava said. “It’s amazing to hear people’s opinions because you discover more stuff you might have not even noticed.” In a gravity-defying moment, she lets go of the silk above the stage. The lights dim and everyone goes silent, ready for their marathon to begin. As the TV show starts to play, everyone is fully focused on what they’re watching – and they’re not distracted by their phones as the viewer dives deep into the show or movie. Chani also loves to binge watch shows because it gives her some time to relax and just become en tranced by a show. “It’s also a very relaxing thing — despite the theme of what I may be watching — I am truly relaxed,” Chani said. “It’s almost a form of escapism because you just get so ingrained in what you’re watch ing.”

Binge watching also allows for a moment of being unplugged from a phone as the viewer dives deep into the show or movie. “I also don’t have my phone with me because I like to be completely focused on what I’m seeing rather than being distracted by my phone,” Chani said. After getting her phone aside, Chani gets ready to binge watch TV shows by getting everything she needs. “Normally I will get water, some sort of beverage and some snacks,” Chani said. “Then I go sit on the top floor of my house where the TV and the lights are off and I just get comfortable with a blan ket as well.” As the TV show starts to play, the lights dim and everyone goes silent, ready for their marathon to begin.
These twins win

On and off field, Sturgill sisters provide support

by VICTORIA WASHINGTON

On the field. The team. Each other.

Sisters Stella Sturgill and Haley Sturgill have always played sports. Soccer was the one that stuck. In lower school they both played on a club team, Southside Fire, in which they learned two important things: the game is nothing without the team, and being twins playing the same sport isn’t so bad. Even though they’ve always played sports, Haley and Stella always felt like opposites: Stella played offense and Haley played defense; Stella is right-footed and Haley is left-footed. Because the twins have different strengths, they are able to lean on each other.

“I love it,” Stella said. “We are very different people and have very different playing styles. When I was asked to play defense for the first time, I really leaned on Haley. It was hard to go into a new season with a new position, but Haley helped me in a lot of ways.”

Soccer is a mental sport in many ways. It’s easy to fall behind after a few minor mistakes, and it can be difficult to regain composure. Both sisters, now seniors, are each other’s biggest critics, but they know each other the best.

“It’s really helpful to have your family on the field,” Haley said. “If one of us gets really in our head about a mistake and we’re hyper-focused, it’s not good for anyone. Having someone that knows you well and can tell if the other is off of their game, can be helpful. Both Stella and Haley were grateful to come back to soccer after more than a year and a half during pandemic.

Even before in-person classes were consistent, the twins came to soccer practice: “They appreciated having a community and feeling a part of something bigger in an isolating time.”

“Both Haley and I struggled a lot during those pandemic years,” Stella said. “Being able to come back, reintroduced not only a love for the sport, but for the team and team culture in general.”

Dynamic Duo. Twin sisters Haley Sturgill and Stella Sturgill have played soccer together on the same team for nearly their whole lives. They are seen by their teammates as leaders due to their commitment to the sport. Next year they will play soccer at the collegiate level, but on different teams, for the first time.

Stella and Haley being so different meant that it was hard to compare the two. Even when Stella and Haley started playing soccer, there was never a toxic competition or means for comparison. It was always a collaboration.

“We spend a lot of time together,” Haley said. “We share some of the same hobbies like going to the gym and soccer. We’ve never had trouble getting along with each other. Stella is my other half.”

Next year when both girls will continue to play soccer in college — Stella for Sarah Lawrence College and Haley for Carleton College — will be the first time they are truly apart.

“When I knew I wanted to play soccer in college is when I started playing with and against the team,” Stella said. “It’s very familial, and because we have a tight bond, it’s really hard to not be a part of the team and a part of the players.”

Even though Stella and Haley won’t be together, they carry the memories, importance of team bonding and dedication with them as they continue the sport at the next level.

Stella said, “Once a teammate, always a teammate.”

Athletic administration changes

by TISON XU

The athletics department will soon have more changes in its leadership.

Laura Gill, deputy athletic director, will leave her position this summer to serve as the director of athletics at the Winchester Thurston School in Pittsburgh.

“I’ve established great relationships with student-athletes, great relationships with coaches and other members of the Lab community,” Ms. Gill said. “I’ve just had a lot of fun and I am going to miss this place and all of the laughs so much.”

Physical education teacher and head soccer coach Joshua Potter has been appointed to the new position of assistant athletic director. Mr. Potter will take on this new role in May after his parental leave.

His job will mainly involve scheduling, communicating with teams and hiring and evaluating coaches. “He understands what an athletic department should look like,” Matt Manley, director of athletics, said. “He particularly understands what Lab is, what Lab is like, and what our students are like.”

They keep me on track and are such positive people. When I’m down or doing something wrong they’re so encouraging.

— Stella Sturgill

WORTH THE WAIT. At a practice on March 29, senior Cameron Booth runs through a batting drill. Earlier that week on March 25, the team played an almost-six-hour, 10-inning game against Jones College Prep. The Maroons battled poor weather conditions and dimming sunlight, but ultimately won 25-17. Captain Mason List said, “I was really proud of the team for sticking it out, especially at the end when it got pretty dark out. The sky was grey, which made it tough to see the ball, the field was getting muddy, but we pushed through and ended up scoring nine runs in the top of the last inning, and came out on top.”
Bring Chicago Home referendum fails; future uncertain

**SAMPLEING SUSHI**

Midway illustrations by Eliza Dearing
Photos by Audrey Park and Sahana Unni

**grocery store: Jewel-Osco**

- **Dish sampled:** chef’s platter
  - Alaskan maki ($7.75), spider maki ($3.75)
- **Rating:** (3/5):

With 37 Chicago Jewel-Osco locations, the ChicagoLand supermarket chain has an impressive variety of sushi roll types ranging from the traditional salmon roll to the “Mango Con Chile Roll” and has a chance to express their preference for neighborhoods and their stance on local referendums. The Bring Chicago Home referendum pushed by Mayor Brandon Johnson and the City Council was a direct vote to fund homelessness and poor housing conditions. Yet, it was clear soon after voting stopped that it would not pass, and as of March 25, 52% of voters selected no.

The referendum’s opponents said real estate transfer tax is not the right plan as it would hurt commercial property owners and landlords across Chicago. The coalition stressed the urgency of their referendum and had many supporters, yet pre-election lawsuits that claimed the referendum was an improper grouping of two separate causes — homelessness and higher taxes — into one question may have contributed to its loss.

“I can say that what I’ve been hearing is that this had been polling pretty well,” Jake Sheridan, a Chicago Tribune reporter who reported on BCH, said to the Midway. “The opponents were expecting this to pass, the people running the campaign were pretty confident that it would pass. When the lawsuits were put in question, I can imagine that it made fundraising really hard.”

In a Midway interview with Leslie Perkins, chief of staff for Alderman Maria Hadden, an early BCH supporter, indicated that the City Council and the Johnson administration will have to figure out if there’s another revenue source to help pay for homelessness services, including permanent supportive housing and preventative services for people who are at risk of becoming homeless.

Communities United, a non-profit survivor-led organization, joined the BCH campaign due to its shared ideals of advancing efforts in social issues, such as affordable housing. Many of the communities they help need housing support and preventative services, and hope the coming months will yield change.

Alexandra Moreno, 29, is a first-generation college student majoring in social work at Truman College who worked with CU on the campaign. Three or four times a week, she knocked on doors in Albany Park on the North Side, inspired to work with for a unique and delightful experience. While many menu items are expensive, with some rolls costing up to the quality of the fish, the customer was unmatched.

The spicy salmon delux, in particular, was astonishing in how buttery and smooth the salmon was. With each bite, it melted in our mouths. We also tried a Kamehachi roll, the summer roll, which had a remarkably fresh taste due to the cilantro and jalapeno. However, the tuna and yellowtail maki was also sufficient but was not outstanding in any regard. The salmon maki was also a break from the typical raw fish sushi rolls. The Alaskan maki was also sufficient but was not outstanding in any regard. Given Kikuya’s reasonable prices, they add a generous amount of fish in each roll, and each piece of sushi in the six-piece rolls were quite large. Although we missed the restaurant environment, Kikuya provides a great option for a night in.

**takeout-only restaurant: Kikuya**

- **Dish sampled:** spicy salmon deluxe ($10), summer roll ($5)
- **Rating:** (4.5/5):

Kikuya is located at 1601 E. 55th St. in Hyde Park and is a take-out-only restaurant. With a quick phone call, ordering the sushi was a simple process. That being said, we recommend using their delivery service instead of the transfer tax is not the right plan as it would hurt commercial property owners and landlords across Chicago. The coalition stressed the urgency of their referendum and had many supporters, yet pre-election lawsuits that claimed the referendum was an improper grouping of two separate causes — homelessness and higher taxes — into one question may have contributed to its loss.

“I can say that what I’ve been hearing is that this had been polling pretty well,” Jake Sheridan, a Chicago Tribune reporter who reported on BCH, said to the Midway. “The opponents were expecting this to pass, the people running the campaign were pretty confident that it would pass. When the lawsuits were put in question, I can imagine that it made fundraising really hard.”

In a Midway interview with Leslie Perkins, chief of staff for Alderman Maria Hadden, an early BCH supporter, indicated that the City Council and the Johnson administration will have to figure out if there’s another revenue source to help pay for homelessness services, including permanent supportive housing and preventative services for people who are at risk of becoming homeless.

Communities United, a non-profit survivor-led organization, joined the BCH campaign due to its shared ideals of advancing efforts in social issues, such as affordable housing. Many of the communities they help need housing support and preventative services, and hope the coming months will yield change.

Alexandra Moreno, 29, is a first-generation college student majoring in social work at Truman College who worked with CU on the campaign. Three or four times a week, she knocked on doors in Albany Park on the North Side, inspired to work with the restaurants to grocery stores, the Japanese delicacy but falls short in taste and price.

**upscale restaurant: Kamehachi**

- **Dish sampled:** spicy salmon delux
- **Rating:** (5/5):

Kamehachi has locations in Old Town and Northbrook, with the former being in Old Town when it opened in 1967. Having visited the Old Town location at 1551 N. Wells St., the ambience and incredible sushi made

**VALUABLE VOTING.** The Bring Chicago Home referendum was estimated to produce $1 billion in revenue over the next 10 years to fund homelessness prevention. Voting for it in the Illinois Primary opened on March 19.

**what is BCHIP?**

The referendum asked voters to approve amending the one-time real estate transfer tax paid when properties change hands.

The suggested policy would have:

- Reduced the tax amount on properties bought for under $1 million from 0.75% to 0.60%
- Raised the tax amount for a property’s value between $1 and $1.5 million to 0.60% and the tax amount for any property value over $1.5 million to 3%

That was hard to see that, young people, young kids, it’s really frustrating to see what’s happening to me!”

Despite the coalition and the Johnson administration’s efforts to campaign the referendum, it’s evident that more work is needed for Bring Chicago Home.

**Audrey Park & Sahana Unni**

Whether voting through aisles of a neighborhood grocery store or down the sidewalks of Hyde Park, sushi can be found in every neighborhood, despite its upscale perception. From high-end restaurants to grocery stores, the Japanese dish can be enjoyed as a cultural experience or simply as a quick snack.

Sushi first arrived in the United States in the early 1900s, followed by waves of Japanese immigration, and reached widespread popularity by the 1960s. The dish debuted in American grocery stores in 1986.

We reviewed three places of different grades of sushi: a chain grocery store, a takeout-only location and an upscale downtown restaurant. From each, we tried one salmon maki and one specialty maki.