In an all-school election on April 26, the student body elected Lisa Tao as the all-school president for 2024-25. Joshua Carter will be the all-school vice president. Lisa was Class of 2025 vice president and Joshua was Class of 2025 this year. Lisa’s responses have been lightly edited for length and clarity.

What should students know about you as you step into your new role as president?

My main goal is to make information available to the student body by keeping the Student Council website and collaborating with the Midway, I hope to make information more accessible to people who want to take the class and collaborate on the Midway. I hope to make information available to the student body. By keeping the Student Council and what we do, and I’m just so excited to get this opportunity to continue doing what I love and hopefully create a great year for everyone.

What are your main goals or priorities now that you’ve been elected?

My main goal is to make information available to the student body by keeping the Student Council website and collaborating with the Midway, I hope to make information more accessible to people who want to take the class and collaborate on the Midway. I hope to make information available to the student body. By keeping the Student Council and what we do, and I’m just so excited to get this opportunity to continue doing what I love and hopefully create a great year for everyone.

How do you plan to involve the student body in decision-making processes?

I definitely want to make student voices more heard, and one thing that is through the U-High suggestion box, which we’ve had available for the past couple of years on the Student Council website, but it’s not really a well-known initiative by the Student Council. I’d like to popularize that and take more students that they have a way to directly communicate with Student Council members. We can take those ideas and spread them to the faculty or whoever needs to hear them.

What will you do next year that you’ve learned from your experience on time on Student Council?

My first year on Student Council was a supervision year, I was very nervous because I didn’t realize how much work I would be doing through the two years. I’ve learned so much on how to communicate with teachers, especially Ms. Campos because she does so much. I feel so much more confident with things like event planning and bill leading. I hope to take this developed confidence into next year and spread that to new Student Council members and make the environment a better place so we can be as productive as possible.

Are there any changes or improvements you hope to bring to the school or student community during your term?

One thing I personally enjoyed in high school were the spirit events and assemblies, so I hope to maybe have more of those, may be an extra spirit week. I hope to also make Student Council internally more productive. We’ve had some trouble with that in the past. Last year, we had the quarterly updates in a video could be more engaging. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company. The law states that TikTok’s parent company, ByteDance, must sell TikTok to a non-Chinese company.

As a Student Council officer for two years, Lisa Tao has spent her time advocating for transparency and working to increase school spirit. As all-school president, she wants to continue these efforts.

I’m just so excited to get this opportunity to continue doing what I love and hopefully create a great year for everyone. By keeping the Student Council and what we do, and I’m just so excited to get this opportunity to continue doing what I love and hopefully create a great year for everyone.
Exchange students from France tour Chicago, bond with U-High students

by VICTORIA WASHINGTON

Opinion Editor

It would be safe to say that this is a special Chicago experience without deep dives into me.

A departure from northern French cuisine, the French exchange students from Lycée Saint-Paul in Lille tried an authentic deep dish pizza at Lou Malnati’s on April 15.

“I didn’t like it. It was very bad,” said Victoire Pernez, an exchange student who stayed with U-High sophomore Ceci Sidelnik. “It was too cheesy and a lot of pepperoni.”

In many ways, a gateway into a culture can begin with food. The French students tried Shake Shack and had a potluck with Lab families. Still, nothing compares to the food they’ve used to having in Lille.

The exchange began in March when U-High students visited Paris and Lille in France, and Bruges and Brussels in Belgium, to experience the variety of French and Belgian cuisine.

For sophomore Elspeth LaToya Bil- liard and showing her around was the best part of the exchange trip. “I really enjoyed having someone else in my home,” Elspeth said. “I found that I was able to explore more Chicago when I had someone who hadn’t experienced it with me.”

The exchange students had the opportunity to take a tour of the University of Chicago. They visited museums such as the Art Institute of Chicago and the DuSable Museum.

For some variety, U-High French teacher Catherine Collet-Jarard took them to some tourist attractions such as the Willis Tower, an architecture tour by boat on the Chicago River, and a White Sox baseball game.

In France, teacher-student relationships are much more formal. The French exchange students are older and have more students, usually 30 per room.

“We have more students in our classes,” Sarah indicated. “While you all sit in circles, our desks are in a line.”

For next year’s trip, Ms. Collet-Jarard said there would be a lot of cultural exploration. It wouldn’t be a quintessential Chicago experience without deep dives into me.

Midway photo by Alex Diamond

BONJOUR, CHICAGO. A group of exchange students from Lille, France, play a game of football with students from U-High. From April 7-16, the French exchange students tried food, activities and classic Chicago attractions.

“I feel like my French has gotten a lot better,” Elspeth said. “I don’t have more opportunities to speak French, and when Victoire came, I was able to speak so much better.”

Ceci Sidelnik

This year’s honorees are:

• Issac Berrueta, history teacher
• Cynthia Boykin, community service officer
• William Holube, choral teacher
• Farahd Khan, math teacher
• Hannah McCarrell, trainer
• Sandra Palmer, locker room attendant
• Emmanuel Bisseant Pastor, high school office project assistant
• Robyn Roland, attendance project assistant
• Jaya Rumble, journalism teacher
• Francesca Saiz, physics teacher
• Terry Shanks, locker room attendant
• Xavier Smith, Information Systems technician and basketball coach
• Patricia Zavala, Spanish teacher

news in brief

Student inventor wins award for board game

Evelyn Halbach has a passion for learning about the environment, one that earned her first place in her proposed product after participation in a Young Entrepreneurs in Action program in Chicago. The four-week program is a national class directed toward leading and developing School and High School students in a class that helps them generate business idea, conduct research, write, business proposals, pitch to a panel of investors, and eventually launch their own companies.

“We were able to go and visit lots of women owned businesses in Chicago, and it felt really empowering to me to see all of these strong women,” Evelyn said. “I was very grateful for the opportunity to create my own business board game.”

Evelyn’s product that won her first place was a board game called EcoFrenzy, a game based on the science involved in the world of pollution. Evelyn will next head to the national Saunders competition.

MUN team secures sixth consecutive group victory

The Model United Nations team won best large delegation at the FUAN Models United Nations in Evanston April 11-14, securing its sixth consecutive win. The team also achieved an 84% placement rate for individuals.

Helen Kraemer, one of the junior captains, said the results marked a new high for the team. “It was nice to see the people that I’ve been prepping so hard for the entire year win individual awards and get more immersed in the activity and find a love with it, in the activity as well as the club,” Helen said.

In addition, all team members were able to participate at Northwestern because of its proximity, which was not possible at previous conferences because of limited traveling capacity.

“We did four weeks of really intense preparation because this is the first travel conference for the freshmen,” Helen said. “You really need to be prepared and able to tackle committee and know their speech extemporaneously well.”

Zacca Dumitruce

EHS student is a finalist for Golden Apple Award

Trey Aiden, a Laboratory Schools student for Nursery 3 through kindergarten students, has been selected as one of 30 finalists for the Golden Apple Award for Excellence in Teaching. Winners are expected to receive awards at the May 13 in France, closer to the US, and will receive a $5,000 award along with the $25,000 opportunity.

Mx. Aiden, who has been a teacher at the Laboratory Schools for six years, credits her nomination to her students. “I don’t think it’s anything of what I do without the great kids in my class who were curious and wonder and want to make change, but also without the really great parents that I have in my classroom that are open and trust me to do what we need to do with our kids,” Ms. Aiden said. In her time at Lab Ms. Aiden has been a strong advocate for social-justice.

She uses her identity as a person of color to help students feel seen and recognized.”

Singing praises

For sophomore Elspeth LaToya Billiard and showing her around was the best part of the exchange trip. “I really enjoyed having someone else in my home,” Elspeth said. “I found that I was able to explore more Chicago when I had someone who hadn’t experienced it with me.”

The exchange students had the opportunity to take a tour of the University of Chicago. They visited museums such as the Art Institute of Chicago and the DuSable Museum.

For some variety, U-High French teacher Catherine Collet-Jarard took them to some tourist attractions such as the Willis Tower, an architecture tour by boat on the Chicago River, and a White Sox baseball game.

In France, teacher-student relationships are much more formal. The French exchange students are older and have many opportunities to speak French, and when Victoire came, I was able to speak so much better.”

Ceci Sidelnik

This year’s honorees are:

• Issac Berrueta, history teacher
• Cynthia Boykin, community service officer
• William Holube, choral teacher
• Farahd Khan, math teacher
• Hannah McCarrell, trainer
• Sandra Palmer, locker room attendant
• Emmanuel Bisseant Pastor, high school office project assistant
• Robyn Roland, attendance project assistant
• Jaya Rumble, journalism teacher
• Francesca Saiz, physics teacher
• Terry Shanks, locker room attendant
• Xavier Smith, Information Systems technician and basketball coach
• Patricia Zavala, Spanish teacher

end of end

news in brief

Sophomores celebrate year of service learning

At 8:30 a.m. on April 9, the sophomore class of U-High, dressed in black and white, poured out of Jull Cloister into the rest of the high school building.

One would’ve thought it was a chaotic student-led gathering. Instead, it was the 10th-grade End-of-Year Energizer.

U-High students have long complained about difficulty connecting with school assemblies, where they are forced to sit silently and be talked at. But for one of their last assemblies of the year, the sophomores took the opportunity to do the work they’d done and engage in service learning in a new, interactive way.

Scan the QR code for more.

— Syfe Freeman

news in brief

Sophomores celebrate year of service learning

At 8:30 a.m. on April 9, the sophomore class of U-High, dressed in black and white, poured out of Jull Cloister into the rest of the high school building.

One would’ve thought it was a chaotic student-led gathering. Instead, it was the 10th-grade End-of-Year Energizer.

U-High students have long complained about difficulty connecting with school assemblies, where they are forced to sit silently and be talked at. But for one of their last assemblies of the year, the sophomores took the opportunity to do the work they’d done and engage in service learning in a new, interactive way.

Scan the QR code for more.

— Syfe Freeman

news in brief

Sophomores celebrate year of service learning

At 8:30 a.m. on April 9, the sophomore class of U-High, dressed in black and white, poured out of Jull Cloister into the rest of the high school building.

One would’ve thought it was a chaotic student-led gathering. Instead, it was the 10th-grade End-of-Year Energizer.

U-High students have long complained about difficulty connecting with school assemblies, where they are forced to sit silently and be talked at. But for one of their last assemblies of the year, the sophomores took the opportunity to do the work they’d done and engage in service learning in a new, interactive way.

Scan the QR code for more.

— Syfe Freeman
In April 2024, President Biden announced a relief plan that, if approved, will provide debt cancellation to millions of student loan borrowers. U-High students were asked “Is President Biden’s proposal for student loan forgiveness fair?”

“I think that’s a little unfair because people can just go to realidad checks and take advantage of the system and get their loans paid off through that,” Zach Wang, sophomore, said.

“I don’t think it’s fair. It’s very clearly a wealth transfer from the lower middle class who didn’t have the opportunity to go to college to the upper middle class who did. I mean, it’s pretty explicitly who they are disadvantaged paying for who are lucky enough to go to college,” Robert Groves, senior.

“The idea of student loan forgiveness is not fiscally regressive. I think it’s a good idea. But the question is, does it breed a culture of irresponsibility. Also, students who take student loans aren’t the individuals who desperately need loan forgiveness. It’s the individuals who come to time preference.,” Adi Petinmi, sophomore.

“There are a lot of people in a crushing debt because they couldn’t afford to go to college without taking out big loans that they’re not able to pay until long after the grant or the loan. So I think it’s a really good step into the future.” Justin Salomon, freshman.

“Student loans suck, and it just makes it so many more people can’t get into good pockets and it doesn’t do anything good but instead puts harmful on the people,” Kain Quinn-Calabrese, senior.

“It seems like a lot of theasctime and the goal of this is going to the people who have historically been very privileged people. I don’t think that this system, I think that we’ve had an increase in less privileged people are more traditional minorities getting the opportunity to go to college, so I would assume the best people would be able to forgive current students or students of more recent times instead of other students who already had an easier time getting in and perhaps don’t need the benefits financially,” Lucas Caldentey, senior.

— Compiled by Kabir Joshi

**Hair trends exclude, discredit**

By Chloe Alexander

As a kid, my mom struggling to comb my hair was a weekly tradition. The knots piled up in my hair, making me a cry-baby and a mum angry because I let my hair get tangled and matters. I would refuse to go to school or the public place, but my hair was ugly and wrinkled. My hair was always a point of contention.

I posted on TikTok the unique ways of people embracing and celebrating curly hair is a welcome change. It seems because the videos were just non-Black people buying curly hair products from the Black haircare section without saying who the intended buyers were. They invited these students to “test” if they have curly hair and then said that a looser curl pattern looks better than a tighter one.

Curly hair trends on TikTok shouldn’t use Black, curly hair products to explore how to take care of curly hair and, in turn, put down curly hair textures Black women have.

Most of these TikTok videos use haircare products originating in the Black community. Not only do creators not acknowledge the origin of these products, they don’t credit the Black people who created them.

This ultimately discredits the work of Black people and the customer base for curly hair products.

Curly hair can range from 2A — a more wavy texture — to 4C — a tighter, ticker curl.

In TikTok, the only certain losser types of curly hair are determined as “prety” and “desirable.”

The 3C-4C hair range is usually described as unmanageable and a harder texture to deal with. They say it’s unwarranted. Having these identities of the Black hair texture only adds dislike and disdain for Black women.

These videos and trends go to TikTok, but Black, curly hair products are not desirable and cannot be pretty with their natural features.

For decades, Black women have had to prove their worth and beauty. By saying certain curly hair textures — a characteristic associated with being Black — are less than others, it sends a message that Black women are less than others. People and trends need to not appropriate Black culture and then put Black people down.

For people to embrace their natural characteristics, we must uplift each other, not put down others to make ourselves feel better.

TikTok must acknowledge the roots of products — like what culture certain hair products are from and who they are intended for. Then, we must also not put certain people down in the process of loving parts of ourselves. Know that all hair textures are pretty and desirable.

If I love my hair I looked at other Black women’s hair and said to myself, “Thank god my hair isn’t like theirs,” I would’ve never learned to love my own hair.
Clash of the platforms

Students say Apple and Spotify hold different benefits

by SAHANA UNNI

Music is an integral part of everyday life for junior Uma Malani. From her drive to school, she simply walks through the hallways, Uma is constantly listening to music. While some of her classmates use Apple Music, they are in the minority of U-High users. Like most students, Uma prefers Spotify due to the multitude of personalized features the platform offers.

There has long been a debate of whether Apple Music or Spotify is the superior music streaming platform. Still, of the 209 students across all grades who voted in an unscientific poll by the Midway, 78% opt for streaming their music on Spotify while only 22% prefer Apple Music.

Having used Spotify since sixth grade when her mom subscribed to a family plan, Uma appreciates how personalized the music streaming service is, with various features including Spotify Wrapped, an annual compilation of users’ listening data from the year, and the Spotify Daylist, which uses an algorithm based on listening patterns to create a daily playlist that is supposed to match your taste and the idea of supporting local businesses.

Nicolai prefers Apple Music because it’s easier to share music and playlists and collaborate on playlists and things like that,” Uma said. Senior Max Mathias prefers Apple Music because it’s easier to use with his home speaker system. He is also conscious of the back money that Spotify pays artists. “Spotify is renowned for taking advantage of certain artists on their platform,” Max said. “Not necessarily that Apple Music does not participate in similar activities, but that aura around Spotify is unpleasant.”

Like Max, ninth grader Gio Nicolai prefers Apple Music because, with Apple products, he finds it easier to use the same account across his phone and computer without having to download any additional applications.

However, he recognizes the positives and negatives of each platform. “There is an Apple Wrapped but the Spotify Wrapped does seem much better, I will say,” Gia said. “I don’t have the much experience with Spotify, but I think it’s still a great platform and they do have very similar features. One thing I do wish is I had an Apple Music mode, and I definitely wish Apple Music had that, but on Apple there’s different genres, so you can go into each of those and it’s very easy to do that.”

While senior Rathin Shah now uses Spotify due to the platform's cheaper price, he prefers Apple Music. “Currently I’m using Spotify just because there’s a student discount for it that makes it cheaper than Apple Music, but I did use Apple Music for a year, which I did enjoy a lot because Apple Music has a lot of cool streaming offerings quality-wise,” Rathin said.

Rathin said that whether people prefer Apple Music or Spotify depends on their listening style. “Apple Music streaming is more album-based, your listening is playlist- and individual-song-based, and I’m more of an album listener than a song listener. So, that’s why I prefer using Apple Music,” Rathin said. “They’re basically the same thing, though.”

While Spotify seems to be more popular than Apple Music among U-High students, both platforms do their job well — allow students to escape reality in the halls and classrooms by constantly streaming their favorite songs.

by the numbers

In a recent unscientific poll by the Midway, 209 U-High students picked their preferred streaming service.

78% said they prefer Spotify

22% said they prefer Apple Music

“Even if it’s just like one experience, I think that it does contribute to an overall strengthening of relationships, even the fact that you’re walking with them.”

Julian Rossi, sophomore

Lively food trucks bring community together

by EDWARD PARK

The lively buzz of conversations mixes with the crackle of griddles and the aroma of fresh ingredients. Customer to customer and from customers to owners, each food truck sends its own message and energy, attracting a variety of crowds along South Ellis Avenue. These food trucks, each one with its own character and color, beside the University of Chicago campus attract U-High students, some of whom prefer these options over lunch at school and do their job well — allow students to escape reality in the halls and classrooms by constantly streaming their favorite songs.

FRESH FOOD. Sophomore Dominic Vaughan stands at a food truck, ready to order. Students say that the food trucks on South Ellis Avenue offer a vibrant environment of aromas, people and fresh foods. “Currently I'm listening to music,” Barron said. “I can go into each of those and it’s just a little bit more fresh,” Julian said. “It feels like there’s more of a spontaneous moment when I go to the food trucks that they’re going to be fresh, just from the oven.”

David Johnston owns the Cheese's Truck, which sells sandwiches. “We cook everything on site,” Mr. Johnston said. “In school food, they do a lot of prep work, and they kind of cook everything in the morning and put them in warmers. Everything here is just all done and made to order. So it’s not sitting around, it’s literally fresh off the grill right into the bag.”

Students’ appreciation of the food truck doesn’t just stem from the quality of the food. Julian said, he formed stronger bonds with his friends. “Even if it’s just like one experience, I think that it does contribute to an overall strengthening of relationships, even the fact that you’re walking with them.”

Mr. Johnston described the mood similarly. “We’ve just tried to keep a good vibe here and try to keep a positive attitude and keep up with quick service, getting people in and out,” Mr. Johnston said. “That’s what the energy is."
War discussions still avoided

Months later, Israel-Hamas war is evaded in conversations by SANAHA UNNI

Social media has long been a platform on which students can express their political opinions and feel comfortable sharing them. But during the Israel-Hamas war this spring, students at U-High, a progressive school in Chicago, were hesitant to speak up about the conflict.

"I still think U-High — from an administrative perspective — has a great free speech policy," Olivia, a junior, said. "But people are too scared to say anything. And people are actually totally not told by other students. And people learnt not to say anything by seeing the environment that they were in." Olivia said that it was "definitely not true" that people "are not allowed to have political conversations.

The University of Chicago has described its policy on free speech as one that prioritizes the promotion of free speech and free expression on campus. In 2011, a faculty committee wrote a set of guidelines for "Chico Principles," which laid out the idea that the university is committed to "free, open and unrestricted debate.

The results of a survey conducted at U-High on Thursday, May 2, 2024, show that while students generally feel comfortable speaking up about their beliefs, there's a social pressure where you can't talk about certain topics at school, especially religious and political issues.

"I think the majority of the issues that people find in terms of expressing their opinions are on social thing within the school, where if you say something that isn't some really, really important thing, you go against someone else's beliefs, there's a social pressure where you can't say that," said Alex, a senior. "So definitely the school could talk about a lot of different classes, and let and let people know that it's okay to talk about a lot of political topics.

Olivia, the idea of really welcoming all students to not feel alone in expressing their beliefs, there's a social pressure where you can't talk about certain topics at school, especially religious and political issues.

"I think the majority of the issues that people find in terms of expressing their opinions are on social thing within the school, where if you say something that isn't some really, really important thing, you go against someone else's beliefs, there's a social pressure where you can't say that," said Alex, a senior. "So definitely the school could talk about a lot of different classes, and let and let people know that it's okay to talk about a lot of political topics.

Survey shows differing comfort levels sharing opinions

Many students expressed interest in sharing their opinions with the university, through the following survey.

Survey shows differing comfort levels sharing opinions

Many students expressed interest in sharing their opinions with the university, through the following survey.

Survey shows differing comfort levels sharing opinions

Many students expressed interest in sharing their opinions with the university, through the following survey.

Survey shows differing comfort levels sharing opinions

Many students expressed interest in sharing their opinions with the university, through the following survey.


by MIA LIPSON

You can hear the music from all the way down the hall — a steady drum beat, interrupted with a cymbal clash, interjected with laughter. Then there’s the sound from a piano, tapping melodies, quarter notes, triple beats. When you open the doors to this space, the jazz hits you, and you’re pulled into the Midway photo by Nathan Li

Asa Bordelon dusted off the light and moved his gear into the packed basement of a friend’s house. He just has all these separate hobbies and interests and skills, which he hopes to continue to create. “Adam had sent a few songs before the first rehearsal,” Alma said. “We all learned those, so it kind of was like we came into it knowing what we were doing. Then we already had an agenda, even on the first day, so we just started playing. Since then, the musicians have grown closer and developed their skills individually and as a group. “I think our dynamic is very collaborative. I think actually, considering that we’re pretty much all in jazz, we have an easier time improvising and stuff. It’s pretty fun,” Alma said. “We approach the music with seriousness, but we don’t approach the actual practicing and playing with a real rigidity or anything. So it kind of feels good to be able to just enjoy playing music with your friends.” The name reflects their bond, the guitar, the sheet music, all of which has been a really special part of our season,” Skyler said.

Beloved Band, I-94 band, a group of U-High seniors, grew from a love for jazz into the passion these students now have. The name, an interstate highway, is not the only way to get better.”

His advice for any student wanting to delve deeper into their passion? “To not give up. “I think this is kind of cliché but don’t give up on it,” Alma said. “For myself, I spent a good two years trying to figure out, first of all, how to use the machine and how patterns even work, and a lot of my stuff from when I first started was just bad, objectively not good productions. But if you keep practicing that’s the only way to get better.”

Alma added: “A lot of the reactions after were just like, ‘Wow there’s no way. That was actually really good.’ They didn’t reach its final iteration until they found what worked for them.

Jazz is very community oriented. “It’s fun to be friends with him. “I mean it was just really rewarding because it was just a chance to, you know, get your friends all together. Senior year has been so busy, and it was a great chance to see everyone, like close friends and people who I hadn’t talked to for a while. The day can be kind of a blur, but we got to just spend time with them and our music.” Seeing people’s reactions to their show was a gratifying experience.

“I think as a whole people had really low expectations,” Skyler said, as his bandmates burst into laughter.

Grand Finale. He just has all these separate hobbies and interests and skills, which he hopes to continue to create. “关门head. He just has all these separate hobbies and interests and skills, which he hopes to continue to create. “Adam had sent a few songs before the first rehearsal,” Alma said. “We all learned those, so it kind of was like we came into it knowing what we were doing. Then we already had an agenda, even on the first day, so we just started playing. Since then, the musicians have grown closer and developed their skills individually and as a group. “I think our dynamic is very collaborative. I think actually, considering that we’re pretty much all in jazz, we have an easier time improvising and stuff. It’s pretty fun,” Alma said. “We approach the music with seriousness, but we don’t approach the actual practicing and playing with a real rigidity or anything. So it kind of feels good to be able to just enjoy playing music with your friends.” The name reflects their bond, the guitar, the sheet music, all of which has been a really special part of our season,” Skyler said.

Beloved Band, I-94 band, a group of U-High seniors, grew from a love for jazz into the passion these students now have. The name, an interstate highway, is not the only way to get better.”

His advice for any student wanting to delve deeper into their passion? “To not give up. “I think this is kind of cliché but don’t give up on it,” Alma said. “For myself, I spent a good two years trying to figure out, first of all, how to use the machine and how patterns even work, and a lot of my stuff from when I first started was just bad, objectively not good productions. But if you keep practicing that’s the only way to get better.”

Alma added: “A lot of the reactions after were just like, ‘Wow there’s no way. That was actually really good.’ They didn’t reach its final iteration until they found what worked for them.

Jazz is very community oriented. “It’s fun to be friends with him. “I mean it was just really rewarding because it was just a chance to, you know, get your friends all together. Senior year has been so busy, and it was a great chance to see everyone, like close friends and people who I hadn’t talked to for a while. The day can be kind of a blur, but we got to just spend time with them and our music.” Seeing people’s reactions to their show was a gratifying experience.

“I think as a whole people had really low expectations,” Skyler said, as his bandmates burst into laughter.

Through making clothes, junior fuses history, creativity

by SKYE FREEMAN

In an unexpected turn of events, the band has been a really special part of our season,” Skyler said.

The cast of more than 25 includes on-stage and offstage personnel, ninth graders through seniors. “Bye Bye Birdie” will start take place in the Sherry Lansing Theater on May 16, 17 and 18.

The two-hour production takes place in 1950s and tells the story of Albert Peterson and Rose Alvarez trying to save Alainted Music Company. While their biggest rock star, Conrad Birdie, is being drafted into the US Army.

The two-hour production takes place in 1950s and tells the story of Albert Peterson and Rose Alvarez trying to save Alainted Music Company. While their biggest rock star, Conrad Birdie, is being drafted into the US Army.

The cast of more than 25 includes on-stage and offstage personnel, ninth graders through seniors. “Bye Bye Birdie” will start take place in the Sherry Lansing Theater on May 16, 17 and 18.

The two-hour production takes place in 1950s and tells the story of Albert Peterson and Rose Alvarez trying to save Alainted Music Company. While their biggest rock star, Conrad Birdie, is being drafted into the US Army.

The cast of more than 25 includes on-stage and offstage personnel, ninth graders through seniors. “Bye Bye Birdie” will start take place in the Sherry Lansing Theater on May 16, 17 and 18.

The two-hour production takes place in 1950s and tells the story of Albert Peterson and Rose Alvarez trying to save Alainted Music Company. While their biggest rock star, Conrad Birdie, is being drafted into the US Army.

The cast of more than 25 includes on-stage and offstage personnel, ninth graders through seniors. “Bye Bye Birdie” will start take place in the Sherry Lansing Theater on May 16, 17 and 18.
Social media has lasting effects on preteen skin care

by CHLOÉ ALEXANDER

A nyone who has walked into a Sephora in recent months would’ve probably seen the preteen girls running around the aisles in loudspeaker outfits and Stanley cups desperately picking every Drunk Elephant skin care product off the shelf. No perfume mist and every bright pink Glow Recipre product off the shelf and piling them up in the little mesh baskets.

The popularity of skin care brands like Drunk Elephant among preteens is a testament to the power of social media platforms including TikTok, where such brands go viral and seemingly everyone suddenly has perfect skin. But medical experts say that people also make mistakes from these tips. For example, products made to appear to be made with harmful ingredients or ingredients that may cause irritation.

Sarah Stein, a pediatric dermatologist at the University of Chicago, believes that a simple skin care regimen is best. With directions from a trained dermatologist, issues like acne that preteens contend with can be treated. However, using products without proper guidance can be detrimental.

“You have to keep in mind that all of these products are made by manufacturers who want to make money,” Dr. Stein said, “so they will say almost anything they can and target whatever it is that people want to do.”

Adena Rosenblatt, dermatologist at the University of Chicago dermatology clinic, says that these are all products that have to carefully tread the line between kind of how they market themselves and the ingredients that they’re allowed to incorporate, Dr. Stein said. “So you need to have a guard up because we are all so susceptible to marketing or influencers’ claims. Because we’re all in search for beauty and youth.”

Students use alternate recovery methods for sports injuries

by TAARIQ AHMED

One by one, plastic cups were placed and pumped, suctioning the skin of her upper back. As her blood flow — and the pain — increased, senior Paulina Almeida lay on an examination table in the fitness center, hoping the cupping therapy would treat her injury.

While treatments can be painful, Paola is just one in a growing number of U-High student athletes exploring alternative medicine techniques — in and outside of U-High — to treat nagging injuries.

In the fall, a recurring injury flared up in Paola’s shoulder, and she was still in pain once the season ended. Despite countless heat packs, sheffers, and physiotherapy treatments, she was unable to race for the track team due to the injury, she has been unable to race for the track team.

One day, Ms. McCarrick suggested cupping therapy, an alternative method that is not thoroughly researched by scientists in which cups are placed on the skin to create a suction, believed to promote blood flow and relieve muscle tension. So Paola rested on her front while Hannah performed the treatment.

For Paola, the results were satisfactory. “It honestly paid off” Paola said, “and while it didn’t completely heal the injury, it was definitely helpful in relaxing the muscles and reducing the tension.”

Having joined U-High this school year, Ms. McCarrick said she applied her application of cupping therapy is only for serious injuries and is used alongside exercise.

“It’s not a first-time treatment, and it’s not for everyone,” Ms. McCarrick said. “My biggest philosophy is making sure that their bodies learn how to correct themselves. In my practice, I use cupping as a down-the-road option, and I don’t rely on just cupping to promote healing.”

Cupping therapy demands significant time and energy, Ms. McCarrick believes in its benefits and is determined to provide it.

“I don’t know a ton of high school athletic trainers that do it.” Ms. McCarrick said, “The main reason they don’t do it is just because they don’t want to take the time; it’s a hands-on treatment. But I don’t mind taking the time out of my day to do it. As long as it helps.”

Some students experiment with alternative medicine techniques outside school. Struggling with a serious knee injury, cross country and track runner Mary Bridget Molony received numerous acupuncture treatments at East Point Associates, a Hyde Park medical clinic. Acupuncture is a form of traditional Chinese medicine also not fully understood by scientific research.

Detecting imbalance and massaging, the doctors inserted needles at points across her body. In the end, her results were similar to Paola’s.

“Some of the needles were more painful than others,” Mary Bridget said, “but I could feel it actually loosening up the muscles and tendons. I wasn’t so bad for instant relief of my injury. I’m still trying to deal with it. It’s a more long-term thing, but it definitely made a difference.”

While Mary Bridget is currently unable to race for the track team due to the injury, she has been meeting with Ms. McCarrick — and it helps.

“We’re mostly completing exercises to strengthen muscles around the area that is injured,” Mary Bridget said, “which is also helpful and is the foundation for any injury recovery.”
Dash Smith stays both motivated and committed
by MILO PLATZ-WALKER

As the tennis team begins pack-up leaving practice, the squeaks of shoes on the court and the rhythmic thud of a tennis ball hitting a racket remain. As the sun begins to set, junior Dash Smith stands alone on the court, tirelessly hitting ball after ball, showing his dedication to improving his tennis skills.

Dash is currently ranked 11th in Illinois as a three-star recruit in the common rating system for student-athletes. Dash’s journey to becoming a standout tennis player has been marked by significant milestones, including his first victory over a four-star opponent.

“The first time I beat a four-star, it was like a big memory for me,” said Dash. “I didn’t believe I could do it, and then, once I won the match, I realized that really anything is possible.”

With his sights set on playing tennis in college, Dash remains grounded in his approach, emphasizing the importance of positivity and enjoying the game.

“I think it’s important to just believe in yourself and not doubt yourself,” Dash said. “I had a lot of friends who burned out because they took tennis super seriously. So just keep things fun and make sure it’s not something that’s forced.”

Dash’s coach, Dawud Talib, recognizes Dash’s unwavering dedication and work ethic, appreciating the consistent effort he shows on the court.

“He’s always been intense. He’ll hit all day until he passes out. So, you know, his commitment is like that challenge for you or something because you just don’t find many kids his age working that hard,” Mr. Talib said.

Varsity tennis teammate Lee Bupple, a fellow junior, attests to the uplifting presence he brings to practice.

“Dash is always yelling,” Lee said. “But the thing about Dash, he doesn’t put in bring him closer to his future. He’s always working with every single player, packing up his bags and retrieving each ball, he practices every day. That’s not to say other top players aren’t practicing every day, but he actually puts 100% effort into his practice and his training.”

Despite Dash’s high skill level, he continues working with everybody on the team, furthershowing his dedication and team spirit.

“Dash is always seeking out the best groups, not just locally. He plays with college players that challenge his level,” Mr. Talib said. “But the thing about Dash, though, is that he’ll go hit with the best skilled and trained players, and not think twice about it.”

With his sights set on playing tennis in college, Dash remains grounded in his approach, constantly displaying his dedication to tennis. Dash finds a balance between his academics and tennis.

“Dash is always yelling,” Lee said. “But the thing about Dash, though, is that he’ll go hit with the best skilled and trained players, and not think twice about it.”

As Dash continues improving, he travels the court each night, packing up his bags and returning each ball, knowing that each day of work he puts in brings him closer to his future as a successful tennis player. Looking forward, Mr. Talib believes Dash possesses the potential to excel even further in the sport. He said he sees no limits to Dash’s capabilities and anticipates a bright future for his tennis career.

“I mean, he’s fast, he’s smart, and he has power. He’s working on his touch, and he’s patient, which is probably his greatest gift,” Mr. Talib said. “So I don’t feel like there’s a ceiling for him right now. I definitely see him playing at a high level.”

With a promising future ahead, Dash’s dedication to tennis demonstrates his commitment to balancing both his skills and the demands of his athletic pursuits. Working both on the court and in the classroom, Dash finds a balance between his academic responsibilities with his athletic pursuits. Working both on the court and in the classroom, Dash finds a balance between his academic responsibilities with his athletic pursuits.
**Peaceful Planting**

Students, faculty create comfort with houseplants

**by VICTORIA WASHINGTON**
Opinion Editor

It's March 2020. As the school was being closed down for what was then expected to be just two weeks, college counselor Patty Kovacs made plans to bring a van to school for one sole purpose: saving houseplants.

The rest of the school's plants didn't want to get left behind, so they hitched a ride, too.

"All of these other offices started giving me plants to take care of and bring back to school when we were open again," Ms. Kovacs said. "That wound up to be a year and a half later."

Since the onset of the corona-virus pandemic, houseplant sales have increased across the United States. After many isolated months indoors, some people have developed a green thumb, finding an outlet for relaxation and stress reduction.

Ms. Kovacs grows all kinds of plants, from ficus to orchids, and she even has an outdoor garden where she grows tomatoes. "But her true passion is bonsai." Using a bonsai table in her office, particularly jade, Ms. Kovacs has been experimenting with shaping the plants into bonsai. "I really like experimenting with turning succulents into bonsai," Ms. Kovacs said. "Jade is very common to start off as a stick and then shape into a small plant, especially when there is a lot of natural light at home that I'm shaping." Junior Chani Patterson has kept houseplants for about a year now. Some of her favorites include false shamrocks, Song of India, paint-

Gordon Parks Arts Hall was under construction.

"When they were building GPH, the workers were literally picking up the plants and taking them. That was quite aista," Ms. Kovacs said. "I wanted to put something in there that would give the students a bit more privacy — college can be quite emotional for some people."

Ms. Kovacs has also enjoyed how much healthier her office space feels with the addition of plants. Not only are they a natural air cleaner, they help students feel more comfortable.

"The kids started saying it felt so nice in here, it's just so calm," Ms. Kovacs said. "So I just kept the plants going even when I moved to my new office."

Ms. Kovacs' secret to maintaining a good garden is keeping the soil fresh. She also uses a tabletop compost maker to add additional fertilizer.

"I use a really good quality soil and make sure things are root bound," Ms. Kovacs said. "It's probably one of the biggest mistakes new gardeners make: they don't rotate dirt."

Chani has some advice for prospective gardeners: the difficulty of the plant's ability to grow should not scare you. The important thing is how much care you want to put into the plants' success. "The most important thing about growing plants is that they're low maintenance, but it's easy to forget about them. I think that's really necessary to do. There aren't super easy things to grow or super hard things to grow — it just depends on the level of care the grower wants to give."
Get ready for… Cicadapalooza!

This summer. This month. Two broods. Trillions of cicadas. In coming weeks, for the first time in 221 years, massive swarms of cicadas will emerge from the ground right here in Illinois.

10 ways to get to know cicadas

1. Annual vs. periodical
   Annual cicadas are found throughout the world, but periodical cicadas are unique to North America. They differ slightly in color and size, with the annual cicada being slightly larger. Annual cicadas emerge every year, while periodical cicadas emerge every 17 years.

2. Life cycle
   For both the 17-year and the 13-year cicada, brood life begins when the nymph (the young cicada) hatches from its egg, which is usually located in new growth of woody plants. Soon after, it burrows itself underground and waits either 13 or 17 years until it emerges and begins the 4-6 week mating period.

3. Life underground
   Despite the common belief that cicadas hibernate during their time underground, periodical cicadas are actually conscious and active. In their nymph forms, where periodical cicadas spend a significant portion of their lives, they feed on sap from tree roots and secrete the sap to the air. When in the soil, they emerge from their homes in groups of two to six inches underground, to emerge as adults.

4. Broods
   All cicadas which emerge in a given year and share the same life cycle are known as a single brood. The term is used to categorize cicadas rather than explain their evolutionary history. Brood XIX, the 13-year brood, is geographically the largest periodical brood, and Brood XIII, the 17-year brood, is the brood with the largest size cicadas.

5. Color and size
   Periodical cicadas are a black body with translucent wings and orange veins. Their eyes, a distinct bright red, are different from annual cicadas, which often have hiny green. Periodical cicadas are typically between one to two inches in length and have a three-inch wingspan.

6. Sound
   The cicada's sound, a loud, high-pitched buzzing, will be noticeable for their four- to six-week period of emergence this summer. The sound is produced only by the male cicadas, which synchronize with each other in large groups to establish territory and attract mates.

7. Edibility
   For both humans and animals, cicadas are edible. The high-protein, low-cholesterol insect snack has been incorporated into experimental menus and hailed for its meat-like qualities. Cicadas are also eaten into experimental menus and hailed for its meat-like qualities. Cicadas have been lightly edited for length, clarity, and style.

8. What is special about this emergence?
   Dr. Dana: For Illinois, this is very special. We have five different broods in Illinois, but these broods have the largest geographical extent. It will be from the north end to the southern end of Illinois, so it will be covered in cicadas. There are some regions where we won’t see them because those places are where other broods emerge. The Illinois brood is special because it is one of the densest broods, so we will see populations of 1.5 million cicadas per acre. The Greatest Southern Brood has the largest geographical area distribution.

9. What should people expect?
   Dr. Callert: It will be very loud. They will be large in quantity. If you are near an area where they are emerging, they will be everywhere. You will see them. It will be striking. Most people don’t see insects. Maybe a fly goes by or a wasp seemingly threatens you. These things will be everywhere.

10. What are scientists going to be doing during the emergence?
   Dr. Dana: The broods are emerging right next to each other, which is interesting because we know they can interbreed, so there are some interesting questions that we will ask scientists. It might take a long time to find answers because we won’t see the results of this interbreeding for another 13 or 17 years. One thing I will be doing this summer is finding a mating pair and taking a leg clipping. Then, I will be able to tell if they are from different species. We know they can interbreed, but the amount at which they will interbreed is something I’m very interested in. It’s going to be hard to document because it will mean a lot of samples and a lot of luck.

11. I know other scientists will be trying to map the edges of the emergence.
   I’m also looking into a cool fungus called massospora, which can entirely fill the cicada’s abdominal cavity so they get filled with spores but can still fly around. Scientists call them the salt shakers of death because they fly around the spores.

12. We are looking into how this fungus impacts their behavior, specifically their mating.
   We will be taking soil samples to see if there are any bacteria interacting with the fungus and how cicadas can avoid it. It could cause a pretty substantial amount of death.

Which places will the emergence be most impressive?

Dr. Callert: It should be very loud. If you live in Northern Illinois, you will have relatively undisturbed habitat like a neighborhood like Hyde Park near neighborhoods on the west side that haven’t had lots of construction, you’ll most likely see a lot of cicadas. If you live downtown where there’s no trees and the dirt has been manipulated in the last few years, you’ll probably see a lot less. The places to see them will be north of the city like Lake County. Any of the public parks or forest preserves will be the prime places to see them.

In an interview with The Midway, both scientists explained more about the emergence and what to expect. Dr. Callert’s and Dr. Dana’s responses were lightly edited for length, clarity, and style.

In coming weeks, for the first time in 221 years, massive swarms of cicadas will emerge from the ground right here in Illinois.

by AUDREY PARK

Editor-in-Chief

Son, you might want to watch where you step because the cicadas are coming! Starting mid-May and ending in late July, the winged insects will be everywhere—and they’ll make their presence known. From the Chicago sidewalks to parks to forest preserves, you will soon hear a familiar chorus of high-pitched chirping and buzzing.

You probably see their light brown, translucent-looking exoskeletons, and you might even collude with the creatures to form your own.

But this year won’t be ordinary. For the first time since 1803, Brood XIX, The Great Southern Brood, which emerges every 13 years, will make an appearance throughout the northern half of Illinois Brood, which emerges every 17 years. Together, these two broods represent all seven periodical cicada species. While 17- and 13-year broods occasionally co-emerge, this particular emergence is rare because Brood XIX and XIII are emerging adjacently with a narrow overlap in central Illinois, resulting in an unusually expansive emergence of cicadas.

It will be an exciting time for scientists like U-High biologist teacher Daniel Callert and Catherine Dana, an entomologist at the University of Illinois Urbana-Champaign, who are interested in finding out if the broods will interbreed. In an interview with The Midway both scientists explained more about the emergence and what to expect. Dr. Callert’s and Dr. Dana’s responses were lightly edited for length, clarity, and style.

What is special about this emergence?

Dr. Dana: For Illinois, this is very special. We have five different broods in Illinois, but these broods have the largest geographical extent. It will be from the north end to the southern end of Illinois, so it will be covered in cicadas. There are some regions where we won’t see them because those places are where other broods emerge. The Illinois brood is special because it is one of the densest broods, so we will see populations of 1.5 million cicadas per acre. The Greatest Southern Brood has the largest geographical area distribution.

I think of it as a shared experience because so many people will see the brood. But there will certainly be gaps, areas where there are other broods or lots of development.

What should people expect?

Dr. Callert: It will be very loud. If you live in Northern Illinois, you will have relatively undisturbed habitat like a neighborhood like Hyde Park near neighborhoods on the west side that haven’t had lots of construction, you’ll most likely see a lot of cicadas. If you live downtown where there’s no trees and the dirt has been manipulated in the last few years, you’ll probably see a lot less. The places to see them will be north of the city like Lake County. Any of the public parks or forest preserves will be the prime places to see them.

In coming weeks, for the first time in 221 years, massive swarms of cicadas will emerge from the ground right here in Illinois.

Students were given an explanation of the cicada emergence once it was established. They were asked to describe their reaction with one word and explain their choice.

“I feel mortified. Ever since I was 2, I’ve had a phobia of cicadas, and this is really bad for me. I don’t think I’ll be able to go outside all summer.” — George Ofjer-Monte, junior

“I feel like I’m going to be pretty annoyed by the cicadas. They’re really loud and obnoxious during the summer, so I am definitely not looking forward to them.” — Alex Cruise, ninth grader

“It’s kind of shocking for me. I just really don’t know how it’s going to affect my summer plans.” — Kate Wiliams, senior

“I’m very interested by this because I wonder how loud the sound of the cicadas will be. I hear a lot of bugs in the idea of stopping on bugs a little bit disturbing for me.” — Dallon Krenwisch, sophomore

“I’m excited honestly, I like cicadas. I think I spent a lot of time with my grandparents hearing cicadas, so they’re really a part of my childhood.” — Oscar Kathar, ninth grader

— compiled by Milto Flutt-Walker

For both humans and animals, cicadas are edible. The high-protein, low-cholesterol insect snack has been incorporated into experimental menus and hailed for its meat-like qualities. Cicadas have long been a part of cuisines throughout the world, including Thailand and Congo.

Dangers

The cicadas are not dangerous for humans or animals. The insects are not venomous or poisonous for pets. However, snacking on too many cicadas can cause stomach trouble for dogs and cats since the mushroom can be difficult to digest.

Ecosystem impact

Periodical cicadas are often beneficial to their environments. Cicadas can prune trees and aerate soil. Once they die, their bodies serve as a source of nitrogen for trees. When they emerge, they are also a food source for lots of wildlife, including bears, birds and raccoons, primarily due to their bounty.

Climate change

Global warming is predicted to impact the time frame for when periodical cicadas emerge. Experts predict periodical cicadas will emerge earlier in the year since warm temperatures are essential in emergence and the potential breakdown of the cicada’s current periodicity.

Sources: AP News, Biodiversity Research Collections at the University of Connecticut, Brittanica, University of Illinois Urbana-Champaign College of Agricultural, Consumer & Environmental Resources via rawpixel; National Wildlife Federation via rawpixel; University of Connecticut, Bridgewater State via wikimedia; Native Bee Invento via wikime; Native Bee Invento via wikime; National Wildlife Federation via rawpixel; National Wildlife Federation via rawpixel; University of Chicago Laboratory High School

For the first time in 221 years, massive swarms of cicadas will emerge from the ground right here in Illinois.

Students were given an explanation of the cicada emergence once it was established. They were asked to describe their reaction with one word and explain their choice.

“I feel mortified. Ever since I was 2, I’ve had a phobia of cicadas, and this is really bad for me. I don’t think I’ll be able to go outside all summer.” — George Ofjer-Monte, junior

“I feel like I’m going to be pretty annoyed by the cicadas. They’re really loud and obnoxious during the summer, so I am definitely not looking forward to them.” — Alex Cruise, ninth grader

“It’s kind of shocking for me. I just really don’t know how it’s going to affect my summer plans.” — Kate Wiliams, senior

“I’m very interested by this because I wonder how loud the sound of the cicadas will be. I hear a lot of bugs in the idea of stopping on bugs a little bit disturbing for me.” — Dallon Krenwisch, sophomore

“I’m excited honestly, I like cicadas. I think I spent a lot of time with my grandparents hearing cicadas, so they’re really a part of my childhood.” — Oscar Kathar, ninth grader

— compiled by Milto Flutt-Walker