

U-HIGH MIDWAY

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Whose club is it, anyway?

For clubs, balance of power between faculty advisers and students varies widely

BY CLYDE SCHWAB
EDITOR-IN-CHIEF

U-High's Model United Nations team, one of the best in the nation, is in some ways an anomaly — while faculty advisers Kevin Van Eron and Gail Poole provide oversight, the inner-workings of the club are managed almost exclusively by students, a structure not shared by most clubs at U-High.

"I'd say they take a relatively hands-off approach," senior Jacob Mazzarella, one of four students who share the secretary general position, said. He noted their independence stems from trust built over several years and maintained by the team, but it nonetheless had a significant impact on the team's culture.

Jacob said that because students needed to act as the face of the team, maintaining "a sense of decorum" and managing responsibilities came far more naturally.

Mr. Van Eron, a learning coordinator who also advises both Model UN and Stop the Stigma, said his philosophy on advising echoes Jacob's sentiments.

"Most of the time, my job is to stay the heck out of their way," Mr.

Van Eron said. "I don't want to do anything which causes them to feel like they have to check with me first or second guess what they might be interested in doing. I can clear obstacles if they come up or make suggestions that they might not have thought of."

He said his responsibilities usually involved acting as a buffer between school faculty and administrators and the student board and providing logistical support, such as the "occasional Diet Coke deficiency." However, it was always students who "at the end of the day, brought the passion to get involved and make a difference," Mr. Van Eron said.

When it comes to the relationship between advisers and students for other clubs, one size doesn't fit all. Some clubs are run almost solely by student leadership, while others rely on faculty advisers to



Jacob Mazzarella said Model UN's independence gives students responsibility



Ronald Tunis emphasized that his role is to be a guide for students to make decisions



Tamera Carter said students are needed to create a safe space in the BSA



Emma Raffkin believes an adviser's role is to push students' ideas forward

for 20 years, often entails guiding students in decisions and providing a helping hand.

"The point of an adult presence, because of our experience, is to nudge or shape or guide students as we're deliberating the theme for a particular year," Mr. Tunis said.

He added that like his predecessor, his goal is to ensure programming and activities are interesting and represent the school well.

"We're not only there to provide logistical support," he said, "but when it comes to maybe getting speakers from the outside, to make suggestions. But most of the time, students generate those ideas."

Mr. Tunis said he has increasingly allowed the BSA board to handle recruitment, programming and club management, even as the group size has fluctuated.

BSA President Tamera Carter

described the split between the responsibilities of faculty advisers and the BSA board.

"The BSA's main goal is to plan MLK Day, but also providing a safe space for black students at Lab and having a voice to communicate on things going on in our own community," Tamera said. "Mr. Tunis and Ms. Baughn-Cunningham give a guiding hand planning MLK Day, especially with dealing with teachers and administrators, and scheduling speakers, but the BSA board does day-to-day stuff."

Senior Emma Raffkin, Jewish Students' Association president, said JSA adviser Susan Shapiro provides logistical support for their events but lets the students operate independently, even in planning large events, such as the upcoming Holocaust Remembrance assembly.

"She provides support for our ideas and helps us implement them effectively but gives us the freedom to run the club and form whatever plans we want on our own," Emma said.

"I think it's really strengthened the bonds between club members and especially board members," Emma said.

Gender-neutral royalty titles used for Winter Formal

BY SAM FLEMING
MIDWAY REPORTER

At the Winter Formal Feb. 4, Student Council implemented gender-neutral royalty terms in an effort to push the school further toward inclusivity.

Rather than continuing to use the gender-specific terms of king and queen, new royalty terms will correspond with the theme of the dance.

"It seemed very archaic to have basic king and queen," All-School President Jonathan Lipman said. "There are people who don't necessarily fit within either one of those categories and we wanted to make sure that they feel included."

Keeping with the James Bond theme, Winter Formal used the terms "Suavero" and "Top Agent" as royalty terms.

"I think it's nice that royalty is gender neutral," freshman Alex Stamtakos said. "Usually we all know it has to be a guy and girl, but if someone does not fit with that they might feel pressure to fit a category."

Royalty winners

All-School Suavero: Campbell Phalen

All-School Top Secret Agent:

Nicole Horio

Senior Suavero: Elie Wise

Senior Top Secret Agent:

Clyde Schwab

Junior Top Secret Agent:

Harrison Shapiro

Junior Suavero: Sarah Polson

Sophomore Suavero: Jackie Brown

Sophomore Top Secret Agent:

Connor Smith

Freshman Suavero: Sophie Hood

Freshman Top Secret Agent:

Nick Beach

"Suavero" and "Top Agent" winners also welcomed the change.

"I thought it was an interesting addition to the whole James Bond theme, for sure, but it didn't make that big of a difference to me," Campbell Phalen, sophomore Suavero winner, said. "I think it's really the thought that counts anyway, which I appreciated."



MIDWAY PHOTO BY SOPHIE HINERFELD

SPINNING ROUND AND ROUND TO THE MUSIC. Lillian Nemeth, a junior, dances the night away at the Winter Formal dance on Feb. 4, which was held at the Chicago Theological Seminary.

Former principal among finalists for Lab Schools director

BY EMMA TRONE
ASSISTANT EDITOR

The two finalist candidates for Laboratory Schools director participated in campus visits Feb. 13-14, and one of them is familiar to the Lab community. Each candidate presented at an open forum for parents, students, staff and faculty on Feb. 13.

Scott Fech served as U-High

principal from 2012-15 and as the Lab Schools' director of educational programs for 2015-16. Since July 2016, Dr. Fech has been the Upper School Director at Nova Southeastern University's University School in Fort Lauderdale, Florida.

James Calleroz White has most recently served as Head of School at Louisville Collegiate School in

Louisville, Kentucky, since 2013 and at the Phoenix Country Day School in Arizona from 2007-13. Dr. Calleroz White has worked as an educator for 20 years.

According to University of Chicago Executive Vice President David Fithian, who is leading the search, the search is in line with the timeline that would place the new director in office on July 1.

At the open forum held in Gordon Parks Arts Hall on Monday, finalists gave short presentations and answered questions.

The Search Advisory Committee, helmed by Mr. Fithian in collaboration with Laboratory Schools Board of Directors Chair David Kistenbroker, is accepting community input via email to search-labdir@uchicago.edu.

University of Chicago President Robert Zimmer will make the final determination as to which candidate gets the job.

"After these campus visits, the SAC will share its advice with the board, and the board will be the ones to ultimately make a set of recommendations about the finalists to President Zimmer," Mr. Fithian said.

INSIDE

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For junior Tiangang Huang paintball is not only a sport, but also his true passion. He is working on securing a team for U-High, so more students could play.



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Not enough money to travel to Korea? Chicago's North Side has everything you would want from veggie bibimbap to kimchi fried rice and Korean tacos.



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Get a peek into junior Tomer Keysar's camera lens, the thought process behind his photos, and why he has a passion for photography.



Community prioritizes mental health education

Student Council and junior peer leaders advocate for mental health

BY SAMIRA GLAESER-KHAN
ASSISTANT EDITOR

Beginning this quarter, Student Council members and junior peer leaders are working to improve students’ academics and mental health. Student Council members are launching a tutoring group, and Junior Peer Leaders have completed a mandatory mental health workshop.

A committee within Student Council recently pitched a proposal for a Lab School tutoring program in which older students help younger ones. The committee

consists of sophomore president Shiva Menta, senior vice president Benji Wittenbrink and All-School vice president Alexander Azar.

According to Shiva, the program will provide students with an easy and community-based way of getting help. He said that students will be able to request a student tutor through their counselors.

Benji hopes that the new program will supplement a pre-existing one. According to Benji, Lab already has a program offering paid tutoring positions for high-school students to tutor middle school

students. However, Benji said the program is neither very popular nor very successful.

“We wanted to mitigate the cost of having a tutor and also facilitate a relationship that is beneficial to both students in a tutoring pair,” Benji said. “We wanted to provide older students with the opportunity of teaching material to younger students and thereby to learn the material more themselves.”

In addition to having new options for academic help, students will now also have more mental support from their peer leaders.

Junior peer leaders attended a mandatory mental health training session Jan. 31 in order to continue peer-leading as seniors. The training session lasted four hours and

“ We wanted to mitigate the cost of having a tutor and also facilitate a relationship that is beneficial to both students in a tutoring pair”

—Benji Wittenbrink, senior class vice president

“The goal of the How to Help a Friend program is to foster authentic dialogue between students about safety and decision-making with regard to alcohol and drugs and what to do if you find yourself in a sticky situation,” Mrs. Roche said.

The juniors not only prepped for the discussion, but also practiced real life skills by participating in a role play about anxiety and depression.

“I thought it was really helpful the fact that we were presented with real life situations which we were responding to in real time,” junior Roxanne Nesbitt said. “I think that I’ll be able to better respond now when I’m faced with a situation like that in real life.”

CLUB NEWS

MUN takes second place at Harvard University

The Model United Nations team received the Outstanding Large Delegation award and placed second overall at the Harvard University MUN conference Jan. 26-29. Even though the Dalton School barely beat Lab, this has been one of Lab’s strongest seasons.

That’s because of HMUN’s weighted point system and the different awards each team received, according to Jacob Mazzearella, a senior Secretary General. Despite this loss, Jacob said the U-High team is still neck-and-neck for the best team in the nation.

The team members were disappointed to have just barely lost, but the energy of the team was better and more inclusive than ever before, Jacob said.

He explained how there has been a culture shift in the team from a more aggressive and internally competitive team to a more inclusive group, which has led to a close and strong relationship among members.

“There always has to be a hierarchy in how the team is run,” Jacob said, “but we are all friends at the end of the day, and we’ll support each other no matter what. This has given more of an incentive for younger kids to take more responsibility, and that has made the whole team stronger because when the younger kids take more responsibility, they do better.”

— LEAH EMANUEL

Debate team strives for redemption in Kentucky

The Tournament of Champions at the University of Kentucky is the goal for the varsity debate team. In order to go, the team needs to win two bid rounds.

“It is the pinnacle of your senior year to get to the Tournament of Champions,” team member Michael Hellie said.

Michael and Alex Blocker, debate partners, have managed to reach five different bid rounds at national tournaments, but have not yet won one.

The 43rd Annual National Harvard Forensics Tournament from Feb. 18-20 is one more shot for the championship bid. So is the Kanellis National Invitational Feb. 24-26 in Iowa.

“We are shooting for the bid at Harvard,” Michael said. “We’re putting in a lot of work.”

The team is working hard to prepare for the Harvard tournament by making speeches every night, and increasing their strategizing.

“Over the next two to three weeks, we are going to be making strategies by producing certain

pieces of evidence or debate cards that we need to read against these teams,” Michael said. “We are doing at least one practice speech a night, which is one practice rebuttal speech, from now until Harvard.”

“It’s been a pretty disappointing year,” Michael said. “We set expectations for ourselves that we haven’t been meeting. In a lot of ways, we are doing very well. There are a lot of teams who would kill to be in five bid rounds, but it doesn’t matter how many bid rounds you get to if you don’t get the win. It is like finishing fourth place in the Olympics — you’re so close, but you don’t actually get a medal.”

— MAX GARFINKEL

Math team takes first steps to Math Olympics

“We’ve had a lot going on this past week,” Math Team coach Joseph Scroll said.

On Feb. 7, 70 U-High students participated in the American Mathematics Competition, the first step of many to qualify to compete in the Math Olympiad as a part of the U.S. team.

“It’s like the Olympics for math and is a huge honor to be a part of,” Mr. Scroll said.

On Feb. 1, U-high hosted three other schools to compete in the North-Suburban League where the team of juniors placed sixth.

On Jan. 10, the team competed in the Illinois Math League where Roshni Padhi, David Pan, Charles Chen and Elbert Du each earned a perfect score.

— ABBY SLIMMON

Refugee Club’s plans prevented by travel ban

Refugee Club’s effort to sponsor two Syrian families’ resettlement to Hyde Park has halted after President Trump’s executive order, which bans refugees from Syria and six other nations from entering the United States. Even though the ban has temporarily been lifted, the likelihood of the resettlement starting up again is low.

The first family, which arrived before the executive order was signed, adjusted to Hyde Park well, according to club president Olivia Issa. They are looking to find a job for the family’s father. The resettlement of a second family, however, has come to a standstill.

“I just got an email the other day from our representative from the organization, RefugeeOne, who said that we’re done for at least 140 days if we want to look outside of Syria,” Olivia said. “But for Syria, it’s indefinite; the ban is in place for an indefinite amount of time.”

— PRIYANKA SHRIJAY



MIDWAY PHOTO BY ELENA LIAO

CELEBRATING THE YEAR OF THE ROOSTER. Junior Sharanya Srinivasan plates food for sophomore Bassem Noghnogh at the ASA Lunar New Year celebration on Jan. 30-Feb. 2. Over the first three days, ASA led competitions and provided food to U-High students, free of charge. They closed the four-day event with karaoke during lunch.

Rat Magazine brings comedy to U-High

“The Rat,” a new comedic magazine initiated by Lab students across grade levels, has weaseled its way into the ranks of budding school publications. Started by Isabel Levin, a junior who is the head writer, the staff also includes seniors Charlie Ruste, head artist, and Ojus Khanolkar, head of technology.

The magazine is open to submissions. Cartoons, dialogues, poems, premise-based essays, short stories, humorous observations and “pretty much anything else that’s funny,” according to Isabel, will be considered for inclusion in the first issue. The board hopes to publish the magazine’s first edition sometime at the end of the year.

“I love comedy,” Isabel said, “and felt like a humor magazine would be a lot of fun to put together and could benefit the Lab community. So much of comedy is just trying stuff out, so I liked the notion of the magazine being associated with a lab rat, a constant subject of experimentation.”

According to Isabel, the magazine and its growing team, which also includes Hazel Martello, Nikki Kuper and Tiangang Huang, goal is for students to learn how to create and find joy in comedy.

Students interested in joining the staff should report to Judd

C405 during lunch on Mondays, where club members talk about logistics, edit submissions and watch comedic videos.

— ALEX ABBEY

Science team triumphs in Science Olympiad

The varsity science team ranked first at the Illinois Science Olympiad Invitational at Huntley High School on Feb. 4.

U-High placed fifth in another Science Olympiad competition on Dec. 10, where about 50 teams competed.

Junior Jeremy Chizewer, a long-term member of the team, stated that in addition to allowing all members of the team to practice their events and refine their performance for future competitions, these events also allow the new freshmen on the team to be introduced to the style of the competition.

The team has experienced change this year, including acquiring a new faculty sponsor, Dr. Daniel Calleri.

Science Team captain Malika Ramani, a senior, stated that the team did well.

“We thought we did well,” Malika said, “but we know there’s still room for improvement and we all look forward to preparing more for our next competition.”

— IVÁN BECK

Latinos Unidos writes letters, promotes action

In an effort to empower Lab students and show their initiative in their protest against the Trump Administration, Latinos Unidos members began a letter-writing campaign to senators and representatives in order to communicate the importance of their action in controversial political issues.

Vice Presidents Mica Pachicano and Andrea Benitez, seniors, said that Latinos Unidos came up with a list of bills circulating in Congress regarding reproductive rights and immigration among other current issues. On Jan. 25, five U-High students decided to partake in the letter writing campaign and wrote letters to legislators expressing their opinions on legislation.

After seeing recent marches and protests, members of Latinos Unidos used the letter writing campaign to encourage students to take this energy and turn it into palpable action.

Mica saw their goal as an opportunity to spread awareness about Latinos Unidos and to take further action with the letter writing campaign.

“I feel like here, there is a lot of fundraising and donating which is amazing but it only goes so far. I think more direct approaches are really valuable,” she said.

— PRIYANKA SHRIJAY

As the Midway sees it...

Clubs should strive for transparency

Communication is crucial in order to achieve balance between leaders

Student-teacher conflicts are a tale as old as time. So, what happens when a club's students and faculty sponsor disagree? For most clubs, the answer is far too ambiguous.

Advisers and club leaders need to make their decision-making process transparent. Clubs need to have predefined roles for leadership positions and boards, as well as for the role of faculty. Adviser roles need to be clearly defined before club leaders are chosen and other students join.

While students may not want to give up control in their respective clubs, it is important that advisers be able to step in to act as referee, ensuring fairness and holding students accountable. It may be hard for faculty members to give students clear guidelines before a school year begins, but it is crucial for a successful club. For students to reach full potential, advisers need to give clear guidelines, even if it means ceding control.

For groups such as Model UN and Scholastic Bowl, student team leaders are given wide latitude to make decisions regarding student participation with very little

“While students may not want to give up control in their respective clubs, it is important that advisers be able to step in to act as referee, ensuring fairness and holding students accountable.”

oversight from faculty advisers. While students need to be able to make their own decisions, some oversight can be necessary for appropriate decisions to happen.

Clubs that plan high school-wide events need to clarify the process for deciding who will perform and participate. Organizers of these events need to give auditioning students clear directions on who makes the final decisions and who has veto power — whether that is a student committee or the faculty advisers — so that students do not feel frustrated or confused.

That being said, when other students come to faculty advisers with an issue, a clear process by which advisers can address the issue should be developed. If an



ARTWORK BY NEENA DHANOA

unfair situation arises, advisers need to work with club leadership to resolve conflict and review the rules, ensuring students are treated fairly. Advisers should be clear in their decisions, and how they arrived at them.

The school year is only half over. It's not too late to make adjustments. Club leaders and

advisers still have a chance to create clear regulations and expectations, whether it's a signed agreement or a rules list distributed to students. It's not too early to get started on changes that improve our clubs.

This editorial represents the opinion of the Midway's Editorial Board.

Sport participation yields more than exercise

BY CLYDE SCHWAB
EDITOR IN CHIEF

Homework, standardized tests, extracurriculars like Model UN, debate and even journalism — for many at U-High, these are the de facto “meat and potatoes” of education. Schedules and lives are built around these, making sports often merely an occasional side dish — something for dessert if you eat your dinner.



However, this mentality prevents many from taking advantage of the important lessons sports has to offer: dedication, positive competitive mentality, and teamwork, not to mention the importance of fitness to mental and physical health.

I entered U-High's sports culture with junior varsity soccer, which I played as a freshman and sopho-

“Struggling through difficult sets in swimming or trusting teammates while coordinating a counterattack in soccer have taught me teamwork and camaraderie in a way a classroom environment never could.”

more. The team wasn't a joke. We practiced every day for several hours after school and endured a two-and-a-half month season. However, it was easy to forget its seriousness given the numerous students who joked around at practice or simply joined for a fun pastime, enabled by the no-cut policy.

I faced a similar situation playing squash my freshman and sophomore years and on varsity

soccer and swim team the past two years, where shoddy practice attendance had a negative impact on the quality of practices and overall team performance.

In no way was this the fault of dedicated coaches or faculty members. It was simply the players' decision to goof off. While there's nothing wrong with some goofing around, this mentality has infiltrated many parts of the athletic culture here, preventing teams from being a productive activity and athletic outlet.

I'm not the picture of a natural or gifted athlete. I've never had much natural talent and always had to work to keep up in whatever sport I'm in. However, no matter the sport, athletics have always proved to an integral part of my life at U-High, and they have been formative in my development.

Struggling through difficult sets in swimming or trusting teammates while coordinating a counterattack in soccer have taught

me teamwork and camaraderie in a way a classroom environment never could. The feeling of victory, whether managing to get to sectionals last year with the soccer team or getting a new best time in swimming, instills the value of hard work in a way I never got from an English paper.

It's easy to write all of this off as a result of U-High's smaller talent pool. There are exceptions to this. Especially successful individual athletes and teams exist, but they are far from common. In general, in the U-High community, sports is seen as little more than a check on a résumé, which prevents it from being recognized as an essential part of individual growth. Hopefully, as U-High grows over the next several years, students can find a better balance between academic pressures and sports to take advantage of all that athletics has to offer. In other words, if you're going to participate in a sport, it's worth it to go all in.

Misogyny: An inexcusably rewarded construct

BY KATARINA LOPEZ
REPORTER

Slut. Whore. Skank. Walking through the halls of middle school, young boys often called me and my friends a broad variety of names. I never understood why, or even fully what these names meant. I never understood that their insults were just the tip of a massive, problematic iceberg. In my adolescence, I accepted what they were calling me.



As I've gotten older, I've come to understand why it was possible for me and many other girls to be called these names continuously by peers who found humor in our humiliation. No one ever told them to stop. I can see now that although these

names may have seemed innocent to those boys, they are part of a long history of demeaning attitudes toward women.

This demeaning attitude has gone as far as the White House. Our president, Donald Trump, has said things in reference to women like, “I'll grab her by the p---y,” and shamed a former Miss Universe by calling her “disgusting” in regard of her history of making a sex tape. Role models like these do not set a good example for the next generation and in fact help to spread inequality. The fact that he was rewarded with the most powerful position in the world, despite his ignorance and disrespect toward women is an example of how white men with power often dodge consequences for their actions.

Donald Trump is known to be obsessed with the appearances of women. He used to own the Miss Universe Pageant, and each

“As I've gotten older, I've come to understand why it was possible for me and many other girls to be called these names continuously by peers who found humor in our humiliation.”

of his wives was a model. He is so infatuated with the idea of physical beauty, that it gets in the way of how women work. He judges women on how they look or dress before anything else. Physical appearance should not determine the perception of a woman's character, how she works or the quality of her work. This will greatly affect the next generation, by showing them that his views of women are OK, and how all men should think.

He is teaching them that women are more important for their physical beauty and less for their intelligence.

Creating this double standard for women is completely unfair. Women should be able to dress however they want, wear however much makeup they want and have whatever jobs they want without being ridiculed for it. No one should be able to decide how a woman dresses except herself. Women do not exist to satisfy the desires of men.

If role models took charge and called out kids when they engaged in sexist behavior from a young age, future generations would be more respectful towards women. Rather than encouraging competitiveness between daughters and congratulating sons on their conquests, parents should teach their children the value and importance of gender equality.

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* Members of the Editorial Board include the editors-in-chief, news editor, opinion editor, features editor, arts editor and sports editor.

CORRECTIONS • ISSUE 5, JAN. 26, 2016:

• Page 8: Dam Son is 15 years old.

QUICK Q

What is the role of club advisers? Between advisers and students, who should get the final say?

JONATHAN KUTASOV, SENIOR:



“Advisers' primary goal should be to advise students to ensure they most efficiently use what they are given by the school. In general they should let students do their own thing unless it gets out of control”

DAVID RUNESHA, JUNIOR:



“Club presidents should be the ones making decisions. Faculty advisers are not as informed about the clubs as the presidents. The advisers are not the best people to make the decisions.”

OLIVIA PON, SOPHOMORE:



“Final say should be with the students. The faculty leaders can make sure the students do not anything too rash. However it should be up to the students to come up with decisions because they know what everyone in the club wants and should be in charge of regulating their own matters.”

Martial arts teach practitioners key life lessons

Students build confidence, determination through training

BY SONNY LEE
FEATURES EDITOR

A bead of sweat slides down the side of her face. Fists clenched, body bruised, back turned to her opponent, Victoria Gin lets out a low-toned scream before turning to her opponent to continue her match. This scream isn't just to intimidate the opponent, it also gives Victoria a boost of confidence that she says is one of the most valuable lessons that martial arts has taught her—along with many other skills that she can use outside of fighting.

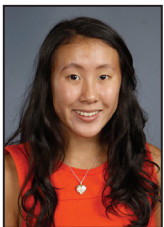
Victoria, a junior who has been doing karate for five years, first took up martial arts when an injury prevented her from continuing gymnastics.

For Victoria, learning karate was about more than just self-defense.

"With karate, you not only learn how to be able to protect yourself at all times," Victoria said, "but you also learn about a different culture. When you do karate, you learn about the Japanese culture, you learn their language while you do it and how they were able to protect themselves during that period of history."

Lessons from karate taught Victoria valuable lessons that she can apply to any tasks.

"A really wise sensei once told me that if you lose an arm," Victoria said, "You fight with the other arm, if you lose a leg, you fight with the other leg, and you never stop



Victoria Gin



MIDWAY PHOTO BY PAIGE FISHMAN

FIGHT CLUB. Senior Ajay Chopra practices his Muay Thai kicks in Sunny Gymnasium. Ajay initially began participating in Muay Thai after a physical therapist offered him lessons, and he's kept going ever since. While he does believe Muay Thai has made him more capable of defending himself, Ajay also feels more peaceful and confident as a result of his training, a sentiment that was expressed by other members of the Lab martial arts community as well.

or give up."

While she is involved in several different clubs and extracurriculars, Victoria cites karate as her primary source for a good work ethic and persistence in all of her activities, as well her confidence.

"Karate has tremendously built up my confidence," Victoria said. "Because when you go to tournaments and competitions, you have to compete in front of hundreds of people all staring down at you on your floor and from that, I've gained so much confidence in order to perform and speak in front of others."

Participation in martial arts has also built up senior Ajay Chopra's

"The biggest thing that Muay Thai has given me is a real sense of independence and confidence. I can walk into a lot of situations and feel as though I can defend myself and others around me."

— Ajay Chopra, senior

confidence — but in a very different way.

"The biggest thing that Muay Thai has given me is a real sense of independence and confidence," Ajay said. "I can walk into a lot of situations and feel as though I can defend myself and others around me, it's like a really empowering feeling. It also taught me to be at peace and relax. This goes for any

martial arts, not just Muay Thai, but the first thing that they'll always tell you is to center yourself and be relaxed. It's the only way you can execute the moves with grace and dignity."

Muay Thai is a mix of martial arts that includes karate and taekwondo, but it is mainly a Thai form of kickboxing.

Ajay first began learning Muay

Martial Arts

Muay Thai: The national sport of Thailand, Muay Thai involves heavy use of the knees, elbows and shins, as it is an adaptation of kickboxing.

Jujitsu: Originally from Japan, jujitsu offers physical training as well as training with short weapons.

Karate: Also from Japan, karate is based on using hand movements to block blows and literally translates to "empty hand."

Kung Fu: A Chinese martial art, kung fu is composed of sever hundred fighting styles practiced for spiritual growth as well as self-defense and exercise.

Tae Kwon Do: Korea is home to tae kwon do, which teaches self-defense primarily through learning different kicking techniques.

Thai two and a half years ago when his physical therapist agreed to teach him on the side. Although not a certified Muay Thai instructor, Ajay's physical therapist has his own make-shift dojo where he trains and occasionally spars.

Ajay also plays tennis, and draws a lot of parallels between the two activities. According to Ajay, tennis often involves a face-off between two opponents. The opponents attack each other and counter accordingly — just like Muay Thai.

"In fighting," Ajay said, "a really big deal is being able to read your opponent, the look in his eyes, the body language, see what he's going to do next. I've learned to apply that to my tennis game, I can look at someone across the net and see how they're gearing up to return a serve for example and be like, 'OK, I kind of have an idea of what he's planning to do' and then I can counterstrike against that."

Martial arts has given both of them more than strength and conditioning. Practicing builds necessary confidence, and the lessons that it teaches give students the perseverance to overcome any obstacle, whether it's inside or outside of the dojo.

PAINTBALL FEVER

Junior strives to continue his passion

BY JACOB POSNER
ASSISTANT EDITOR

Tiangang Huang slips from tree to tree, careful to make as little noise as possible. The mission is to reconnoiter an enemy-controlled town. Tiangang and two other members of his squad observe enemy movements while hidden in the thick brush. On his mark, the assault team charges in and paintballs erupt from carefully aimed barrels, spattering people, trees, and bushes with bright colors.

This is the average mission for a squad in Mag-Fed paintball — a type of paintball designed to be as realistic as possible.

One paintball event Tiangang played in, Operation End War Seven, took place in 20 heavily wooded acres in Texas with 100 players per team.

As opposed to the less realistic, more spectator-friendly "speedball," Tiangang only plays Mag-Fed paintball because he enjoys the tactics, communication and physical conditioning the game requires.

"Sometimes you feel like you're playing chess, but as one of the pieces on the board," Tiangang said. "People play military simu-

"Sometimes you feel like you're playing chess, but as one of the pieces on the board. People play military simulation paintball because a normal person doesn't get to just join the army and do that kind of thing. It's a novelty."

— Tiangang Huang, junior

lation paintball because a normal person doesn't get to just join the army and do that kind of thing, it's a novelty. It's an intense mental exercise where you have to take your mind out of yourself and be aware of everything — that's the cool part."

Tiangang, a junior who began at U-High in September, said he originally became interested in paintball because so many of his peers played it in the school he used to attend in Arkansas.

While paintball is somewhat of a niche sport — about 1 percent of Americans played the sport in 2015, according to the Outdoor

Foundation — it is quite popular across the southern United States, which Tiangang has attributed to their gun culture and military tradition.

Tiangang plans to play paintball in Chicago, but he first needs to raise enough money to buy the expensive gear: a new "marker," paintball gun, is first on his list.

He said if he can secure a Summer Link internship, then his parents would loan him the money he needs, around \$1,000 for fatigues and a new gun.

Once he has bought new gear, he hopes to begin paintballing again. While he has not found a team, he is going to play with the local chapter of a club known as "Silent Assassin Squad" that operates across the United States.

Tiangang would ultimately like to create a five-man squad made up of Lab students and play at the numerous paintball centers in the Chicago area, and perhaps even make an official Lab paintball club or team.

"I think that most Lab students would be able to afford it," Tiangang said. "Since the school is so large, I'm sure I can — maybe next year or over the summer — pull together a five man squad."



MIDWAY PHOTO BY LILLIAN NEMETH

ARMED AND READY. Junior Tiangang Huang looks through the scope of his paintball gun as he checks out his equipment. While Tiangang joined paintball at his previous school, he hopes that he can raise enough money to continue his favorite hobby at Lab.

Jameel Alausa leads team by example

Star player works up to varsity captain through extreme dedication

BY EMMA TRONE
ASSISTANT EDITOR

Early morning workouts. Endless hours at practice, tournaments and games. A fiercely hardworking — and optimistic — mindset.

It's all just a part of what has propelled 6'7" senior Jameel Alausa, once self-admittedly "the worst player on the 7th grade team," into a Yale-bound, varsity co-captain, currently chasing down the team's second consecutive Regional title.

"One thing that has always stuck with me, that my coach told me, if you work hard, you will achieve the results that you want," Jameel said. "I really never thought I would be playing on a high level. In 7th and 8th grade, I was the worst player on the team at the time, so something I always try to tell my teammates is that it's not too late. If you work hard, the results you want will be achievable."

Jameel's philosophy, informed by his own experience, is apparent in how he interacts with his teammates, according to varsity coach Rob Ley. Work ethic is what sets Jameel apart, according to Mr. Ley.

"He's learned how to communicate his great work ethic to the rest of the team, and to not only model it but also verbally share that with the team," Mr. Ley said.

After being named varsity captain his junior year, Jameel and the team have grown with and around each other, to remarkable success.

"The team trusts me, and I trust my team. When I say things to my teammates, they definitely listen and see me as a leader figure on



MIDWAY PHOTO BY CHAVON HUSSEY

DRIBBLING HIS WAY TO PERFECTION. Senior Jameel Alausa drives in a game against Northridge College Prep Feb. 3. Jameel went from self-described worst player to varsity co-captain.

the team. But we're also able to talk to each other on an equal level," Jameel said. "In the beginning, it was more focused on the individual, and a lot of people were trying to be the star of the team by themselves. But we've grown to see that we need everyone on the team, from 1 to 15, even the people on the bench who are just cheering us on."

This trust that the team has cultivated was put to the test last season, when Jameel fouled out with a minute left during overtime against Seton Academy at the Regional Championship.

"It was a really tight game the entire time through," Jameel said. "But even after I was ejected from the game, I didn't lose faith in my teammates and my teammates

didn't lose faith in me, and they trusted themselves to win the game. And that's so far been my favorite moment on the team."

The team won the game with a buzzer-beating shot by Caleb Hill to put the Maroons up 56-55 over Seton.

"I've learned a lot of things from this team just in terms of being a leader and adjusting how different people learn, so I have to, maybe for one person, pull them aside and talk to them, and for other people, I just talk in front of the whole group," Jameel said.

According to his teammate and younger brother, sophomore Mohammed Alausa, Jameel has nearly perfected the art of giving constructive criticism.

"He knows how to talk to people, so all the things he says you don't feel like he's attacking you, and you know he's trying to help you," Mohammed said. "And as a captain, you try to emulate everything that he does because he works really hard at practice, he doesn't talk back, and you know he's just always trying to make everyone better."

As he transitions from the U-High team to the Division I, Ivy League 2015 and 2016 championship winning Yale team, Jameel isn't planning on straying from the incredible work ethic that has taken him to the top of the U-High game.

"A lot of people didn't think I could play varsity, my freshman and sophomore year, so I really just had to come in with the will to improve," Jameel said. "It's the same thing for Yale; a lot of coaches say that you're going to play, but in the end, anything can happen. They say that to get you over there, but I know instances where they just totally bench you. So, I just want to come in and help the team in any way I can, and I know I'll have to compete for a spot. But that's something I really like doing, and I'm going to work as hard as I can."

Fitness trainer collects data for workouts

BY DHEVEN UNNI
SPORTS EDITOR

Surrounded by young faces, new fitness trainer Alyssa Weishaar is in her element working with athletes to create carefully crafted regimens.

Ms. Weishaar was initially hired at the beginning of last year as a conditioning coach for the girls swimming team but was recently promoted to supervise the fitness room and train athletes by giving them workout regimens.

She sees her role as developing training programs for different sports and vary depending on what athletes need for the season or offseason.

"For example, if you're a soccer player, you're trying to reduce injury, so the exercises chosen

and the number of sets and reps are based on injury prevention as well as gaining strength," she said.

As teenagers have different physical abilities than adults, Ms. Weishaar records information on the athletes in order to calibrate the best possible workout routine.

"Right now, with track season — long-distance and sprinting — and girls soccer, there's at least 20 to 30 students in the actual weight room on a daily basis," Ms. Weishaar said. "I'm now logging the data on who comes in, what sport they play, whether they play a sport at all. I'm creating data when they sign in to calculate who really utilized the weight room through the school year."

Choosing routines is the fun of being a workout trainer, she said.

"It's about the programming, there's science and math behind it," Ms. Weishaar said. "I really enjoy the progression of it. The main focus is literally getting people stronger, being able to lift their body weight. It doesn't have to be weight-based, in the sense of the traditional barbell with plates on the end. It's about how I teach you to go from doing three pull-ups to 25. There's a mathematical, scientific part in the reps that you're choosing and the patterns you're creating."

Injury prevention is especially important to Ms. Weishaar, whose gymnastics career was ended by a series of injuries.

"Strength is something that I've always been interested in, interested in the science of it," Ms. Weishaar said. "I did a lot of training with anatomy and cadavers when I was in massage school, and how the body works has always been ingrained in me because I love getting people strong. The majority of people need to build strength more than flexibility."

There's a difficult balance to strike between too intense and too easy when creating workouts, but seeing successful results are why Ms. Weishaar got into personal fitness.

"I love pushing the envelope with people, without pushing it too far," Ms. Weishaar said. "When people come to me and say they're getting stronger because of what we're doing, it makes me excited. I'm very results-oriented. I like to make a plan, see them follow it, and see the outcome. I want to be strong, and I want other people to be strong."



Alyssa Weishaar

TEAM RESULTS

BOYS BASKETBALL, VARSITY

Notable: The team beat Northridge College Prep on Feb. 3 in an exhilarating double overtime victory. They are also undefeated in conference.

Recent Results: Beat North Shore Country Day School Feb. 10, 57-36; beat Elgin Academy Feb. 7, 75-41; beat Northridge College Prep Feb. 3, 52-46.

BOYS BASKETBALL, JUNIOR VARSITY

Recent Results: Beat North Shore Country Day School Feb. 10, 46-38; beat Elgin Academy Feb. 7, 50-20; lost to Northridge College Prep School Feb. 3, 35-37; lost to Christ the King High School Feb. 1, 41-47.

GIRLS BASKETBALL, VARSITY

Notable: The team won the regional championship 57-46, advancing to the Sectional Championship. The outcome was an upset, as Tilden Academy was the higher seed. The team made 19 of 20 free throws. Record: 13-8.

Recent Results: The team was scheduled to play at the Lisle Sectional on Feb. 14, but results were unavailable at press time; the team was scheduled to play at IHSA Sectional Championship on Feb. 13, but results were unavailable at press time; beat Tilden Academy in the IHSA Regional Championship Feb. 9, 57-46; beat Collins Academy at IHSA Regional Semifinals Feb. 8, 50-17; beat Kelly High School Feb.



MIDWAY PHOTO BY BAILEY GARB

POINTED IN THE RIGHT DIRECTION. Junior Horace Shew swims the butterfly during a meet against Lane Technical High School on Feb. 3. Horace's hair is shaved into an arrow in reference to Aang, the main character of "Avatar: The Last Airbender." The Lab team lost to Lane 78-83.

3, 58-10; lost to Willows Academy Jan. 31, 45-46; beat Mather High School Jan. 27, 60-29; lost to Latin School of Chicago Jan. 24, 33-68.

DANCE TROUPE

Notable: Dance troupe is transitioning to a more traditional choreography styled after cheerleading, which is also accompanied by the addition of poms to the routines.

SQUASH

Recent Results: Lost to Latin School of Chicago Feb. 7, 5-7; results were unavailable for the MetroSquash Invitational Jan. 28; beat Lake Forest Academy Jan. 24, 10-3.

FENCING

Notable: At the state championship, senior Athena Chien placed second in women's foil, senior Janine Liu placed third in women's sabre, junior Clemente Figueroa placed fourth in men's foil, and senior Danny Kim placed seventh in men's sabre. At the conference championship, Danny and Janine placed third, Athena placed seventh, and Clemente placed within the top 20 along with Jacob Shkrob.

Recent Results: Three fencers medaled at Great Lakes High School Fencing Championship Feb. 4; three fencers medaled at Illinois High School State Championship Jan. 28.

BOYS SWIMMING

Notable: Senior Eamonn Keenan has set three new school records: 1:44.89 in the 200 meter freestyle, 1:01:80 in the 100 meter breaststroke, and 54:11 in the 100 meter backstroke. The team is now getting ready for sectionals, which they will compete in Feb. 18. Record: 5-4.

Recent Results: Lost to Jones College Prep/Walter Payton College Prep Feb. 7, 87-92; lost to Lane Technical High School Feb. 3, 78-83; beat Mt. Carmel and DeLaSalle Jan. 31, 133-96/66; beat Illinois Math and Science Jan. 24, 84-80.

— COMPILED BY JACOB POSNER AND DHEVEN UNNI

Black at Lab

Similar experiences bring them closer together, but black students stress they are not all the same — they have varying backgrounds

BY LEAH EMANUEL
MIDWAY REPORTER

“In lower and middle school when you’re talking about slavery in class people are going to look at you, and I’m pretty sure that’s an experience all black people can relate to,” junior Whitney Thomas said.

Throughout her years at Lab she said she has had numerous experiences that have created a sense of mild discomfort.

Within a predominately white community, brief instances and small exchanges can make some African-American U-High students feel different or separated.

“It wasn’t really until high school that we started talking about that discomfort,” Whitney said, “which is something I really appreciate.”

When surrounded by African-American students from other Chicago schools, Nick Telman, a senior, described how he sometimes feels judged.

“They don’t think you are as black because we go to a private school with a lot of white kids,” he said, “so I think that is something that brings a lot of the black kids at Lab together.”

Uncomfortable situations create a divide between the African-American students and the remaining U-High community, but these experiences at school and beyond have helped bring U-High’s black community closer together.

“I think that just strengthens Lab’s black community,” Whitney said. “Because we’ve all had these similar experiences outside of Lab where it’s kind of like you are being judged a little bit... but then inside Lab’s community you also feel like an outsider, so we can all come together for that reason.”

Freshman Ariel Montague agreed with, and explained that

“I think that just strengthens Lab’s black community because we’ve all had these similar experiences outside of Lab where it’s kind of like you are being judged a little bit... but then inside Lab’s community you also feel like an outsider, so we can all come together for that reason.”

— Whitney Thomas, junior

people will say to her, “Oh you’re not actually that black,” or “You’re so white.”

She finds these comments offensive because black and white should not be stereotypes.

She said, “It’s your ethnicity. It’s what your parents are, it’s what your ancestors are, it’s what you are.”

Sophomore Robert Coats expressed his frustration when people assume he will act a certain way because of his race. Once a Sunday school teacher was surprised at how well he and his family spoke.

“Back then I took it as a compliment but sometimes I look back at that conversation and I kind of cringe a little bit,” Robert said, adding that he knows the comment was meant positively, but he can now understand the negative connotation that others should emulate his “proper” speech. Robert said that it’s unfortunate the teacher felt the need to point this out because people shouldn’t have to act a certain way and should be themselves.

Another way black students feel the separation is when people touch their hair.



PHOTO PROVIDED BY KARA COLEMAN

BLACK IS BEAUTIFUL. Above, seniors Ariel Toole and Shoshana Holt-Auslander pose for a student portrait project demonstrating different styles of hair to highlight everyone’s natural hair and beauty. At left, a group of black female students pose for a student photo project to showcase the diversity within black communities.



PHOTO PROVIDED BY ALEXIS PORTER

“People always ask me to touch my hair, and sometimes they just come up and touch it, which I consider disrespectful,” Ariel said.

Senior Kara Coleman said she can understand how people are curious about something different, but it can be frustrating.

Kara said, “By pointing our differences you are making them more obvious and separating us further.”

Kara chose to do a feature on black hair for a photography project this fall to address the issue of how some companies won’t hire African-American woman because their natural hair looks untamed

or unprofessional. Kara wanted to highlight that African-American women do not need to change their hair or appearance to get a job. To do this she photographed her friends with their natural hair.

“The goal of all this was to portray that everyone’s accepted, and that your hair doesn’t define how you are,” Kara said. She hoped to send the message that though your hair doesn’t define you it is a part of you, and you should be able to wear it however you want.

The aim of Kara’s project was to highlight everyone’s natural hair and natural beauty that goes hand-and-hand with their hair.

Korean food provides warmth for mid-winter chills



MIDWAY PHOTO BY NATALIE GLICK

IT’S LIT. Junior Florence Almeda watches intently as the meat begins to cook over the hot charcoal flame at San Soo Gab San — a Korean barbecue restaurant where customers prepare their own meats over a flaming grill.

BY NATALIE GLICK
ARTS EDITOR
AND MICHAEL RUBIN
MIDWAY REPORTER

Changing through centuries of social and political change, Korean cuisine has found a home in Chicago.

The cuisine focuses mainly on rice, meat and vegetables. With over 100 restaurants across the Chicagoland area, there are many choices of where to eat.

No meat? No problem. Hot stone bowl veggie bibimbap, kimchi fried rice and blackened tofu tacos are only a few of the vegetarian friendly items on the **Del Seoul** menu. In this dimly lit, brick-interior restaurant, customers are treated to an experience of a lifetime. Presentation is a plus, with each dish perfectly plated and served in an appetizing fashion.

Del Seoul has a wide range of meat and fish tacos that offer a taste of Korean cuisine with a twist. As recommended, the tacos bought were shrimp, fish, short rib and chicken. Within each taco was the perfect combination of relish, secret slaw and toasted sesame. The sauces that went along with the food provided the Korean influence. But beware, it can get a little spicy.

Located in the heart of Chicago’s

Lincoln Park neighborhood, Del Seoul fits in perfectly to the ambiance and modern feel of this popular spot. Nestled between a cupcake shop and a Latin American restaurant, Del Seoul provides a unique taste for Chicagoans city-wide.

Joong Boo Market, at 3333 N. Kimball Ave., provides a unique take on classic Korean food as well, selling foods and utilities unique to Korean culture. Within the market there are options in addition to food, such as furniture, cooking supplies and utensils. In the house wear section of the market, you can find trendy, fashionable clothes for low prices. It is also possible to get food on-the-go from the “snack corner” at the market. The food ranges from ramen to chicken wings, making it possible for anyone to find something they enjoy.

Stepping foot into **San Soo Gab San**, the smell of sizzling meat hits the nose immediately. The small, yet homey restaurant invites diners in with a warm welcome. The menu has many choices for meat lovers, but if meat isn’t something you enjoy, Soo Gab San may not be for you. After placing the order the waiter brought out Banchan, which are small dishes of food for starters. The Banchan fills the whole table with a wide

San Soo Gab San
5247 N. Western Ave.
Hours: Sun.-Thur.: 11 a.m.-1 a.m.
Fri.-Sat.: 11 a.m.-2 a.m.

Del Seoul
2568 N. Clark St.
Hours: Sun.: 11:30 a.m.-9 p.m.
Mon.-Thur.: 11:30 a.m.-9:30 p.m.
Fri.-Sat.: 11:30 a.m.-10 p.m.

Joong Boo Market
3333 N. Kimball Ave.
Hours: Mon.-Sun.: 8:30 a.m.-9 p.m.

range of food, including kimchi and vinegar rice noodles.

What makes San Soo Gab San unique is the meat gets cooked by the diner themselves. As was recommended by the waiter, the chosen meat was short rib, and pork belly. The quality of the meat was clearly high, and tasted amazing due to the amount of flavor in every bite. Overall the experience at San Soo Gab San was very positive. The food was very good and the staff was helpful and polite. Even though San Soo Gab San is far from Hyde Park, the great food and the experience make it worth the trip.

Photography provides new lens for life

BY EMMA TRONE
ASSISTANT EDITOR

As the summer sun makes its slow descent to the horizon, architect John Kelley and junior Tomer Keysar wait for the sun to strike Mr. Kelley's glass-accented building at the perfect angle. Ninety minutes tick by, but the light doesn't reach the angle needed. Tomer packs up his cameras and lenses.



Tomer
Keysar

And then, the light strikes. Glittering reflections are strewn across the floor and the walls, highlighting the building's architectural artistry, and the architect took notice.

"As I was walking to my car, he called me and was, like, 'Tomer, Tomer, the light's back. It's here, it's here. And when I got back the light was good for, like, 30 seconds,'" Tomer said. "And that's why I do photography. It's for that one moment, where it's all worth it and you get the shot."

Tomer has been capturing fleeting moments like these for as long as he can remember, starting with 36-photo disposable cameras that his mother would give him on family trips.

"I don't remember even getting those developed, but I definitely remember taking those pictures often. That was my first real introduction to photography," Tomer said. "That just became a very regular thing."

Since his early days as a photog-



PHOTO PROVIDED BY TOMER KEYSAR

THROUGH TOMER'S LENS. This photograph of the Osaka Garden in Jackson Park, located at 6401 S. Stony Island, demonstrates Tomer Keysar's artistry and vision. Taken in fall 2014, this photograph shows Tomer's thought process early on, specifically his distinct focus on lighting and framing.

rapher, Tomer has evolved technologically and stylistically from using a Sony point-and-shoot to photograph zoo animals, to a Sony DSLR with several lenses at his disposal to take pictures of everything from landscapes to street art.

His newest interest is older film cameras, some of which were his grandfather's. Part of the appeal of film, while producing lower quality images due to age, is gaining better understanding the photographic development process in ways that can't be seen with a digi-

tal camera, according to Tomer.

And although he's also dabbled in drawing and painting, the quick pace of photography has always kept Tomer on his toes.

"I used to take drawing and painting lessons, but I was never really good at that. I needed to work on patience. I didn't want to learn how to do it, I just wanted to go out and do it," he said. "That's what's so cool about photography. You learn by doing it, and the process is exactly how you evolve and that's how I've learned; just by

practicing."

Even when Tomer can't bring his DSLR or film cameras along, he still remains primed to capture scenes that catch his eye, also using his phone to take pictures in a pinch.

"I think always having any camera on you is so important, because, and I know it sounds corny, you're preserving a moment in time that will never happen again. And that's just such a cool, beautiful thing, and something that you can never predict."

#OscarsSoWhite may not trend this year

7 people of color among nominees for acting awards at annual Oscars

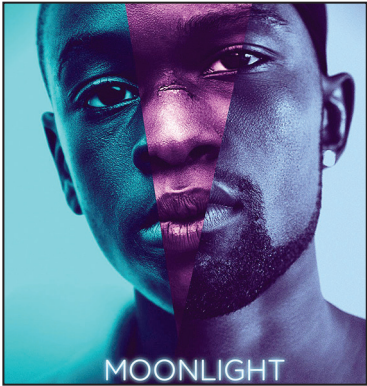
BY MARISSA MARTINEZ
EDITOR-IN-CHIEF

This year's Oscar-nominated performances are as qualified and stunning as in years past, but they look a lot different than last year.

Four out of nine films nominated for Best Picture feature people of color in substantial roles, and in acting categories seven out of 20 nominees, 38 percent, are racial minorities. While this number may not seem like a lot on its own, it is in stark contrast to 0 percent from just last year.

2016's Twitter campaign #OscarsSoWhite brought media attention to the inequities within Hollywood after all acting nominations went only to white talent. The Academy of Motion Picture Arts and Sciences rushed to fix its homogenous voting board, which is now comprised of 314 women (46 percent) and 280 people of color (41 percent).

As a woman of color, I was pleasantly surprised. When I looked through the 2017 list, I saw more people who look like me. Some of my favorite movies of the year, like "Moonlight" and "Fences," garnered multiple nominations, including Best Picture for both. Barry Jenkins ("Moonlight") is the first black writer to be nominated for Best Director, Best Screenplay and Best Picture. Lin-Manuel Miranda, who wrote a song for Dis-



USED WITH PERMISSION

BEST MOTION PICTURE? This year, three movies ("Fences," "Hidden Figures" and "Moonlight") with predominantly black casts have been nominated for Best Picture award along with "Arrival," "Hacksaw Ridge," "Hell or High Water," "La La Land," "Lion" and "Manchester by the Sea."

ney's "Moana," could potentially snatch an "EGOT," an acronym for winning Emmy, Grammy, Oscar and Tony awards. And with her "Fences" recognition, Viola Davis became the only black actress ever to receive three nominations in her career.

I still find myself wanting more. Six black actors and one Asian actor gaining nominations is certainly an improvement over last year. However, Latinos, Asians and other ethnic groups aren't close to being highly represented in the Academy's 88-year history like their white counterparts.

One simple reason for more African-American nominees was that more films were made for them. "Hidden Figures" is based on the real-life stories of three black scientists, while "Moonlight" and "Fences" are each adapted from powerful plays about everyday African-Americans. Instead of another historical narrative about slavery or the civil rights movement, audiences received real, relatable stories about black people

"Art is meant to represent out current reality. When we don't see people who represent us on screen, it's disheartening. It reminds us that our stories, our culture and our values don't matter. They aren't 'mainstream' or 'commercial' enough to garner Hollywood's attention."

that differed significantly from typical Oscar "bait."

This inclusivity needs to continue. Contemporary narratives about powerful Asians need to be juxtaposed alongside films about ordinary Native Americans or documentaries about outstanding Latinos.

The movement shouldn't even be confined to just racial diversity. People of different religions, sexualities and abilities need to be

showcased in an honest light without compromising the need for a good plot.

In her Screen Actors Guild award speech in late January, Ms. Davis said film and television shows need to start representing their diverse American audience.

"Is it just going to be a trend to talk about inclusion — and I'd rather say inclusion than diversity — or is it going to be a norm that we're all part of the narrative, that all of our stories deserve to be told, and that art indeed has to reflect life and our culture?" Ms. Davis said.

Art is meant to represent our current reality. When we don't see people who represent us on screen, it's disheartening. It reminds us that our stories, our culture and our values don't matter. They aren't "mainstream" or "commercial" enough to garner Hollywood's attention.

Having more Oscar nominees of color is so important — it means more actors of color are on screen in the first place.

Artsfest will offer famous guest, new workshops

BY TALIA GOERGE-KARRON
NEWS EDITOR

Marble Magic. 808s & Pancakes. The Visuals of Punk. These are some of the workshop options for the annual Artsfest on Feb. 23. The daylong celebration of the arts follows the annual Art in the Dark, to be held the evening of Feb. 22 in the cafeteria.

The biggest change to Artsfest is a reconfigured schedule, which is now broken into periods for different art forms: fine arts, culinary arts, performing arts and a flex period, which will be used for workshops of overlapping genres, performing art or leaders who need a double period.

According to board member Eliana Waxman, the board members chose to reconfigure the schedule because they wanted to give students the opportunities to explore all genres of art and to have more opportunities to try new activities.

The closing ceremonies will feature a keynote speaker, Michael Balderrama, the choreographer of "Hamilton" Chicago. According to Eliana, the board reached out to Mr. Balderrama's agent and asked if he could speak for Artsfest's closing ceremonies. Artsfest is paying him to speak.

"I, as well as the other board members, thought it would be really wonderful to bring in an outside artist that people were familiar with to speak to students in some way about art's role in the world," Eliana said. "That's when the idea came to me to reach out to someone related to 'Hamilton,' a show that integrates history and activism into musical theater using music from various genres."

Alex du Buclet, a senior on the Artsfest board, remarked that the committee wanted to go a different direction this year for the closing ceremonies entertainment to show students that they can pursue careers in art.

"Normally in the past, we have done performances for the closing ceremony, but I think this year we wanted to find a way to tie art into real life forms of jobs and careers," Alex said. "We wanted to show students they could make a living out of any career whether it is painting, dancing, singing, etc."

Art in the Dark, an event on Feb. 22 from 6-9 p.m., will return to its original location in Café Lab and include activities such as "Hands of U-High," a mural of hands; henna painting and T-shirt sales. Students can buy food from the Fat Shallot food truck or Insomnia Cookies.

Featured Workshops

Art of Pendulum Physics

This workshop will explore the physics of pendulums, pendulum painting techniques and harmonographs. Led by Jacob Shkrob.

Kathak (Indian Classical Dance)

In this workshop, students will learn the fundamental aspects of Kathak as well as the background of one of the five major Indian classical dance forms. Led by Dania Baig and Roma Nayak.

A-What? Açaí Bowls!

In this freestyle workshop, students will be able to perfect their own açaí berry bowl and eat their final product! Led by Mili Shah.

Bright colors, dramatic storylines and extravagantly choreographed dance routines are all hallmarks of Bollywood, India’s Hindi film industry. But Bollywood is just not a physical space. Though it has been criticized for perpetuating traditional stereotypes, some say it is evolving to become a ...

BOLDER BOLLYWOOD

Film industry often maintains patriarchy

BY MICHAEL RUBIN
ASSISTANT EDITOR

Patriarchal. Masculinized. Globalized. Bollywood, the Hindi film industry, has warranted attention from the international community in recent years, growing exponentially in popularity and financial success.

As one of the largest film industries in the world, Bollywood epitomizes traditional Hindu culture, but presented within the rapidly modernizing ethos of globalized India. The plots are melodramatic driven by generational clashes within the patriarchal extended family, disagreements over arranged marriage, and succession in a family business.

According to Rochona Majumdar, a University of Chicago professor who studies modern Indian cinema, claims that although many have accepted the term “Bollywood” as the official title of the well-developed and booming Hindi film industry for decades, the term really only gained recognition in the early 1990s.

“The expression ‘Bollywood’ is a very recent vintage. People argue it was actually an American reporter who first came up with the term in the 1970s,” Professor Majumdar said. “It wasn’t until 1991 when the term ‘Bollywood’ actually caught on.”

Seeing commercial opportunity, American studios, such as Disney

and Warner Bros., expressed interest in helping the industry thrive globally. The impact of these interventions led to a complete change in ideology for Bollywood.

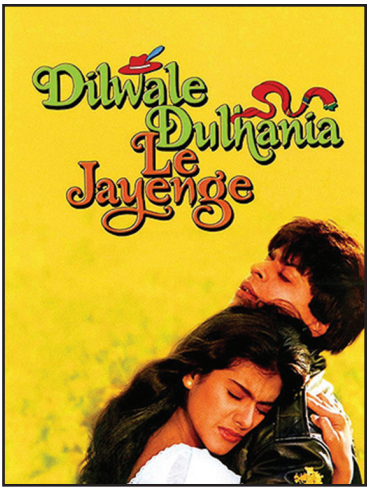
“Indian production houses went from being really informal to being like corporations,” Professor Majumdar said. “This has both positive and negative sides to it. What used to be one big happy family, has now become one big corporate model.”

Through this globalization, Bollywood experienced not only an institutional change, but English has now become more common in Hindi films.

“In terms of its aesthetic, from the time that it became a global

product, the films themselves began to use much more English,” Professor Majumdar said. “If you watch Hindi cinema from the 1950s through the 1980s, you will find the language used is a mixture of Hindi and Urdu, which was the language spoken by Indian Muslims before the partition.”

Although Bollywood mainly reinforces a traditional patriarchal societal structure, recent developments in the industry have prompted a slow, but apparent, increase in films reflecting more contemporary themes, with more of a focus on inclusivity of different religions and cultures, with more female directors entering the industry.



SOURCE: PINKVILLA.COM

SOCIETAL STRUGGLE. Raj and Simran embrace despite familial and societal objections.

‘DDLJ’ explores Indian culture through romance

BY SONNY LEE
FEATURES EDITOR

Simran Singh and Raj Malhotra have two completely incompatible personalities. While Simran is portrayed as an at-home, obedient daughter, Raj’s introduction is a montage of muddy rugby, fast motorcycles and cars with a dash of recklessness. They were destined for love.

The romantic film contrasts the lives of young protagonists Raj (Shah Rukh Khan) and Simran (Kajol Mukherjee) as they converge in a multi-layered romance touching on varying aspects of Indian society.

Raj and Simran’s home lives and upbringings begin on opposite ends of the spectrum but converge when they meet on a month-long European train tour. After initial disinterest from each, Raj begins to fall in love with Simran, and by the end of the trip, the feeling is mutual. But to Raj’s dismay, he discovers that Simran has already been set in a pre-arranged marriage by her father before she left for the tour. But Raj is determined to win over Simran’s father to change his mind.

The movie features an array of beautifully choreographed and composed dances that help highlight character’s inner emotions while also helping to progress the plot. These scenes usually consist of traditional Indian singing and dancing, which are beautiful to watch and hear. The dances and songs, along with the dialogue and interactions between characters give the audience a great insight into some of India’s rich culture and society.

The cinematography is impeccable. From the Swiss Alps to cool nights and vibrant days of India to bustling streets and attractions of London, each background in the film is alive, and no shot is wasted.

Although at some points the movie seems to be melodramatic and occasionally over the top with emotional scenes, it does a great job of exploring aspects of Indian society, juxtaposing themes of respecting family values and following one’s desires. Raj sticks to tradition and demonstrates respect for Simran’s father by seeking his blessing rather than trying to steal Simran.

First released in 1995, the film played for more than 1,000 consecutive weeks in Mumbai’s Maratha Mandir theater, making it the longest-running film in the history of Indian films. The film is available with English subtitles from multiple streaming services. Its staying power, along with many other accolades, beautiful cinematography and exposure to rich culture are only some why “Dilwale Dulhania Le Jayenge,” is a Bollywood classic.

Indian students find inspiration, connection in films

BY PRIYANKA SHRIJAY
ASSISTANT EDITOR

In epitomizing tradition, communicating values, and nurturing Indian art, Bollywood films provide a connection to culture for Indian-American students at Lab.

Sophomore Dania Baig grew up with Bollywood. She acts in U-High’s theater productions and finds that she draws connections from her Bollywood exposure when performing.

“I would say I’m a much better actor because of how often I watch Bollywood movies. A lot of my stage presence comes from actresses like Madhuri Dixit and Kareena Kapoor,” she said with regard to two Bollywood heroines who are esteemed for their positive and confident auras and emotional performances.

For senior Shaunak Puri, Bollywood movies exemplify Indian tradition and values.



Dania Baig

While Bollywood films offer insight into traditions and values such as the importance of family and respecting elders in Indian culture, they have also shed light on cultural institutions and epitomized stereotypes.

“Bollywood films are usually thought up by Indians, filmed by Indians, actors are mostly Indians, and they are watched primarily by Indians,” Shaunak said. “It’s a predominantly Indian creation and Indian experience, so it’s true that there are these stereotypes in Indian culture.”

Shaunak elaborated on his notion of Indian stereotypes, explaining that many people expect Indians to be intelligent and that certain topics, like gay relationships, historically have been considered taboo in Indian culture.

While such stereotypes have been associated with Bollywood films for decades, the Hindi film industry finds itself catching up to modern societal ideals. Indian-American students at U-High are growing up in the middle of a drastic modification to the Indian film



PHOTOS PROVIDED BY DANIA BAIG

TWIST AND SHOUT. Sophomore Dania Baig performs at her Kathak graduation. Dania has participated in Indian dance for 8 years and rehearsed 13 hours a week in the months before her July 30, 2016, graduation. As a dancer, singer and actress, Dania says much of her stage presence is inspired by Bollywood heroines.

industry — a time when women are beginning to be depicted as powerful, and when uncomfortable topics that reflect hard-hitting, serious and universally relevant issues are beginning to emerge in films.



Shaunak Puri

Shaunak expanded his notion of Bollywood’s exploration of uncomfortable topics in discussing the emergence of gay characters in Bollywood films. He noted the 2016 film “Kapur and Sons” handled the complexities of a gay man coming out to his family in a culture that has a history of being more conservative than that of American societal norms.

Bollywood has also been a source of social interaction among Indian-American kids.

“It’s a way in which I connect with some of my friends, and some of my family friends,” Shaunak said. “We watch Indian movies and we talk about them. Like any movie, it’s a social thing. When you dance to the songs, you reconnect.”



Malika Ramani

In addition to friend-to-friend relationships, Senior Malika Ramani finds that Bollywood is a source of familial bonding.

“I live with my grandparents, too, and they don’t speak English very well, so for them watching Bollywood movies is very fun,” she said. “And that’s the way my whole family likes to spend time together.”

Recently, kids who have grown up watching Bollywood have witnessed a crossover of popular Bollywood stars to Hollywood. In

2015, Bollywood actress Priyanka Chopra began her starring role on ABC’s “Quantico,” for the first time merging the lines between Bollywood and Hollywood — the two film industries Indian-Americans are familiar with. Now, Bollywood actress Deepika Padukone has crossed industries in her Hollywood debut film, “xXx: Return of Xander Cage.”

Dania said she finds the cross-overs between Bollywood and Hollywood to be refreshing.

“It’s exposure. It gives Indian kids watching Hollywood role models to look up to. We don’t really get that many Indian actresses in Hollywood,” she said. “I think it’s really really good that they’re sort of intermixing between the industries and cultures.”

Malika, reflecting on the impact of Bollywood on her life, said, “I think I would be really lacking in culture and in language and in being able to appreciate Indian music and art if I didn’t watch Bollywood movies.”