

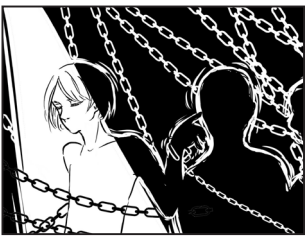
Junior Aly Latherow attended over 21 concerts in the past year. Concerts give her a community of people she can connect with over her favorite bands and music.



Adapting to current frustrations, protest movements have evolved from Vietnam War activism to instances like the Women’s March and Black Lives Matter.



Students reflect on defying social norms. From gender roles to mental health to birth control, when social norms are restrictive, they need to change.



University of Chicago Laboratory High School

U-HIGH MIDWAY

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Conservatives aim for a safe space

Club leaders hope liberals will attend and join conversation

by **PRIYANKA SHRIJAY**
OPINION EDITOR

At the beginning of this school year, freshman Michelle Tkachenko-Weaver looked through her Snapchat and found it flooded with hateful comments from shocked students who found out she was pro-life. Drowning in a sea of liberal students whose opinions formed a united front against her own, she felt compelled to find students who shared her beliefs.

She knew then that it was time to start U-High Conservatives, a club intended as a safe discussion space for conservative students.

Freshman Ben Meyer, another co-founder, felt there was not a platform for students with conservative political beliefs to voice their opinions.

“There’s not really a safety net for people who think like us to go to if they feel like they’re being ostracized for how they think or that there might be social repercussions for how they think,” he said. “We wanted to create that platform, that safety net.”

Michelle wants to bring new ideas to the community of mostly liberal students.

“Show up to our meetings if you’re really curious. Don’t just group us under some kind of category that you came up with in your head.”
— BEN MEYER, FRESHMAN

“They mostly talk to people who agree with them,” she said, “so it might be beneficial to both sides to be able to talk to somebody they disagree with.”

The new club has caused some liberal students to express concern about what beliefs its members may be espousing. Ben explained there are major fundamental differences between the U-High Conservatives and hate groups.

Ben drew a sharp line between the new club and national groups such as Neo-Nazis that have supported conservative political candidates or ideas. Ben said the U-High Conservatives support traditional conservative principles such as small government and capitalism.

With regard to liberal student concern, Michelle stressed that they are in no way supportive of homophobia or white supremacy. She detailed that it is important to the club that the student body realizes that they are not a hate group but a group of political conservative students.

They also strongly encouraged curious students to attend club



MIDWAY PHOTO BY LILY VAG-URMINSKY

RESPECTFUL CONVERSATION. Freshmen Ben Meyer and Michelle Tkachenko-Weaver listen to a member of U-High Conservatives share their thoughts on gender fluidity. U-High Conservatives is a new club this year and was founded by Michelle.

meetings on Fridays at lunch in C-404.

“If you want to know what we believe in — because we do believe in more than just small government and capitalism — show up to our meetings,” Ben said.

“Show up to our meetings if you’re really curious. Don’t just group us under some kind of category that you came up with in your head, because I can guarantee you that there are some things we’re going to disagree on socially.

Sharing Opinions:

Liberals: 30 percent in the country feel unfree to share opinions.

Conservatives: 76 percent in the country feel unfree to share opinions.

Source: Cato Institute

So show up and talk to us and find out what we believe instead of sort of putting a label on us.”

HALLOWEEN PARADE



MIDWAY PHOTO BY ABIGAËL THINAKARAN

BLAST THAT BRASS. Freshman Hunter Heyman and sophomore Sebastian Ingersoll, members of the High School Band, play the saxophone and tuba, respectively, at the annual Halloween parade at Earl Shapiro Hall Oct. 31. At the parade, the band accompanied lower-schoolers who marched while wearing their costumes.

Assembly first step to end hate

by **ABBY SLIMMON**
MIDWAY REPORTER

In response to recent events that occurred in the U-High community, the school held an assembly on Nov. 8 during the advisory period to restate the community’s responsibilities are to encourage students to be upstanders and to support those who stand up against behavior that is hateful.

Principal Stephanie Weber explained it was brought to her attention that in recent weeks, there have been numerous occasions where students have made comments both in person and over social media that were racist, intolerant of other faiths, anti-Semitic, misogynist, homophobic and sexist.

“While the acts of individuals are the responsibility of those involved, there are times when we need to gather to reiterate the values and actions to which we all committed when we joined this community,” Ms. Weber said to the assembled student body.

These specific events were not the purpose of the assembly, Ms. Weber said, but rather the purpose was to make it known that she is aware of what is going on, to draw a line of what will not be tolerated in the Lab community and to encourage people to speak up if they see something that violates these standards.

“No one has the right to act in such a manner,” Ms. Weber said. “Some may believe that engaging in this behavior is freedom of expression, they cross a line in this educational community.”

U-High English teacher Ian Taylor also spoke at the assembly along with seniors Jake Leslie and Elizabeth Van Ha and junior Saige Porter.

“I am extremely hurt and disappointed by the shift in the environment. It seems like we’re moving backwards and in being here it’s like we are at square one rather than moving forwards and progressing,” said Saige.

The discussion of incidents like this will not end with the assembly. U-High students will continue to have conversations through advisories, with peer leaders for underclassmen, in classes and during assembly time. The MLK assembly in 2018 will also help put more history behind some of the things happening.

If students have more questions or need someone to talk to, Ms. Weber said they could go to her, a counselor, Dean of Students Ana Campos or their adviser.

Ms. Weber said the administration is thinking about what everyone needs in this potential moment of growth for the U-High community.



Saige Porter

Admissions wants more ethnic, financial diversity for prospects

by **OLIVIA CHENG**
MIDWAY REPORTER

To reach a broader group of prospective students for the next academic year, the admissions office is marketing Lab as a diverse place.

“For a private school in Chicago we’re diverse, and I stress that we’re diverse in every sense of the term,” Assistant Director of Admissions Kerry Tulson said.

Part of that diversity is Lab students’ many interests, according to Ms. Tulson. When she speaks with prospective students, Ms. Tulson stresses the unique access Lab students have to a wide array of resources from the school’s connection with the University of Chicago, such as the SummerLink program.

“We want our students to be able to pursue whatever their passion is at a high level,” Ms. Tulson said. “There’s no limit to what you can do at a school like Lab.”

The admissions office showed Lab’s abundant resources and rigorous curriculum at the High School Admissions Open House Oct. 28, where 600 prospective students and family members attended information sessions led by faculty and students about different departments. Afterward, admis-

sions officers held an application workshop for parents while current students held a separate Q&A for prospective students.

The admissions officers will also visit schools around Chicago and the suburbs. Ms. Tulson said that the school is increasing the number of schools they visit on the south and west sides of Chicago.

“It’s a broad range of people that we’re hoping will apply to Lab,” she said.

Ms. Tulson hopes that potential applicants will not be deterred by the cost of Lab’s tuition. In addition to offering financial aid, Lab partners with organizations like the Daniel Murphy Scholarship Fund and High Jump, which offer educational support services to students from lower-income backgrounds.

“I wish more people would consider Lab,” she said. “I wish more people would apply and know that we have financial aid now, and that we do strive to make a Lab education affordable for anybody that wants to come.”

The admissions staff is using ads in Spanish- and English-language radio and print publications that target a variety of neighborhoods and ethnic groups.

Makerspaces will foster creativity, innovation

by MICHAEL RUBIN
MANAGING EDITOR

Director Charlie Abelmann and members of the faculty are moving to establish two makerspaces within the Historic Campus.

With a designated “clean room” to be located in one of the classrooms behind the Pritzker Traubert Family Library and a “messy room” to be located on the third floor of the U-High building, students will have more opportunities to engage with different crafts and design principles than are offered in the Lab School curriculum.

“As the new leader of Lab I have

Makerspace definition:
A makerspace is a place where people with shared interests, especially in computing or technology, can gather to work on projects while sharing ideas, equipment and knowledge.

really been trying to lean into the history of the school, and one of John Dewey’s core beliefs was learning by doing,” Dr. Abelmann said. “While ‘learning by doing’ or ‘learning experientially’ were the key phrases when he established the school in 1896, if you fast-for-

ward to 2017 and you learn or read about makerspaces, it sort of is the modern-day version of learning by doing.”

Although two makerspaces exist for younger students at Earl Shapiro Hall and at the Historic Campus for Lower School students, the new rooms are intended for older students to build both creative and practical objects.

“My hope is that we can find a way to make this space available after school and on the weekends, so we have the most access for students to create ideas that embrace those differences in the art of making,” Dr. Abelmann said.

These makerspaces are intended to encourage interdisciplinary exploration and to cultivate a stronger sense of curiosity among Lab students.

Dr. Abelmann held two meetings alongside principals and teachers from all divisions of the Lab Schools and representatives from the art, science, math and computer science departments.

Rather than buying and install-



Charlie Abelmann

ing furniture for the two spaces, Dr. Abelmann intends to have a community building day, so students, parents and faculty can build the furniture themselves.

The administration is also investigating the possibility of hiring a new faculty member to facilitate construction and experimentation within the makerspaces and to invest in partnerships with members of the Hyde Park community.

Although there is currently no timeline to implement the makerspaces, Dr. Abelmann believes they will be available for use within the current school year.

Statue to stay in library — when not rolling around

by LEAH EMANUEL
ARTS EDITOR

The bust of John Dewey will officially be moved from the English office to the Pritzker Traubert Family High School Library, and through requests, will be able to move to a new place in the school for a minimum of one week.

The final decision for the new home of Dewey’s bust was a combination of the two qualified submissions.

The team proposing the library included high school librarians Susan Augustine and Shirley Volk, middle school librarian Tad Andracki, U. of C. Professor of Practice in the Arts Rachel Cohen, and U-High students Otto Brown and Mayher Kaur.

In the proposal, the group described the library as a place filled with “gateways to ideas and new worlds.” They wrote that the bust is a reminder of the ideas in which Dewey founded the school, and that these philosophical concepts are best pondered in a meditative area within the school.

Mayher said, “I think the library would be the best place for the sculpture because it has a lot

of foot traffic in its daily life, and so the bust would get a little more recognition than in other places.”

The second submission was inspired by the Stanley Cup, and proposed that the bust be positioned on a pedestal and have the ability to move around the school.

This team consisted of kindergarten school teacher Dave Kaleta, middle school teacher Ruthie Williams, high school teacher Brian Wildeman, Development Associate Devin Wildeman, Manager of Special Projects and School Outreach Alexzandra Wallace, U. of C. Executive Director of Student Civic Engagement Initiatives Shaz Rasul, sophomore Marcelo Gutierrez, seventh grader student Ameya Deo and kindergarten students Kiran Masur and Willow Close.

It was written in the proposal, “The bust of John Dewey doesn’t want to be sedentary gathering dust. Like the man himself it wants to be actively inspiring creativity, collaboration and learning by doing.”

Director Charlie Abelmann said, “It’s great that we had two proposals. Both proposals were thoughtful and good and creative.”

SHARK TANK

GOING TO THE SHARKS. Sophomore Jeremy Ng presents his design communications project to a panel of faux-Shark Tank judges, who were Booth Business School students. Jeremy’s project was about botany, specifically about the mechanical care of plants.

MIDWAY PHOTO BY FLORENCE ALMEDA

NEWS IN BRIEF

History dept. offers speakers, journal apps

Professional investors, a critically-acclaimed historian and new editors for InFlame are some of what the history department lined up for November.

John Rogers and Charlie Bobrinskoy talked to students on Nov. 8 in the economics classes about value investing, the practice of buying undervalued stocks.

Mr. Rogers, 1976 U-High alumnus, is the CEO of investment firm Ariel Capital Management, and Mr. Bobrinskoy is its head of domestic investment.

“That’s an important part of the economics class,” Chris Janus, AT economics teacher, said, “where you have prominent people come in and talk about whatever they’re an expert in.”

John “Rob” McNeill, a MacArthur Genius Award winner and 1971 U-High alumnus, also came in to speak to U-High. His Nov. 6 talk was dedicated to his late father, William H. McNeill, a noted historian and 1934 U-High alumnus.

According to U-High history teacher Paul Horton, McNeill’s father was a key figure in creating an academic space for world history at the collegiate level.

Mr. McNeill spoke about the environmental impact of the industrial revolution. He was recently elected the president of the American Historical Association, the professional organization for his-



MIDWAY PHOTO BY TOMÁS LINQUIST

IMPACT OF HISTORY. Lab alum John Robert McNeill, the president-elect of the American Historical Society, spoke about the environmental impact of the Industrial Revolution in the Assembly Hall Nov. 8.

“I was really interested in the speaker because I have never learned in-depth about the industrial revolution,” freshman Willow Young said.

In addition to history talks, InFlame, the student-run history journal recently accepted applications for new editors.

Essays are submitted anonymously, and the editors read and select them based on an established rubric.

— NICHOLAS EDWARDS-LEVIN

Debate duo wins third bid to championship

After earning the minimum two bids to the Tournament of Champions faster than any Lab debate team in history, seniors Michael Hellie and Dheven Unni earned their third bid at the University of Michigan tournament Nov. 4.

Michael said there are around 10 tournaments a year, most of which are spent trying to qualify for the Tournament of Champions. Dheven and Michael are one of the first 30 debate teams in the nation to qualify.

At the University of Michigan tournament, Dheven and Michael made it to the octofinals of the competition. Out of 252 speakers, Michael won second best speaker and Dheven won 16th best speaker.

Michael said he and Dheven are close friends and that their team dynamic contributes to their success.

“What is most likely a bigger factor is the amount of work that we’ve been putting in,” Michael said. “We spend most of our time developing new arguments that we can read in important rounds. This means that teams are not usually prepared to answer them which gives us an advantage in the debate.”

Michael and Dheven compete next at the Glenbrooks Speech and

Debate Tournament Nov. 18-20.

— KATERINA LOPEZ

Model UN hopeful for Princeton conference

U-High’s Model UN team members remain hopeful in their ability to defend the “tiger” at the upcoming Princeton Model UN Conference on Nov. 16-19, in spite of their abnormally substandard showing at the Vanderbilt Model UN Conference Oct. 20-22.

“I think there was some room for improvement,” treasurer Jamal Nimer, a junior, said. “We brought a lot of freshmen this year, which kind of hurt our performance as a team.”

However, the team goes to the Vanderbilt conference in order to give the freshmen experience and understands that some of their strategies may need to change for the upcoming conferences.

“Going forward, we will have to be more strategic in our placement of freshmen in committees, so that we can get the most amount of awards as possible,” Jamal said.

Even in spite of their comparatively poor performance at VUMUN, Teresa Xie, a senior and one of the Secretaries General, said the members are still confident in their ability to perform at the Princeton conference.

“Last year, we won the tiger, meaning we won best large dele-

gation, which is the ultimate goal,” Teresa said. “I think that having that incentive from last year and shows competitive schools we can beat them, and it’s a really good push for us to do well this year.”

— NIKHIL PATEL

JSA reads novel about Holocaust groups

For the next few months, members of the Jewish Students’ Association will read “The Train,” a fiction book about the common experiences of the victims of the Holocaust.

“The Train” by Danny Cohen looks at the experiences of Jews, gays and lesbians, and Gypsies, as well as other groups during the Holocaust.

The book follows the stories of six teenagers who witness and try to escape the Nazis. Mr. Cohen eventually will join JSA to discuss his book with the club.

According to faculty sponsor Susan Shapiro, the value in Mr. Cohen’s book is that it does not pretend that Jewish people were the only group affected.

“I mean, there are countless, unfortunately, stories that have gone untold, and this is just another perspective to look at,” Jonathan Ruiz, JSA president, said.

Anyone can join JSA at anytime. Club members do not need to be Jewish.

— AMANDA CASSEL

Three exchange programs visit

33 Argentinian, German and French students experience Lab

by **ABBY SLIMMON**
MIDWAY REPORTER

In the past month, the U-High community welcomed 33 students from three countries. Seventeen students visited from Argentina, 12 from Germany and four from France all visited through exchange programs.

The German students only visited from Oct. 19-29, which was a much shorter stay than the Argentinian and French students. The U-High German department has partnered with the same school since the early '80s, but starting this summer, the program will take place at a new partner school.

"Our partner school is no longer able to fulfill the German American Partnership Program requirement of being in school for 10 days and being here for three weeks," Annette Steinbarth, head of the German Exchange, said. "So unfortunately we had to find a new school for the 2018 exchange."

The French students arrived Oct. 22 and the last group of students will depart Nov. 19. Only four French students visited because they visited through the Eliade Exchange Program for juniors arranged by U-High French teacher Catherine Collet-Jarard. This program is more selective than the regular French exchange program, which will occur in February 2018.

Naina Jolly and Lauren Williams hosted this month and will travel to France in March and April as Eliade Scholars. They will experience a full immersion, which is ex-

"It's very different from France because everything is so big. In school its also very different because you can eat, drink, use your phone, leave and come whenever you want, but in France you can't do any of these things."

— TARA ELLIOTT,
FRENCH EXCHANGE STUDNT

actly what the French students did in Chicago over the past month.

The visiting French students did not travel with teachers, meaning there was no organized excursions by the schools and complete independence for the students.

All French students have the opportunity to apply for the Eliade Scholarship Program at the end of their sophomore year. They must fill out an application form, answer essay questions and get two recommendation letters from teachers. The final two recipients of the scholarship are chosen by Ms. Collet, another language teacher and an administrator.

Tara Elliott, a junior at Lycée Antoine de Saint-Exupéry, U-High's partner school in France, visited Chicago through the Eliade Scholarship Program.

"I love it in Chicago. It's so fun and everyone is so nice," Tara said. "It's very different from France because everything is so big. In school it's also very different because in class you can eat, drink, use your phone, leave and come back whenever you want, but in France you can't do any of these things. Also, it almost seems that students here are friends with some of their teachers, but it's not like that in France. I've been down-



MIDWAY PHOTO BY EMERSON WRIGHT

SHARING THE JOY. Freshman Amanda Cassel laughs during lunch with her German exchange student, Leslie, a freshman. Leslie attends Königin Katharina Stift High School in Stuttgart, Germany.

town and I love it. It's so impressive and it's so cool. I went to the Willis Tower and it was beautiful."

The Argentinian students visited Chicago Oct. 2-Nov. 4. Each of the 15 U-High students who traveled to Argentina in June had their Argentinian host siblings stay with them in Chicago.

When the Argentinian exchange students visited, they spent some days in class with their host and some days out exploring Chicago.

Zoe Rebuffo, a Junior at Lenguas Vivas, U-High's partner school in Argentina, said that although this wasn't her first visit to the United States, it was just as amazing as every other time and she hopes to come back to Chicago again soon.

"Oh my god, I had the best time ever. I wish I could stay longer than two weeks, but I got to know so much in this short time," Zoe said.



MIDWAY PHOTO BY EMERSON WRIGHT

SHAKE SHACK BONDING. Junior Eddy Rose and his Argentinian exchange student, junior Aaron Salvati, eat together at Shake Shack.

"My favorite thing during this trip was we went to the architectural river cruise, I had the opportunity to see the essence of Chicago and its famous architecture. It was gorgeous."

NEWS IN BRIEF

Feminist Club holds feminine hygiene drive

The Feminist Club's tampon drive will benefit the homeless women of Chicago according to Dr. Cindy Jurisson, faculty adviser.

"There was a lot of talk at school about us having free tampons," senior Jessica Franks said, referring to a new U-High policy, "but there is also maybe an equally important talk of getting tampons to people who actually can't buy them."

Camille Rehkemper, a senior and leader of the Feminist Club, says that there is a stigma around periods.

"I mean it's kinda uncomfortable, but the older I have gotten the more I've realized that it's normal, it's natural and pretty much all females and even people who have female reproductive systems have periods," she said.

The drive begins Nov. 2 and ends before Thanksgiving break. A collection box will be located in the high school and middle school nurse's office. Students have been encouraged to donate tampons and to purchase baked goods for sale during lunch.

The club hopes to make the tampon drive a weekly occurrence, which is modeled after a program at Walter Payton College Prep.

In addition to the tampon drive, the Feminist Club will host the former director of Illinois Planned Parenthood during lunch on Nov. 16 in C-121.

— ELLA BEISER

New behavior, cleanliness rules for senior lounge

The Senior Lounge has reopened since senior Student Council representatives wrote new guidelines for behavior and cleanliness in the lounge after an incident closed it Oct. 25-30.

Class officers distributed a plan for Senior Lounge use, placing present Student Council members in charge of lounge cleanliness. Senior students were also reminded to refrain from using profanity and to keep the volume to a manageable level.

Senior Class President Ayaan Asthana said the guidelines were created in tandem with some of the many students who use the lounge.

"We wanted to make sure we had input from people who actually used the lounge often and were invested in keeping it accessible and open," he said. "I think a lot of people in our grade really enjoy using the lounge, and as a result, it's easy to get carried away and forget that adults are trying to get their work done close by."

Dean of Students Ana Campos said that the lounge was closed after an incident involving two seniors Oct. 25.

"There were some seniors who took school property and threw it all around the lounge, and made a

huge mess of it," Ms. Campos said. "There was a lot of food and garbage waste all around the lounge, and it's not the job of the custodian to clean up the lounge in that way. It was just very disrespectful."

The students involved came forward the day following the incident and worked with Ms. Campos the the class steering committee to create the guidelines, and additionally are responsible for monitoring cleanliness while in the lounge, which reopened the following Monday, Oct. 30.

— EMMA TRONE



Ayaan Asthana

Pads and tampons now available in bathrooms

Feminine hygiene products are now available in girls bathrooms throughout U-High, Judd and Gordon Parks after Student Council members successfully petitioned the administration for funding.

President Elizabeth Van Ha said the fall quarter is a trial period, and that adjustments in allocation to which bathrooms would be made based on which baskets of products run out faster.

Elizabeth said the initiative was inspired last year by an article in the Chicago Maroon, which announced that institutions at the University of Chicago such as Saieh Hall would provide free feminine hygiene products in women's

"If UChicago's doing it, why aren't we?"

— ELIZABETH VAN HA,
U-HIGH CLASS PRESIDENT



Emma Trone

restrooms.

"If UChicago's doing it, why aren't we?" Elizabeth said.

Among Student Council members, there was little debate on whether tampons and pads should be available in U-high restrooms. Although the initiative, led by Junior Class Vice President Emma Trone, was mainly student run, several teachers and administrators provided support.

Elizabeth said that Dean of Students Ana Campos and Principal Stephanie Weber helped Student Council receive funding. Additionally, Nurses Martha Bagetto and Mary Toledo-Treviño selected which brands of products to supply.

— AUDREY MATZKE

Midway wins Crown Award; first since 2011

The Columbia Scholastic Press Association announced the U-High Midway has won a Crown Award for 2016-17.

Crown Awards are given to student publications in news, magazine, yearbook or digital formats. Crown Awards will be announced as ei-



Service agenda now includes discussions

by **MIRA COSTELLO**
MIDWAY REPORTER

Beginning this year, the sophomore service learning requirements will include monthly discussions in advisory and a previously optional presentation in addition to the previous 40-service-hour obligation.

"Those discussions will be led by senior peer leaders, who are trained to come in and talk with them about community issues or about service and approach to service," Service Learning Coordinator Hannah Roche said. She added that discussions will sometimes be led by advisers.

Ms. Roche decided on these changes with the sophomore advisors and the administration. She said the group discussed a new plan of action for the growing student body: as more students transfer to Lab, connections to peers through service learning are integral in maintaining a close community, she said.

She explained the goal was to ensure the best experience for sophomores, emphasizing that it should be "not just a graduation requirement that they check off."

"Our intentions are to make it more of an integrated piece into sophomores' service experience, and not something they're just doing on weekends or after school, having no connection to the student body here and sharing that experience with others," Ms. Roche said.

Isabel Levin, a senior peer leader, supports the changes.

"I think they're going to be superior to the two papers," she said. "You have to reflect on what you're doing more consistently, which will lead to superior awareness of your mission. It seems like it will be a more mindful process."

Having experienced both sets of requirements, she said she would have preferred the new system.

ther gold or silver in March 2018 at the CSPA convention at Columbia University in New York.

This is the Midway's first Crown Award since 2011, and the newspaper has earned 14 Gold and six Silver Crowns in its history.

— GRACE ZHANG

Holiday Book Fair held in place of Bizaarnival

The second annual Holiday Book Fair will be Dec. 6 and 7 after school, with the goal to support 57th Street Books, and to get the older students from the Historic Campus to interact with the younger students from Earl Shapiro Hall. Bazaarnival will not be held for the third year in a row due to the lack of student and parent volunteers.

"This year we are really focusing on getting titles for the middle schoolers and the high schoolers," Parents' Association member Tina Louie said about the Holiday Book Fair.

She explained that since the book swap was the upperclassmen donating books to the younger students, the parents association is now trying to have books for both the high school and middle schoolers at the Holiday Book Fair.

Since the clubs are no longer able to raise money at Bazaarnival, the Holiday Book Fair will include a club bazaar. As of Nov, 10 five high school clubs have signed up, and each will be able to sell items, similar to a bake sale, to raise money for a cause they choose.

— MAX GARFINKEL

Forming unexpected community

Through attending a variety of concerts, junior creates rare friendships around United States

by **EMMA TRONE**
SPORTS EDITOR

Leaning against the cool metal barrier in front of the half-illuminated stage, Aly Latherow jumps into an animated conversation with two girls she just met in the accumulating sea of denim, dyed hair and flannels behind her. Unfatigued and still smiling after four hours of waiting first outside in the bitter cold, then in the warming concert hall, she passes the hours FaceTiming some friends the opening acts, and Twitter messaging others about familiar faces she sees in the crowd.

The lights cut to a hazy black. As the first notes explode out of the speakers and the lights strobe, the crowd roars back with applause and screams. With her hands swaying in the air, Aly smiles again, and joins those around her in a uninhibited rendition of the opening tune.

Throughout the 21 concerts that Aly has attended since last November, her ability to connect with fellow concertgoers and the musicians has helped her create deep bonds, often with people she just met but also with repeat concertgoers.

"If I'm going to a concert alone, I always find someone I know there," she said. "They definitely make it more fun. I'm not afraid to be obnoxious alone, but it's less embarrassing when you're obnoxious with someone else."

Aly has found a particular connection with fellow fans of band Vesperteen, a pop act based in Columbus, Ohio. In August, Vesperteen fans flocked to Columbus to follow the band on a six-concert tour through the Midwest. Aly

traveled to Columbus with a group of fans she met through previous concerts and through Twitter communities.

"We're very obnoxious," Aly said, laughing. "We call ourselves 'Vespies' as a joke, but I honestly spend a lot of time and effort on the community. For that trip, I ended up making 18 T-shirts for us to wear to the concerts."

Even beyond the "Vespies," Aly actively interacts with similarly-sized musical acts and their fans on Twitter, whether organizing "street teams" to hype up a concert while a band is in Chicago, entering to be featured in music videos, or simply trying to score some free concert tickets and T-shirts.

Aly says that it's the little things, like delivering homemade cookies or flowers after a show, or asking questions everywhere from whether pineapple on pizza is acceptable to the types of software used in music production, that make her more recognizable to both bands and fans.

"Since I go to so many shows, a lot of the acts are kind of forced to know who I am," she said. "It's weird to say that we're 'friends' when they're 20 years older than me, but seeing them perform so often, and having them see and recognize you in the crowd and meeting up to just hang out and talk with them after their set forms a bond that I don't think I could find anywhere else."

After the encore, as fans stream out of the back doors, Aly says her goodbyes to friends, both old and new.

"Concerts are a place where you go in not knowing anyone," she said, "and you leave knowing everyone."

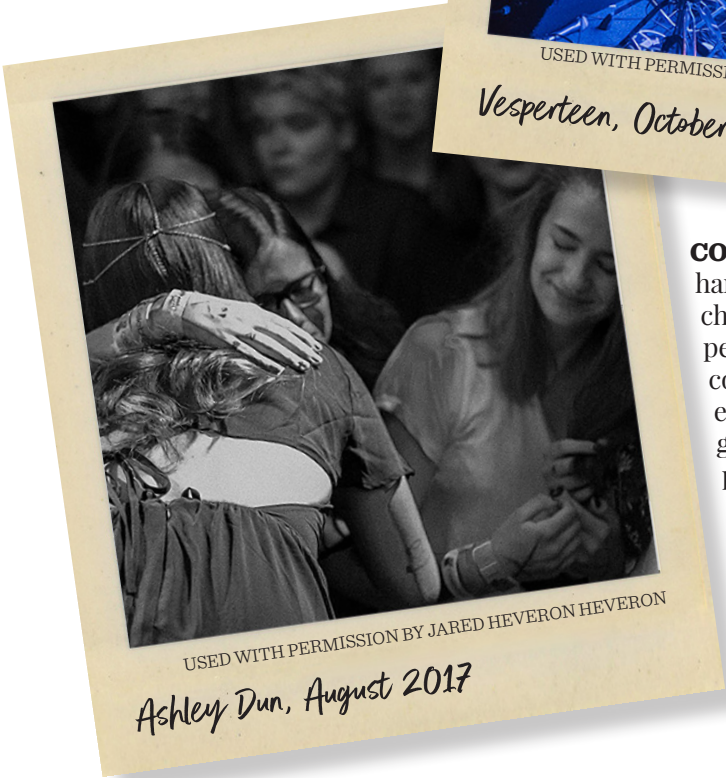
"If I'm going to a concert alone, I always find someone I know there. ... I'm not afraid to be obnoxious alone, but it's less embarrassing when you're obnoxious with someone else."

- Aly Latherow



USED WITH PERMISSION BY JARED HEVERON HEVERON

Vesperteen, October 2017



USED WITH PERMISSION BY JARED HEVERON HEVERON

Ashley Dun, August 2017

CONCERT CRAZY. Above, with hands in the air as she sings along, Aly cheers from the front row at a Vesperteen concert last month. Through countless concerts around the United States, Aly is part of a close-knit group of friends with other Vesperteen fans. Left, Aly tears up as she hugs Ashley Dun at a release for her book of poetry, "Smoke Signals: (Burn This)." Aly discovered Dun through Jesse Cale, a member of Vesperteen who collaborated with Dun on Secret Midnight Press, a poetry project about anxiety.

DRACULA



MIDWAY PHOTO BY SOPHIE HINERFELD

FANGS OUT. Daniel Martinez, a senior playing Count Dracula, holds onto freshman Orla Molloy as Lucy Seward, a victim of Dracula, in a scene from U-High Theater's production of Dracula performed Nov. 2-4. Senior Maya Paloma said, "My favorite part was when they captured Dracula. They held up the cape then the lights went out for half a second and when they came on he was gone. Everyone knew it was going to happen, but it was still exciting to see."

Artist finds activism through knitting

by **DHEVEN UNNI**
EDITOR-IN-CHIEF

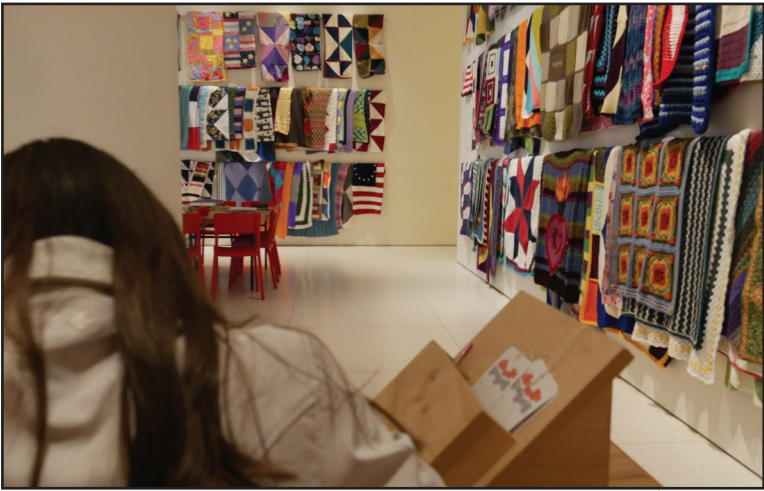
The story of the Statue of Liberty is almost as old as America. As immigrants traveled from far-away places to come to the United States, it greeted them and made them feel welcome. As immigration laws grow increasingly strict and immigrants first view of America is an airport, however, Jayna Zweiman is trying to give them a new symbol.

Ms. Zweiman, an artist and architect from Los Angeles, knits welcome blankets for refugees in order to welcome them to the United States. She drew inspiration from Donald Trump's proposed border wall.

"I'm really interested in how lines become surfaces and become forms," Ms. Zweiman said. "When Donald Trump announced he wanted to build a border wall, I said 'Oh my goodness, how long is that line and what can be done with that?'"

Ms. Zweiman decided to knit 2,000 miles of welcome blankets to match Trump's proposed length, but knew she couldn't do it herself. As such, she turned to other members of the knitting community who helped her knit the blankets. After phoning her friend Allison Gass, Ms. Zweiman was able to get the blankets installed in the Smart Museum.

"When I wanted to make this happen," Ms. Zweiman said, "I thought 'Who can I call who can give me some advice on how to make this happen?' I really wanted it to be in a museum, because I like the idea of duration where it can be a growing experience. When I



MIDWAY PHOTO BY TOMÁS LINQUIST

A WARM WELCOME. Junior Alyssa Hannah writes a description of a way she protests as part of the Smart Museum's exhibit, which continues through Dec. 17 located at 5550 S. Greenwood Ave.

spoke with Allie it was a Saturday and within 15 minutes we had decided to do this."

Ms. Gass, the curator of the Smart Museum, felt that the blankets were a continuation of the work she had done for the museum in the past.

"It was a really natural flow because a lot of her work is in opening up the museum to the community and this is all about connecting with the community," Ms. Zweiman said. "It fit really well. It's really wonderful to be part of a University museum because there are so many people that we can talk with and host discussions with."

With these welcome blankets, Ms. Zweiman hopes to offer the refugees a sense of home.

"There could be this symbol that people could make for each other

that's really about welcome," Ms. Zweiman said. "Where my grandparents saw the Statue of Liberty in their new place and were welcomed, the Los Angeles airport isn't a very welcoming place. You have tourists, businesspeople and then these people starting new lives."

As her grandparents were immigrants to America, Ms. Zweiman felt a personal connection to the refugees.

"The question is what you do once you've made it," Ms. Zweiman said. "Where does it go? I kept thinking about it, and when the travel ban happened, I saw all these people who reminded me of my grandparents coming to this country. I thought this could be used to actually welcome people. Instead of being about exclusion, it could be about inclusion."

Football, running enhance Thanksgiving

by SAMIRA GLAESER-KHAN
NEWS EDITOR

The crisp autumn air sends a chill down senior Miranda Mejia's spine, but she soon warms up after she and her mother begin to run the 2016 Thanksgiving Turkey Trot. As mother and daughter run together, they feel a sense of unity that has been missing in the hectic of work, life and school.

This year, students plan to spend Thanksgiving with more than a giant meal. They plan to run the Turkey Trot, volunteer and watch a football game.

This year's Turkey Trot, Chicago's 40th annual, will be Nov. 23 in Lincoln Park. Proceeds from the run will go to Chicago's Food Depository.

For Miranda, running the Turkey Trot gives her valuable time to focus on spending time with her mom without being distracted by school or college applications.

"Running is one of the only things we get to do together," Miranda said. "Every time we get to run together I realize how thankful I am to have this shared thing with my mom."

Besides helping people get closer with their families, junior Abraham Zelchenko appreciates how the greater Chicago community unites to participate in the run.

"A lot of people from around Chicago come and run together, so it's sort of like a celebration of Thanksgiving together as a Chicago family," he said.

Running is not the only way to give back to the Chicago community this Thanksgiving. Popular Thanksgiving volunteer activities include working at soup kitchens, bagging groceries and helping the homeless. For this Thanksgiving season, the Chicago Tribune recommends Deborah's Place, a homeless shelter, and Woodridge Community Pantry, a soup kitchen, as offering worthwhile Thanks-



MIDWAY ARTWORK BY AMBER HUO

giving volunteer programs.

Franzi and junior Hongjia Chen volunteer at the Greater Chicago Food Depository for Thanksgiving. "During Thanksgiving, you want to give back to people," Chen said. "Giving out food packages during Thanksgiving is a great experience because it's great to see people happy when they receive the packages, and maybe they can feel togetherness with their family over a

big Thanksgiving meal."

In addition to giving back to the community, students and teachers enjoy watching football. Since the 1970s, the Dallas Cowboys and the Detroit Lions have had a deal with the NFL promising to play each Thanksgiving on the condition that each team would host its game. In addition to these two fixed matches, there is also another game with teams varying each

year.

Even when he is not interested in the teams participating in the Thanksgiving games, math teacher Joseph Scroll, a Bears fan, said that football is a must-have Thanksgiving activity.

"One of the spirits of Thanksgiving is being with your family, and that's what watching football is for me," he said. "You eat a big meal and then veg out together."

QUICK Q

What are you thankful for?

JACOB SHKROB, senior:



"I'm thankful for my parents investing their time in me, mainly how they've driven me around, taken care of me, and helped me when

I'm struggling... There was one time when I was stuck in the middle of nowhere on a train because I slept. I woke up and I was 30 blocks past where I live, so there were no Ubers or Lyfts. I called my mom and she took 1.5 hours of her time just to drive me. That shows some serious motherly dedication, and I know that when I'm a father, they'll be my role models."

DANIEL RISTIN, Latin teacher:



"I am thankful for my wife and my daughter and my son. I am thankful that I am able to teach the subject that I love to

hardworking and dedicated students. I am also thankful for all the things that it is easy to take for granted: We have ample food, shelter, access to clean water."

ISHA SINGH, junior:



"I'm really thankful for the support I have in my life. In the past year and half, I've gone through some especially difficult personal issues, and I was feeling very alone and I found it very difficult to have the strength to move forward, but I have the support from my friends and family to help me push past that."

— COMPILED BY
TALIA GOERGE-KARRON
AND LEAH EMANUEL

As temperatures drop, enjoy citywide ramen restaurants

Three Chicago shops all offer flavorful ramen with different vibes

by JACOB POSNER
FEATURES EDITOR

Temperatures are dropping. Snow threatens.

Ramen restaurants are all over the city. So when it's blisteringly cold outside, for those who don't live in Hyde Park, hot ramen may be just a few steps away

Ramen is a hot soup — usually with a dark pork, chicken or seafood-based broth — with wheat noodles, a variety of meats, vegetable or fish, plus flavoring. The most common meat is Chashu, braised pork belly.

In ramen, flavoring and broth are distinct. Combining broth and flavoring produces the soup. There are four primary types of ramen flavoring: shio (salt), shoyu (soy sauce), miso (miso paste) and tonkotsu (pork) — which is usually classified as a flavoring, even though it is actually a broth base.

Chefs generally add various toppings and extra ingredients, such as a boiled egg, sesame seeds, crushed garlic or scallions.

The following are three ramen restaurants — all highly rated on Yelp — from across the city's northside, where the most popular or waiter-recommended ramen dish was ordered.

The restaurants were reviewed with restaurant atmosphere, broth flavor, ingredient proportion, meat quality and noodle quality in mind.

Cupbop + Ramen

With a cold, dim eating area, two TVs and fluorescent screens displaying the menu, Cupbop + Ramen, is not particularly inviting.

However, the service was extremely quick — under 8 minutes — the server knowledgeable and the ramen good.

After asking for the most popular ramen dish in the restaurant — the tonkotsu ramen — the server quickly rattled off all the ingredients, price and level of spiciness.

While tasty, the ramen was not worth its \$13 price. It did not fill me up, and I was left feeling hungry and unsatisfied. For the quality and quantity of the ramen, it should not have been \$13.

The pork in the ramen was too salty, but the broth had a complex flavor. I also really enjoyed the egg, which was perfectly cooked, tasty and paired well with the broth.

Cupbop + Ramen is great for a quick snack or takeout, but not an extended meal.

Furious Spoon

The Wicker Park location of Furious Spoon has wooden walls, floors, tables and chairs with a beautiful mural — a samurai brandishing a spoon — just above the kitchen, part of which is open, so customers can watch chefs furiously chop, stir, season and ladle.

Despite sitting side-by-side with strangers at communal tables, Furious Spoon provides a degree of



MIDWAY PHOTO BY JACOB POSNER

GET YOUR RAMEN ON. Despite its beautiful presentation, the pork in the tonkotsu ramen bowl from Cupbop + Ramen in Lincoln Park lacked in flavor. Visible in the bowl from left to right are mushrooms, scallions, a fish cake, a boiled egg and pork.

intimacy. The pounding hip-hop drowns out other customers' conversations, but allows for conversation within a group.

It has a casual atmosphere: Customers order at the counter, are assigned a number and sit down. Service is quick, around 10 minutes for three bowls of ramen.

The restaurant's most popular ramen dish is the furious ramen bowl of tonkotsu broth, chashu pork belly, white pepper chicken and typical ramen toppings.

The dish was well seasoned with a good proportion of meat to noodles to toppings — though the meat was a little tough and not particularly flavorful. The noodles, however, were especially good. They had absorbed flavor from the broth and were perfectly textured.

After a Wicker Park, Evanston or Lakeview adventure, Furious Spoon is great for a quick meal.

Strings Ramen Shop

Situated on a busy street lined with restaurants, Strings' China-

Locations:

Cupbop + Ramen:

2439 N. Clark St., Lincoln Park

Furious Spoon:

1571 N. Milwaukee Ave., Wicker Park
2410 N. Milwaukee Ave., Logan Square
125 S. Clark St., the Loop
1316 W. 18th St., Pilsen

Strings Ramen Shop:

2141 S. Archer Ave., Chinatown
919 W. Belmont Ave., Lakeview

town location casts a warm, inviting glow on passing cars, delicious scents wafting from its door. Waiters glide through the packed restaurant carrying steaming ramen.

The menus offered a combination of experimental and traditional dishes, including the Hell Ramen, which has five levels of spice. The restaurant offers a \$50 gift certificate for anyone who completes all the levels. The fifth level featured ghost peppers, one of the spiciest peppers in the world.

The waiter was knowledgeable and recommended the tonkotsu ramen with pork belly.

The ramen arrived in around 10 minutes. The broth was flavorful, the pork and noodles tasty.

At the end of the meal, the waiter gives customers a card that is stamped whenever a bowl of ramen is purchased. The eleventh bowl is free.

Strings is great for a sitdown meal with family and friends, a nice ending of a Chinatown visit.

STILL FIGHTING.

Former Weather Underground leaders Bernadine Dohrn and Bill Ayers attend a Black Lives Matter protest earlier this year. Both moved from activism to education, as Ms. Dohrn is now a Northwestern law professor and Mr. Ayers is a retired University of Illinois at Chicago education professor.



PHOTO SUBMITTED BY BERNADINE DOHRN

Modern movements strive for peace, positive protest

Vietnam War protests evolve to become current activism

by **DHEVEN UNNI**
EDITOR-IN-CHIEF

In January, Chicago's urban landscape was transformed into a roiling sea of pink hats, dotted by signs proclaiming support for a mosaic of women's rights issues. Protesters marched down the streets in a display of unity.

The protest scene 50 years before bears uncanny resemblances, but with important differences. In place of pink hats, black armbands. In place of anti-sexist messages, anti-war. In place of the Women's March, Weather Underground.

That Women's March was partially defused by the advent of the pink Pussy Hats, which were developed by artist Jayna Zweiman. Inspired by quilts that people created in the 1980s and 1990s to memorialize people who died from AIDS, Ms. Zweiman wanted to create a similarly community-supported art project for the modern day that could also be a form of protest. After learning about communities of knitters who also wanted to participate in the Women's March, she designed the Pussy Hat so people could protest from home, without being confined to exclusively marching and demonstrations in the streets.

"It was envisioned as a form of support for women's rights and solidarity," Ms. Zweiman said. "We framed it with the language of the Women's March, which was very much pro-women and not anti-president. It was not talking about one person, it was talking about equality. It was a very positive protest."

Ms. Zweiman's positive approach is quite different from the tactics of Weather Underground, who were explicitly anti-war and anti-racism. Weather Underground, which used demonstrations and property damage to pro-

"We really haven't come very far on the question of white supremacy, racism. It's at the core of our society. Certainly we haven't come very far on the issue of permanent war."

— BERNADINE DOHRN,
LAW PROFESSOR

test the Vietnam War, was led by Bernadine Dohrn and her husband Bill Ayers. Weather Underground garnered similar support from the communities it attempted to help.

"We were part of a larger movement," Ms. Dohrn said. "People like to say we broke the rules by being illegal and so we weren't part of the anti-war effort, but we were part of it. We wouldn't have been able to stay underground for 11 years if people didn't support us. People who didn't agree with everything we said or our self-righteousness or even the mild property sabotage that Weather Underground engaged in protected us because the government was so obviously ruthless and hateful. I don't know what's possible now, but I want to support young people."

Ms. Dohrn, who now teaches at Northwestern University's law school, first grew interested in activism while a student at the University of Chicago, where she earned a B.A. in 1963. Ms. Dohrn said she admired activism led by students such as Bernie Sanders on the University's campus after hearing about university-operated segregated housing. Ms. Dohrn continued into the law school, and spent time working with Martin Luther King Jr. before switching tactics to join Students for a Democratic Society.

To continue her activities, Ms. Dohrn had to go "underground," meaning she had to leave behind all contact with outside society to avoid being traced or found by police. She lived "underground" for 11 years.

"That sounds crazy if you say it out loud. If you disappeared on your family for 11 years, we would

Weather Underground history:

JUNE 1969, Chicago SDS Convention: Members of Students for a Democratic Society including Bernadine Dohrn sign a petition to create Weather Underground.

October 1969, Days of Rage: Three days of marching through the Gold Coast to raise awareness of the chaos that the Vietnam War had caused.

October 1970, FBI Most Wanted: Weather Underground declares war on the government as retaliation for assassinations of numerous activists and members including Ms. Dohrn are placed on the Most Wanted list.

May 1972, Pentagon Bombing: For Ho Chi Minh's birthday, a bomb was placed in a Pentagon bathroom that led to flooding and loss of information from government computer archives.

December 1973, Charges Dropped: As the government used illegal surveillance to spy on members of Weather Underground, charges were dropped and they were taken off the Most Wanted list.

never forgive you," she said. "Our parents suffered from that. What I regret most is our arrogance, our sectarian talk. I really don't regret throwing ourselves into the struggle at that moment. I think it was the right thing to do, historically, morally, humanly. As you can see from the world today, we really haven't come very far on the question of white supremacy, racism. It's at the core of our society. Certainly we haven't come very far on the issue of permanent war."

Students must adapt to address modern issues

With children Ms. Dohrn realized a life underground was no longer feasible and turned herself in. Charges were dropped due to illegal government surveillance, so she was able to get a job at Northwestern, where she finds that she can still engage in activism.

"The universities are major sites of struggle," Ms. Dohrn said. "It



MIDWAY PHOTO BY AMANDA LEVITT

SPEAKING UP. Smart Museum curator Allison Gass, right, interviews artist Jayna Zweiman, left, about how she promotes activism, including her work with refugee blankets and the Pussy Hat.

should be where young people, no matter what background they come from, can throw themselves into the world and question everything, think about what could be instead of accepting what is. It's not the only place where that can happen, obviously. People find other ways to be woke, I guess."

For Ms. Zweiman, modern activism needs to evolve to adapt with social media.

"The time we're living in is different," Ms. Zweiman said. "Social media is weird, and we're all figuring it out. I worked on the [Bill] Clinton campaign out of high school, and we didn't have social media. Things move so quickly, and there's this idea of armchair activists who are making a difference in some ways and not in others. Information is being spread faster, and we know that it's not always true."

Ms. Zweiman believes activism is about creating the world in which you want to live.

"I don't think about our time as just who's in office," she said. "It's a time that we have to decide if we want a pluralistic multiracial society. People need to stand up and say that diversity is what makes

our country great and xenophobia hasn't worked historically."

Individual issues require grassroots approaches

Ms. Dohrn takes a broader approach to activism, saying that people need to find their own issues to protest. Despite her desire to support student activism, however, Ms. Dohrn isn't sure what lessons Weather Underground can provide.

"First, you have to ask what issues are burning you up and then find as many people who agree with you as possible," Ms. Dohrn said. "Tactics vary. They're only useful if they further your goals."

Ms. Zweiman suggests young activists should play to their own skills, whether they enjoy arts, writing or anything in between.

"Children are often underestimated, and they shouldn't be," Ms. Zweiman said. "The questions you can ask are often welcomed more than a journalist at The New York Times. Kids have a lot more power, and you're the ones who are crafting what happens next. You have voices. Use the way that you like to interact with the world to make a difference."

More Than Marching

THURSDAY, NOV. 16, 2017
U-HIGH MIDWAY • UNIVERSITY HIGH SCHOOL, CHICAGO

From demonstrations and marches to small actions in everyday life, protesting can take any form of pushback to society's problems. Experienced protesters say it's important to first identify the

problem, then find actions to make an effective change.

Creativity fuels protest

Pushing back can take a variety of forms; utilize available resources to create change

by **SONNY LEE**
DEPUTY EDITOR

Angry mobs with picket signs, screaming chants and marching through streets blocking traffic. This is the image that protesting brings to mind. But, history teacher Naadia Owens explained protesting could be any action that pushes back against the status quo.

With movements spanning Black Lives Matter, women's rights and immigration to recent NFL national anthem protests, it's difficult for

students to find ways of protesting issues they believe in. Ms. Owens explained that actions don't have to be as big as participating in a march or kneeling on national television — it could be as simple as voting.

"I try to motivate and inspire students to view those small actions that they're doing as also protest because I think often we want to think big," Ms. Owens said.

Ms. Owens explained sometimes marching can be dangerous, so she urges students to think on a small scale and how things they do in their daily life can respond against the things that you don't like about society that are small steps towards a bigger thing.

Bart Schultz, senior lecturer in humanities at the University of Chicago and director of the Humanities Division's Civic Knowledge Project, explained that utilizing the resources around you is a big part of creating change.

"You do always have to start from where you are," Dr. Schultz said. "Figure out what the institutional opportunities are, what you might do to make your space and place part of the change. I think that places like Lab, which are great schools and have lots of resources, they also have special responsibilities that come with those resources. The students can do things that students in underserved areas might not have the money, might not have the resources to do."

Becoming a resource for her own students, Ms. Owens said her most memorable protest came nearly three years ago when she was teaching in Baltimore and helped her students organize a protest over the treatment of Freddie Gray, who died while in police custody.

"The students at the school that I worked in really wanted to have a die-in," Ms. Owens



MIDWAY PHOTO BY TOMAS LINQUIST

PROTEST IN THE CLASSROOM. Naadia Owens teaches her AT African American History Class while wearing a Teachers Union protest shirt.

ens said, explaining that die-ins are large groups of people faking death or faking fainting to bring awareness to the deaths that were occurring — like the death involving Freddie Gray.

"I think that I felt really strongly about being supportive of the students and their desire to do it and trying to be an advocate for them, that they should be allowed to do it, that they really shouldn't even need to ask, frankly, because they weren't going to be hurting anyone, and trying to get the people who I was working with to think deeply about what it would mean if we shut them down and we told them, 'No they couldn't.' Like, what is that saying?" Ms. Owens said.

In her AT African American History class, Ms. Owens teaches and gives students examples of protesting in history. Placing an importance on protesting, she said, "We have to insist that our rights exist because if we're quiet, if we don't push back, question what's being said or how things are being done, it's very easy for those rights to disappear and be complacent."

Dr. Schultz explained protest could take many forms, and one way to start the change is to change an individual's lifestyle.

"There's always an enormous amount people can do, just in terms of changing their lifestyle," Dr. Schultz said. "You can reduce your carbon footprint, you can do that in part by making dietary choices, not contributing to food industries that is releasing so many greenhouse gases. You can certainly do all of the normal political things, writing your congressmen or your senator and doing all of those things, but part of the beauty of protest is that it is such an amazingly rich tapestry, and it allows for so much creativity."

Important issues inspire unique activism methods

John
Freeman

"I protest for the rights of children especially to education because I believe that every single person deserves that and those who don't receive it as much as they should or don't at all should deserve it and I think it's one of the most important things that needs to change in our society."

Camille
Rehkemper

"If you need an example of the prevalence of the wage gap just look at the women's USA soccer team. They play better, win more, have more viewers, and yet they are still paid unequally. Although the women on the USA soccer team scored a deal in a new labor deal, women, especially women of color, still face unequal pay and opportunities in the work force. Think about it, if a woman isn't getting paid to the extent she should be, then isn't she just working for free? Does that sound fair to you?"

Alyssa
Hannah

"I did it for a lot of different reasons. One of them was animal cruelty and how much extra food we have in the United States and how we over-kill. I don't know if I believe that it's exactly wrong to be eating meat but I believe that it's wrong to be killing massive amounts of animals — more than we need to. And I think that all that food waste is more negatively contributing to our relationship with nature and animals. Also when you're processing meats in factories, it creates so many fossil fuels that are super super bad for the environment."

Joana
Rose

"I avoid products with palm oil to protest deforestation. Palm oil is a product that's actually really detrimental to the environment, so the production of palm oil takes up a lot of space that could be used for forests for animals ... Another bad part about it is that it is releasing that carbon dioxide which is already in mass quantities that's warming our planet to a drastic state, so really there's nothing good about these palm oil plantations. It's in a lot of different things that we eat, but none of these things they're in are good for you."

Nikita
Sekhar

"Obviously, I wear makeup ... I love anything that's out of the box, and this is out of the norm and it's pretty cool so it was like, 'let's explore this a little bit.' That's why I do what I do ... I think that it's super important that we kind of break free from all the dude stereotypes that you have to be a football player or whatever. I don't think that we should confine ourselves to anything at all ... Some days I present masculine and some days a little more feminine, it's just like this big spectrum. We shouldn't prohibit ourselves from changing stuff up. I think it's just ridiculous that people would force their beliefs on other people, just let me live my life, I'll let you live your life."

Alexis
Tyndall

"I protest the inequalities of minorities because I believe that everyone should have equal opportunity. Someone shouldn't have less of a chance at life just because of the way they look or their religion or their gender."

Conservative students entitled to safe space, too



The founding of the U-High Conservatives club sparked massive backlash from liberal students, leading to an attempt to shut the club down or prevent them from speaking. Liberal students are in the majority at Lab. That does not give them open license to shut down other perspectives.

Doing so is unacceptable if students want to hold true to our school's founding ideals.

A club designed to explore an ideology, particularly a less prominent ideology in our school community, should be encouraged to exist and flourish here.

The founding of the U-High Conservatives club is an understandable decision by those involved. There need to

As the Midway sees it ...

be more spaces where students can learn from and even respectfully disagree with one another.

Within a school comprised mostly of liberal students, having a space to explore uncommon ideas, both those who identify with this ideological group and those who don't, need to maintain respect when having conversations.

Members of the majority view do not have the right to silence the U-High Conservatives. Conservative students deserve a place where they feel comfortable to share and explore their beliefs without fear of being silenced by their peers. Liberal students regularly do share within and outside the classroom with little restriction.

Our country is politically divided. Hearing another side's ideas can help fix the divide because it helps students understand one another. Interpersonal respect should be a priority when a student enters a space where their beliefs aren't dominant. More importantly, a space that is setup to explore an

ideology that isn't often discussed.

Students shouldn't enter the U-High Conservatives' space with the intent of shutting down their views. Students should enter club meetings with respect and the intent to learn and to understand their ideas.

When all students are open-minded and listen to the other side, their arguments and understanding grows stronger.

If the club truly wants to explore hot-button issues, and wants to have open conversations about current political problems, then the club has to create a universally safe space to have these hard discussions, and respect has to exist on both sides of the argument. It is also essential to understand that in some cases, conservatives and liberals may find issues on which they can find agreement.

All students are a mix of Republican and Democratic ideas, which allows them to have a mix of different ideologies. Exploring different opinions may help build bridges rather than extend divisions.

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

MIDWAY ARTWORK BY MAYHER KAUR

Look beyond your bubble to understand why you resist

by **TALIA GOERGE-KARRON**
EDITOR-IN-CHIEF



"I must resist."
"When they go low, we go high."
"I m p e a c h him!"

After the Women's March last January, these were the posts that cascaded down my Facebook timeline. Now, it is dead silent, and no action has followed. I texted my senator and attended a protest, but that is not enough. We need acts of resistance, and they can be smaller and simpler than attending protests.

There are ways to take the messages from the Women's March to heart. Like most liberals, I am angered with President Trump's threats from building the border

"By stepping outside of U-High's walls, we can start to understand people who have different backgrounds, but also recognize that they possess the same needs, hopes and dreams as all of us."

wall to his hateful Twitter messages. In an age of political division, opposing political parties need to humanize the "other," and recognize that we all have dreams. Engaging in dialogue, an exchange of ideas, with someone who has a different background is one way to resist the hatred that is prevalent in the United States.

I believe in bringing people to-

gether. For instance, I worked with two other students to create a partnership between the University of Chicago Woodlawn Charter School and U-High. The goal was for students who would not normally meet to engage each other. It is important to talk with people who do not have the same experiences. By bringing together different groups, U-High and the charter school can better understand each other. Dialogue is the possibility for a different kind of future, and this group opens up that possibility. I tried to create a new channel of resistance through a newfound community.

Through this partnership, I've laughed with Zion, a jokester who giggles about the girl he loves. I've commiserated over the "joys" of planning events with Keira as we organized an open mic. Through

a dialogue-based summer program, I met KeJuan, an adventurous biker as curious about Chicago as me, and John (whose name has been changed), a passionate singer, I learned the people who go to school right across the Midway are no different from me.

Yes, John survived a gunshot wound and deals with gun violence in his neighborhood, but his dream of going to business school is the same as that of a lot of Lab students. I want John never to have to deal with gun violence again. I want KeJuan to travel the world. These people and their real experiences from racism to gun violence are why I resist inequality.

I encourage every U-High student to go out and get to know people who are different. By doing this, we can understand that everyone goes through the human

experience, and that is a point of connection. Liberalism cannot just exist as broad-based ideas, there need to be reasons behind ideas. This means that we all have to realize that people are affected by issues: gun violence, lack of education, hunger. To truly resist, we need to get to know the people behind the issues, and realize that that is what they are: just people.

By stepping outside of U-High's walls, we can start to understand people who have different backgrounds, but also recognize that they possess the same needs, hopes and dreams as all of us. One of my rabbis once said to me at a soup kitchen, "The people coming to the soup kitchen to eat just people like you and me who had to decide whether to pay their electric bill this month or eat." That is what we need to remember as we resist.

Allergies shouldn't restrict chance for new experiences

by **JACOB POSNER**
FEATURES EDITOR



"Peanuts, tree nuts, chickpeas and green peas."
I say this phrase to every server of every restaurant I visit. It has an almost rhythmic quality

to it. A mantra.

I have said this phrase thousands of times. As my parents brought in more and more doctors, I became aware of the seriousness of my allergies, I became deathly afraid of a reaction. They kept saying the word, repeating it, describing it: "anaphylaxis." I could die. I was terrified.

At first, doctors said I was allergic to soy, peanuts, tree nuts and beans. Over the years, through endless blood tests, scratch tests and food challenges, my doctor eliminated all but cashews, pistachios, peanuts, chickpeas and green peas. But the fear stayed.

As my number of food allergies decreased and I grew older, I began to experience a wonderful transformation — becoming independent.

No longer was I held back by my parents' vigilance. I could travel the city with my friends. But there was always a cautionary voice in the back of my mind warning me to stay in Hyde Park instead — to just eat what was in my refrigerator or what my mom was cooking.

I knew most adventures in the city are accompanied by food. But to experience them I would have to repeat that awful mantra and put myself at unnecessary risk.

I knew the consequences: wheezing, EpiPens, ambulance, hospital, doctors — I had done it all before. My worst experience involved a fateful summer day, a peanut-contaminated cake, suffocating anxiety, breathless running, EpiPens and a visit to the emergency room.

I had never eaten Chinese food, Thai food, Middle Eastern food, Indian food or gone anywhere without my parents on the North, West or South sides, except to visit friends' houses. I avoided tarts from French bakeries for fear of

pistachios, store-bought cakes at birthdays for fear of peanut contamination, and veggie bowls for fear of hummus.

Slowly I began to realize that I was trapped in a food — and therefore cultural — bubble. Caution had been so ingrained in me that it took me years to realize how little of my city I'd seen, and of the potential adventures I was depriving myself. I realized that continuing on this path would hinder personal growth because I was not exposing myself to a range of experiences.

If you have food allergies — or any fear, any phobia — do not allow them to keep you trapped in a bubble, as I was. You should do what I did earlier than I did it and

expose yourself to what may produce life-changing experiences.

I was depriving myself unnecessarily. All I had to do was ask the waiter — or parent, or caterer, or friend — if I was allergic to the meal.

I try all restaurants now, regardless of whether one of my allergens is common in their dishes. This means I visit places I otherwise would not have, and I get to experience what goes along with a food adventure: peeking into shops, finding dessert, wandering through parks.

Of course, I must still repeat the terrible mantra and read ingredients and politely decline food, but I no longer allow my fear to control me.

U-HIGH MIDWAY

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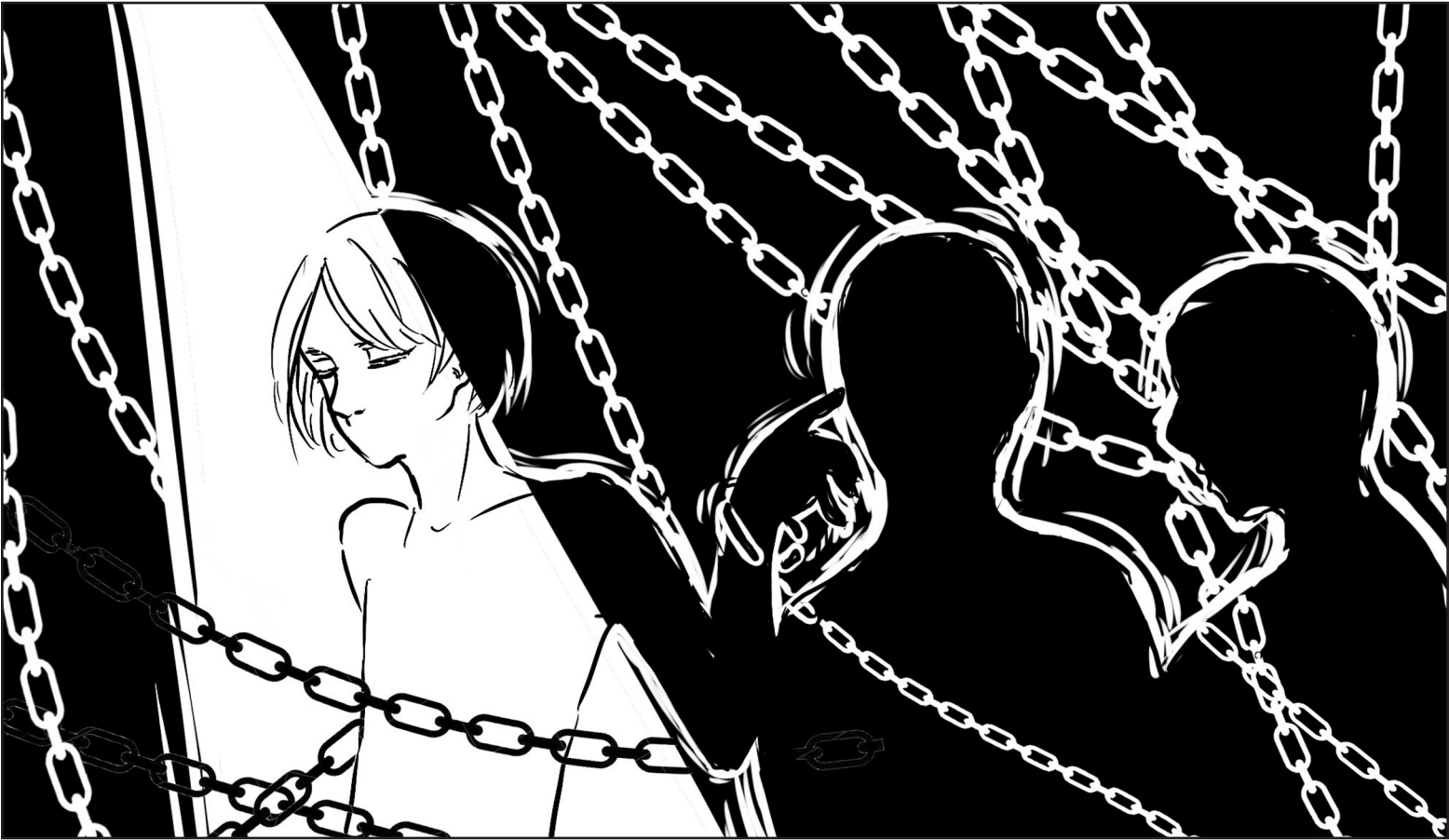
In a time when the press is criticized, the U-High Midway seeks to inform, educate and serve the community of University High School. The Midway is created by students, for students.

CORRECTIONS ISSUE 2, OCT. 12, 2017:

- Page 1: Jasmine Tan's name was misspelled.
- Page 9: Kennedy Coats's name was misspelled.

DEFYING SOCIAL NORMS

We're affected by social norms in every walk of life. We're told what is 'normal,' who we should be and how we should act. But when societal norms are restrictive, they need to change.



MIDWAY ARTWORK BY AMBER HUO

Let's start talking about mental health

by MICHELLE HUSAIN
GUEST COLUMNIST



Nov. 29, 2016, is a memorable day I constantly try to forget. There is absolutely nothing inviting about the idea of sitting in a uncomfortable bed and

having people ask you the same questions a myriad times again. A school counselor sent me to the hospital last year because they thought I was suicidal. I wasn't, but that's not the issue. I was sick and I needed help managing my anxiety and other problems.

I went from a doctor's appointment to the hospital to get a psychiatric evaluation done. While I was waiting for a social worker to come in and ask me questions, my mother glanced down at me and said, "This kind of thing only happens in the movies."

The thing is, it doesn't. Mental health problems are real and persistent parts of everyday life, especially in a high-stress environment like Lab. Lab students have so much pressure to get straight A's or to have a certain number of extracurricular activities that they forget to take care of themselves.

The pressure on a student isn't only external, but also internal. Competition is high at Lab. If someone even feels something starting to go wrong, they won't want to talk about it. People think you aren't supposed to let people know you're not at 100 percent. This would imply you're weak and can't handle the environment. It might appear as if everyone has their act together because of the façade they present.

"Everyone else can handle school so well, so why can't you?" This was a question that was constantly in my head at that time.

Feeling better about myself took a really long time and a lot of work. I needed to realize that taking time for myself was OK. Learning that others have problems similar to mine helped me understand that it's necessary to speak up about these issues. We don't hear about them regularly because we care about what other people think. That's not healthy. If you need to do something for your mental health, do it. Take it from someone who didn't do it when she needed to.

According to NPR, one in five students a year will show symptoms of a mental health problem in America. 80 percent of those students won't receive help. Most won't because they don't have the resources or know how to begin. Others won't because they're too scared of what the consequences will be. Feeling different is already hard without having the people in your life viewing you that way, too. The stigma around mental health is only doing harm to people who want to get help but don't want to be judged for doing so.

That's why I started a mental health club at Lab — because I didn't talk about everything when I needed to. I want to provide a space for others because I know that would have been helpful to me. It's a great way to start a conversation about a topic that needs to be talked about.

Birth control: a right, not excuse for sex

by KATERINA LOPEZ
MIDWAY REPORTER



The pain was so intense that I spent most of my time throwing up and laying in bed, paralyzed by pain. No over-the-counter remedies could help.

I went through this same pattern every month for the past four years since I started my period.

Finally, my mother took me to the doctor who prescribed me birth control pills. Now I am able to function on days where my period would have taken over.

Access to affordable birth control pills should be recognized as a right. It has helped me live my life normally. It's not something harmful or an excuse to have sex. It is my medication.

Contrary to popular belief, birth control has many more functions

"Contrary to popular belief, birth control has many more functions than just a contraceptive. It is offensive to assume women only use the pill for sex. People assume that access to birth control tempts women to have sex, but the majority of women like myself use the pill as medication."

than just a contraceptive. It is offensive to assume women only use the pill for sex. People assume that access to birth control tempts women to have sex, but the majority of women like myself use the pill as a medication.

Planned Parenthood and the Guttmacher institute show that only 42 percent of women use

birth control solely as a contraceptive. The rest use it for menstrual pain, to regulate periods or to clear up acne. The pill should not be disparaged just because it also prevents pregnancy.

The Trump Administration is trying to make it harder for women to get birth control by revoking the contraception mandate, part of the Affordable Care Act which ensures women who receive health care through their employers will also have coverage for birth control.

Trump's new birth control rule allows any employer to opt out of covering birth control if the employer feels it is immoral or if it goes against their religious beliefs. It is not fair to push religious beliefs onto others. Employers also do not have to inform the government when they reject access to affordable birth control, leaving millions of women without it.

It is immoral to take away essential medication that helps many

women get through the day. Today, women are gaining power in government, yet these issues are being decided mostly by men. What a woman does or does not do with her body should not solely be a man's decision. Women should be allowed to play a larger part in this discussion.

Some claim that there are horrible side effects to the pill. However, there are side effects to every medication that exist — even aspirin in some cases can cause severe nausea, fever, and even coughing up blood. You rarely hear about this happening, just as you rarely hear about the pill causing cancer, infertility, and miscarriages — excuses used to support unpremeditated views on birth control.

Periods should be something that women can openly take care of. Women should live in a world where they can take birth control without being looked down upon or labeled promiscuous. Birth control is a woman's right.

Men don't need to be aggressive to be 'men'

by IVÁN BECK
MIDWAY REPORTER



Manly, macho, masculine.

These are words society uses to describe how men should be. These words provide the image of a buff jock:

strong, aggressive, bold, no emotion other than anger. What these words do not provide is any notion of a man who might not exactly fit these stereotypes. In today's world, every individual must work to not see men according to society's stereotypes, and instead allow men to be who they wish to be.

Society's assumptions of me, and of men in general, can be extremely dangerous. I often encounter society's assumptions about men when I interact with a particular acquaintance of mine. He is athletic and assertive, while I am somewhat reserved and less

forceful. Since I am more soft-spoken than him, he almost always determines what, when and how we spend time together. Society would most likely see this situation as my more masculine and dominant friend taking control over me, the subordinate pushover of the situation.

He is seen as more manly because he is louder and more aggressive than I am, and I am seen as a pushover because I am less forceful in sharing my opinions. These societal assumptions are often incorrect: just because I am quieter and less forceful than my friend does not mean that I am any less of a man than he is. All it means is that I often do not feel the need to share my opinions emphatically and to a broad audience.

Even if we might not do so consciously, male stereotypes influence many of each individual's thoughts, actions and decisions during a normal day. For exam-

ple, we might see an athletic-looking man, and quickly and passively assume that he plays a sport, instead of thinking that he might dance or sing. Many of us do not do this with bad intentions, as they are natural and almost instinctive thoughts.

These thoughts inevitably come from a society that has strict gender roles many see as binding and unchanging.

When a man does not fit our assumptions of who they are or ought to be, society lashes out, saying that individual is not manly and shunning him. I have often seen men be told that they are not tough enough if they cannot stand up for themselves, especially if they cannot stand up to other men. Society forces men to conform to stereotypes of being aggressive, strong, dominant, emotionless and unintelligent — or risk being snubbed.

With about 3.7 billion men in the world, we should not expect

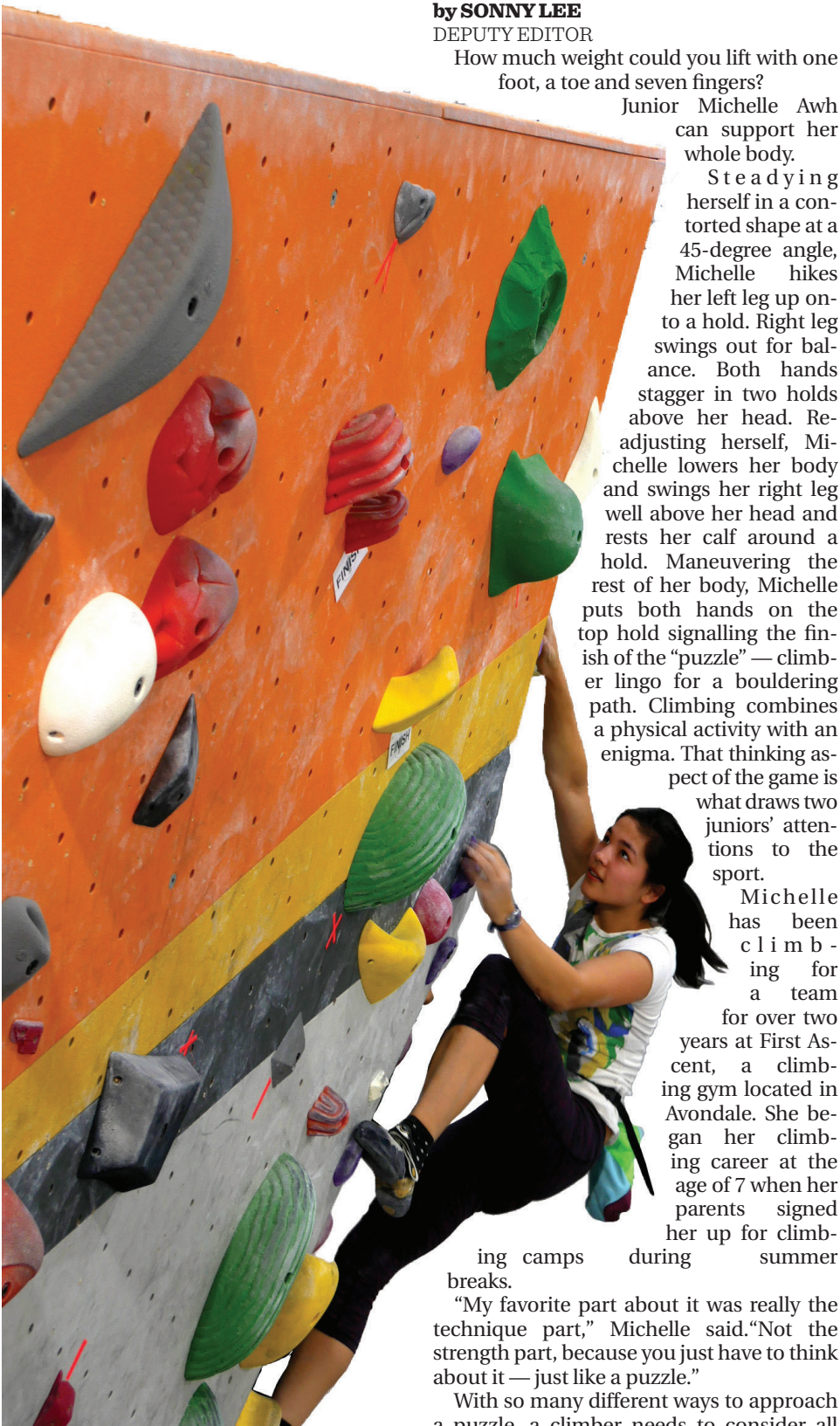
every individual to fit one set of general expectations about who they should be. By doing this, we limit how men can act in society, and therefore effectively make individuals hide their personalities, their goals and their dreams. We limit who they are, and in that way, limit who they can be and what they can accomplish. This is an issue because through seemingly minor acts we do not let men become they could be.

Changing our assumptions about men can seem like a daunting task from a societal standpoint. However, social change can often be brought about by little, seemingly minor acts.

Listening to a quieter man instead of regarding them as a pushover, for example, might not seem like a major change, but it can in fact be a key example of how we, as a school and a society, can work toward not assuming who people are based on how society sees their gender.

Rising higher than fear, falling and failure

A colorful puzzle, a thrilling escape and a confidence-booster: The sport of climbing provides not only a physical challenge to participants but mental and emotional benefits as well



PHOTOILLUSTRATION BY SONNY LEE

by SONNY LEE
DEPUTY EDITOR

How much weight could you lift with one foot, a toe and seven fingers?

Junior Michelle Awh can support her whole body.

Steadying herself in a contorted shape at a 45-degree angle, Michelle hikes her left leg up onto a hold. Right leg swings out for balance. Both hands stagger in two holds above her head. Re-adjusting herself, Michelle lowers her body and swings her right leg well above her head and rests her calf around a hold. Maneuvering the rest of her body, Michelle puts both hands on the top hold signalling the finish of the “puzzle” — climber lingo for a bouldering path. Climbing combines a physical activity with an enigma. That thinking aspect of the game is what draws two juniors’ attentions to the sport.

Michelle has been climbing for a team for over two years at First Ascent, a climbing gym located in Avondale. She began her climbing career at the age of 7 when her parents signed her up for climbing camps during summer breaks.

“My favorite part about it was really the technique part,” Michelle said. “Not the strength part, because you just have to think about it — just like a puzzle.”

With so many different ways to approach a puzzle, a climber needs to consider all

the outcomes. One of Michelle’s climbing coaches, Dan Stirton, explained that climbing is also a way to stop thinking as well — about problems or worries.

“I climb because it allows myself to improve physically, mentally and emotionally,” Mr. Stirton said. “It allows me to live in the moment, kind of away from any other problems, any other worries, anything on my mind. If I really need to clear my mind I can just come climb and it’s just like magic, it’s incredible.”

Climbing is more than a physical activity. And lessons learned on the climbing wall have their uses outside of the gym. It teaches athletes to face their fears and overcome them, as well as providing a space to release stress and escape their worries.

Junior Isha Singh has been climbing for 11 months on a team at Brooklyn Boulders, located in the West Loop, and also sees climbing as a great way to escape her stress.

“It’s really big stress reliever because when you’re climbing you cannot think of anything else, otherwise you’ll fall,” Isha said.

Isha also noted that climbing has given her more than just a way to be physically active, explaining that in climbing, as well as life, you cannot be afraid of failure.

“You just gotta go for it,” Isha said, “You can’t be afraid of literally falling, but also falling in other aspects.”

Isha explained that climbing has taught her that failure is not the end of the line, but rather a way to learn.

For Michelle, climbing taught her to hold her body weight, but the sport has also taught her to let others help her as well as encouraging her to help others. Whether that be giving or receiving support, encouragement or “beta” — climbing lingo for advice.

Michelle finds that climbing has also taught her to put her mind over matter, convincing herself not to be afraid of trying new things — and in climbing, convincing herself that she’s not scared to come back down after completing a puzzle.

Climbing teaches athletes to overcome their fears and to tackle obstacles some believe may be impossible when they first begin. So although the sport requires an intense amount of physical training, climbing is as much a mental sport as it is a physical one.

At first Michelle was scared of climbing too high for fear of needing to come down by either jumping from bouldering or letting go and leaning back when she was on a ropes course, but she kept convincing herself that “this is not something that’s scary for me.”

Climbing Seasons, Methods and Competitions

There are two seasons in a year for climbers like Michelle Awh and Isha Singh.

Fall and winter are bouldering season which is a form of climbing that does not involve ropes or harnesses and walls are no taller than 20 feet.

During ropes season, which takes place during the summer, climbers ascend walls between 30 and 60 feet using one of three methods: lead climbing, top-rope climbing or an auto-belaying system.

- **Lead climbing** requires the climber to continuously clip the end of rope themselves higher and higher as they ascend to catch them when they fall.
- **Top-rope climbing** involves the rope to be wrapped around an anchor at the top of the wall and then one end attaching to the climber while the other end is attached to a person on the ground. The person on the ground “belay” the climber, constantly taking up slack, making sure the rope has enough tension to catch the climber when they fall.
- An **auto-belaying system** is one that automatically takes up the slack from the top of the wall and catches the climber if they fall, slowly lowering them to the ground safely.

In competition, rope climbing is based on a point system with a time limit around five or six minutes. The points are measured by which hold you can get to and control, meaning the climber touches it for two seconds.

- In lead climbing the points are measured by which clip you can control.
- In bouldering, typically the hold a climber controls determines his or her score.

At local competitions there are no time limits in bouldering, but at higher levels of competition — regionals, divisionals, etc— climbers have four minutes.

- In bouldering, there are four scores a climber can get: five, ten, 15 and 25, each of which are placed on holds every few moves of the climb, with 25 on the finish. Red point competitions assign a set point value to a climb that the climber is awarded when they finish the climb.
- If a tie occurs in ropes, the time to climb is taken into account, and in bouldering, each attempt to get to your score subtracts 0.1 from your score.

Climbers with the highest added score win.

Pre-workout supplements produce mixed performances

by MAX GARFINKEL
MIDWAY REPORTER

Products like Gatorade Energy Chews, Clif Bloks energy chews and Sport Beans are fixtures at swim and track meets. Athletes use these energy supplements to give them a little boost to run a bit further or swim a bit faster.

Sophomore swimmer Kaley Qin says that she occasionally consumes Gatorade Chews before some of her races at swim meets.

“I don’t know if they actually help, but they taste good,” she said. “I do remember that at swim camp our head coach told us that Gatorade has too much sugar and is too concentrated so it doesn’t help, but half Gatorade, half water is helpful since it helps the sugars digest faster.”

The manufacturers claim their products help athletes train better. The supplements claim to help athletes regenerate electrolytes, which are sweated out during intense exercise. Specifically Jelly Belly, maker of Sport Beans, claims their product gives improved endurance, reduced perceived exertion, enhanced agility, faster sprint speeds and increased power output. Gatorade Chews and Clif Bloks similarly claim to provide bite-size muscle prep, and resupply “fuel” levels during competition.

For each of these supplements, I sampled the product and then went on a one-mile run to test how well each worked.



The **Gatorade Chews** taste like solid, concentrated Gatorade. On the outside they have a small crust. Inside they feel gooey, but they do not melt in your mouth. The Gatorade Chews contain no caffeine but provide energy to your muscles using carbohydrates. Each serving of six chews has 100 calories with 24g of carbohydrates and 16g of sugar. For me, the Gatorade Chews made running easier than running without an energy supplement. During my run I felt energized, and my muscles felt less tired after. They were more effective than the Clif Bloks, but they were less effective than the Sport Beans. Out of the three products they have the best taste and texture.










The **Clif Bloks** taste like bland lime Jell-O but with the consistency of gummy bears. Unlike the Gatorade Chews they have no crust but stay in their loosely cubic form. The citrus Clif Bloks contain no caffeine, but other flavors do contain caffeine. Similar to the Gatorade Chews, the energy comes from carbohydrates. When I ate the Clif Bloks and then ran the mile, I felt less energized than I did with the Gatorade Chews, and afterward my muscles ached about as much as they did when I ran without any energy supplement. These were the least effective of the three energy supplements I tried. The suggested serving size is one packet, which contains 100 calories and 50mg of sodium.



Unlike the other two energy supplements, **Sport Beans** contain caffeine, so they are a good mental wake up for early morning runs. They taste similar to watermelon jelly beans, but they are more sour and have a slightly bitter aftertaste. Their texture is similar to jelly beans but less compact and slightly more gritty. When I ate the Sport Beans I immediately felt energized by the caffeine. After I ran, my muscles felt less tired than they had when I ran without an energy supplement. The suggested serving size is one packet, which contains 50mg of caffeine — approximately as much as half a cup of coffee. One serving of Sport Beans is 100 calories.

Looking toward winter sports

by GRACE ZHANG, MIDWAY REPORTER

Number of Athletes	Preseason Training	What’s new?	Season goals
 Boys Basketball	12	“We started about mid-August, and so far we’ve done a lot of conditioning, a couple miles a day. We play a lot, we’ve been in the weight room, we come in the mornings and after school as well.”	“We have a new coach, Andre Battle. I think he’s a really good fit, he helps the team a lot. We have a different dynamic this year. We used to have a bigger team, so now a smaller team but more guards.” —MOHAMMED ALAUSA
 Girls Basketball	10-15	“We’ve been doing a lot of conditioning, especially towards the beginning end. We’ve been working with the boys, which has been good to help develop our skills.”	“First we have a new coach, our assistant coach Kiara Conner became head coach, but also we’re going to have incoming freshmen and new members.” “Goals for the season are always to be better than last year, also to really create a cohesive, strong team that we just really enjoy to play on.” — EVE GROBMAN
 Dance Troupe	10	“Monday [11/6] we start our stretching and learning a routine, so we’ll be ready for the first game.”	“We are hoping to get uniforms, like team uniforms, that’s still in the process. We have poms, and I think it’s just going to be a great year working together.” “To become a great union, both on the floor and working together, teamwork and communication, and getting close as a team for friendship.” — NICHOLE MAGLIOCCO
 Fencing	15	“We didn’t really have a preseason.”	“We have a lot more new people, especially freshmen. Last year, four of our best fencers graduated as seniors, so we’ll have to train all the new people.” — TIANGANG HUANG
 Indoor Track	~30	“We have to demand that the runners take a few weeks off between cross country and track. So by Thanksgiving they’ll be doing preseason conditioning.”	“We have a new coach, Alex Clark, and we’ll be hiring another spring coach, so that’ll be new. We’re trying to have five indoor meets at Henry Crown and then we go into outdoor.” “Goals for them is to improve, and it’d be nice to win ISLs and sectionals, and get to state. We always have kids who qualify for state, it would be nice to have the teams qualify.” — DEBORAH RIBBENS
 Squash	25-30	“There is no squash preseason, which is unfortunate, but a lot of the kids that have participated in the normal squash season are in fall sports so they’re already in shape.”	“Nothing’s really new this season other than practice times have changed a little bit, and we are going to have a greater divide between varsity and junior varsity.” “Goal for this season is just making sure everyone performs at their maximum potential, get as good as they can.” — JOHN GRISSOM
 Boys Swimming	~20	“There’s no official preseason for the boys, but many of us have been swimming for different club teams.”	“My freshman year we had Coach Kate coaching us, and last year we had Coach Gunty, and now we’re switching back to Coach Kate.” “Goal for this season is just making sure everyone performs at their maximum potential, get as good as they can.” — MITCH WALKER


= TEAM RESULTS



MIDWAY PHOTO BY SAHAR SIDDIQUI


SPIKE FOR A CURE. Whitney Thomas sets up to spike during the annual Dig Pink volleyball game Oct. 17. The volleyball team also held a bake sale to raise funds for breast cancer research.

Cross Country, Boys

 **Notable:** The boys team achieved 12th place at the Sectional meet, which U-High hosted. Junior Abraham Zelchenko finished first among teammates, and 26th overall with a time of 17:05.9.


Sectional	Oct. 28	12th
Regional	Oct. 21	4th
Bud James Inv.	Oct. 17	5th
ISL Champ.	Oct. 12	3rd

Cross Country, Girls

 **Notable:** The girls team placed 9th at the Sectional meet, ending their season. Freshman Vivianna Glick finished first among her teammates and placed 32nd overall, with a time of 21:00.5.


Sectional	Oct. 28	9th
Regional	Oct. 21	3rd
Bud James Inv.	Oct. 17	2nd
ISL Champ.	Oct. 12	3rd

Golf

 **Notable:** Freshman Emily Chang earned All-State honors and placed 10th at state on Oct. 13. On both days of the competition, Emily shot an 80. Previously, Emily had placed fourth at Sectionals to advance to the state competition.


Girls State	Oct. 13	10th
Girls Sectionals	Oct. 9	4th
Boys Sectionals	Oct. 9	DNP

Sailing

 **Notable:** After earning a bid to the Great Lakes Championship at the Keelboat Qualifier on Oct. 7, the team placed 17th out of 20, ending the fall sailing season.


Great Lakes Champ.	Nov. 5	17th
Sheperd Champ.	Nov. 4	11th
Halloween Spectacular	Oct. 28	DNP
Dusty Water	Oct. 14	10th
MISSA Autumn Classic	Oct. 14	11th

Boys Soccer, Varsity

 **Notable:** The team wrapped up the season with a record of 16-2-3, losing to Acero Garcia 0-2 in the Sectional Championship Oct. 21.

Sectional Champ. v. Acero Garcia	Oct. 21	
0-2		
Sectionals v. Phoenix Military	Oct. 18	
3-0		
Regional Champ. v. Catalyst-Maria	Oct. 13	
2-0		
Regionals v. Lisle	Oct. 11	4-0

Girls Swimming

 **Notable:** The team placed third after St. Ignatius and Whitney Young at the Sectional meet on Nov. 11. At that same meet, five school records were broken to close the 2017 season.

Sectional Champ.	Nov. 11	3rd
Uni-High Inv.	Nov. 4	1st
Jones/Payton	Oct. 24	Win
Latin Romans Inv.	Oct. 21	1st



MIDWAY PHOTO BY ALEXANDRIA INGRASSIA

GET YOUR HEAD IN THE GAME. Coach Andre Battle works with members of the boys varsity basketball team.

Meet the Coaches: Andre Battle

by LEAH EMANUEL
ARTS EDITOR

When did you start playing basketball?
I started playing serious basketball at the age of nine. Me and some neighborhood buddies of mine and my older brother, we used to play all sorts of sports in the neighborhood together and I just really took to basketball.

What do you love about being a basketball coach?

The greatest thing for me is seeing the growth in the players that I’ve worked with in terms of their character and confidence. That’s what I take pride in: having them understand how to be better people, be better leaders; help them understand the importance of character and integrity and believing in themselves.

What are your goals for the U-High team this year?


This year I think the goal is to try and maintain. This team lost 8 seniors last year so we have a whole new group of guys on the varsity level. A bunch of guys who have played JV for a couple years, so there’s a lot to learn. So I’m just hoping we can maintain, still win the Regional Championships and see where that takes us from there.

Who is your favorite artist and why?

I guess the easiest answer for me is a guy named Kenneth Edman. We’re talking about a guy who has written and produced music for everyone from Michael Jackson to Boys to the Man to Drew Hill, Madonna, some of the biggest artists and he’s done it over 20-25 years. He’s a really solid musician himself. A well rounded guy, seems very down to Earth. I met him once or twice and he’s just a very talented guy. I respect his music, I respect his work and I respect his legacy.


St. Ignatius	Oct. 17	Loss
Andrew	Oct. 10	Win

Girls Tennis, Varsity

 **Notable:** Jenny Lewis earned All-State honors in the State tournament Oct. 19, placing within the top 12 players in Illinois. Doubles team of Almeda/Ward-Schultz won 4 out of 6 matches.

State Champ.	Oct. 19	10th
Sectionals	Oct. 14	2nd

Volleyball, Varsity

 **Notable:** Varsity volleyball ended their season in a Regional playoff game against Lindblom, where they lost 1-2. The team’s final record was 9-15-1.

Regionals vs. Lindblom	Oct. 24	1-2
Rich East	Oct. 20	2-0
Elgin	Oct. 19	2-0
North Shore	Oct. 17	0-2
Cristo Rey	Oct. 13	2-0
Woodlands	Oct. 11	1-2

Volleyball, JV

Rich East	Oct. 20	Unavailable
Elgin	Oct. 19	Unavailable
North Shore	Oct. 17	2-1
Woodlands	Oct. 11	0-2

Volleyball, Frosh/Soph

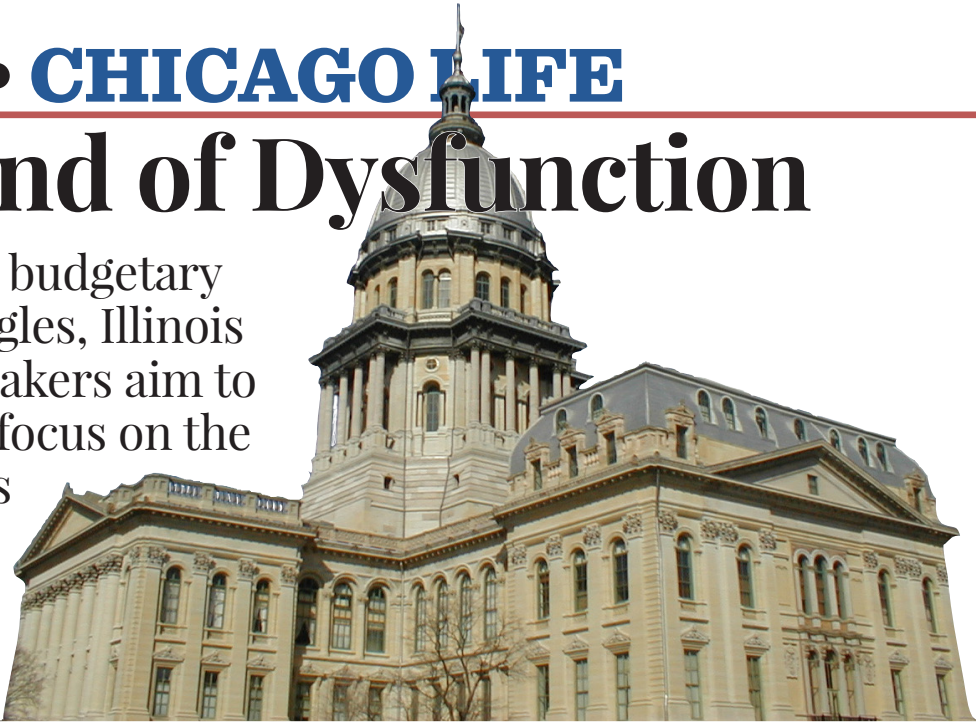
Scores not provided by team.

— COMPILED BY EMMA TRONE,
ILLUSTRATIONS BY NEENA DHANOA

Land of Dysfunction

Amid budgetary struggles, Illinois lawmakers aim to keep focus on the issues

PHOTO BY
NIKOPOLEY



by **SAM FLEMING**
CHICAGO LIFE EDITOR

Illinois will turn 200 years old next month, and lately it has been showing signs of age. With \$16 billion in debt, the state has the largest budget crisis in the nation and policymakers in the state are scrambling to fix it.

The situation was especially dire because of an impasse between the largely Democratic General Assembly and Republican Governor Bruce Rauner, which allowed debt to continue to accumulate and made it impossible to pass most legislation for the last two years. But in July, lawmakers overrode Rauner's budget veto in a rare sign of bipartisanship. Since, legislators have determined to put the budget behind them and get back on track.

But budgetarily, Illinois' struggles are almost certain to worsen before they to improve. Passage of a budget does not change how much

the state owes to universities, agencies, municipal governments or to the federal government. There is no easy solution to this problem. Rep. Kelly Burke, a Democrat representing the 36th District in Oak Lawn, said, "There is no provision in the federal bankruptcy code for a state to go bankrupt, so there would have to be a new provision in the federal code to deal with our problem, which would be a long and complicated process."

The state's problems go far beyond an unbalanced budget. It also has the 11th highest unemployment rate, the most top 25 violent neighborhoods and the worst-funded public pension system in the nation. This forces leaders willing to take on these issues to come up with solutions that do not require a high level of state funding.

Evidenced by the ability of the General Assembly to pass a budget, some representatives

have been willing to cross party lines on issues. However, with the multitude of issues and legislative-gridlock facing the state, senators have had to come up with creative ways to address the state's problems.

The fate of Chicago and the rest of Illinois are linked. The Midway contacted state representatives for an insider's view of the issues, and asked U-High students to suggest solutions to the state's problems and to help the community better understand the issues facing Illinois.

State by the Numbers

4th highest

Combined state and local tax burden among nation's highest.

BBB-

Illinois' credit rating. Step above junk and worst in the nation.

35.6%

Amount Illinois has raised toward fixing pension problem.

Democratic lawmaker urges unity

by **IVÁN BECK**
MIDWAY REPORTER

For more than two years, Illinois government went without a budget as members of the State Assembly and Gov. Bruce Rauner refused to compromise on the issue. Recently, the issues of state pensions and education inequality have also caused lawmakers to reach an impasse. From the perspective of a high school student, state government seems incapable of passing major legislation.

Kwame Raoul became a Democratic member of the state Senate in 2004, when he was appointed to fill the vacancy left by Barack Obama, who had been elected U.S. Senator. Sen. Raoul is a 1982 U-High alumnus and is also a parent of a U-High student.

Sen. Raoul said that the legislature has been able to get bills passed which are often unreported, yet working with Gov. Rauner has often brought difficulties to the process of getting bills passed.

"We've had impasse because he has held the budget hostage for a conservative corporate agenda," Sen. Raoul said.



Kwame Raoul

Uniting both parties to agree on certain issues has been a long-standing challenge in the United States and state government. When Sen. Raoul entered his office, he received advice from his predecessor, Barack Obama. It's advice he said he took to heart and which proved beneficial over the past 13 years in Springfield.

"Make sure you spend some time with people from other parts of the state, and people on the other side of the aisle" Sen. Raoul said Obama told him, "get to know them, get to know your differences but also leave room to find out how much you have in common."

Sen. Raoul has been able to accomplish major bipartisan successes in the following years, including the abolition of the death penalty in March of 2011. However, one challenge to bipartisanship in the state has been the current governor, Bruce Rauner.

Rauner, a Republican, took office in January 2015, and although Sen. Raoul explained that he was able to work with him early on with one of his bipartisan accomplishments considering Criminal Justice Reform, he also explained some of his challenges with the governor.

"He's been inconsistent and he's decided to just, kind of jump onto the bandwagon of the race to the bottom in terms of policies that create a greater divide between the haves and the have-nots" Sen. Raoul said.

Other challenges to bipartisanship that Sen. Raoul expressed were the influence of money, which can often cause legislators to vote certain ways, as well as a fear that shifting party lines will hurt one's chances at getting re-elected.

EDUCATION Disparity between districts hurts kids

On most quality metrics, education in Illinois generally ranks somewhere in the middle 50 percent in the nation. Yet education quality varies by location. For example, although a little below 40 percent of Chicago residents have a high school diploma, almost 75 percent of Hyde Park residents have one, while in Washington Park — just 2 miles west — only 21 percent do. Rep. Kelly Cassidy stresses that, "equal education requires equal funding," and stresses that the General Assembly hopes to push forward to get equitable education opportunities for all in Illinois.

"The answer isn't simple. There's so many moving pieces to it. One thing I would suggest is helping families better support schools. I'd love to see some of the more successful school districts with strong PTAs mentor families in some of the underperforming schools. The more the community is involved, the more support there is for these schools in our education platform and look to improve higher education opportunities."

— REP. JONATHAN CARROLL, 57TH DISTRICT, NORTHBROOK



Jonathan Carroll

"We need to change the system so that instead of education being determined by district and funding coming at a district level, we have education funding collected at a larger scale and distributed evenly. This would allow students in Chicago to get more equal opportunity to education and would greatly reduce education inequality in the state."

— JOHN MCKEE, SENIOR



John McKee

VIOLENCE Crime statistics can often be deceptive

Statistics make it clear crime is a major issue. Illinois is above the national average for violent crime in every metric, and the numbers get far worse when focusing on population centers like Chicago, which consistently has one of the highest murder rates per capita in the nation at 27.9 killings per 100,000 people. However, addressing crime solely through statistics can be misleading because it ignores the causes behind violence. This makes it hard for lawmakers to know what legislation is necessary and how to pass it in an equitable way.

"Violence is localized. There are some areas that do not see a lot of crime and other areas... One of the best remedies we have is investing in K-12 education. We need to do the same thing at post-high school level. Not everybody wants or needs to go to a four-year college. But there has to be another option because there are not a lot of career options out there for somebody who only has a high school diploma. Students need to realize that education will probably not end in 12th grade."

— REP. KELLY BURKE, 67TH DISTRICT, EVERGREEN PARK



Kelly Burke

"It differs based on community. Chicago is a much more densely populated area, so crime is much higher, as opposed to downstate Illinois. Although there are crimes committed all over Illinois we know that the majority of violent crime is located in Chicago. I think the solution to this is to put of greater focus on community issues. If we break the state down neighborhood by neighborhood we can work on localized solutions to crime which would reduce the amount of discrimination, which could potentially take place."

— OTTO BROWN, JUNIOR



Otto Brown

PENSIONS Illinois owes state workers their funds

If the reason for Illinois' budgetary struggles had to be boiled down to one issue, it would be pensions. Pensions are the primary reason why the state is running a deficit, and without major reform it will be what brings the state down because of the incredible amount of money the state owes to public workers. While at surface level it seems to be a complex issue, in reality the causes are simple. The state did not pay its dues in the past and chose to focus the money on other projects, and the state is now being forced to pay up.

"We made a deal with state employees that we would pay them a little less then they would make in the private sector but that we would cover this cost by paying them more in retirement... But Illinois decided to spend money elsewhere. We can't tell working people now, 'the state is going to pay you less.' We need to raise revenue in a fair and equitable way, instead of raising the state revenue with unfair taxes like back taxes or the soda tax which primarily affect middle-class working people."

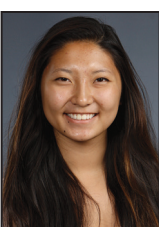
— REP. WILL GUZZARDI, 39TH DISTRICT, CHICAGO



Will Guzzardi

"The way to solve these issues would be in the original contracts with these workers, to put a cap on them so that they know their limits. The only way that we can move forward is to facilitate discussions within the state. The main issue right now is that people in the state legislature are not listening to each other or to the constituents. We need to make sure that we understand the issues our legislature is facing and hold them accountable for their actions."

— NIKKI HAN, SENIOR



Nikki Han