**Lab students spurred by youth climate strike**

by AUDREY MATZKE

FEATURES EDITOR

In an age where social-media ‘slacktivism’ is ruthlessly criti-
cized, these student protesters say they are committed to walk-
ing the walk, literally.

Joining a nationwide “youth climate strike” Sept. 20, around 40 U-High students marched from Grant Park to Federal Plaza in downtown Chicago. United by a shared agenda of banning fossil fuels, creating clean energy jobs and instituting the Green New Deal, the protesters saw missing school as a necessary and worth-
while sacrifice.

Since leading the initiative, co-organizers Orla Malloy and Ra-

chel Scruby personally thanked all attendees and have begun to dis-
cuss future strikes they’d like to at-
tend. Orla protested with the Illi-

nois Youth Climate Strike after school Oct. 7.

Their interest began over the summer, as Orla and Rachel heard about this nationwide event want-
ed to involve fellow students. While the U-High administration did not grant excused absences, Orla said this shouldn’t have dis-
couraged potential protesters.

“Some people are worried about how much work they’ll have to catch up on, or they have a quiz that day, or they have a lab report due that day,” Orla said. “In the long run, it’s just one day of school. If I didn’t go, I’d wonder what I was missing out on.”

For Eliza Doss, also a junior, the decision was simple.

“At the end of the day the earth is more important than school,” she said. “If we don’t care about the fu-
ture of the earth, then what’s the point of everything we do?”

At 11 a.m., participants gathered at the south end of Grant Park, where people took group photos, but organizers led chants and activists handed out flyers to student pro-

testers.

Anika Gupta was familiar with the crowded atmosphere. In March 2017, she attended the March for Our Lives, and said she wanted to continue her activism.

“When I learned about the glob-

al factor of the strike, I was like, ‘I have to go’ because I care about this so much I just have to be there. If Amazon workers can walk out today, then I can,” Anika said, referring to a walkout by workers of the global tech company.

Like many youth climate activ-
ists, Anika was motivated by her love for the natural world.

“These rising climates are threatening a lot of species, they’re threatening a lot of landscapes. There’s so much that we don’t know about this planet, and we’re already destroying it. I don’t want to miss anything in the process,” Anika said.

According to both organizers, the response from faculty and ad-

ministration was “positive.” How-

ever, Orla said they wanted to make sure students did not bring a faculty sponsor.

“They’re not promoting it, which is good,” Rachel said. “Of course, it’s not their job to promote it, it’s the students’ job, but it does kind of send the message that the kids are kind of the ones who are caring about it the most.”

For student Lea Rebolledo-

Bau, climate activism is all about sacrifice.

“Obviously, when I raise my chil-
dren, things will be different. That kind of scares me because I know that making changes now will ob-

viously affect our lives greatly, but if it’s for the better, it will be worth it. If we continue the way we have been for hundreds of years, quali-

ty of life will be horrible,” Lea said.

**MARCH FOR OUR FUTURE.** A group of younger Lab stu-
dents heads for the train that will take them to the Chicago youth Climate Strike Sept. 20. Students of all ages banded to-

gether in Lab’s delegation to the protest, with some middle and low school teachers making the event a class field trip.

**CALLING FOR CHANGE.** Orla Malloy holds a homemade sign while protesting with fel-

low students. Orla co-orga-

nized the Lab students that at-
tended. “It was so empowering to see how many people came to the climate strike; millions of people worldwide united to protect our planet in a way I’ve never seen before,” Orla said.

**Concerns raised after parent ID access update delayed**

by ELLA BEISSER

SPORTS EDITOR

Many families have raised con-

cerns after a parent reportedly had access to the Historic Campus from 7:15 a.m. to 4:30 p.m. Monday through Friday while school is in session.

In comparison, parents have ID door access to the Historic Campus from 7:15 a.m. until 6 p.m. Monday through Friday while school is in session.

Additionally, some students re-

ceive extra privileges to the Histor-

ic Campus.

“There are some students such as athletes and certain clubs, I be-

lieve the newspaper is one of them, that has extended hours,” accord-

ing to Ms. VanderVeld. “Athletes because they need to be able to get back in the building to get in-

to their lockers after practices and after games. So they have some ex-
tended access until six o’clock.”

The Athletics Department sends the rosters of sports teams to the Security Team and they add the privileges to those IDs.

Parents only receive special privileges when they are required to set up for major events such as Connections or Rites of May, ac-

cording to Carol Rubbin, Assistant Director of Schools.

Many students had no active privileges on Sept. 3, the first day of school, because students in 9th and 11th grade were issued new IDs and the security team had to load all of the privileges in bulk, re-
nulting in some errors.

“You have to balance both ‘what do people want?’ and ‘what is se-
cure?’ Some families want things to be very strict, some families want things to be very open and so you are trying to balance all your constituencies and find a middle ground and also keep the school safe,” Ms. Rubbin said. “We are al-
ways trying to prepare and train ourselves for situations we hope will never happen, but if they hap-
pen, we are ready.”

**Security Swipe.** Lorelei Deakin taps her ID at the junior high entran-
tance. Most students and parents do not have building access un-
til 7:35 a.m., but some, such as athletes, have expanded privileges.
Faculty contract spurs new hires for supervision

by NIKHIL PATEL
EDITOR-IN-CHIEF

A new lunchtime supervision policy change due to the result of the new faculty contract will affect who is in the classroom for the entirety of the year. The change was spurred after contract negotiations which were signed over the summer.

“In the contract, there’s a provision now, starting this year, that for lunchtime supervision in the Caf there’s a provision of four employees more than 2 weeks in a month,” Dean of Students Ana Campos said.

Many students have expressed how beneficial this will be for them.

“Any time I have lunch with anyone, I’m always in the Caf,” senior Charlie said. “I have noticed how much more people like to talk when they’re in a smaller space like a Caf. They feel like they are talking to someone they can talk to.”

The new contract stipulation necessitated new hires for faculty supervisors.

According to Ms. Campos, one faculty member will work each day and who that is will switch every other week. This called for the hiring of four Experienced Day employees to help in the supervision.

The Faculty Union insisted on the change because lunchtime supervision began cutting into course planning time.

“Unlike supervision of hallways where faculty can do work, in the lunchroom, during the lunch period, teachers are constantly walking around and that aren’t able to do any time to do their work,” Mr. Jim Catlett, president of the Faculty Association, explained. “We wanted to give teachers enough time to do the work of being teachers.”

Hall supervision changes give faculty more time

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Faculty contract spurs new hires for supervision

GOING FOR THE GLOW. Students dance outside socialize at the homecoming dance Sept. 28 in Upper Kovler Gymnasium. Keeping with the theme “Glow Up,” Student Council provided paper and glow-in-the-dark ink to students throughout the week to write letters that could be read at the event. Glow sticks and colored-light accessories were also provided.

DEIMIN DAZEL, Sophomore Caroline Hohner, Brandon Bousquetee, Sophia Levitt and Allina Susani chat in Caf’ Lab while donning denim outfits for Spirit Week, held Sept. 23-27. “I want to show school pride because I love this school. It lets me build relationships with friends,” Brandon said. Other themes of the week included stripes, maroon and neon.

JERSEY JAMBOREE. Students head outside to take pictures with players in their jerseys before the Homecoming mixdown Sept. 27, which was intended to be held at Jackman field but was cancelled due to inclement weather. But, Homecoming volleyball games were still held in Upper Kovler.

RENAISSANCE magazine to be mailed

by ERIK OTTO
MIDWAY REPORTER

The annual Renaissance arts and literary magazines have been mailed to students and faculty after printing problems caused a delay, according to art board President, senior Amy Hu.

The magazine was scheduled to be published before the end of the 2018-19 school year. According to Amy, the magazine could not be mailed during the summer due to a family emergency. Amy has concerns that the magazine for the 2019-20 magazine may be decreased due to a lack of new attendees. Nonetheless, it is scheduled to come out by the end of this school year. No new freshmen or sophomores showed up to the first two meetings, and just five people are on the art board.

“We need a lot of new members,” Amy said. “Not a lot of freshmen or sophomores came to our station at club shopping.”

Amy encouraged students to join the club.

“Like art, join Renaissance at Club Days immediately after school,” she said.

During their first meeting this year, an urban theme was decided for the next magazine to complement this year’s nature theme.

NEWS IN BRIEF

Ninth grade Student Council officers selected

The Class of 2023 elected Fer ni Boonstra as class president, El le Pinto as vice president, and Ak shay Badana and Charlie Benton to Cultural Union on Sept. 27. As president, Ferri said she wants to make sure the Class of 2023 really gets to know one another both in and out of the classroom.

“I want to be able to transform the Class of 2023 into a family where people are comfortable with each other, can connect with each other and are highly spirit ed,” Ferri said.

Ferri also stated she wanted to bring the class together, saying she wanted to make this year “the best year possible.” Charlie said that he would foster good communication, and Akshay wants to make sure school events are exciting for everyone.

Each candidate was required to submit a written statement detailing their prior experience, ideas for the year, and goals for being on Student Council along with their petition. This statement was a trial run for a possible requirement, according to Ana Campos, Dean of Students.

— LELAND CULVER

Bobo-Jones arbitration finaluals completed

All the information for Daniel Bobo-Jones’ arbitration has been presented, and a decision is expected by the end of 2019.

On the third and final day of Mr. Bobo-Jones’ arbitration hearing Oct. 4, the Laboratory Schools administration provided rebuttal to testimony the Faculty Association had presented Aug. 30. Transcripts will be provided late October, and each side will have about four weeks to write a brief and send it to the arbitrator, according to Faculty Association President Jim Catlett. He said the arbitrator will decide the outcome of the case within 30 days of receiving the briefs.

— PETER PU

Giving a showcase for students Lab group attends free expression conference

U-High students, teachers, and administrators attended the Free Expression and Open Discourse in High School Conference convened by the University Chicago Sept. 12-14.

The university arranged speakers, including professors and U-High history teacher Chrissy Gerst, and provided time for discussion and deliberation. The conference addressed questions of how far a person’s right to free expression should go, and whether offensive speech should be allowed at schools, private, public or independent.

“The issue of free speech is even more complicated than I thought of initially,” Ramsey Radwan, attendee, said. 

— ERIK OTTO

Fall recital to showcase classical musicians

The annual Lab School Afternoon Recital will be held Oct. 20 at 2 p.m. in the Gordon Parks Assembly Hall on the university campus. Both are curricular and send it to the arbitrator, according to Faculty Association President Jim Catlett. He said the arbitrator will decide the outcome of the case within 30 days of receiving the briefs.

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Title IX coordinator Betsy Noel on maternity leave

With Title IX Coordinator Bet sy Noel on maternity leave, stu dents can contact Ana Campos, Bridget Co llier, and Megan Heck el with any Title IX concerns they may have.

Ms. Campos said, “Students can always come to me first. I am here pretty much every day.” Ms. Collier is the Title IX Coordinator for the university. Both are cur ri cularly available at Edward H. Levi Hall on the university campus.

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Focuses range from service to pure relaxation

**by ABIGAIL SIMMONS**
**EDITOR-IN-CHIEF**

From relaxation to service, the 14 new clubs created for the 2019-2020 school year cater to a wide variety of interests. Junior Susan Huang created Fem+Fest, a service club working at Ray Elementary School. They focus on teaching science, technology, engineering, math, and art to young girls in kindergarten through 8th grade. “We’re trying to get volunteers to teach girls using hands on activities on STEM topics and concepts,” Susan said. “I got the inspiration for this club because I did my sophomore service hours at Ray last year and noticed that specifically the young girls were super interested in STEM topics.”

Susan explained that they want to keep those young girls interested in STEM fields as a young age, with the hope of inspiring them to continue pursuing these passions once they reach high school and the professional world. Volunteering as a part of this club will also be count toward sophomore service hours. More information can be found in the service site handbook, which is distributed to every sophomore. “It’s just something that you should do because you should.”

Constance Carrigan, a senior, created Oatmeal Club to offer a safe place for people to share and laugh during lunch with oatmeal in hand. “I was in the counselor’s office one day and noticed they provided oatmeal and I found that as weird on the surface but it was very comforting and thought why not make a club about it,” Constantin said.

Dean of Students Ana Campos said that over the years, clubs dealing with similar topics phase in and out of existence every few years. For example, “realization” was created this year by sophomore An Ngo, but was a club during different periods in prior years. The club is yet to see what it will end up being. “I think it’s an interesting idea that over the years we’ve had a club about pretty much any school-appropriate topic you can think of.” — Ana Campos, DEAN OF STUDENTS

**“We really want students and families to be able to get the answer they are seeking out of the handbook. Making it as user-friendly as possible drove a lot of the decisions we made.”** — ANA CAMPOS, DEAN OF STUDENTS

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**Handbook to focus on clarity, communication with families**

**by ABIGAIL SIMMONS**
**EDITOR-IN-CHIEF**

Increased clarity and communication were the motives behind the changes made to the handbook for the 2019-20 school year. The main goal was to have guidelines understandable for students and their families to avoid confusion. “We really want students and families to be able to get the answers they are seeking out of the handbook,” Dean of Students Ana Campos said. “Making it as user-friendly as possible drove a lot of the decisions we made.”

Ms. Campos said she believes the handbook should be like a roadmap to the school’s guidelines. This year, the administration decided to eliminate the appendix and minimize large blocks of text by replacing them with straightforward, bulleted-point lists. “Specifically, for topics such as Title IX, they made sure that the handbook has only the critical information, adding links which can take readers to further information.”

Some of the content changes revolved around the language used and number of absences approved for the switch from quarters to semesters as well as a new medical leave policy. For example, after students have 11 absences in one semester, they will be dropped from that class and it will be noted on their official high school transcript. “We also outlined examples of what qualifies as a minor police violation versus a major violation because we didn’t want to under- stand that families weren’t real- ly sure when they should expect to hear from the school, so we thought it was important to clarify this confusion,” Ms. Campos said. “We also outlined examples of what qualifies as a minor police violation versus a major violation because we didn’t want to under- stand that families weren’t real- ly sure when something was a big deal.”

Lastly, the high school, middle school and lower school all add- ed a section on hateful expression, verbal and non-verbal, as well as reporting protocol for observation in their handbooks.

**FOOD FOR THOUGHT.** Sophomore Brandon Boussquette serves a patient at The River Food Pantry in Wisconsin on Sept. 19. The organization is a nonprofit that provides food, clothing and household items to Dane County families. Reflecting on the experience, Brandon said, “It allowed me to meet various new people and gain experience with people of all backgrounds.”

“I feel better about myself,” Julien said after returning from the service site. The children Julien and others spent time with also benefited. Jazmyn Belardo, one of the teachers at the Renewal Unlimited, Inc. Head Start, said that it is important for the children to interact with people other than their parents and teachers so that they can better understand the concept of “stranger danger.”

In addition to the sophomores, senior peer leaders also attended the retreat and organized four-legged race, over-and-under, one-foot race, and an advisory talent show won by Daniel Whruden and Christine Himmelstarr’s advisories. Senior Iloannis Ntikas, a peer leader who helped plan the event, said he pays more attention around a bonfire on the evening of Sept. 19. “I can just see people by the campfire singing, swaying along and roasting marshmallows together,” sophomore Jasmine Wade said. “I just feel like everyone is one big family.”

**We don’t have to be something that’s super amazing. You don’t feel enlightened or anything. It’s just something that you do because you should.”**

Sophomore Iloannis Demetriou volunteered at the Renewal Unlimited, Inc. Head Start, which supports victims of domestic and sexual abuse. She made pins to honor Domestic Violence Awareness Month and cleaned windows, surfaces and roasting marshmallows to- gether, sophomore Jasmine Wade said. “I just feel like everyone is one big family.”

**SHRAM KAMPA compassion connects**

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**Fairies, lovers unite for comedy**

Shakespeare’s ‘A Midsummer Night’s Dream’ will use original text but condensed and set on island

by MADELINE WELCH

**ARTS**

Crew members bustle around the stage for final preparations before the show begins. Actors get in place and voices boom. Rehearse-al has begun for “A Midsummer Night’s Dream,” the fall production, which will show at 7:30 p.m. Oct. 31-Nov. 2.

“A Midsummer Night’s Dream” is a comedy written by William Shakespeare in 1595. It is one of four interconnected plots in the play, all set in the realm of Fairy- land. The premise of the play surounds the marriage of Theseas, the Duke of Athens, to Hippolyta, the Queen of the Amazons. The narrative also follows the endeavors of four Athenian lovers and six amateur actors, all of whom are controlled by the fairies of the forrest.

According to Eli Hinerfeld, who plays Oberon, king of the fairies, acting in Shakespearean English requires a completely different type of acting.

“Since many of the words are difficult to understand and long mono- logs often lose the attention span of the audience, it is important for us to channel the text through our movements,” Hinerfeld said. “We need to fully communicate the text through our bodies. This is something that will be difficult, but rewarding to achieve.”

Eli Hinerfeld

Hinerfeld plays Demetrius, one of the four lovers. He’s kind of a self-confident jerk, which I’m excited for because it’s very unlike any role I’ve ever played,” Hinerfeld said. “The show itself is going to be a lot of fun — we’re doing a lot of cool technical stuff along with a bunch of cool blocking. I’m very excited for it.”

The famous comedy, which usually takes just under three hours to complete, will be much shorter, so, in order to make the play more accessible to the student body, Lucija Ambroni made internal cuts. With so many students covering Shakespeare’s plays in English classes, this gives them the opportunity to see it beyond the page.

“A Midsummer Night’s Dream” is a widely performed Shakespeare play, so the theater crew is taking their own spin on the play by changing the original setting of a forest.

“Instead of being set in Athens, we are going to be on a tropical island,” Caroline Taylor, theater manager, costume master and one of five student directors, said. “This means we are trying to keep the costumes light, flowy and natural.”

The crew will also craft a new set using 3D printing technology as well as new lighting, providing a unique, earthy atmosphere, as opposed to the darker, foresty surroundings in the original text.

Mrs. Ambrosini mentioned that there will be a heavy emphasis on the lighting, providing a unique, earthy atmosphere, as opposed to the darker, foresty surroundings in the original text. "It’s a lot of good rehearsal and having all of the tech features come together.”

THE RUSTICS. A group of sophomore actors, Juliet DiTeresa, Henrik Nielsen, Caroline Taylor, Jasmine Tan and Kira Sekhar, rehearse for the fall play, “A Midsummer Night’s Dream.” The show will debut Oct. 31 in Sherry Lansing Theater and will run through Nov. 2.

**HORROR MOVIES FOR EVERYONE**

It’s spooky season! Get in the spirit of things with these three 2019 horror movies: a classic cliffhanger, an artistic social think piece and a sunny yet terrifying Swedish cult-classic.

**It: Chapter 2** provides fun, silly scares to see with friends

**It: Chapter 2**

**Release date:** Sept. 26

**Box office:** $79 Million

**Director:** Andrés Muschietti

**Starring:** Jessica Chastain, Bill Skarsgård, James McAvoy

**Where to watch:** In theaters

While not particularly scary, “It: Chapter 2” is a horror film for those wanting a lighter, more adorable experience. It’s still great fun to watch, especially with friends.

The strongest strength of “It: Chapter 2” is how it presents its message. The main theme of the movie is the struggle to overcome trauma. The monster, known as “It,” feeds off of our fears. The film, and the main charac- ters has a past that “It” can target. In the first film, the char- acters have the monster in hibernation, partially-overcom- ing their fears, but by the opening of the second film, most of the now grown-up protagonists have reverted un- conscious or their old personalities. The arc they undergo to once and for all overcome their fears and trauma is the best part of the movie.

The film is packed with a number of very dark themes, “It: Chapter 2” is not a true horror film. It’s really action-adven- ture, for the most part. The monster is a more amusing and funny than terrifying, especially when it takes the form of a Paul Bunyan statue or a giant clown with crab legs.

And most of the horror is due to the character development. Nearly every scene in the second act sees someone going into a scary-looking place alone, and then getting jumped scared. Worse, the jumpscare usually plays the tension because of how silly it looks.

Nevertheless, “It: Chapter 2” is still a great and thrilling ride. While more rollercoaster than haunted house, it’s still a good scare to boot.

**Us** is confusing, scary and certainly worth watching

**Us**

**Release date:** March 22

**Box office:** $255 Million

**Director:** Jordan Peele

**Starring:** Winston Duke, Lupita Nyong’o, Elisabeth Moss

**Where to watch:** Amazon Prime Video, YouTube Movies from $5.99

A beautifully horrific movie, “Us” is a real work of art and critically acclaimed plot and confusing climatic twist, the film is still very well done and a good scare to boot.

“Us” follows a modern family forced into confrontation with “the Tethered,” dark and twisted doppelgangers who attempt to kill and replace the family. Meanwhile other people “Tethered” are doing the same across the United States, and the family’s mother hides a dark secret of her own. The first act of the film is the best, a brilliant portrayal of seemingly cushy modern life hiding a sinister undertone. Jordan Peele, director of both “Us” and 2017’s “Get Out,” shows a careful attention to the detail in his scenes and the humanity of his characters. There are things one can only appreciate on a second viewing.

The premise of the second act, a tense and drawn-out conflict between the family and their doubles, is also very good and very scary. The characters feel vulnerable and each victory feels hard-won.

Unfortunately, the plot kind of goes off a cliff near the end. “The origin and plan of “The Tethered” is confusing and very odd, and somewhat breaks the tension, but it is saved by that same brilliance of atmosphere that carried the rest of the film.

“Us” is a flawed masterpiece. It demands both a high sus- pension of disbelief and a careful eye for detail in viewers, but its thrilling scares make it ultimately well worth meet- ing on its own terms.

**Midsommar** nightmare; a brutal take on relationships

**Midsommar**

**Release date:** July 3

**Box office:** $18 Million

**Director:** Ari Aster

**Starring:** Will Poulter, Florence Pugh, Jack Reynor

**Where to watch:** Amazon Prime Video, YouTube Movies from $12.99

This movie is not for the faint of heart. “Midsommar,” shot in bright, brilliant midsummer sunlight, the dark psychological horror is sure to leave you scarred.

The film centers around a group of Americans who are in- troduced to a Swedish cult during their midsummer celebra- tion that happens once every 90 years. The characters are slowly drawn deeper into the cult’s practices until there is no escape.

Director Ari Aster shows here his willingness to tease out the truly horrifying through extremely careful pacing, ramp- ing up the horror from unsettling to disturbing. “Midsommar” has no jump scares, and most scenes proceed very slowly, allowing the tension to build even as the view- er does not know what it is building to. Aster is a master of planting story elements and making believable charac- ters, such that every twist feels inevitable, the final nudge causing a perfect domino fall of consequence. I left the film stunned but not confused, heartbroken but not angry.

Occasionally, however, “Midsommar” drops the ball on its message, largely from trying to be too much at once. There is an early scene in which, according to tradition, two cult members kill themselves at the age of 72. This is both set up as a horrifying moment and made to make the viewer ques- tion their views on death and aging. The film doesn’t carry this theme, though.

All in all, however, “Midsommar” is definitely worth a watch, especially if you watch it in the dark — or the midday sun.
Passionate musicians record, release public music

by MAX GARFINKEL
BUSINESS MANAGER

With the prevalence of music streaming platforms like Spotify and SoundCloud, it is easier than ever for musicians to publish and spread their music. Student musicians are able to create and manage their own songs, allow others to share music they make, and promote their work.

One student who worked on music this summer is senior Emelia Piane. She released a single over the summer titled "Shrine." In her song, she addressed the issues of body image and the oversexualization of women. "I was thinking about how much women are intimidated and how much they are taken to the point of losing their identity. In my song, I wanted to raise awareness about the way women are perceived and treated," Emelia said.

Emelia has been working on her music for several years. "I've been writing and recording music since I was young," Emelia said. "I've always been passionate about music, and I've been working on this project for a long time."

Emelia worked with members of Rooftop Parking Music, a student-run music group. "They heard the song before I released it. They gave me a ton of feedback and it helped me out a lot," Emelia said.

Emelia received support from her peers. "I received a lot of feedback from my classmates and friends. They were really supportive and helped me improve," Emelia said.

Emelia also received feedback from Bill Burr, the comedian. "I received feedback from Bill Burr, who is a really great comedian. He was really supportive and encouraging."

Emelia plans to continue working on her music. "I want to continue working on my music and I hope to release more songs in the future," Emelia said.

Although the summer is over, Emelia plans to continue working on her music. "I want to continue working on my music and I hope to release more songs in the future," Emelia said.

Controversial comedians

Dave Chapelle and Bill Burr both released controversial stand-up specials toward the end of the summer. Though the specials are presented in different ways, both comedians were accused of being offensive to certain groups.

by CALEDONIA ABBEY
MIDWAY REPORTER

Fahereen Majed, the Kistenbroker Artist-in-Residence for the fall semester, opened her exhibition "RE-UNITE" Oct. 4 at the Corvus Gallery. The artist has been working with the community during her residency.

"The show is about reuniting with the community," Majed said. "I wanted to create a space for people to reconnect and reflect on their experiences."

Majed's artwork is made of raw construction materials, such as metal, wood, and concrete. The pieces are installed on the walls and floors of the gallery, creating a sense of depth and movement.

The inspiration for Majed's work came from her experiences in the community. "I wanted to create a space that is a reflection of the community," Majed said. "I wanted to create a space that is a reflection of the community."

Majed's work is intended to provoke thought and encourage dialogue. "I want people to engage with my work and think about what it means to them," Majed said. "I want people to engage with my work and think about what it means to them."
Teenagers are hooked on vaping nicotine. With vaping-related deaths and hospitalizations on the rise, being informed is more vital than ever. Officials are realizing vaping can be dangerous, will teens put down their Juul and put their health first?

**Quick Facts**

<table>
<thead>
<tr>
<th>OVER 65%</th>
<th>vaping-related illnesses</th>
<th>The Centers for Disease Control and Prevention</th>
<th>62% patients are ages 18-34</th>
<th>99% of e-cigarettes contain nicotine</th>
<th>21 deaths reported so far</th>
</tr>
</thead>
</table>

**Components**

- Battery powered, metal e-cigarettes provide easily concealed nicotine source

- **Nicotine**: it's a highly addictive drug and the amount that you can get into your brain within 90 seconds of taking one hit on a vapor pen or a juul, can be high levels just like combustible smoking. A psychologist and researcher at the University of Chicago, this isn't a problem in its own right, but it's dangerous when you realize your brain into thinking it's doing something that is not rewarding to your body.

- **Components**: according to the CDC, this is a serious problem. The studies showed that around 90% of teens who vape have used nicotine, and that 75% have used nicotine within the last 30 days. The CDC also stated that vaping nicotine is more dangerous than smoking cigarettes, and that it can cause harm to the lungs.

- The Centers for Disease Control and Prevention (CDC) has released a report on the health effects of vaping nicotine, which found that the risks of vaping nicotine are similar to those of smoking cigarettes, and that vaping nicotine can cause serious health problems, including lung damage.

- The report also found that vaping nicotine can cause harm to the lungs, and that it can cause cancer, heart disease, and other serious health problems.

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Commitment to Community

According to the 2019 wellness survey, a significant number of students do not feel “very welcome at Lab.” However, new Principal Paul Beekmeyer makes sure to always keep his door open. He joined the Midway for a conversation about his new role. Responses have been lightly edited for length and clarity.

by OLIVIA GRIFFIN
ASSISTANT EDITOR

"He even fixed his door to be more open," Charlie Abelmann, Laboratory Schools director, said when describing how U-High’s new principal, Paul Beekmeyer, has already made strides in making himself available to everyone at Lab and integrate pal, Paul Beekmeyer, has already scribbling how U-High’s new principal of a high school?

Mr. Beekmeyer lived in New York with his wife while he was working at the Brooklyn Friends School before starting at Lab July 1. Previously, he lived and worked in Australia.

While most students have only seen Mr. Beekmeyer at all-school events, he’s been doing much more on his own to meet more members of the Lab community because camp and then “I also like working in different spaces, between all these different places, finding out what you’re interested in. How to please parents or adults around you. Of course, college is a big piece… I think what I see which isn’t unique here, but I see I think more of is a lot of different individual interests.

And I actually take it back. I see that in all schools. If you talk to people, they’re interesting, I mean, if you take the time to get to know students then, you know, because I’m not judging you as a collective. You’re individuals, so I can’t compare Lab School to Brooklyn Friends, ‘cause what I’m doing is I’m putting you all into this box,

How do you have fun here?

It’s getting around and seeing different things like the club fair was really fun. Yeah, that was that was a really fun time. And also talking to the adults here— they’re really interesting people—and talking to the students. There were really interesting people in this room.

Actually, one thing, back to modeling, I will say, there is an investment here, and I think it’s not just here. I think it’s cultural, where we feel if we’re not running around stressed, we’re not busy. And I feel there’s this connection where the answer if someone says “How you’re doing? ’You have to always kind of go, ’Oh, I’m so busy’.

And sometimes it’s fine to go, ’I’m OK’ And sometimes it’s OK to go, ’Yeah, I’m not actually that stressed. I’m having quite nice day. And the weather’s good. And that’s interesting.” So one thing in terms of how a principal should behave, it doesn’t need to be frantic. Like, there can be calmness to this job, and there can be calmness to a school.

MYTHS vs. FACTS

Myth: U-High students are similar to students at other high schools.

Fact: U-High students are unique. They have made a rock band, in trouble, and it seems really cool. I’m hoping to learn about different subjects in science that I haven’t studied.

"I joined Wild-life Conservation Club. I want to help animals and wildlife, but I also just want to hang out with friends and try something new."

"I joined Charms for Champions. We make bracelets and sell them, and all the proceeds go to other organizations. It’s super fun, and it’s going to a good cause, too."
Middle school teachers instill confidence

by MIRA COSTELLO
NEWS EDITOR

There's something special about the role of a teacher — it carries the authority of a parent, the guidance of a mentor, the regularity of a friend.

Humanities, a 90-minute class that combines both English and history, gives middle schoolers the opportunity to strengthen communication and explore topics such as identity and social justice. Even as they move through high school, certain students retain these early lessons and teacher relationships.

Hunter Heyman, a junior, still visits his seventh-grade teacher, Sam Nekrosius. He and his friends still visit Mr. Nekrosius, he said, for a variety of reasons.

“We see him often, so that’s why I think he still has an influence,” Hunter said, reflecting on the significance of their relationship in middle school. “It seems counterintuitive because as you get older you’re more similar in age, but I think when you’re younger you can just talk to your teacher more, inside and outside of class."

Mr. Nekrosius said he hopes he can facilitate interactions like this, starting right when students enter his class.

“I’ve learned to listen. I hope, and I think kids know, they can come and talk to me, and I wouldn’t listen to them if they’re a child. Because they’re not,” Mr. Nekrosius said. “These are human beings that I know, I’ve seen them struggle or suffer or succeed, and I’ve validated those struggles.”

Middle school Humanities teacher Sam Nekrosius gives a demonstration to his seventh-period class. Combining English and History, The course encourages students to place their own opinions within American context of the American context of the American context. "I hope kids know they can come and talk to me, and I won’t listen to them like they’re a child, because they’re not,” Mr. Nekrosius said. "That’s why I think kids know, they can come and talk to me, and I wouldn’t listen to them if they’re a child. Because they’re not," Mr. Nekrosius said. “These are human beings that I know, I’ve seen them struggle or suffer or succeed, and I’ve validated those struggles.”

But why do these classes have such a lasting impact on students? Elizabeth Liu, a junior, credits eighth-grade teacher Staci Garner for some of her current success, believing Humanities has provided a foundation for later English and history classes.

Aside from the significance of the curriculum, Elizabeth said Ms. Garner’s teaching style stark with her.

“What I really liked about how she taught was that she held all her students to a higher standard than the other teachers,” Elizabeth said. “So for me, it was always like, ‘Don’t disappoint me, because I believe in you.’”

This idea isn’t just Elizabeth’s perception. Ms. Garner said that it’s part of her teaching philosophy to push her students and aim high.

“You kind of going to shout as high as possible, and see who’s going to chase it. Kids won’t always reach it, they won’t always hit the mark, but that’s OK. Because it’s about expecting more of ourselves and where we could be,” she said. "When the bar is set low, it sends the message that not much is expected of you, and perhaps can be internalized 'you can't really do that much.'"

Middle school Humanities teachers can never be on autopilot — especially, Mr. Nekrosius said, because their work is so closely linked to how students develop.

"In a lot of ways, being a seventh-grade Humanities teacher overlaps my adviser role, in places where it’s almost seamless. Things that we talk about in advisory, identity, diversity, flirting versus hurting — anything that is developmentally appropriate it all comes back again in the curriculum that I teach," he said.

Ms. Garner shares this sentiment. She was sure she wanted to continue teaching after her U.S. history, she said, because of the uniqueness of the Humanities. "I think it's part of the importance of relating as humans. "No matter what your pursuit is in life, if we’re going to tackle enormous problems in the world, you cannot relate to people and you cannot convince people that a problem is worth solving, then it doesn’t matter what technology you have in place," she said. "If you can’t sell it, it’s not going anywhere."

In order to do that, you have to make people care, and you have to reach them on a human level.

For here or to go?

Hyde Park coffee shops provide good, good eats for customers

by NICKY-EDWARDS LEVIN
ARTS EDITOR

In Hyde Park, Coffee Shops buzz with the hum of excited college students just getting the year underway. Professors and graduate students work computers crowded onto the crammed tables wearing earbuds.

Some people snack on a sandwich, others have finished their food long ago and some make a small cup of tea last the whole afternoon.

True North, Plein Air and Philz are all Hyde Park coffee options if you want a nice spot to work (if you can find one) and you don’t care too much about your fancy food or fairly hefty price tags.

True North, which resides on 57th Street right next to Medici, has embraced a somewhat hipster vibe — from the darkened lighting to the slightly worn-down cut-outs of Chicago icons on the wall to the adventurous and very green smoothies.

Though the quality of the food or drink isn’t exceptionally good or bad, that isn’t so much what you are paying for. Your money can be thought of as much as a form of rent for a table as the cost for a bagel.

The food, though certainly expensive, is thoroughly enjoyable; $4.75 for a bagel with delightful chive, green pepper, cream-cheese is still expensive. The smoothies are also somewhat pricey, at $6.80.

Plein Air, just around the corner from True North, provides a more elevated, culinary-focused environment that is still perfect for anybody who wants to park a computer and join the overwhelmingly majority of university members doing work. The lighting is open, providing a clean and welcoming environment, despite the claustrophobic nature of the line system and the surrounding seats.

The food and drink at Plein Air is a step above that of True North. The menu feels more put-together and higher-end. Rather than a simple grilled cheese, Plein Air provides a brioche bun with manchego cheese, piquillo peppers and caramelized onions for $8.95.

Depending on what you’re looking for, Plein Air is either the perfect step up, or a possibly pretentious expense.

Philz, the recently expanded San Francisco coffee joint, lives on the corner of Blackstone Avenue and 53rd Street.

The most Starbucks-like of the three, it clearly feels like a chain — the look of the space is more thought-out and meticulously planned. The art on the wall feels curated and not quite as genuine as True North or Plein Air.

The process for ordering food at Philz is rather strange but certain — effective. Initially you give your order to the barista who begins to make your order, and you then walk across the space in the cashier, where you can also purchase any pastries or savory snacks you desire, such as a bagel with cream cheese, cucumber and tomato or a bacon, egg and cheese sandwich. Both of these snacks, pair delightfully with the truly delicious hot chocolate.

If you feel like getting some work done in a place other than at home, give any of these three Hyde Park coffee spots a try. You won’t be alone — there are surely plenty of UChicago students and teachers to join you, and you can even get a yummy meal out of the deal, even if it might be a bit expensive.
Climatic change is an ex-ninction-level event — there are no two ways about it. In fact, some scientists believe that the 40% radical estimates believe that it is already going to be a monumental task to reverse the climatic change before we pass the point of no return.

In the face of that, it’s important for students to follow on the progress of the Climate Strike to bring their political change.

On Sept. 20, approximately four million people around the world marched to push for climate action. Students worried about their future, and often without the time or desire to educate themselves about politics without a representation, students must not be given the freedom to not only express their opinions, and on-activeness they might ask why he wasn’t be given a phone drive to get a large number of students and their families to call in elected officials. In sufficient numbers, these direct calls truly effect change.

Global climate change is the most complex issue we have faced as a society. Strikes are a great first step, but to really affect the government’s policies, it’s important to get active.

“Teens need freedom to make decisions themselves,”

*For teenagers, while we can, we should not act against the outcomes of elections. By helping to volunteer on campaigns with candidates you believe in, you can provide valuable assistance to those candidates.”

Rights Movement, just with far less organization. It was truly effective at changing policy, having you to be so... well... political.

For teenagers, while we can, we should not act against the outcomes of elections by helping to volunteer on campaigns. By helping to volunteer on campaigns, we have the ability to believe in, you can provide valuable assistance to those candidates. Even — especially — if it’s a small candidate, one with little chance of winning, the most momentum that candidate gains the more like-ly that their policies will be adopt-ed in the general election.

Change also starts in Congress. Make sure to call, email and/or send letters to your district repre-sentative or senator. Better yet, organize a phone drive to get a large personal attacks rather than an open discussion of ideas.

“The way that you reach people is by finding common ground. It’s by separating ideas from identity and being genuinely open to per-suasion,” Julia Dhar, a former dele-gate coach, said in her TED talk.

Losing U-High Conservatives, a safe space for conservative stu-dents is an opportunity for the Lab community to step up and cre-ate dialogue at our school that is consistent with our mission state-ment.

This change can only happen on an individual level. Next time when facing someone you disagree with, try to listen, identify common ground, and then rebuff their ideas.
Undefeated & close-knit

Undefeated tennis team finds unity with more than 15 wins

by JULIAN INGERSOLL
MIDWAY REPORTER

The red and green tennis courts are scattered with players warming up in the hot fall sun. Clouds are spread across the sky, keeping the direct sun from beating down on the girl's tennis team.

Players whip the ball at each other, and their cheers and shouts of encouragement fly across the courts faster than the balls themselves. Looked over by their coaches Dawuad Taltb and Alexander Nehme, the girls' tennis team and spirit, no matter what part of the team they are on and no matter what the score.

The girls tennis team has been undefeated but the success isn't just on the courts. Much of their success comes from the way they play and the quality player senior Gabriela Gruszka.

"I'm always here to support the players and be there if they need anything whether it's water or just to talk," Gabriela said. "It's been great getting to know all of the girls, so instead of managing them on a tennis level I can be their friend in a way."

Gabriela would have played this season if it wasn't for a wrist injury a few years back. Instead of managing them on a tennis level I been great getting to know all of the girls, so instead of managing them on a tennis level I can be their friend in a way."

"I'm always here to support the players and be there if they need anything whether it's water or just to talk," Gabriela said. "It's been great getting to know all of the girls, so instead of managing them on a tennis level I can be their friend in a way."

Coach Dawuad appreciates this because she isn't just a very helpful hand but a support system.

"I think out team values fun along with competitiveness," varsity captain Isabella Kellermeyer spritits to the hall during a tennis match against Elgin Academy Sept. 17. U-High won the match 5-0. The girls tennis team is undefeated and players pride themselves in their welcoming team environment.

"That's one of the things that made me keep up with," Macy said. "Since I am a senior and a captain, I have more responsibility to create an environment that I wanted to be in."

The tennis team has also gained a tennis manager senior Gabriela Gruszka.

"I'm always here to support the players and be there if they need anything whether it's water or just to talk," Gabriela said. "It's been great getting to know all of the girls, so instead of managing them on a tennis level I can be their friend in a way."

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Looking at Macy, "I think seeing that others play and how they were by yourself and it was whatever you made it,"

"Tennis has cultivated Emma's abilities to focus, and be dedicated and she applies this to her life.

"Something people probably don't know about me is I actually play the piano every day and have lessons once or twice a week," Emma said, "so it really is a passion."

But, she explained, there are almost consistently 26 hours a week where she is on the court, making tennis almost a part-time job.

"If I wanted to go pro, tennis would be the only thing I could do," she said. "And I love going to Lab and playing piano and just being able to hang out with my friends."

When Emma is playing tennis, she is either playing with her siblings at U-High or at one of three club teams she plays for.

"I didn't play for U-High last year, but my friends really encouraged me to try and I am so glad I did this year," Emma said. "There's something really amazing about celebrating wins of teammates and playing for something much bigger than just myself."

TIGHT-KNIT TENNIS TEAM. Senior Isabella Kellermeyer spritzes to the hall during a tennis match against Elgin Academy Sept. 17. U-High won the match 5-0. The girls tennis team is undefeated and players pride themselves in their welcoming team environment.

Award will honor significant athletic contribution

by CHRISTIAN GLUTH
ASSISTANT EDITOR

The Athletics Department is incorporating a Hall of Fame to honor athletic achievements throughout Lab's history. The inaugural ceremony will be held Oct. 19 at 6 p.m., likely occurring in Upper Kovler gymnast.

Athletics Director David Ribbens said the Hall of Fame was implemented to tell the stories of former U-High athletes with significant accomplishments.

"It could be inspiring for the kids to realize that way back over a hundred years ago, for instance, we had athletics that were in the forefront of Illinois and Chicago history, and I think a lot of people don't realize that," Mr. Ribbens said.

The Hall of Fame unveiling ceremony will be held in coordination with the alumni relations and development office. Mr. Ribbens is hoping to continue the tradition every year and be consistent with the selection criteria.

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2019 Hall of Fame inductees:
John W. Rogers Jr.: 10% graduate honored for contribution to basketball.

Girls' track and field team: Honored for contributions to track and field since 1975.

Marty Billingsley was a track and field record setter. Now a U-High computer science teacher, she is supportive of the implementation of the Hall of Fame.

"I think seeing that other people are honored gives you an idea of what's possible," Ms. Billingsley said. "That's why we have record boards, to see what others have done, this is possible."

Ms. Billingsley holds records for the girls' 1600m and 3200m races, which she set on a co-ed track and field team. She says she was inspired by running with people who were faster than her.

"That's one of the things that made me good," Ms. Billingsley said. "I wasn't out in the lead all the time, I wasn't winning races every day. I had people in work out to try to keep up with."
A whole new Headspace

A rise in meditation usage during the past decade has largely been due to the million-dollar meditation-app industry that has emerged with apps such as Headspace, Calm and 10% Happier.

Online meditation has hit mainstream popular culture hard. A few apps in particular have become a part of many people’s daily routines.

Headspace: Headspace is a free app with in-app purchases offering hundreds of meditation sessions covering topics ranging from stress to focus. Headspace also has a wide range of lengths and users can adjust the length of their sessions. Headspace uses “clinically validated research” to improve and adjust their apps’ features.

Calm: Calm offers a variety of services ranging from meditation to mindful movement and gentle stretching exercises to music to help users relax, focus and sleep. Founded in 2012 by Alex Tew and Michael Acton Smith, Calm hopes to make the world a happier and healthier place. Calm has over 50 million downloads and 700,000 five-star reviews.

Mobile mindfulness

Emily is not alone. According to the Centers for Disease Control, between 2012 and 2017 the percentage of children who had tried meditation in the past 12 months increased from 0.6% to 5.4%.

This increase in popularity has materialized itself within the physical education curriculum through an optional stress-reduction class.

“My kids are like it. I think it’s needed. I think it’s accessible. More is expected of you 24 hours a day than when I was your age,” said Meghan Janeda, P.E. Teacher, regarding the value of meditation.

“This is just an endless cycle of go-go-go, so I think the ability to stop, take a minute and recognize where you are, where your imbalances and stresses are is very important.” — Meghan Janeda, P.E. Teacher

In recent years, meditation has also gone digital as a new 32 million dollar industry of meditation apps, like “Calm” and “Headspace,” have emerged. Over 50 million people have downloaded “Calm” and they have received over 700,000 five-star reviews. In comparison, “Headspace” has over 31 million downloads and almost 500,000 five-star reviews.

“10% Happier: Named Apple’s “Best of 2018” app award, 10% Happier has guided meditations, videos, talks and sleep content to help maintain an deep meditation. It aims to help users sleep better, increase mindfulness, and improve relationships. New content is released weekly. Users can adjust the length of their sessions.

“Mobile mindfulness

Meditation study shows that...

14% of American adults have meditated in 2017

4% of meditators report decreased anxiety

69% increase in working memory in teens