> UChicago’s cheerleaders are bringing a unique approach to the sport  P4

> The Maroons finish a hugely successful fall season in varsity athletics  P8

> Helping students navigate the challenges of international fellowships  P10

> New gluten-free options add variety and earn an important distinction  P13
The Dean of the College, John W. Boyer, described the goal of the University of Chicago as being “the most competitive and most distinguished liberal arts college and research university in American higher education between the two ocean coasts”, and in many respects this institution has gone a long way toward attaining that distinction. Today, the College can boast some of the highest selectivity in the country, top-notch academic majors, and innovative programs that link student learning in the classroom with real-world experiences across the globe.

It is this combination of a dedication to the University’s history as a place of thoughtful study combined with a unique spirit of innovation and discovery that has drawn so many students to this campus. Everyday, through my work with students in many different ways, I am fortunate to witness the wonderful and truly dazzling efforts of UChicago’s students both in and outside of the classroom, and I have made it a goal of my position to try to provide our parents and families with some type of vantage point from which to see what’s going on here.

In addition to providing a glimpse into campus life, I have attempted to invite and encourage participation in campus events, philanthropy, and volunteer opportunities as a way of strengthening the important relationship between the campus and the people who do the most to encourage student success. Through feedback from parents and family members from around the world, I have sought to evaluate our progress, and in many respects, you have generously reinforced that we are on the right track.

While no communication from campus can ever replace the important conversations that parents have with their students, we are making efforts to ensure that you feel that the College and the University as a whole are making it easier to find information about news on campus. The College is working closely with the Division of Campus and Student Life to funnel information about major events to parents through our quarterly newsletters, direct mail and email, and now through a more thoughtful use of the Parents and Families website.

Beginning this quarter, parents will be able to find information about weather-related closures, major campus news, and campus-wide communications from University leadership at http://parents.uchicago.edu. You will continue to find stories about the student experience here in the Parent Connection, and we have made changes to the Parents and Families website to help make it easier to access information about University resources. Altogether, the College and University are working to provide parents with the information and tools that you have asked for, and we look forward to continuing to work together with you to support student success.

Warmest regards,
Matthew Hendricks
Associate Director, Parent and Family Relations
Winter Quarter Important Dates

Jan. 10: Class of 2016 and 2017 Taking the Next Step
Jan. 15: **UChicago’s Martin Luther King, Jr. Celebration and Webcast**
Jan. 14: Class of 2018 Steps to Success: Summer Strategies
Jan. 14: Summer International Travel Grants Information Session and Study Abroad Student Fair
Jan. 16: Winter Career Fair
Jan. 17: Martin Luther King, Jr. Day of Service
Jan. 19: University Closed in observance of Martin Luther King, Jr. Day

Feb. 2015: Students will be notified about Financial Aid Re-application during this month. The deadline for re-application is May 15th. Visit the Office of College Aid website for more information.

Feb. 13: Undergraduate Break Day; no Classes, but the University will be open

March 8: Daylight Savings Time Begins (Clocks move forward one hour)
March 12-13: Reading Period
March 16: Final Exams begin
March 20: **Winter Quarter Convocation**
March 21: Winter Quarter Ends; Residence Halls close at noon
March 27: Spring Quarter bill due
March 29: Residence Halls open at 8am
March 30: Spring Quarter begins
April 1: Spring Quarter Edition of Parent Connection Available

Highlighted Event for the Quarter

**Taking the Next Step (January 10th)**

Returning for the 17th year, Taking the Next Step invites second and third year students in the College to gather for a day of networking and career exploration. The event enlists over 200 members of the UChicago alumni community who join us for the day to provide insight into 20 distinct career fields. Alumni are available to students through both industry-specific round table conversations during brunch and later in multiple panel presentations. Students may register online for the event until 11pm on Wednesday, January 7th or in-person on Saturday, January 10th at the event itself. For more information, visit the event’s website:

**takingthenextstep.uchicago.edu**

UChicago News Headlines

(Click below for news from across campus)

- Crime Lab New York will build upon UChicago’s Crime Lab model
- Rev. Jesse Jackson will speak at UChicago’s MLK Celebration
- UChicago receives $451 million in sponsored research funding
- College students place in national competitions for venture capital and start-ups
More than 7 decades ago, Enrico Fermi and his colleagues ushered in the Atomic Age by engineering the first controlled, self-sustaining nuclear chain reaction. Where, exactly, did that chain reaction take place?

The old Stagg Field, the prototype of today’s site that the University of Chicago Cheer Team (UC Cheer) knows all too well. The cheer team attends all the home football games during the fall, and recently performed at the Homecoming Block Party in October.

In fact, UC Cheer is contributing to the legacy of Stagg Field by ushering in something of their own—a new era of cheer at the school “where fun comes to die.”

Cheerleading is different at the University of Chicago.

“I want everyone to talk about a high point in their day, as well as a low point,” says UC Cheer captain Aneesa Sonawalla while leading stretches.

“I didn’t get to take a nap today,” remarks one of the cheerleaders. “But I’m done with my midterms!”

Practices are held two times a week—Sundays in the Gerald Ratner Athletic Center and Tuesdays in Henry Crown Field House—for around two hours at a time.

“I want cheerleaders to be more respected by their fellow peers. We work very hard and we’re not ditzy,” says coach Christine Otte, who is also a Resident Head for Stony Island.

Sonawalla is a third-year physics major and computer science minor involved in the Society of Women in Physics and the Council on University Programming. Co-captain Megan Wu is a fourth-year biochemistry and biology major with a specialization in cancer biology. She works in a radiation oncology lab and is involved in Health Leads through her volunteer work in South Side Chicago clinics.

“We’re not stereotypical cheerleaders, which is what I like about our team,” Otte states.

Currently, there are twenty-eight members on the UC Cheer team. The team is mostly composed of undergraduates, with one graduate student from the School of Social Service Administration: Emily Kratz, who been a member of UC Cheer since 2010.

Most of the people on UC Cheer come onto the team with no cheer experience, and have to learn from the ground up. Second-year UC Cheer member Stormy Ruiz actually participated in marching band in high school, and decided to give cheerleading a shot upon discovering that UChicago lacked a marching band.
Sonawalla explains, “There’s this hill that everyone who starts out has to get over, because cheerleading makes you do things that bodies don’t naturally do, and it takes time for people to get used to that.”

Most of the cheers that UC Cheer performs are brought in by Otte, with occasional input from Wu and Sonawalla. Cheerleaders are encouraged to bring in cheers that they would like to perform as well.

There is a process for introducing new cheers: following extensive review of the cheer from the captain and co-captain, a videotape of the cheer is posted on UC Cheer’s private Facebook page, and the team is expected to look at it and practice at home. Stunt proposals follow a similar rubric, with additional practice.

“We have to hit [the stunt] like five to ten times back-to-back before we consider it safe for a game. Getting to that point depends on how hard the stunt is,” states Sonawalla.

The current team is composed largely of individuals selected from tryouts held last April. Since then, according to Otte, the new members have been taught motions and stunts, starting from the basic levels. Tryouts were also held last fall.

“I think part of it will just be time,” says Sonawalla. “We didn’t have enough people to have a significant presence on campus until the spring of last year. We’re still growing and building our own skill set.”

Otte came along as the coach of UC Cheer last February; prior to her coaching, UC Cheer was student-led for the past half decade.

“I need you two days a week, two hours a day,” Otte explains. “You can’t build awesome stunts if you don’t have everyone in practice.”

Prior to Otte’s coaching, participation on UC Cheer was optional, and frequently there was uncertainty over who would be cheering at a game. Along with the new practice requirements, Otte went through the process of gaining recognition for UC Cheer as a sports club. Previously, UC Cheer was considered part of the pep team alongside the pep band.

However, as Assistant Athletic Director Brian Bock explains, recognition as a sports club cuts both ways.

“You have a lot of perks with being a sports club, but you have to follow procedures and other policies that any other sports club does,” says Bock.

One of those policies is reservation requests. All formal activities within buildings, such as practices, require reservations for the spaces to be made beforehand. Another policy is the manner by which funds are allocated among the sports clubs.
There are forty-three clubs on campus, and money is divided amongst them through annual and quarterly allocations, made at the discretion of Bock, fellow sports club officers, and the Sport Club Finance Committee.

“The difficulty of being a brand new sports club is that there are forty other sports club that have been doing this for a longer time,” says Otte. “We are competing against those people for money and practice time.”

Bock believes the process should get easier for the program as time passes on. “I’d like to think the pros far outweigh the cons in this case,” says Bock. “I think they’re definitely heading in the right direction and I think Christine has been at the forefront of that.”

Otte envisions UC Cheer as maintaining its current size, but adding more elite stunts to their repertoire and receiving more support from the university—recognition from fellow students and more funding from administrators. Participation in competitions is the long-term goal for UC Cheer; the goal for the short-term is to shore up season-long commitment from its members.

“I hope that one day we’ll have a big team of dedicated individuals who will stay on the team for the entirety of the season,” says Wu. “I hope one day everyone starts with the team, and ends the season still on the team.”

That commitment stems from the sense of community that cheerleading provides, explains Wu. “We’re a cohesive team. We celebrate our victories, we celebrate each other, and we do things that we can’t do individually. We trust each other to push everyone to the top.”

Sonawalla adds, “For me, when I’m performing, I’m doing it for my cheer team. When you’ve been to all the practices, when you see all the hours people are putting into cheer outside of practice—it goes back to the team dynamic. There are people you don’t want to let down, you want to give your all.”

A cheerleader since high school, Sonawalla has participated in UC Cheer since her first year at the University.

“I’ve never been on a team quite like a cheer team,” says Sonawalla. “When you’re spending that much time literally standing half a foot from someone—especially while stunting—it makes you a family.”

Propelling the maroon ocean of students and family members congregated in the stands for UChicago’s 2014 Homecoming Game against Washington-St. Louis was a recurrent wave of rustling pom-poms and chants.

Opposite the crowd, a UC Cheer stunt group organized in circular formation. A group of cheerleaders formed a base, and vaulted three cheerleaders up on their hands, forming a second tier.

Two of the flyers on the second tier then each shaped a platform with one of their hands, and balanced the third cheerleader with the other. The third cheerleader leapt onto their hands—forming a third tier—and performed a cheer at the top, completing the makings of a successful three-tiered stunt.

Where, exactly, did that stunt take place?

Stagg Field, not only the site of the first controlled, self-sustaining nuclear chain reaction, but also the current site where the University of Chicago Cheer team performs.

Cheer at the University of Chicago, no longer such a paradox.

To learn more about the UC Cheer Team or to support their activities, visit cheerleading.uchicago.edu. To keep up with the latest in Maroon Athletics, visit athletics.uchicago.edu.
Less than an hour after I landed at the Barcelona-El Prat Airport one March morning, study abroad had already presented me with its first test: How in the name of Gaudi do you pronounce carrer?

Eventually I would face challenges like, How do I feed myself? and, How can I trick my classmates into wanting to be friends with me? But now, as I sleepy-stumbled toward the taxicab that would bring me to my new home for the next nine weeks, I was faced with a more pressing trial: I could not for the life of me discern how to move my mouth into the local word for “street.”

This was an awkward problem to have. I had come to Spain because I was, in theory, fit to converse with Spaniards—the language-immersion version of UChicago’s Civilization in the Western Mediterranean program had brought me to Barcelona. Years of language study had left me well prepared to chat with my taxi driver about anything from horoscopes to gender politics (the subjects of two of my favorite cab conversations of the quarter), but stating the address of my destination was beyond my reach. The fly in the lexical ointment? I speak Spanish, and Barcelona speaks Catalan.

Barcelona also speaks Spanish, of course. No one ever recoiled in confusion when I said por favor or cómo estás. But of all the foreign words I encountered in ads, maps, and snippets of conversation, some felt more foreign than others—the fragments of Catalan I found swirling around were noticeably heavier on x’s and lighter on o’s.

My classmates and I were bilingual students in a bilingual city, and as such, language and all cultural weight were consistently in the foreground of our experience abroad. In the classroom, we learned about the fraught regional politics that have led to such a complex language situation in contemporary Catalonia; in the city, we witnessed firsthand how Barcelonans navigate their heritage each time they write and speak.

In a way, this two-pronged linguistic experience gave us the best of both worlds. Academically, we had unparalleled opportunities to hone our Spanish skills: under the careful instruction of our native-speaker professors, we zeroed in on the subtleties of grammar, vocabulary, and pronunciation. Beyond that, the language-immersion aspect of the program let us access the words of some of Western society’s most celebrated thinkers, from Cervantes to Dalí, unmediated by translation.

On a more basic level, we came to Spain equipped with the know-how necessary to order a coffee and read a map with minimal strife; speaking Spanish provided a safety net in case anything went awry. But at the same time, living in Catalonia made it hard to get complacent. Study abroad wouldn’t be study abroad without those mystifying lost-in-translation moments, which teach you to be resourceful and to adapt and to laugh at yourself, hard. Barcelona more than delivered on that front.

Perhaps best of all, Barcelona’s bilingualism meant getting to maintain BFF-status with Spanish while simultaneously riding out the honeymoon period with Catalan. Those early days of language learning may be frustrating, but they’re also exhilarating and full of discovery. Embarrassingly, I’m still not sure how to pronounce carrer, but it’s a nice reminder that I still have plenty left to learn.
University of Chicago Athletics experienced a landmark fall campaign as four varsity teams reached the NCAA postseason and piled up honors throughout the season.

The Maroon football team posted an 8-1 record and won its fifth University Athletic Association (UAA) title with a perfect 3-0 mark. UChicago began the season 5-0 – their best start since 1929. The team swept conference honors for Offensive Player of the Year (senior quarterback Patrick Ryan), Defensive Player of the Year (senior defensive tackle Scott Mainquist) and Rookie of the Year (freshman running back Chandler Carroll). Head Coach Chris Wilkerson and his assistants were named UAA Coaching Staff of the Year. UChicago’s stifling defense was ranked in the nation’s top 20 in seven different categories. Junior cornerback Vincent Beltrano and Mainquist were both selected to the D3Football.com All-Region teams at the conclusion of the year.

UChicago women’s soccer started the fall in the national top 25 rankings and stayed there all season. The Maroons won their first seven games and eventually posted an overall record of 15-5-1. The stellar record earned the team a berth into the NCAA Division III Championship for the 14th time in program history under Head Coach Amy Reifert. The Maroons hosted the first four rounds of the tournament and picked up two victories to reach the round of 16. Senior midfielder Sara Kwan was named Third Team All-American by the National Soccer Coaches Association of America (NSCAA) at the conclusion of the season. Freshman forward Mia Calamari also established a new school record for assists with 13.

The Maroon men’s soccer team joined the women’s squad in the postseason. UChicago won its third UAA championship with an undefeated mark of 5-0-2. As a defensive unit, the Maroons only allowed one goal in seven UAA contests. The conference title automatically qualified the team for its sixth postseason appearance in program history. UChicago won its first-round match over College of St. Scholastica 3-1 before being eliminated in the second round with an overall record of 12-6-2. Head Coach Mike Babst and his assistants were voted as UAA Coaching Staff of the Year and freshman goalkeeper Hill Bonin was UAA Rookie of the Year. Additionally, sophomore forward Brenton Desai and sophomore defender DJ Weis were named to the NSCAA All-Region teams.
The UChicago volleyball squad kept up its run of success with its fifth-straight appearance in the NCAA Division III Championship field. The Maroons posted a 26-13 record against one of the most challenging schedules in the country, including a nine-match winning streak in September. Head Coach Sharon Dingman and her assistant coaches were named UAA Co-Coaching Staff of the Year in Dingman’s debut campaign in Hyde Park. Junior outside hitter Maren Loe was named UAA Most Valuable Player and smashed the school record for kills in a season with 617. Her impressive statistics led to All-American status from the American Volleyball Coaches Association (AVCA). The Maroons set a school record for digs in a season with 2,575.

The Maroon women’s cross country team also reached its respective NCAA Championship for the fifth year in a row. UChicago received a stellar performance from junior Catherine Young, who finished 27th individually to garner All-American accolades for the second time in her career. That placing helped the team finish in 12th place at the national meet. At the NCAA Midwest Regional, four of UChicago’s runners earned All-Region status by virtue of finishing in the top 35 – Young, junior Brianna Hickey, junior Maggie Cornelius and freshman Megan Verner-Crist.

UChicago men’s cross country produced a strong season of its own. The Maroons placed ninth in a loaded NCAA Midwest Regional field and qualified junior Michael Frasco for the NCAA national meet in the process. Frasco and sophomore teammate Gareth Jones were both named All-Region thanks to their placement in the top 35. As an individual racer, Frasco took 61st out of 280 competitors at the NCAA Division III Championship and improved his placing by 95 spots compared to last year’s results at nationals.
NAVIGATING FELLOWSHIPS

A physicist who believes renewable energy is a human right. A political scientist who sees youth job development as a solution to terrorism. A historian who documents the experiences of refugees in Paris. These innovative thinkers are not headline-grabbing University of Chicago faculty members, but rather motivated students from the College who have been awarded prestigious, nationally competitive fellowships like the Marshall, Truman, and Michael David-Weill Scholarships to help them pursue their visions.

National scholarships and fellowships are a “genre” of merit-based awards that share several features: they are highly competitive, they are very generous, and they are extremely prestigious. Some may require university nomination, while others do not. The most well-known fellowship of this sort is the Rhodes Scholarship, which supports two years of post-graduate study at the University of Oxford. Each year, the national news media lauds the achievements of the 32 American students who will join the likes of former US president Bill Clinton, MSNBC journalist Rachel Maddow, and hall of fame musician Kris Kristofferson as Rhodes Scholars (not to mention 49 UChicago Rhodes Scholars). Being selected as a Rhodes Scholar is certainly a laudable achievement, particularly because it is such a monumentally difficult task, given that nearly 1,000 nominated applicants vie each year for the honor.

The Rhodes is but one of many prestigious scholarships and fellowships for which UChicago students apply. Each opportunity has its own eligibility and selection criteria, conditions, application requirements, and, of course, benefits. Students who plan a career in government or public service, for instance, should apply for the Harry S. Truman Scholarship, while students who will seek a PhD in scientific fields and pursue a research career should apply for a Barry M. Goldwater Scholarship. Environmentalists? The Morris K. Udall Scholarship. Humanitarians? The Davis Projects for Peace. Critical foreign language experts? The David L. Boren Scholarship. A scholarship or fellowship for every conceivable interest and career goal exists.

Given the range of opportunities and the difficulty of the application processes, the task of finding and then applying for a prestigious fellowship might seem completely daunting. Fortunately, the College Dean of Students Office provides specialized advising and additional resources to help students discover and prepare for scholarships and fellowships. The main resource for students is the FROGS (Fellowships, Research Opportunities, Grants, and Scholarships) website, which hosts a searchable database of hundreds of internal and external opportunities, provides preparatory materials, publishes features stories about student successes, and serves as the application portal for a number of awards that require university nomination.

Even with these resources, however, the best way to get started is to get “personal” by attending an informational workshop or scheduling an in-person advising appointment. Throughout the year, advisers from the College Dean of Students Office host both short, informal workshops on both specific opportunities and the fellowships application process in general. Additionally, students who are interested in a specific opportunity are invited to schedule an advising appointment.
appointment with the Lead Adviser for the program, and general inquiries can go to Kyle Mox, the Director of Scholarships, who hosts walk-in hours each week. To keep students up to date on scholarship and fellowship events, the College Dean of Students Office publishes a weekly “Fellowships Bulletin” that lists upcoming deadlines, workshops, and new opportunities (students may subscribe at https://lists.uchicago.edu). Students can also keep up to date via the College Scholarships Facebook page and Twitter feeds.

But the application process for awards like the Rhodes do not begin days or weeks before the deadlines, but rather months or even years before applicants toss their hats in the proverbial ring. What isn’t seen on the front page of the local paper are the hundreds of hours of hard work that go into preparing applications for prestigious scholarships, writing personal statements, and practicing for interviews – all with the odds of success being about three percent (in the case of the Rhodes Scholarship). For scholarships that require university nomination, students are required to submit preliminary applications and participate in committee interviews. And don’t forget – all fellowship applications require letters of recommendation, ranging from three to as many as eight for the Rhodes Scholarship!

Thankfully, students don’t have to go it alone. Beyond just providing general information about these awards, advisers in the College Dean of Students Office can provide individualized guidance to students as they embark on the application process. For major awards like the Rhodes, Marshall, Truman, or Fulbright, students are encouraged to submit multiple drafts of personal statements or research proposals to advisers for constructive criticism. Advisers can also help students develop strategies for obtaining quality letters of recommendation from faculty members and sharpen their interviewing skills.

Even with this wealth of resources, the fact remains – the application process for prestigious scholarships and fellowships can be rigorous, time-consuming, and emotionally draining, all for relatively long odds of success.

So why do it?

Students who apply for prestigious scholarships and fellowships soon discover what many parents and experienced educators already know: Life is a journey, and the process is sometimes more important than the product. Students who seriously engage with the application process discover that they have participated in a unique educational opportunity and that they have learned much about themselves – their motivations, their beliefs, their goals. This sort of clarity and personal conviction is rare commodity. In this way, every student who submits a Rhodes application has already won.

Close-up: The College Dean of Students Office

The Office of the Dean of Students in the College provides undergraduates with assistance and support throughout their years in the College. Home to a professional staff of academic advisers and deans, the Office of the Dean of Students is able to bring a range of expertise to bear on individual student needs and challenges. They are committed to providing students with relevant advice regarding their evolving academic interests and goals.

Generally, students meet with their academic adviser once a quarter during their first year in the College and once a year during subsequent years. However, students are able to meet with their adviser anytime they need assistance. The Office of the Dean of students has even made this process easier with an online appointment system called Advise Steam. For more information on programs from the Office of the Dean of Students or to learn more about academic advising, visit the College’s website at http://college.uchicago.edu.
Every year the University of Chicago Alumni Association hosts dozens of Harper Lectures in cities around the globe, creating a space where intellectual curiosity meets alma mater camaraderie.

Named for the University’s first president, William Rainey Harper, the Harper Lecture series allows alumni and friends to continue learning from UChicago faculty by attending lectures that explore new breakthroughs, unique perspectives, and innovative research applications on a diverse range of topics. Not only will you satisfy your appetite for lifelong learning, but you can also connect with former classmates and network with successful alumni, parents, and friends.

If your city is not listed below or you cannot attend, you can watch full-length recorded lectures at your convenience on our YouTube channel.

**Winter Events Schedule**
*(Click on an event below to view more information)*

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>Atlanta, GA</td>
<td>Thursday, April 16</td>
<td>Curtis J. Evans</td>
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<tr>
<td>Boston, MA</td>
<td>Thursday, May 7</td>
<td>Jens Ludwig</td>
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<tr>
<td>Chicago, IL</td>
<td>Thursday, April 16</td>
<td>Dana Suskind</td>
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<tr>
<td>Evanston, IL</td>
<td>Thursday, May 7</td>
<td>David Archer</td>
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<tr>
<td>Houston, TX</td>
<td>Sunday, March 29</td>
<td>Charles Lipson</td>
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<tr>
<td>Istanbul, Turkey</td>
<td>Wednesday, April 15</td>
<td>Christopher R. Berry</td>
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<tr>
<td>Los Angeles, CA</td>
<td>Sunday, April 12</td>
<td>Edward W. “Rocky” Kolb</td>
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<tr>
<td>Mexico City, Mex.</td>
<td>Wednesday, April 12</td>
<td>Juan de Pablo</td>
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<tr>
<td>Minneapolis, MN</td>
<td>Sunday, May 3</td>
<td>Sian L. Beilock</td>
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<tr>
<td>Morristown, NJ</td>
<td>Sunday, April 26</td>
<td>Niall Atkinson</td>
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<tr>
<td>New York, NY</td>
<td>Wednesday, April 1</td>
<td>Geoffrey R. Stone, JD’71</td>
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<td>Paris, France</td>
<td>Thursday, Feb. 12</td>
<td>Augusta Read Thomas</td>
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<td>San Francisco, CA</td>
<td>Thursday, April 23</td>
<td>Jack Gilbert</td>
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<td>Santiago, Chile</td>
<td>Thursday, March 26</td>
<td>Ali Hortacsu</td>
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<td>John Mark Hansen</td>
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<td>Tampa Bay, FL</td>
<td>Sunday, March 1</td>
<td>Susan Gzesh, AB’72</td>
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<td>Tempe, AZ</td>
<td>Sunday, March 1</td>
<td>Robert B. Pippin</td>
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<td>Toronto, Canada</td>
<td>Thursday, May 7</td>
<td>Stephan Meyer</td>
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<tr>
<td>Washington, DC</td>
<td>Thursday, April 23</td>
<td>David Nirenberg</td>
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The University of Chicago invites you to join us for a lecture series built on lifelong learning.
At the two residential dining halls on UChicago’s campus, you’ll find many staples of university foodservice: sprawling salad bars; pizzas bubbling with melted cheese; comfort foods like mashed potatoes and roast beef that get swept up by hungry students almost as soon as they’re delivered to each station.

In addition to these familiar scenes, UChicago Dining is known for a distinctive program that caters to many culinary preferences and lifestyles, with dedicated kosher and halal stations at both Cathey and Bartlett Dining Commons as well as stations that serve only vegetarian and vegan dishes. And, as of November 2014, Cathey Dining Commons has rounded out its ability to serve its customers with a brand new, certified gluten-free station.

This new station makes the University of Chicago the only academic institution in the nation with both campus and hospital foodservice locations accredited by the Gluten Intolerance Group, or GIG. (The University of Chicago Medical Center now provides gluten-free meals for patients and visitors as part of the same initiative.) UChicago Dining began working to convert the station into something new in summer 2014.

The “round grill,” as it’s commonly known, was already a popular fixture in Cathey Dining Commons, featuring mostly East Asian-inspired dishes. Now, the gluten-free station’s flat-top grill features a variety of proteins, vegetables, and starches on hand, ready to be sautéed to order. Pre-made dishes are available at the station as well. Everything at this station, from the utensils to the condiments, is certified as safe for those avoiding gluten products.

All first-year students at the University of Chicago—as well as all students living in the College Houses—are required to be on a meal plan. That means that UChicago Dining is forever investigating new and better ways to serve the diverse dietary needs of all students and guests who enter the dining commons.

Previously, UChicago Dining accommodated gluten-intolerant diners by providing plain grilled chicken breasts and hamburgers, plain rice and baked potatoes, gluten-free cereal, and gluten-free bread (with dedicated toasters) in its dining halls every day. But with cases of celiac disease and gluten intolerance on the rise, the need for a fully gluten-free station has become more pressing in the past several years.

The GIG, a national non-profit organization that supports those with gluten intolerances and celiac disease, guided the months-long process of making the station safe for those with gluten intolerances. The GIG then performed an audit of the station and awarded its full certification this fall, with a follow-up audit expected within the year.

The station is maintained under routine checks and procedures to ensure it remains entirely free of gluten. All gluten-free items are given special labels and stored separately from the rest of the dining hall’s food storage, and the food preparation surfaces at the station are tested regularly for any sign of gluten traces. Lori Bendersky, Aramark’s on-site Registered Dietitian, routinely reviews the menu to make sure that all ingredients are gluten-free and trains the staff on safety and sanitation procedures.

UChicago Dining also plans to include a dedicated gluten-free station in the Campus North dining hall, opening in the fall of 2016.
UChicago continues to offer engaging events on and off campus throughout the year. Find even more events at www.uchicagoparents.org.

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<tr>
<th>Date</th>
<th>Title</th>
<th>Location</th>
<th>Description</th>
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<tbody>
<tr>
<td>Jan. 9-10</td>
<td>Men's and Women's Swimming and Diving: Chicago Invitational</td>
<td>Ratner Athletics Center, Myers-McLoraine Pool</td>
<td>Cheer on the Maroon men's and women's diving teams as they take on the competition at the Chicago Invitational here at UChicago. Visit <a href="http://athletics.uchicago.edu">http://athletics.uchicago.edu</a> for more information.</td>
</tr>
<tr>
<td>Jan. 10</td>
<td>Theater [24]</td>
<td>Francis X. Kinahan Theater (Reynolds Club)</td>
<td>Theater[24] is a furious and fanatical blaze of theatrical glory. Bravery and brilliance combine to produce artistic beauty and sleep deprivation. Six teams of writers, directors, designers, and actors have 24 hours to create a stage experience that will never ever happen again. Admission is $4.</td>
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<td>Jan. 13</td>
<td>Working for Social Change: If We Organize, We Can Change the World-And have!</td>
<td>Council for Advancement and Support of Education (CASE), Washington, DC</td>
<td>Hear from leaders working for social change with an inaugural event for the UChicago Alliance for the Civil Society, an affinity group targeted at alumni and friends working in the nonprofit, government, and policy sectors. Following a short talk from each speaker, the panelists will engage in a discussion on democracy, poverty &amp; race, and environmental issues before taking questions from the audience. Visit <a href="http://www.uchicagoparents.org">www.uchicagoparents.org</a> to register by January 11.</td>
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<td>Jan. 18</td>
<td>Men's and Women's Basketball vs. Emory University</td>
<td>Ratner Athletics Center</td>
<td>UChicago’s men’s and women’s basketball team take on conference foe Emory University in the Ratner Competition Gym. Games are at 12pm and 2pm. Visit <a href="http://athletics.uchicago.edu">http://athletics.uchicago.edu</a> for more information.</td>
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<tr>
<td>Jan. 22</td>
<td>Waiting for Godot and Discussion with David Bevington</td>
<td>Court Theatre</td>
<td>Waiting for Godot is the latest production from the Court Theatre. On Jan. 22, Join world-renowned UChicago theater scholar David Bevington in a lively post-show conversation. Your comments and questions are part of the discourse as Professor Bevington and the artistic staff provide context and probe the deeper issues of the play. Visit <a href="http://www.courttheatre.org">www.courttheatre.org</a> for details and tickets.</td>
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<td>Date</td>
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<td>Jan. 24</td>
<td>Family Saturday Festival: Puppets!</td>
<td>Reva and David Logan Center for the Arts</td>
<td>Drawing inspiration from the world’s traditions of puppet and mask theatre and its lively roots in transformative ritual and street theatre, In the Heart of the Beast and Mask Theater creates vital, poetic theater for all ages and backgrounds. Purchase tickets at <a href="http://ticketsweb.uchicago.edu">http://ticketsweb.uchicago.edu</a>.</td>
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<tr>
<td>Jan. 25</td>
<td>Men's and Women’s Basketball versus NYU</td>
<td>Jerome S. Coles Sports Center, New York, NY</td>
<td>Cheer on the Maroons in their match up against the Violets of NYU. Join the UChicago Alumni Club of New York for a pizza reception between games. Visit <a href="http://www.uchicagoparents.org">www.uchicagoparents.org</a> for more details and to RSVP for the reception.</td>
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<tr>
<td>Jan. 31</td>
<td>Chicago South Asian A Cappella Showcase</td>
<td>Assembly Hall, International House</td>
<td>Student a cappella groups from around Chicago join together for an evening of Western and South Asian music. The performance begins at 7:30pm and is free and open to the public. For tickets, visit <a href="http://ticketsweb.uchicago.edu">http://ticketsweb.uchicago.edu</a>.</td>
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<td>Feb. 7</td>
<td>UChicago Wrestling versus Augustana College</td>
<td>Ratner Athletic Center</td>
<td>The Maroons wrestling team takes on Vikings of Augustana College is a dual meet beginning at 7pm. For more information, visit <a href="http://athletics.uchicago.edu">http://athletics.uchicago.edu</a>.</td>
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<td>Feb. 18</td>
<td>Political Strategist David Axelrod, AB’76, in Conversation with David Plouffe</td>
<td>Jewish Community Center of San Francisco - Kanbar Hall</td>
<td>Join UChicago for a night of conversation and networking at this event featuring David Axelrod, AB’76. Tickets are limited. For more information and to register, visit <a href="http://www.uchicagoparents.org">www.uchicagoparents.org</a>.</td>
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<td>Feb. 28</td>
<td>Men’s and Women’s Basketball versus Washington University in St. Louis</td>
<td>Washington University Field House, St. Louis, MO</td>
<td>The Maroons travel to St. Louis for their final games of the season against the Bears of Washington University. Visit <a href="http://athletics.uchicago.edu">http://athletics.uchicago.edu</a> for more information.</td>
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<tr>
<td>March 7</td>
<td>University Symphony Orchestra: Mahler Fifth</td>
<td>Mandel Hall, Reynold’s Club</td>
<td>The University Symphony’s March concert focuses on a single, monumental work: Gustav Mahler’s Symphony No. 5 in C-sharp minor – a carefully constructed, 5-movement work that represents a completely new direction in Mahler’s compositional output. No advance tickets sold.</td>
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Senior quarterback, Patrick Ryan, keeps the ball and runs through Washington University’s defense en route to a 44-23 victory over the Bears during this year’s Homecoming game in front a packed stadium at Stagg Field. The Maroons finished the season with a record of 8-1, and the team won its fifth conference title. Homecoming annually coincides with Family Weekend. We invite you to join us for Family Weekend 2015 occurring October 23-25, 2015.