

# The Herald

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## THE HERALD

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**THE HERALD**  
Harold Washington College,  
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## Celebrating Luminary Award Winner Jean Matthews

By Khari Forrest  
Staff Writer

This May is graduation month for a lot of our students here on campus and for that I wanted to highlight Alumni Jean Matthews. The Fall semester, The Herald had the opportunity to sit down with one the CCC college Alumni's Jean Matthews where we got to ask her about some of her questions such as her experiences and opinions.

Matthews said that "My Experience has been Educational and Socially Fulfilling – I have enjoyed both the Textbook and Social aspects of learning. I am 85 years young, but I realize one is never too old to learn." I think that is such an inspirational thing to say, for students to look forward to experiencing that themselves. She has been with HWC for about two and a half years, and as she is graduating in the spring of 2025 in general studies.

With her graduating soon it made me curious about some of her experiences at City Colleges. Matthews stated the reason she decided to go back to school at the beautiful age of 85 was to "facilitate the various needs of Senior Citizens in the Chicago area."



Pictured Above: Jean Matthews

This brings us back to some of her goals and aspirations that she has set for after graduation.

She says that "After graduation I will lease commercial office space and facilitate the various needs of Senior Citizens in the Chicago area," which is a problem not many people would be aware of that is an issue within our city.

This issue is something I feel is not talked about enough and for people that are a part of a younger generation are unaware of it entirely. I believe with her determination and accomplishments that she will accomplish that and more.

Matthews is graduating this semester (Spring 2025). She says, "I would like to share that I am grateful to Almighty God for giving me mental and physical health in order to fulfill the academic requirements of college." As a humble servant of God she wants to thank him and spread his love by helping others. We wish Jean Matthews the best of luck on her endeavors and that all her goals will be accomplished.

## Surviving The Mic: Lessons in Kindling and Keeping Hope

By Joshua Tharp  
Staff Writer

On Tuesday, April 15th, Project S.A.F.E. hosted an event in Room 103, centered around empowering survivors of domestic violence and sexual assault, and to invite them to come together in solidarity with one another over poetry and the spoken word. It was a small, intimate event that brought to the forefront our unique experiences as survivors of injustice in an environment that I felt welcomed in.

The healing experience was led by Nikki Patin, a poet, author, educator, and survivor of whom I had the pleasure of meeting and working alongside throughout the duration of the event. For about three hours, Patin, myself, and a handful of other students sat around a table to discuss how to assuage the pain and trauma that all of us carry with us through art.

During the event, there was one comment said by Patin that stuck with me, even after the weeks after the event itself. "It doesn't matter who you are, we all carry deep trauma within ourselves. You do yourself a disservice if you don't let it out and heal from it." Patin's outlook on humanity is very inclusive. It is evident that they go above and beyond to ensure that everyone they meet in life feels as if they-



-have the opportunity to share their stories and express themselves through whichever artistic medium they choose. The attendees went around introducing themselves and a little bit about themselves. We bonded over mutual interests, we encouraged each other's respective journeys academically, and we even were astounded by the professional and artistic pursuits of the other students in attendance. Patin also hosted a writing workshop for poets.

Their lesson involved a reading of Assata Shakur's *i believe in living* and dissecting the history of Shakur's experience of being a part of the Black Liberation Army, her conviction, and her exile to Cuba. All of which contributed to a sense of political justice, a theme that is on all of our minds even after Shakur's conviction in 1977. For almost 50 years, we still see freedom fighters get jailed for expressing critical opinions of our state. Back then, it was Shakur, and now, it is Mohsen Mahdawi and countless others.

We took inspiration from i believe in living and Patin invited all of us to write our own poems in the style of Assata Shakur. The choice of poem really encapsulates Patin's infectious optimism in spite of a world full of injustice, violence, and fear.

Walking away from the event, I, along with my fellow participants, felt a newly invigorated sense of purpose and optimism. Yes. There are absolutely so many things. But Patin asked us this: if we don't do the work in healing ourselves and our communities, what good is living in an otherwise beautiful world filled to the brim with hope.

Everyone you meet carries the weight of mistreatment, whether it be personal or societal, a one-off instance or systemic, our ability not only to heal, but also to lend the love necessary for others to heal is a beautiful reminder of all the great aspects that make humanity what it is.

At the end of the day, those values are what Nikki Patin truly believes in. You can visit the official Surviving the Mic website here, at [survivingthemic.org](http://survivingthemic.org).

Continued on Page 2.



# Learning Behind Bars

By Kelly Rivas  
Staff Writer

For many individuals, being behind bars college was never on their radar. Now through the efforts of colleges and the correctional systems, incarcerated individuals can embark on a pathway that will lead them to a fulfilling future.

Education equals success, but what about people whose lives have been changed by unfortunate circumstances hindering their learning. It's important for correctional systems to provide inmates with educational resources to help them with their rehabilitation once they are released. It's no secret that once inmates are released there is a high chance of them going back. According to an article written by Prison Policy Initiative the most recent government study of recidivism over 10 years reported that 82% of people incarcerated in state prisons were arrested at some point in the 10 years following their release. The stigma former prisoners face makes it hard for them to get a job and have a fresh start.

The future depends on young individuals; it's important that they are provided with an education even during periods of incarceration. City Colleges of Chicago (CCC) partnered with the Illinois Department of Juvenile Justice, approximately during the Summer of 2022 providing online courses to young, incarcerated males. These young individuals have access to computers during class hours and during non-class hours to complete homework. It must be noted that CCC is only able to provide online courses to young males due to their institution being in the city of Chicago; the equivalent for young women is in the suburbs and CCC was unable to have the same partnership.

I spoke to Malcolm X Professor Viggy Alexandersson, where she shared her insightful experiences related to teaching incarcerated students. Professor Alexandersson shared with me that during a summer semester when the program was being piloted, she had 3-4 incarcerated students enrolled in her English 101 course. When I asked her what the biggest obstacles were to overcome during the program she said "one of the complications we learned in the first semester with the partnership... they only had computers during class time. They didn't have computers during hours that weren't class. So how could they do homework?" Professor Alexandersson shared that she and Provost Potter had a very effective conversation with the team of the Illinois Department of Juvenile Justice to make that addition possible. It's very encouraging to see the commitment of the Illinois Department of Juvenile Justice in implementing a fast solution.

Beyond the critical need for young, incarcerated individuals to have access to an education it's equally important for incarcerated adults who may never have had the opportunity before. Higher education in prison (H.E.P), or college-in-prison is a program that provides courses to incarcerated individuals by or in close partnership with regional accredited two-or four-year colleges or universities. Illinois was the first state to offer face-to-face H.E.P instruction and the first to launch college-in prison program. Southern Illinois University (SIU) was invited in 1952 to offer courses at Menard Correctional Center.

What started as non-credit courses soon evolved to a degree-granting college in prison program in 1962. There are currently fourteen H.E.P programs in Illinois thirteen are provided by colleges and universities and one is provided by a non-profit organization, the prison + neighborhood arts/education project. H.E.P is offered in 8 of the 27 Illinois correctional centers which include: Big Muddy River, Danville, Decatur, East Moline, Hill, Logan, Sheridan, and Stateville. Over 60% of Illinois H.E.P programs (9 of 14) are concentrated in three of the state's 27 correctional facilities: Danville, Logan, and Stateville.

In the Cook County jail there are a total of 8 colleges and universities that offer courses to incarcerated individuals. DePaul University offers for-credit college courses to individuals by providing classroom instruction onsite at C.C.D.O.C (Cook County Department of Corrections). This program is called "Inside-out" which allows individuals in custody to study in the classroom alongside non-incarcerated students. This program was founded in 1997 at Temple University DePaul offers at least one of these classes at Cook County jail every quarter.

It's truly outstanding to witness the partnership between correctional institutions and colleges/universities in providing educational opportunities to incarcerated individuals. Education can empower them to become successful, achieving possibilities they may have once deemed impossible.

It's truly outstanding to witness the partnership between correctional institutions and colleges/universities in providing educational opportunities to incarcerated individuals. Education can empower them to become successful, achieving possibilities they may have once deemed impossible. When I asked professor Alexandersson about the long-term potential of prison education programs like this, she shared an inspiring story of a friend who, after excelling in an education program during their incarceration, went on to become a successful university professor. This story exemplifies why education programs in correctional facilities are highly important. It can be the beginning of someone's success story.

## Surviving The Mic Cont.

Project S.A.F.E. is an on-campus organization that assists students with a multitude of issues both on and off campus regarding domestic violence and sexual assault. They offer counseling sessions, and a variety of work-study positions if you are interested in assisting with the very good work that they do. For more information, you can head up to their office in room #1132, or visit their official website at [www.ccc.edu/safe](http://www.ccc.edu/safe). Alternatively, you can send an email to Amanda Woolsey, the coordinator for Project S.A.F.E on our campus, at [awoolsey@ccc.edu](mailto:awoolsey@ccc.edu).

# Tariffs: A Boring Word That's About to Empty Your Wallet

By Mariam Khamidova  
Staff Writer

Just two blocks from campus, there's a Primark that most of us have probably visited at least once or shop at pretty often. You can't help but wonder how the prices there stay so affordable. Even the store itself seems eager to protect them, posting a reminder that reads: "Let us all enjoy these prices", a sign aimed to discourage would-be shoplifters. But with the recent developments, the real threat to those low prices might come from something far different - tariffs. And if you're quick to dismiss this, thinking about the reasonable concerns around fast fashions sustainability and ethics - hold on. Tariffs aren't just going to affect the fashion industry. They have the potential to make everyday essentials more expensive for all of us.

A tariff is an obscure kind of tax placed on goods imported from other countries. Or to put it differently, it's like a fee for access to another country's market. These tariffs aren't paid by foreign governments but by importing businesses. When tax rates rise, those businesses face a choice: either make less profit or raise their prices.

And since the main goal of any business is to maximize profit, it usually ends with making products more expensive.

At first, tariffs might sound like a far-off economic policy, but in a country like the U.S., where the majority of everyday items are imported, tariffs hit home. For students on a budget, it means we will be able to afford far less. From electronics and clothing to groceries and coffee, our bills will rise and our purchasing power will shrink.

Given that, you might wonder: why use tariffs at all? The main argument is that tariffs protect domestic industries and jobs. By making imports more expensive, governments hope to encourage consumers to buy local products instead. The idea of "buying local" sounds great in theory for national pride and the goal of supporting our own economy. But can students and others on a tight budget support this admirable idea? Another argument for tariffs is that companies will be pressured to relocate their manufacturing to the U.S.

Take Primark, for example: most of their clothes are made in countries where wages are a fraction of what they are here. But if their factories were moved to the U.S., who would be willing to work for a monthly wage that's less than what most earn in a single day - just to keep those prices low?

Tariffs also serve as a political tool - a way to punish countries seen as engaging in unfair trade practices. But it doesn't happen in a vacuum. Other countries tend to hit back, imposing their own tariffs in retaliation. This kind of back-and-forth leads to trade wars, where everyone's goods face higher taxes in foreign markets. Suddenly, it's not just imports that get expensive - American businesses get hurt too, facing lower sales abroad and ultimately risking job losses and lower incomes. If you're thinking: wasn't the whole point of tariffs to protect from that? - you're absolutely right.

Beyond that, ongoing tariff fights can have a devastating impact on the global economy.

In today's interconnected world, a tariff on one component can ripple through supply chains across many nations. Already in these last few months, we've seen stock markets plunge, and banks have begun sounding alarm bells. To put it simply: a full-blown trade war slows down the economy for everyone, and no one really wins from that.

If every country tried to isolate itself with high tariffs and push for local-only production, we'd be undoing decades of globalization - turning back the clock on years of progress. Sure, globalization has its downsides, but it has also delivered huge benefits: cheaper goods, faster innovation, and even greater peace - because nations that trade heavily are less likely to go to war. So can we or should we be doing this? It's a question worth thinking about while you sip your favorite cup of coffee. As long as you can afford it.

# Spring 2025 Graduates

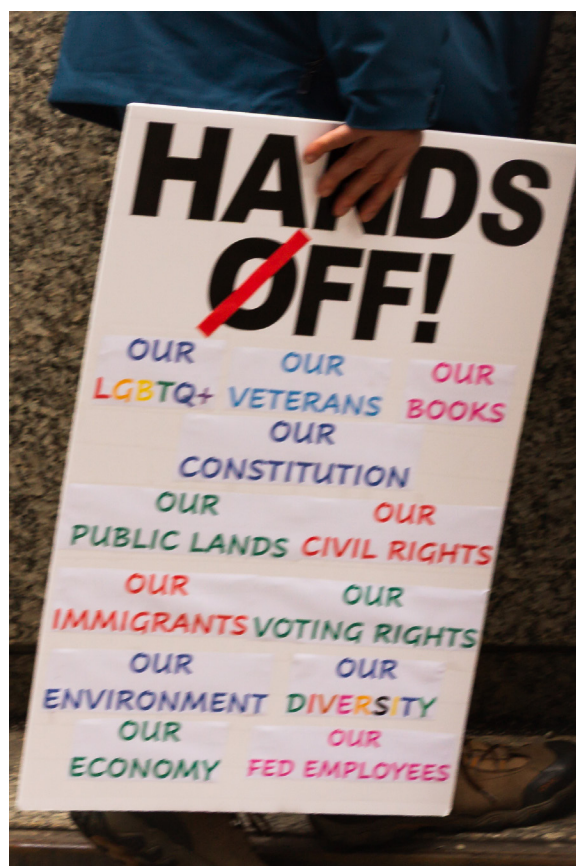
Lanise Abbott	Jacinda Daniels	Carlishia Hood	Jacqueline Mondragon	Israa Salem
Sami Abdul	Sharon Daniels	Khalilah Huddleston	Stephenie Moore	Samuel Salgado
Harmony Abrams	David Danso	Vanessa Hurlock	Crystal Moorehead	Vincent Salinas
Zhanylai Adambekova	Eric Davis	Crenguta Ibrian	Alanis Morales	Ramon Sanchez
Ajibola Adekoya	Isaiah Davis	Jezika Igwe	Ashanti Morales	Rosalba Sanchez
Fifame Adoukonou	Ruth Delos Santos	Sierra Jackson	Ashley Morales	James Sanders
Ganiyat Alabi-Aderounmu	Chloe Demeritt	Tamiia Jackson	Brian Morales	Remona Sandifer
Mussa Ali	Saran Diallo	Porscha James	Luis Morales	Freddy Sandoval
Paola Almendarez	Jessica Diaz	Savannah James	Shelsey Morales	Yasmin Sandoval
Natalia Als	Liliana Diaz	Andrea Johnson	Hannia Moreno	Michelle Santana
Samantha Alvarez	Sheila Dixon	Gabriel Johnson	Whitney Morris	Eduardo Santes
Yasmine Anderson	Zauria Dixon	Jasmine Johnson	Cynthia Moses	Patrianna Scales
Marisol Angel	David Dominguez	Kalyiah Johnson	Tarra Motton	Chantanese Scarbrough
Elizabet Aparicio	Jennifer Dominguez	Latora Johnson	Nia Mullin	Jalen Scott
Yaryela Aparicio	Ashley Douglas	Patrice Johnson	Abel Munoz	Julia Seinitz
Rosario Aragon	Breana Dunlap	Shantrice Johnson	Vanessa Munoz	Karla Serrato
David Arnold	Brysnna Duran	Tamekia Johnson	Lex Murphy	Ariel Sertuche
Julian Arzuaga	Faith Durden	Brandon Jones	Humera Naaz	Stherfane Sexton
Angel Arzuaga	Dina Dwyer	Janiah Jones	Khai Nance	Jekeila Shepherd
Victor Arzuaga	Rawan Eltayeb	Latonya Jones	Enrique Naranjo Jr	Baobao Shi
Heena Aslam	Micah Elue	Brittany Elam	Olga Nawrot	Keila Sifuentes
Norma Avelar	Leonardo Espino	Symone Jones-Finley	Latoya Nesbit	Alyssa Silvia
Shamsiya Bala	Jessica Espinosa	Azalia Jordan	Precious Nickerson	Margo Simmons
Antoine Baldwin	Fatima Estrada	Julian Jordan	Antaniya Norfleet	Nigel Simpson
Ashanti Banks	Jalen Ezedike	Jennifer Juarez	Bjondina Nuhi	Ceeana Sloane-Hendricks
Oswaldo Barragan	Victor Fazzino	Kassandra Konovalov	Joseph Nunez	Bianca Smith
Jazlyn Barrera	Daniela Feiteira	Arteaga	David Obichere	Destini Smith
Pablo Barron	Yuliana Fernandez	Jennifer Kwitkowski	Melvin Olive	Kiana Smith
Alessandro Battisti	Jade Fierro	Sierra Kyles	Luis Olvera	Leonard Smith
Marlene Bautista	Francisco Figueroa	Remy Lagunas	Capri O'neal	Tracy Smith
Yesenia Beal	Shamiya Fitzpatrick	Corrine Lakota	Joenetta O'neal	Mi Sorn
Andre Beard	Myles Flores	Marcos Lara	Ashley Orozco	Ashley Sosa
George Bermudez	Christian Flores-Barrios	Nishona Larry	Yker Orozco	Joaquin Soto
Britsy Bobadilla-Ramos	Tafari Lamar Ford	April Lash	Alejandro Ortega	Alison Spann
Danna Bodero	Henrik Fortuzi	Janya Lawson	Briana Ortiz	Tammatha Spivey
Kevin Bonilla	Jenae Franklin	Christopher Lay	Raina Ozarowski	De'anna Stamps
Shalynne Boston	Kalyani Franklin	Hanai Ledezma	Diamond Paige	Brooklyn Starks-Murphy
Marielie Bourdon	Eshia French	yesenia leon	Kendra Paredes	Dakota Starr
Ja' Vaeh Bouyer	Valarie Gaeta	Kenya Lewis	Divya Parkash	Daveon Statam
Reihaneh Bozorgi	Wendy Gallegos	Frida Linan	Christina Patrick	Carmen Suarez
Margaret Brewer	Adriana Garcia	Nertila Lisi	Lina Patton	Ever Suarez
Johnae Brown	Ashley Garcia	Kaylah Lloyd	Jasmine Payne	Kimberly Sutton
Lashawntianna Brown	Citlali Garcia	Eric Logan	Alejandro Pena	James Tanner
Miracle Brown	Ximena Garcia	Ukari Logan	Melody Peoples	Muhammad Tariq
Sophia Brown	Raesheyana Gardner	Alisa Long	Guillermo Perales	Mykael Tate
Sheria Buckley	William Gardner	Anthony Lopez	Alexa Perez	Amanda Taylor-Hart
Briseida Buitron	Lorenzo Garth	Melissa Lopez	Camilo Perez	Brayan Tellez Rosas
Sterling Burnett	Elidia Garza-Matthews	Diana Lopez Escobedo	Genesee Perez	Shaunte Terry
Monique Burrell	Ashley Gates	Hannah Lopez-Vignet	Jacqueline Perez	Natalie Texter
Brigitte Buscaino	Demarje Gates	Jade Loring	Jailene Perez	Jose Torres
Kathryn Bustamante	Amethyst Gavins	Komla Lota	Jasmine Perez	Yari Tosato
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Karen Cabrera	Rashad Gibson	Blanca Lucio	Octavia Phifer	Amir Trabelsi
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Ashayla Calvin	Linneker Goncalves	Vanessa Luna	Karen Power	Zoe Troi
Magaly Camarillo	Brandy Gonnigan	Angelica Macedo	Gantulga Purevdorj	Whitney Turner
Naomi Canchola	April Gonzales	Ruben Macias	Xiaofan Qiu	Ogechi Ubani
Sasha Carr	Odalys Gonzalez	Araceli Magana	Micheal Quentin	Zeenat Ullah
Sophie Carvajal	Pablo Granados	Wolficus Magana	Wendolyn Quiroz	Omotara Uthman
Elizabeth Casimiro	Breanna Gray	Mahzabin Mahboob	Monica Ramos	Jordan Vaccaro
Edward Castillo	Tyreeta Gray	Natalyah Mancilla	Esmeralda Regalado Ambriz	Andriy Valnyuk
Nayla Castillo	Cristian Guarnizo	Marielle Manipol	Kortnee Reiss	Diana Vasquez
Jerrell Cavers	Hitik Gudhka	Precious Mannie	Michelle Reyes	Victor Vazquez
Tiffany Cerna	Juan Gutierrez Jaramillo	Sarah Marin	Stephanie Reyes	Hailey Velez
Iaitzy Cervantes	Gabriel Guzman	Maybelline Mariscal	Raquel Reyna	Ivan Vergara
Michelle Cervantes	Natalie Guzman	Makayla Martin	Kayla Richardson	Erica Verner
Noe Chacon	Jacqueline Hamilton	Aaralyn Martinez	Nikira Richmond	Amira Vilatuna
Denisse Channita	Quinton Hamilton	Adrian Martinez	Arieli Rico	Karina Villafuerte
Karyna Chavez	Ivan Haro	Alexis Martinez	Ayomide Rilwan	Latisha Wagner
Onely Chavez	Brianna Harris	Cynthia Martinez	Bianca Rivera	Jairi Walker
Xochilth Chavez	Shalita Harris	Diana Martinez	Cassandra Rivera	Damarrion Walls
Elisa Cisneros	Victoria Harris	Edlyn Martinez	Cristina Rivera	Monisha Walls
Kristian Clayborn	Tiara Harris-Magee	Jessica Mason	Doreyda Rivera	Dorian Walters
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Valeria Cruz	Celest Herrera	Miranda Meyers	Evelyn Ruiz	Serra Su Yildiz
Alexandra Czajkowski	Armidaceara Herrera	Kedajia Miller	Jacqueline Ruiz	Kristen Young
Tinamy Dago	Monique Hill	Shatonna Mintz	Nubia Ruiz	Maria Zavala
Glory Daniels	Reign Hobson	Abel Miranda	Sergey Saenko	Su Eaindra Zin
Iris Daniels	Gili Hoffman	Rayna Mohammed	Yvette Saenz	Marisela Zuniga
Jacinda Daniels	Lakisha Holloway	Anarely Molinero	Daniela Sainz	



# Hands Off. A Rally Against Oligarchy

By Grey Perniciaro  
Staff Photojournalist

On April fifth, people across Chicago gathered for a rally & march at Daley Plaza. At 11:30, what started as a small group of organizers grew as more arrived slowly evolved to hundreds which to thousands. By 01:30 p.m. thousands grew to tens of thousands as folks of all ages gathered to protest the policies of the Trump administration and Elon Musk's involvement with the executive branch of the federal government. Where many protests are focused on singular issues, The "Hands Off" march was a platform for people of contrasting walks of life to express their general discontent with the state of the government as well as the current GOP's decisions to lay off federal employees across the country in the first 74 days, through the Doge program. These photos document the popular disconnect between the will of the people and the ruling classes' consolidation of power.







# Takeovers and Their Damage to Downtown Chicago

By Paul Tavoularis  
Staff Writer

On April 15th, ABC 7 Chicago reported on a teen takeover that led to a 15-year-old kid getting wounded on Michigan Avenue, with a separate incident of a man being stabbed in the Loop shortly before. This has pushed city officials and the Chicago Police Department to further consider calls for a stricter curfew with earlier times required to be indoors. Chicago's downtown is an iconic metro area that seems like it never gets old, but to city officials and residents, it's been the complete opposite.

Takeovers are a teen-based trend that has become more prominent in the past 3 years, with the CDC loosening social distancing requirements after COVID-19. No set event has to take place during a teen takeover, but the main events that have occurred seem to have been car events where kids and young adults gather in the streets while blocking traffic to do drag racing as well as performing donuts for people to record. The fact of the matter is that these takeovers are not just harmless gatherings but opportunities for others to commit various acts of assault, theft, and rioting, with many of these interactions turning deadly. It is simply ruining the reputation of Downtown Chicago.

Ricardo Acosta, a 19-year-old student, was attending one of these meets in the West Suburbs of Chicago.

He was a usual attendee at these car takeovers, but this stopped after an incident occurred in April of last year in which a Dodge Challenger that was performing donuts amongst the crowd struck Ricardo as he was turning back, running over his leg in the process. "That experience made me not wanna go out in big groups like that after it happened", Acosta is quoted as saying. "It already wasn't a good vibe to begin with, I feel like, especially with the people who were there, and after that happened, I was just mad about what had happened and nervous about me getting hurt."

This incident is just one of the many that haven't been officially reported to news outlets and police, but rather have gained massive attention on social media for the mishaps that occur when these takeovers occur. Social media has heavily influenced a second type of takeover: One where teens gather in large groups and linger around the streets of Downtown looking for friends, boys looking for girls, and kids looking for problems to start. What first starts as a post on social media prompting others to come downtown leads to mass groups flooding Downtown and more often than not starting trouble amongst themselves in the form of fighting, stabbings, robberies, and shootings.

This incident is just one of the many that haven't been officially reported to news outlets and police, but rather have gained massive attention on social media for the mishaps that occur when these takeovers occur. Social media has heavily influenced a second type of takeover: One where teens gather in large groups and linger around the streets of Downtown looking for friends, boys looking for girls, and kids looking for problems to start. What first starts as a post on social media prompting others to come downtown leads to mass groups flooding Downtown and more often than not starting trouble amongst themselves in the form of fighting, stabbings, robberies, and shootings. They come out between the hours of 8-11 usually, but this can change depending on whether it has simmered down or police have forced them to go home and enforced curfew.

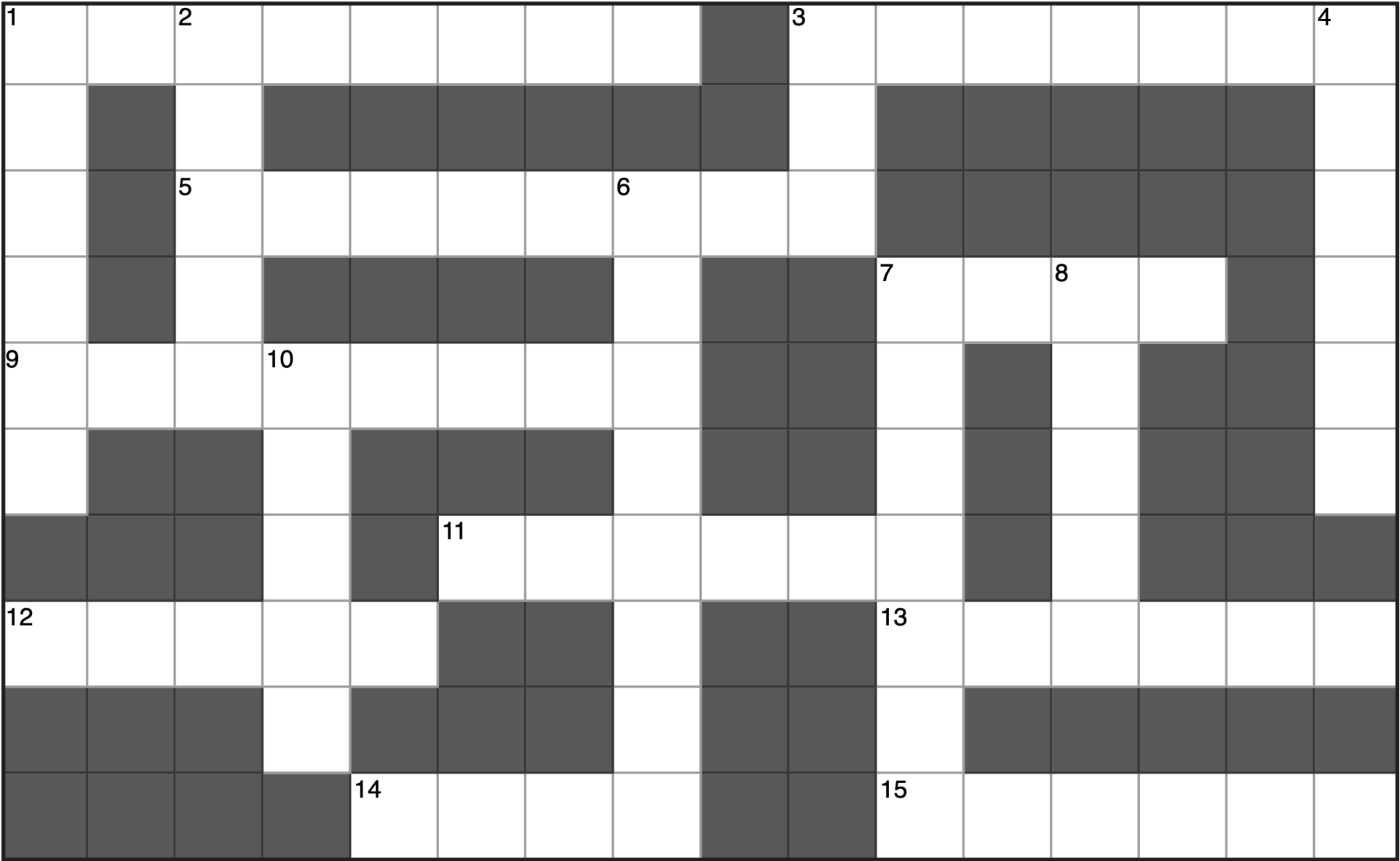


Photo Credit: Otoniel Alvarado via Pexel



# Crossword: Spring Has Sprung

By Fiona Clark  
Staff Writer



## Across:

- 1. Holiday; exodus from Egypt
- 3. Baby tree
- 5. Iconic yellow flower
- 7. Wild allium (part onion, part garlic)
- 9. Holiday for the environment
- 11. 15 across; Good (or Holy)
- 12. Bird with blue eggs
- 13. Purple arrival of Spring
- 14. Home for birds
- 15. Resurrection (on the third day)

## Down:

- 1. A bee's cargo
- 2. Fifteen-step celebratory feast
- 3. The Sun! (en español)
- 4. Octopus's \_\_\_\_; the Beatles
- 6. Saving Time
- 7. Reduce, Reuse, \_\_\_\_
- 8. Unleavened bread
- 10. Former Dutch currency (in bulbs)

## Sudoku

			2	5	3		6	1
5	3	1		4		7		
			1	9	7	5	8	3
	7		5	1	4	2		
3						9		4
			3	8		6	7	
					2		5	
2		7	4				9	6
6	5	9	8		1			

Courtesy of [www.sudokuweb.org](http://www.sudokuweb.org)

Columns

K-ake Pop

By Khari Forrest  
Columnist

Mental health and Parasocial relationships in K-POP

As we exit the month of April, we want to highlight the stress and awareness month and its importance amongst everyone including the K-pop community. As K-pop fans we don't get to talk about how important mental health is for our Idols as well as ourselves. Within K-pop we are a part of a culture who has amazing traditions and rituals, from collecting photocards and plushies of our favorite biases (a favorite member of the group) or the entire group. This community support is great and completely harmless, and these are cute things that we all invest in here and there to a healthy degree.

K-pop, as a genre, promotes mass consumption practices that ultimately harm the artists. But today I want to talk about the mental health of the fans, the primary consumers, and what these practices could mean for our well-being.

One of the most common ways in which K-pop fans are affected is by the development of a parasocial relationship. A parasocial relationship is a one-sided connection a person forms with a media figure (like a celebrity, fictional character, or influencer) where they feel a strong sense of intimacy or familiarity, even though the connection isn't reciprocated. This is something that is not only common amongst K-pop fans but amongst fans in general, especially within the age of the internet, where fans of a public figure develop this perceived bond as they are exposed to their personal lives.

I interviewed a student at Harold Washington, Kaela Jones, that is currently doing a research paper on the effects that this phenomenon has on the people that are commonly diagnosed with it and the effects it has on them.

As she says, "This can cause people to harm or neglect their personal relationships; Para socialism is a bunch of time and energy that one person exudes. Not to mention the emotional impact it can have on some, twisting their reality if they are in too deep. It can also make some people not be true to themselves and look up to the other person, to 'copy' them in some way." This is something we joke about amongst each other, but it is something that a few of us are experiencing and with proper education maybe we could start to take action to prevent this from happening.

However, not all parasocial relationships are harmful, says Jones. "It is not relatively unhealthy -nothing is unhealthy for you as long as it's a balance. It's normal to admire someone for what they do, it's a beautiful thing to support someone, plus you may meet people with the same interest and gain friends, so I say - it's healthy to be in one when you understand boundaries!". So, although this might be something that applies to you if there's an awareness and this behavior remains managed and moderated. This is something that we all might face in one way or another and we must acknowledge that these relationships and dynamics that are promoted aren't real. This is the best way to keep a healthy distance within our fandom to make sure we maintain a healthy mindset, not only within ourselves but for the artists and other fans as well.

To make sure that the love we have for our idols doesn't become too irrational and possibly harmful to ourselves and others, we must check in with ourselves often. Some healthy practices could be to set boundaries and limit us to how much we consume and how much access we have to these things. We can also prioritize our real-life relationships and use those to keep us present and grounded within our own reality.

It's important to check in with yourself and your peers. It's a great community to be a part of and it's important to stay happy and healthy within that community. This is obviously easier said than done but that's why knowing this information is important and is a first step to the happy enjoyment of K-Pop.

Keyboard Warriors

By Joshua Tharp  
Columnist

Pursuing Collegiate Esports? Exclusive Interview With NIU Cubby

There is glory in the world of competitive gaming - and money, too. It's transfer season here at Harold Washington College, and there are hundreds of prospective students with hopes of transferring to different four-years across Chicago, Illinois, or beyond. If you are a student who has an interest in the spoils of victory in the battlefields of LED screens and dimly lit rooms, consider learning about the esports opportunities of your future school.

At Northern Illinois University, they offer positions for their Valorant and Rocket League teams during the fall semester, and in the spring, the college offers League of Legends and Overwatch. After a try-outs, each member who earned their spot on the team gets free gaming peripherals sponsored by Turtle Beach, a jersey with your name on it, and probably the most present on all of our minds, a 500 dollar scholarship. An amount that is expected to change as the school cements itself further in the realm of the Esports Collegiate Conference (ESC).

One of the school's Valorant players, NIU Cubby, who has been on the team since his freshman year was kind enough to share some of his thoughts on his time with the team.

"I felt very welcomed, and the environment made me do my best."

Cubby had told me that during his Senior year of high school, was when he got into Valorant. In less than a year, he had climbed the ranks up to Diamond II, attaining this incredibly high rank after only picking up the game within that brief period of time. He initially started working alongside his new team as an assistant coach, who would give feedback to the players after their games. This experience gave Cubby additional insight as to how to operate in the competitive scene. The following year, he made his debut as part of the team's roster. The experience of not only playing, but coaching as well, helped hone his skills and game sense.

Cubby and his team also had the opportunity to compete in various events, both online and in person. One of the events involved him and his team traveling to a LAN (Local. Area. Network) competition in Lisle, Illinois. Cubby recounts the positive feelings he felt at the competition. Although the team didn't place first, Cubby and the rest of his team had so many positive memories at that event. Competing is a highlight, but there's an extra element of camaraderie when you meet other, like-minded gamers. It's akin to steel sharpening steel, always challenging your community to get even better at their games.

NIU has an esports arena open to its students, outfitted with state-of-the-art gaming rigs and peripherals. It also has an opportunity for hosting personal events for yourself, and a party.

As college students, we each have our own unique goals that we work towards. Some of us are pursuing a career in the arts, or sciences, or maybe something else entirely. We might not be clamoring for a career in the world of esports, and our aspirations are away from that sphere entirely. That being said, if there is a part of you that wonders what would happen if you tried out for the team at your future school, go for it. Try it out. There is no harm in seeing what would happen at the try-out event. There is no doubt that many opportunities for those who might be interested in the esports realm exist in places you might not imagine - you are reading a recurring column about esports right now.

Remember Cubby, who started as a coach before his break into his team at NIU. Think about the gaming skills you'd gain, and the communication experience you'll build that will transfer well beyond your time on the team, and in school.

If you are interested in NIU's esports programs, reach out to the Director of Esports, Conner Vagle, and the rest of the team at esports@niu.edu.



# DIY Venues: Inside Chicago's Underground Music Scene

By Fiona Clark  
Staff Writer

*To maintain anonymity and safety for those involved, names will be changed and locations will be omitted from this article.*

The local music scene in Chicago is incredibly vibrant and diverse, with many local artists playing at what are known as DIY (do-it-yourself) venues. DIY venues, usually run out of nontraditional places like apartments and basements, are accessible spaces for lesser-known musicians and bands across all genres to perform their music—an opportunity that they may not receive from established venues. Despite the secrecy required for these spaces to operate sustainably, the DIY venues are the hidden backbone of the music scene in Chicago.

Most DIY spaces commonly adhere to a pay-what-you-can model and those that require a cover usually keep the price between \$5 and \$10 on average. These cheap or even non-existent prices are a hallmark of the DIY scene, allowing music and engagement with the music scene to flourish in the absence of economic barriers.

One of the greater challenges faced by DIY spaces is the tension between publicly releasing show details to reach a broader audience and needing to maintain a low-profile to continue to operate sustainably. Most DIY venues are run illegally, due to the complicated and economically strenuous process of obtaining the proper permits needed for concert spaces. Venues will sometimes use online spaces such as Instagram to promote shows but will rarely, if ever, post the address online. This means that the details of shows are usually passed around via word-of-mouth. Although this type of transmission of information can make attending shows more difficult, especially for those not already involved in the scene, it also encourages people to reach out to one another and form a tight-knit community, which is not very common in the external world of music.

John, a former volunteer worker at a DIY venue, agreed to share his experience for this article.

John has been involved in the Chicago music scene for many years, having been a musician and playing in several bands as a teenager and frequently attending shows throughout his adult life. DIY venues have accounted for a large part of his engagement with the local music scene, both a musician and listener, as those spaces are a big source of opportunities for local musicians and music-enjoyers to form communities and experience live music in a way that is affordable.

During a semester of his undergraduate degree, John began to run doors and help out at a DIY venue started by other friends in the music scene. The venue would host shows throughout the week, mainly on Fridays and Saturdays, with a variety of musicians and genres, including folk, R&B, rock, electronic, techno, house, and noise rock. Events would range dramatically in size, reaching up to three-hundred people in attendance at times. For smaller shows, there would be two or three people staffing the show, and for the larger ones, between six and eight. John would run door on weekends, checking IDs and collecting any cover, as well as helping with any other issues that came up along the way like fixing sound, cleaning up spills, and settling disputes.

Everyone involved in the venue, including John, worked full-time and/or was a full-time student and spent the rest of their time running the venue as a passion project. Like other DIY spaces, the expectation behind running these venues is not to turn a profit—the goal is to support local music and see live music without the financial pressure associated with attending shows at established concert venues.

“One of the nice things about running a DIY space is you really have a lot of power to amplify voices and give a platform to music that doesn’t see a big platform typically, bands that might be really small or just starting out... there’s really no barrier to entry,” John stated in an interview.



Pictured Above: A crowd at a DIY show in 2022  
Photography: Fiona Clark

"Any local music scene relies on DIY music because bands cannot build a following or just music in general cannot grow within solely established channels because there’s a high barrier to entry; there’s no way for you to get to that point until you are already there,” he added. Ultimately, after four months, the venue was forced to close after receiving a cease and desist letter from the City of Chicago for operating a concert venue in a building not zoned for that purpose. In most cases, obtaining the required permits is not a viable option for DIY spaces and it can be exceedingly difficult to find a space that can support the performing arts, especially considering that the avenues surrounding the rezoning process are limited and not within the budget of DIY spaces. In recent years, several long-standing DIY spaces have been forced to close due to a variety of challenges, including the complexities of navigating the legal process behind running these venues.

“I cannot overstate the importance of [DIY spaces] as somebody who listens to music and makes music and just appreciates live music,” John stated. “I think they’re vital to the Chicago music scene and I would generalize that to say they’re vital to any music scene... No band plays a show at a bar and fills the room on their first show... You need to have that incubation space for music on a local level in order to create a scene which is capable of producing and supporting great music. It’s just required.”

Although the venue at which John worked was forced to close its doors, he has remained very active in supporting local venues and musicians in the Chicago music scene. Despite the numerous challenges faced by DIY venues, the local music scene continues to persevere and maintain a tight-knit and sustainable community.

## Answer Keys

1	P	A	2	S	S	O	V	E	R		3	S	A	P	L	I	N	4	G
	O		E								O								A
	L		5	D	A	F	F	O	D	I	L								R
	L		E						A			7	R	A	8	M	P		D
9	E	A	R	10	T	H	D	A	Y			E		A					E
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				L		11	F	R	I	D	A	Y		Z					
12	R	O	B	I	N				G			13	C	R	O	C	U	S	
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					14	N	E	S	T			15	E	A	S	T	E	R	

7	9	8	2	5	3	4	6	1
5	3	1	6	4	8	7	2	9
4	6	2	1	9	7	5	8	3
9	7	6	5	1	4	2	3	8
3	8	5	7	2	6	9	1	4
1	2	4	3	8	9	6	7	5
8	4	3	9	6	2	1	5	7
2	1	7	4	3	5	8	9	6
6	5	9	8	7	1	3	4	2