

The Herald

Volume 40 Issue 3

March 2025

THE HERALD

THE HERALD is a student-run news organization offering an open forum for student news and opinion and does not necessarily represent, in whole or in part, the views of college administrators, faculty, staff or the students of Harold Washington College.

Editorials are the opinions of the Editorial Board of THE HERALD.

Letters to the editor must include your name, affiliation, and email. All letters are edited for grammar and may be cut due to limited space. Anonymity may be requested.

EDITORIAL STAFF OF SP 25

EDITORS IN CHIEF

Khari Forrest (she/her)
kforrest8@student.ccc.edu

Jaden Ford (he/him)
jford94@student.ccc.edu

REPORTING STAFF OF SP 25

Joshua Tharp (he/him)
jtharp1@student.ccc.edu

Fiona Clark (she/her)
fclark19@student.ccc.edu

Kelly Rivas Rojas(she/her)
krivas6@student.ccc.edu

Paul Tavoularis (he/him)
ptavoularis@student.ccc.edu

Ty Townsend-Ford (he/him)
ttownsendford@student.ccc.edu

Selena Figel (she/her)
sfigel@student.ccc.edu

Oscar Gutierrez (he/him)
ogutierrez35@student.ccc.edu

FACULTY ADVISOR OF SP 25

Rosie Banks (she/her)
rbanks@ccc.edu

THE HERALD
Harold Washington College, Room 635

Trojan Women: Evocative and Timely

By Joshua Tharp
Staff Writer

Stories thousands of years old still captivate a modern audience, and when an playwright makes the deliberate choice to meet traditions of the past with the visions of the present, magic is displayed on stage. That is the essence of what Caroline Bird's adaptation of Trojan Woman, a play written by Euripides more than 2000 years ago.

Through a modern backdrop filled with guns, radio, and modern medicine, Bird and her cast of talented Loop Players company delivered on expanding a feminist tale of tragedy, motherhood, and of course, lots and lots of wine and grapes. This is still ancient Greece after all. From March 12th through March 22nd, room 103 was transformed into a black box theater, with seats all around its corners. For those 10 days, truly fantastic performances took place that shook up the hearts of those who attended.

The play follows two Trojan women, Hecuba, portrayed by Ashway Lawver, and Chorus, portrayed by Morgan Lavenstein, shortly after the fall of Troy by their Greek invaders. The two women are held up in a hospital which is being used as a prisoner of war camp for Trojans.



Pictured Above: Jazmine Mazique, Robert Mosby Jr., Ashway Lawver, and Morgan Levenstein.

Photography by Garrett Bell.

Hecuba, the former Queen of Troy, is in a cell with Chorus, a pregnant woman shackled and chained to her hospital bed. Both are widows whose husbands and children have been killed during the war, or taken as prisoners. The play is feminist at its core. It is about motherhood and the loss of family and pride. It is also about identity and what makes a mother. Is it birth that makes a mother, or is it the bond that a mother has with her family and community? The dynamic between Hecuba and Chorus reflects these two aspects of motherhood, and the inherent misogyny that comes with being a woman in a world built by men, for men.

The production is unapologetically anti-war, and given the conflicts in Palestine and Ukraine, these themes of grief that are caused by military aggression hold an extra weight to them, as these two wars are at the back of all of our minds. Characters express their emotions at the situation. Rage, grief, and confusion, all of these emotions are what those displaced by war in our real world face.

The arts have historically been a window open to the wider world, and a tool to educate others to the issues plaguing this otherwise beautiful world we live in.

Bird invites you to have a seat, and to take the time to reflect on those whose stories will be unspoken during times of crisis and to sit with the discomfort that it leaves us.

Now is not the time for silence. Doing so is a disservice to the millions of women in history who have been displaced, tortured, or killed for war or taking a human being as a prize. I had the absolute pleasure of watching this wonderfully provocative production. You leave the theatre in a state of shock and agony. You feel for these women and every other Trojan who passed during and after the war, almost as if they are your own family members. Seeing tragedy play out in real time, as if you could reach out your hand to console the bereaved, is a different feeling than watching as a show. The show is incredibly intense and emotional in a way that few forms of art can inspire. Art moves us to feel, but Bird's Trojan Woman moves us all to act.

The Loop Players company is an educational theatre company that stages performances in Harold Washington. It is open to students regardless of major and gives these students to work alongside professional actors.

Who Looks For Us?

By Kelly Rivas
Staff Writer

On March 5, 2025, a local group of volunteers who search for missing people reported the discovery of hundreds of shoes, clothing items, human remains, and three underground ovens on a ranch outside the city of Guadalajara, Jalisco state.

People disappear daily throughout Mexico. Throughout the years, this crisis has gotten worse, and unfortunately it doesn't look like it'll get any better soon. A report by the Mexican Institute of Human and Democracy (IMDHD) notes that over the past 6 years, the number of disappeared women and girls has tripled. There are thousands of cases of missing females. Many of which haven't gotten resolved. Others were just dismissed. According to the statistics provided by El Registro Nacional de Personas Desaparecidas y No Localizadas (RNPNDNO), the Mexican equivalent of The National Registry of Missing and Unlocated Persons (NamUs) in the U.S, in 2024, a total of 20,244 persons between the ages of 0 and 30 disappeared. About half of those who disappeared were women. Out of the women who disappeared, twenty-six percent of those were found.

It's important to keep in mind that these numbers reflect the cases that were reported to the police however, many disappearances are never reported for many reasons.



Fotos de personas desaparecidas en Glorieta de las y los desaparecidos en Guadalajara Wotancito 2022

Some of the reasons are that families are afraid of reprisal from criminal organizations or have a lack of trust in authorities to conduct thorough investigations. While the total number of cases of missing people is alarming, that is only scratching the surface in regards to the sheer amount of cases that go unreported. In Chicago, from 2000 to 2021, there was 351,731 missing persons, according to the City Bureau and the Invisible Institute. Half of them were women.

Why are the numbers of missing women and girls rising?

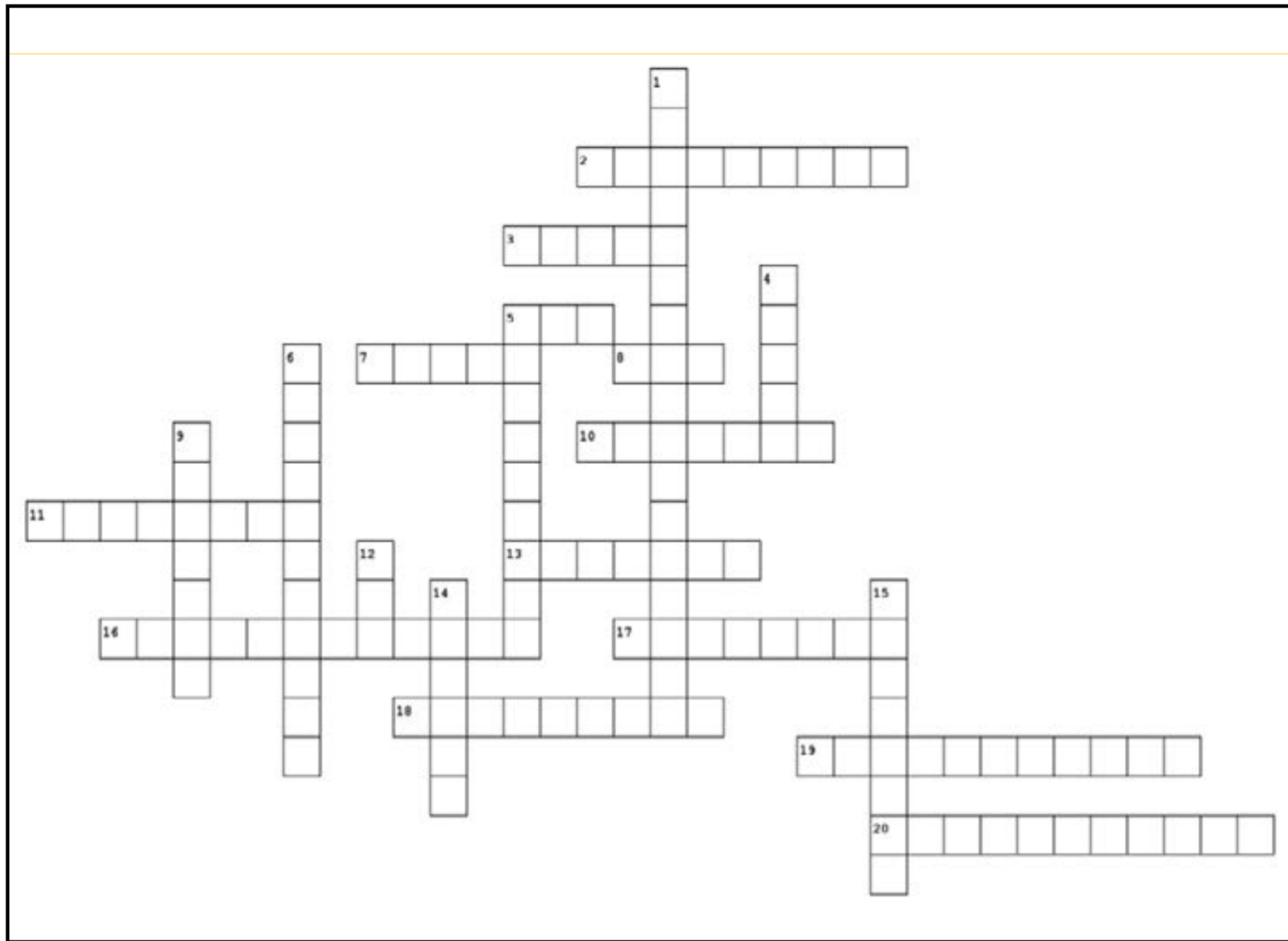
It's simple, a lack of proper help from law enforcement. This is why families decide to act on their own, struggling to find answers to the disappearance of their loved ones. Sometimes they never get answers as to what happened to their loved ones not even details to keep searching. In Mexico, due to the lack of help given by the government, mothers of missing loved ones have become activists. They are called "Madres buscadoras" (searching mothers), and they work towards the search for their loved ones and advocate for justice.

These mothers raise funds and use the money to chase down leads that they gather from anonymous tipsters and launch search missions. Across Mexico, there are many of these searching mother's organizations and they have been successful at finding the bodies of missing people. According to a New York Times article the "searching mothers" group called "Colectivo Solecito" which means "Collective of the Little Sun" found the first graves in an area where later a mass grave of 250 human skulls were found. It's tragic to think that these mothers must endure the pain of not knowing where their children are but also must look for them. Anyone would think that in Chicago with the resources the city has that families of missing loved ones wouldn't have to go through the same hardships as families in Mexico. The harsh reality is that in Chicago those same problems occur, two Chicago-based nonprofit journalism organizations called City Bureau and Invisible Institute have conducted a two-year investigation into how Chicago Police handle missing person cases. Their research found out that police have mistreated family members or delayed cases and poor police data exists making the problem harder to solve.

Continued on page 4

Crossword: Celebrating Women

By Fiona Clark
Staff Writer



Across:

2. NAACP; new name for Congress Parkway

3. Doctor for female reproductive system, abbreviated

5. "The Notorious ____"; justice

7. Hashtag; Weinstein

8. Stonewall; activist (initials)

10. Underground Railroad abolitionist

11. 20 Across; number of constitutional amendment

13. "We can do it!"; short metal pins

16. "Remember the ladies"

17. Overturned 2022

18. 1983 Challenger Astronaut

19. Location of first woman's rights convention

20. Ziggy Stardust; "____ city"

Down:

1. Prominent reproductive and sexual health clinic

4. Radioactive physicist and chemist

5. Bus seat in Montgomery

6. Seven gold in gymnastics

9. Education Amendments of 1972

12. 20 Across; trailblazer (initials)

14. 2014 Nobel Peace Prize laureate; girl's education

15. 1st, 2nd, 3rd, and 4th waves

Survey: Harold Students are Hungry For Change

By Ty Townsend-Ford
Staff Writer

A recent SGA-affiliated survey has yielded results with a powerful message from students—about 9 in 10 support bold reforms to bring affordable lunch options to campus.

This result highlights widespread frustration with the current state of food insecurity at Harold Washington College—and a growing demand for change.

According to the survey, 90% of students support a free weekly hot meal program on campus, even if those funds come directly from the SGA budget. To better understand how students feel about the food insecurity crisis, I spoke with students in the lounge and gathered their perspectives.

Ukemeobong "Obi" Obidiegwu, a first-semester music performance major and transfer student from Kennedy-King, was surprised by the lack of food options. "I didn't expect this. I actually thought all city colleges had cafeterias,

but the fact that Harold Washington doesn't have a cafeteria is mind-blowing. It's a complete shock," said Obi.

Notably, Harold Washington College is the only public community college in Chicago without a cafeteria, leaving many students struggling with food insecurity.

"Sometimes I just trick my brain into thinking that I'm not hungry," Obi admitted. He is not alone. Artasha Spivery, a third-semester business and finance major, says she has gotten used to skipping meals on certain days.

"A majority of the time, I have to eat before I get here," Artasha explained. "Buying food downtown is not it—everything is double the price, and if you're here five times a week, you could be spending \$50 to \$100 a week on food. As college students trying to manage housing, transportation, and other expenses, it takes a toll on us."

Many students echoed similar sentiments, especially those balancing financial obligations.

Gema Mojica, a third-semester psychology student, noted that food insecurity hits working students especially hard. "I'm very lucky to still live at home and have food provided for me. Not all students have that," she said. "Many students go to work, pay bills, and on top of that, have to buy food. It's hard for a lot of people." Like most of the student body, Gema supports a hot meal program, believing it would ease financial stress for students juggling multiple responsibilities. "It would be good for students to know they won't have to decide between paying the electric bill and getting something to eat," she said.

Fortunately, students see SGA as a potential solution to this crisis. In the same survey, 95% of students expressed a desire for a more accessible, transparent, and proactive student government.

These results send a clear message: Harold Washington students are not just hungry for food—they are hungry for change. The overwhelming support for a hot meal program, combined with a push for a more engaged SGA, signals that students are ready to take action.

While the lack of affordable food on campus has left many struggling, the collective voice of students demanding solutions is powerful. Change is possible—if student leaders, administrators, and the broader college community come together to make it happen.

With a growing movement for student power and accountability, Harold Washington College has an opportunity to transform into a campus where no student has to choose between their education and their next meal.

THE HERALD

Attention, readers. **T H E HERALD** is looking to hear back from you! If you wish to get in contact with us about the following:

- Any leads or topics you want us to look into
- Corrections
- Follow-ups
- Critiques/Comments
- Photo Request
- Staff Opportunites for HWC Students

Please contact

Khari Forrest
kforrest8@student.ccc.edu

Jaden Ford
jford94@student.ccc.edu

We'll do our best to read and respond to every email we receive.

OPINION: CCC Must Offer Self-Defense

By Joshua Tharp
Staff Writer

Every student has the right to safety on campus or on their way to it. Being a student at Harold Washington, I, along with my peers have the privilege of going downtown every day and experiencing the beautiful architecture, vibe, and food that Chicago has to offer. Some of my own greatest moments came from evening strolls on my way home from school, and I attribute a great deal of the positive emotions to the safety and security I feel. As I joke around and get to know my friends here at school, I start to notice a scary trend: a concerning number of women and femme-presenting students have been harassed, or worse, on their way to or from school. We have so many resources that assist a student after an uncomfortable encounter, but students lack options during one. I challenge the City Colleges to go an extra mile for their students who risk going on buses and trains every day; provide free self-defense training to students.

Safety is an issue that I take very seriously, and it's an issue that I care deeply about. Growing up, I took martial arts classes.

I started young, about 6 or 7, and after almost more than a decade of practice, I attained the rank of black belt in Songham-style taekwondo. On the path to my martial arts journey, my instructors took a chance on me and my abilities as an acne-ridden, shaggy-haired teenager. They took me in as a student-instructor. There, I would gain experience in providing self-defense training to women and children in my community. I believe that this gives me a unique insight and qualification for advocating for self-defense training on campus.

I want to dispel a few misconceptions about self-defense and the philosophy of martial arts as a whole. First of all, enacting self-defense is not to be done in aggression. My art is just as much philosophy as it is "combat" and attempting to create a safe environment for yourself and others from one that is dangerous. There is more to self-defense than throwing the last punch. It is about the preservation of life and safety. During my time as an instructor, The very first thing I would tell my students were to make noise, make yourself and your situation known. Then, techniques to get the student out of whatever grab or hold they might find themselves in.

Breaking grips was always prioritized over breaking fingers.

Second, in a lot of cases, there are many encounters of purely harassment with no physical harassment. Just because there is no physical contact between parties, that factor makes the situation less safe. Under no circumstances would I instruct my students to strike first. Instead, as part of self-defense training, solid de-escalation training is a necessity. Training students to keep a level head, and to keep their breathing under control, limits the risk of harm onto themselves. Talking an aggressor out of harassing can lead to safe ways to exit an unsafe situation.

I want to stress the importance of the current resources that are in place at Harold Washington. Project S.A.F.E. does a truly magnificent job of ensuring that students who have had struggles with getting to school safely have access to life-saving resources that allow those students to navigate a traumatic experience with tact and care. I am personal friends with volunteers for that same resource and I have the utmost respect and admiration for the needed work they do to ensure safety on campus.

That can be true, while also saying that City Colleges must provide additional resources to provide support to students while they are off campus. No one deserves to feel unsafe going to school or home.

For these reasons, I strongly implore the City Colleges of Chicago to look into free and accessible self-defense training for all.

Artist? Cartoonist? Familiar With Adobe?

If you answered yes, The Herald News Crew wants you!

Intestested?

Email Our Editors-in-Chief at
Khari Forrest
kforrest8@student.ccc.edu

Jaden Ford
jford94@student.ccc.edu

Or Stop By Room 635

Who Looks for Us? cont.

Continued from page 1

To depict this reality, consider the case of Lucy Diaz, a college professor, who is also married to a successful businessman as well as a mother of three. In an interview with ABC News Lucy shares how her life completely changed one Saturday night, 2013, when her 29-year-old son, Luis Diaz, disappeared in Veracruz, Mexico.

Ten years have passed, and all Lucy knows is her son was kidnapped and his workers were involved. She's now part of the "searching mothers" group, called "Colectivo Solecito", which means "Collective of the Little Sun", along with 300 or more mothers who, like her, haven't received any justice.

Lucy says that authorities have been so neglectful but for her it's not about them being lazy, it all has to do with corruption. A similar case took place in Chicago in an article written by both organizations City Bureau and Invisible Institute, where a mother shares her story. Latonya Moore, joined by friends and family, decided to search for her missing daughter, Shantieya Smith. Latonya felt that authorities hadn't taken the report seriously, so she decided to act on her own.

Latonya along with friends and family decided to put up fliers in the neighborhood, check abandoned apartments; and in desperation for any clues, she even exchanged several messages and calls with the man she believes murdered her daughter. These two cases are two of thousands of cases where family members decide to search for their loved ones.

It's hard to determine what can be done to help solve this, especially in Mexico. It's well known that there's a lot of corruption within the Mexican government. This makes it hard to have hope that there will ever be justice or a better plan to solve these cases.

Although it seems hard, there's a lot of organizations that fight for a better and more effective justice system. In Chicago, communities hope that the mayor and the superintendent take immediate action to help families of loved ones get the justice they deserve.

Mayor Brandon Johnson pledged to establish a missing persons initiative that would train civilians in trauma-informed crisis response. Communities have shared their interest in this initiative and are willing to work together to create safer communities.

As Women's History Month concludes, it's important to acknowledge the continuing issues affecting women's safety. The reported disappearances in both locations indicate a continued need for focused attention and action.

To highlight the societal importance of addressing these concerns, Harold Washington College Professor, Loretta Visomirskis, states "women issues or humanitarian conflicts teaches us all to stand against inequality, injustices, and evil".



Glorieta de las y los desaparecidos (roundabout of the disappeared), in the Glorieta del Ahuehuete on Paseo de la Reforma, Mexico City. The anti-monument was placed by relatives of disappeared persons, who placed names and photographs on the fences placed to block passage. July 22, 2023. Author: Luis Alvaz

By Fiona Clark
Staff Writer

As the reality of a post-Roe era has set in, millions of people across America have faced the consequences of the ongoing war on abortion and reproductive healthcare as a whole. The road of reproductive healthcare in the U.S. has long been marked by federal and state government intervention seeking to either secure or limit access to reproductive healthcare for centuries.

The 1800s saw a slew of legislation and campaigns aimed primarily towards preventing access to contraception and abortion, including the American Medical Association campaigns to make abortion illegal nationwide in 1857 and the Comstock Act passed by Congress in 1873, which made distributing contraception via mail or across state lines a federal crime.

In spite of these restrictions, reproductive freedom began to make headway in the 1900s. In 1916, Margaret Sanger opened the nation's first birth control clinic in New York City and later established the organization now known as Planned Parenthood in 1921. The first oral contraceptive was approved by the FDA in 1960 and the first Intrauterine Device (IUD) was approved shortly thereafter in 1968.

In January of 1973, the Supreme Court ruled that the right to abortion is protected under the 14th amendment in the famous Roe v. Wade case. The Supreme Court notably upheld this ruling in the 1992 Planned Parenthood v. Casey case, reaffirming the constitutional right to abortion.

Despite this, nearly fifty years after its original ruling, the Supreme Court overturned Roe v. Wade in June 2022 in a 5-4 decision that would now leave abortion laws up to individual states.

While abortion is still considered accessible in twenty-two states, including Illinois, twelve states have implemented total abortion bans, severely limiting access to reproductive care for millions of individuals. Additionally, the amount of access to reproductive healthcare that an individual has can be largely based on external factors outside of their control, including race, economic status, and state of residence.

Sex and gender based disparities within medicine further negatively impact the quality of healthcare for all women and especially for women of color. As of 2021, black women have a maternal mortality rate nearly three times higher than their white or hispanic counterparts.

They also face heightened risks of being diagnosed with aggressive breast cancer, especially in southern states, likely due to economic deprivation, exposure to environmental hazards, and a lack of or limited access to healthcare. The twenty-two states that have the strictest abortion laws are home to 45 percent of all black women under 55, despite only having 39 percent of the total population. Additionally, the repercussions of historical medical malpractice and experimentation on black individuals coupled with inadequate and inaccessible healthcare has furthered the complicated relationship black women may have with the U.S. healthcare system.

The access an individual has to reproductive care can also be severely limited by economic status. For individuals living in ban states who wish to seek an abortion, traveling to a nearby state to receive an abortion can be costly and not an available option. Insurance, or a lack thereof, can also be a significant barrier for those seeking any form of healthcare, meaning that those who cannot afford to pay out-of-pocket may not be able to receive the care that they need at all.

Women's reproductive health has been routinely dictated by legislators and those with political power and capital throughout history- not by medical professionals or even by women themselves. Katie Watson, a lawyer, bioethicist, and Professor of Medical Education, Medical Social Sciences, and Obstetrics & Gynecology at Northwestern University who is known for her groundbreaking work in abortion ethics offers to shed some light onto why this may be.

"I think that the agenda of misogyny in the false cloak of the ethics of reproduction has dominated American politics... I think that a lot of the conversation that is masquerading as abortion ethics is actually a regressive move to try to reverse the progress of women's equality," states Watson. "Women's ability to control their reproduction is essential to their success in the public sphere... to having social, political, cultural, and economic power... it isn't good for a narrow group of men who will lose positions".

"A lot of this is fake conversation that I'm not interested in participating in, because when you say 'an embryo is a person like you and me', we're trained to be respectful. If you

"A lot of this is fake conversation that I'm not interested in participating in, because when you say 'an embryo is a person like you and me', we're trained to be respectful. If you march with a sign that said "women should be chained to the stove", you get less respect... A lot of the anti-abortion argument has become a proxy for an anti-women argument," Watson continues.

As Watson addresses, the rhetoric surrounding anti-abortion legislation and activism is underpinned by the forceful stripping of bodily autonomy.

Comprehensive and medically accurate sex education is one effective way for all individuals, regardless of gender, to make informed decisions regarding their bodily autonomy and can reduce the frequency of unplanned pregnancies and STDs through educating adolescents on contraception and safe sex practices.

The quality of health education varies widely across the country and a 2018 CDC School Health profile reveals that fewer than half of high schools teach all 20 topics that the CDC recommends as essential components of sex education.

Topics included in this list range from STD education and prevention, unplanned pregnancy, and promoting safe behaviors to maintain sexual health.

Currently, there is no federal mandate for sex education in schools- it is left up to individual states and school districts to decide how and if sex education will be taught. Thirty-nine states and the District of Columbia require that schools teach some form of sex education and/or about HIV but only eighteen of those states require that this education be medically accurate.

Additionally, topics that are considered controversial or unacceptable by legislators can be entirely exempt from curriculums, which often appears in the form of limiting education on contraception and LGBTQIA+ sex education. Only ten states require that sex education must be LGBTQIA+ inclusive and six southern states outright ban educators from discussing LGBTQIA+ identity or require educators to frame LGBTQIA+ relationships in a negative light.

Abstinence is required to be covered in thirty-nine states and the District of Columbia, with twenty-eight of those states emphasizing that abstinence be taught as the favored approach, commonly referred to as abstinence-only-until-marriage (AOUN), although advocates of AOUN have recently attempted to rebrand it as Sexual Risk Avoidance (SRA) programs.

A 2017 report from the Journal of Adolescent Health concluded that AOUN programs often fail to prevent adolescents from having sex and have failed to reduce the rate of teen pregnancy and STDs. AOUN programs have long been considered to be scientifically and ethically flawed and thus have been widely rejected by medical professionals and public health experts. Despite this, the federal government has spent \$2.2 billion in taxpayer dollars on abstinence-only education programs since 1981 and spending has nearly tripled since 2011.

Limited access to medically accurate comprehensive sex education and increasing restrictions on reproductive care in the U.S. has, and will continue to restrict individual bodily autonomy, the effects of which are disproportionately suffered by those at a socioeconomic disadvantage and the future for reproductive rights is uncertain in the post-Roe era.

Resources for Reproductive Care

Medical Assistance

HWC Wellness Center

Mental health support services available to all student, faculty, and staff

Phone: (312) 553-6072

Email: hwc-wellnesscenter@ccc.edu

Location: Room #1041 at HWC

Massachusetts Medication Abortion Access Project (The MAP)

Telemedicine platform that provides access to medication abortion across the nation and uses a pay-as-much-as-you-can-afford-to-pay model with a \$5 minimum for those in immediate need

<https://www.cambridgereproductivehealthconsultants.org/map>

Planned Parenthood

A leading non-profit organization for sexual and reproductive healthcare that provides services such as STD testing, birth control, and abortion care

<https://www.plannedparenthood.org/>

Legal and Financial Aid

The Chicago Legal Clinic at HWC

Free, community-based legal services and education

Phone: (312) 553-3172

Location: Room #1027 at HWC

If/When/How

Free, confidential legal services and an abortion and pregnancy legal defense fund

Legal Helpline: 844-868-2812

Legal Defense Fund: <https://reprolegaldefensefund.org/>

The Midwest Access Coalition

Abortion access fund for people traveling to, from, and within the Midwest that covers lodging, transportation, food, and childcare support

Confidential Hotline (text or call): 847-750-6224

Over-The-Counter Contraceptive Care

O-Pill

The first FDA-approved over-the-counter oral contraceptive (Progestin-only)

Available at major pharmacies and online for \$19.99 per single pack

Website: <https://opill.com/>

Morning-After Pill

A morning-after pill is an emergency contraceptive that can be used after unprotected sex to prevent pregnancy

Costco has a generic version of the morning-after pill Plan B One-Step for \$6- no membership is required to enter the pharmacy



School/Work and Sleep: Why it All Matters

By Paul Tavoularis
Staff Writer

Many people have difficulty waking up for school and getting truly motivated in the morning, and with college students in part-time or almost full-time jobs, this brings a tougher challenge of getting up every day for students in all colleges.

In 2023, researchers at Carnegie Mellon University found that students who receive less than six hours of sleep experience a pronounced decline in academic performance. In addition, each hour of sleep lost corresponded to a 0.07 decrease in end-of-term GPA. Students have to deal with the daily pressures of school and coursework from their different classes, but this number may be greater with working students. The average workday for most is 9 am to 5 pm, but for college students, especially in retail jobs or fast food, who work different kinds of hours to still fulfill the needs of their education, may have to work until later hours and into the next day.

Iowa State student, Alix Hernandez, who works a 20-hour work week while still taking 4 classes, says, "It's very hard to get up on the days I work in the mornings," "I do class asynchronously while working from 11-5 most of the week, and while it is convenient to have a lot of my day to do work, it becomes a challenge because I am tired from my shift before."

In a 2020 blog created by the Harvard Summer School they added that, "Sleep is very important for consolidating memories. In any sort of experimental setting, study results show better performance if you learn material and then sleep on it, instead of remaining awake. So, there's lots and lots of evidence now indicating that sleep promotes memory strengthening and memory consolidation." Seventy to 96 percent of college students get less than eight hours of sleep each weeknight. And over half of college students sleep less than seven hours per night."

This causes frequent burnouts in both work and school from meeting the time expectations with many choices to make about priorities.

When asked about how to balance the school/workload day to day, Truman College Student, Ethan Rivera, stated, "Taking fewer hours would help for people who can't handle a crazy amount with classes, it makes a big difference working 25 versus 20 hours while being in school and that little change has helped a lot for me." This shows even though money may be a motivating factor for most the slight adjustment to your priorities can create a better work life balance.

Another World is Possible

By Joshua Tharp
Staff Writer

Another world is possible. That is the pathos you are left with after witnessing Aram Han Sifuentes' exhibit by the same name on the 11th floor, right here at Harold Washington College. Inspired by President Trump's electoral victory, Han Sifuentes kindly donated temporarily a collection of custom-made textiles to the school, which was displayed as a show of solidarity to our students who may feel as if their liberties are at risk within the new administration.

Han Sifuentes, a Seoul-born artist who studied at the School of the Art Institute of Chicago has a history of political activism through her writing, education, and fiber arts. She creates tapestries that inspire their onlookers to a call to action. Refugee rights, bodily autonomy, and pleas for peace in Ukraine and Palestine are common themes.

Having a background as an immigrant herself, Han Sifuentes identifies closely with the struggles that come with being a marginalized group in an otherwise growing authoritarian government. With her artwork, she inspires everyone to keep fighting against injustice. Her works have been displayed all over the United States.

Until April 8th, you will be able to head to the 11th floor to check out this powerful display of textiles. The exhibit has an interactive component. There are pens, markers, and post-it notes sitting on a table that are used to write your own message of encouragement and activism to whatever cause that resonates with you or loved ones.

You are invited to walk in, and appreciate the craftwork of her stitching on each unique fabric. It reminds you that art doesn't always look like oil on a canvas. It also looks like quilts, blankets, and other materials that you have around your room.

Get crafting.

Columns

K-ake Pop

By Khari Forrest
Columnist

Women in K-pop

Women In K-pop have been taking the world by storm the last few years. They have been showing from charting on Billboard Hot 100 to the performances at award shows they show up in so many different ways bringing attention to the new up and coming genre in the West. K-pop is a popular music genre originating in South Korea, characterized by catchy songs, high-energy dance routines, and visually striking music videos, often blending various genres like pop, hip-hop, and electronic dance music. This genre has recently taken the world by storm with the talent and artists that have recently been highlighted. The month of March being the month of Women's History month I want to highlight some of the most impactful women within K-pop.

The women in K-pop have played a significant part in shaping the global music industry. Some of those ways are the cultural globalization that groups like 2NE1, Blackpink, and TWICE have reached a global audience and breaking records on charts all over the world. This brings the cultural globalization of K-pop to international audiences. K-pop has shown us all kinds of things from Korean language, culture, fashion and entertainment. The different regions that K-pop has reached throughout the years go from North America, Europe and Southeast Asia. This is a beautiful thing and I believe it is important to learn about other cultures and just by indulging in K-pop it brings out so many cultural influences that are a privilege to be a part of.

K-pop female idols have challenged the traditional gender norms and societal expectations. Many female groups and soloists empower young women by promoting confidence, independence, and self-expression. For example, BLACKPINK's strong, confident image contrasts with the typically more demure and passive roles women have traditionally played in the entertainment industry. Songs like "DDU-DU DDU-DU" and "How You Like That" reflect themes of empowerment and resilience. The concept showing the confidence and power that they bring to the music industry and how they do it unapologetically.

The women in K-pop have brought signature looks that have become a trend upon social media. For example, the trend of doing K-pop idol makeup by changing the blush placement and adding glitter to the eyes and a gradient lip combo. This trend reaching thousands as people attempt this on multiple platforms like YouTube, Twitter and TikTok. Their performance style is admired by everyone all over the world. This shows a very diverse set of talent that they bring into the music scene. from the outstanding outfit styles to the makeup. K-pop girl groups have also brought a lot of iconic hairstyles and haircuts to the forefront that many don't know stem from Korean culture. Setting all kinds of trends and different styles based on their own culture has made a great impact in the fashion industry alone.

The challenges that these women have to face everyday have not stopped them from becoming the stars that they are known to be today. For example, Blackpink's Jennie just became the first K-pop female artist to receive an award at the Billboards "Women in Music Awards" making music history. The girl group Twice also has made history as the first K-pop girl group to headline and perform at one of the biggest festivals in the world, Lollapalooza 2025. These women showing these historical moments speak to their accomplishments in the industry alone and I think it something amazing to admire.

With the high beauty standards that they face and the image of perfection they have to maintain. They never let that stop them from being an inspiration for others and keep going. These women and their different cultural backgrounds bring a diverse and beautiful perspective of the music genre and they will continue to show up and show up in different ways and they'll always have fans to support them.

Keyboard Warriors

By Joshua Tharp
Columnist

Bilibili Seeks Redemption - LPL Split Two Kicks Off

Mark your calendars for April 5th, 2025. Bilibili Gaming, along with 15 other professional League of Legends teams from China vie for a seat at the play-offs. The LPL Split 2 is underway. 16 teams compete for dominance, glory, and a spot in the LPL play-offs.

Teams are divided into two groups. The first group, named Ascend, has 10 teams within its bracket. Heavyweight giants such as Invictus Gaming and the aforementioned Bilibili Gaming compete for the shot to attain a very coveted invite to the LCS World Championship later this year. Bilibili in particular is aiming for redemption after it was knocked out by South Korea's behemoth of a team, T1, 2-3 in the final match just last year. These 10 teams will compete in a double round robin format, meaning that each team will compete against the other twice.

The second group, group Nirvana, sees 6 teams brawl it out in a single round robin format. Each team will see each other once, and have that one opportunity to put their opposition under. Teams with storied histories such as EDward Gaming and RNG will duke it out to secure their place in the 2025 LPL season. Matches are set to be played in a best-of-three. Whoever wins two games wins the set and goes forward with a victory over their opponent. The top 6 performing teams of Group Ascend will solidify their spots in the playoffs, while the top 4 from Group Nirvana will likewise cement themselves in that tournament. However, Group Nirvana must be wary - the 2 teams who find themselves at the bottom of the positioning will not be eligible to move forward into the third split.

International audiences might find it tough to watch these streams live in English, however. Riot Games has still suspended official English broadcasting of LPL games. Although it is possible to find livestreams of another co-streamer who will commentate the match in English or their local language, Riot Games no longer supports the English language for their broadcast of LPL matches.

Crossword Answer Key

Across

2. Ida B Wells
3. OBGYN
5. RBG
7. MeToo
8. MPJ
10. Harriet
11. Nineteen
13. Riveter
16. Abigail Adams
17. Roe v Wade
18. Sally Ride

Down

1. Planned Parenthood
4. Curie
5. Rosa Parks
6. Simone Biles
9. Title IX
12. SBA
14. Malala
15. Feminism

Another World is Possible cont.

Photos By Joshua Tharp

