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Independent - Apr. 11, 2017

Brett Starkopf

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Independent

Northeastern Illinois University

2017-18 SGA
Candidates

pg. 9

Tuesday, April 11, 2017

www.neiuindependent.org

Vol. 36 Issue 14



Remember the Removal: In touch
with the Cherokee and humanity

pg. 8

The Alternate Spring Break students play a game of stick ball after their volunteer work with the Habitat for Humanity. | Cecilia Hernandez

NEWS

Police Blotter

The following incidents occurred between the dates of March 13 to March 28 at NEIU's main campus:

March 13 - LWH: There was a verbal dispute between a Lyft driver and a passenger but the fight was resolved.

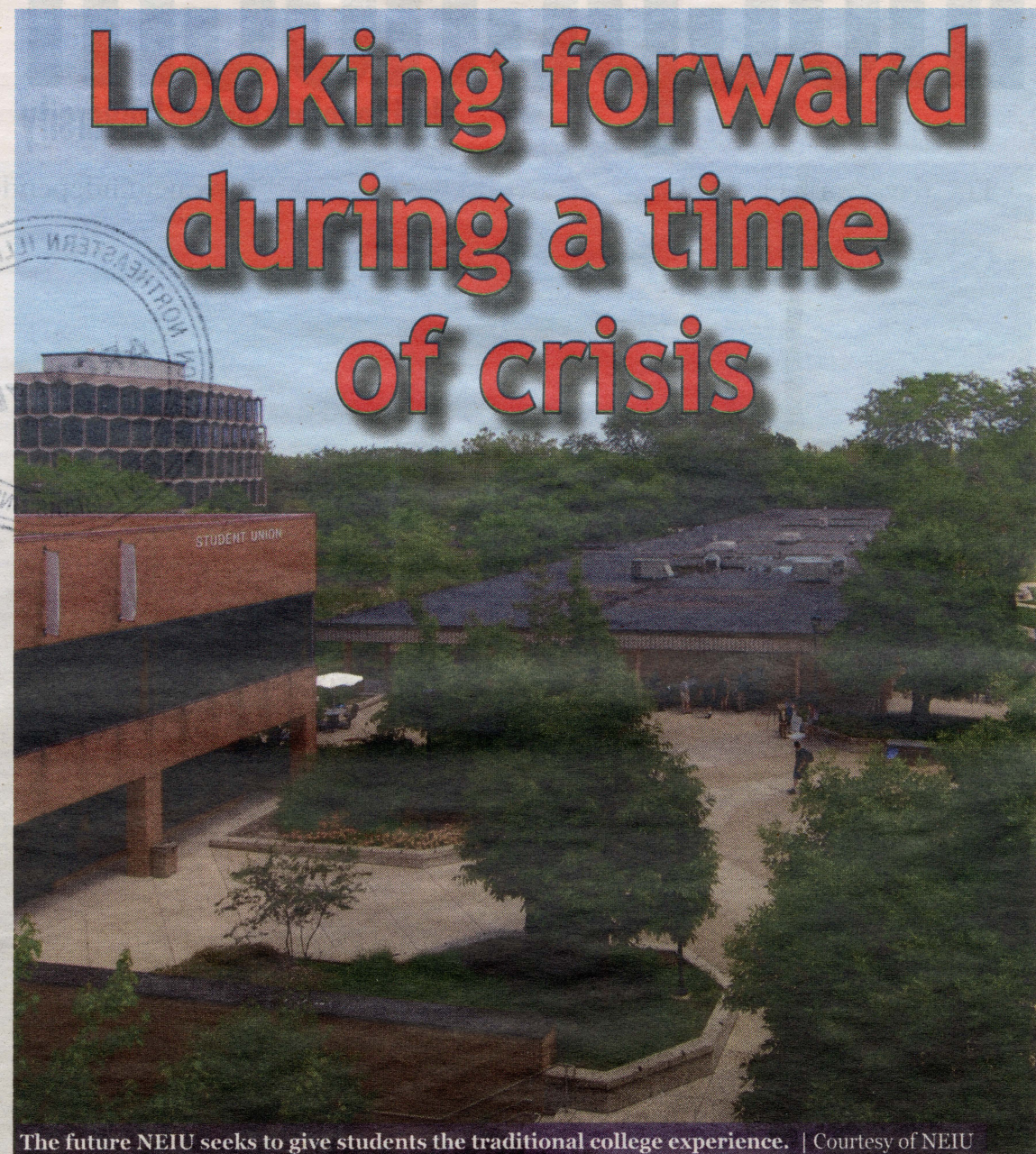
March 15 - P.E. Building: An unknown offender etched writing on 10 lockers in the men's locker room. Facilities Management was contacted.

March 16 - D-Building: A cell phone was stolen from a secured office.

March 28 - B-Building: An unknown offender wrote graffiti on a napkin dispenser.

The following incident occurred on March 17 at NEIU's CCICS campus:

March 17 - CCICS: A jacket was stolen from an unlocked vehicle in the parking lot.



Sarahy Lopez and Rut Ortiz

NEIU's Board of Trustees regularly scheduled meeting began with the discussion of newly implemented furlough days from April 11-12 and May 1.

Cost and salary-savings plans are part of the furlough program in order to keep the university running during the budget crisis, including a spend-

ing and hiring freeze that is estimated to provide \$3.5 million in savings.

"The university will pause the furlough program as soon as it is financially able to do so," Interim President Richard J. Helldobler said. "The university's end of January national analysis demonstrated the need to save about \$8.2 million in order to process general operations and payroll to the end of the fiscal year on June 30 (and) an additional

\$16.7 million to do so until Sept. 30, unless additional state funding is provided."

The furlough days during Spring Break were a result of the university's goal to maximize savings.

Helldobler said Spring Break was chosen for the furlough period because it would have had the least amount of impact on instruction. Cuts to employee's gross salaries for the five furlough days over Spring

Break are spread over five weeks of pay.

The decision to implement three more furlough days was contingent upon an agreement between university leadership and the various bargaining units and unions.

Despite the implementation of three more furloughs, the Board approved 12 candidates recommended for tenure.

The Board proposed the idea of bringing residence halls to the 3400 block of West Bryn Mawr Ave., which is estimated to take about two and half years to complete.

According to American Campus Communities, the company that manages and operates The Nest, student apartments will be at full capacity in the fall of 2018.

The Board also discussed campus improvements that will start with the Physical Education Complex roofing and exterior, expected to be complet-

ed by the end of June.

"The Nest has been a successful endeavor for the university," Helldobler said. "Incorporating the residence life component to the university has allowed NEIU to recruit and retain more students to better engage students with the university's community, peers, professors, staff, clubs and organizations, and enable them to have a traditional college experience. NEIU is ready to explore the possibility of phase two."

The university will still need to secure financing to build the student residence hall, however financing endeavors do not stop at building student residences down West Bryn Mawr Avenue.

The Board discussed the request for proposal to hire an executive search firm that would serve as a catalyst to cast a national hunt for the next NEIU president.

"I think the timing probably

could not be any worse (than) at this time," said Trustee Jonathan Stein, chair of the Board's finance committee. "I don't think we would be able to attract someone who would want to come into this, literally, a mess."

Stein said that NEIU has to have a continuity in leadership.

"I would advocate tabling it for now," he said.

The endeavor to hire an executive search firm would cost \$98,000 and the motion was carried after a time of deliberation and vote.

"If we think in terms of waiting for the state's financial troubles to settle in order to remove the interim adjective, we're talking a long time," said Trustee Jim Palos, a member recently appointed to the NEIU Board.

The Board discussed the decision to honor Valerie B. Jarrett with a conferred Doctorate of Humane Letters for being the 2017 Spring

Commencement keynote speaker. The high-profile keynote, known for her work as a Chicago lawyer, civic rights advocate and adviser during the Obama-Biden administration, has confirmed her acceptance of NEIU's invitation to speak at the May commencement and will be bestowed an honorarium of \$30,000.

Jarrett's speech would come less than a year after leaving the White House however concerned members of the Board questioned the amount of the honorarium.

"It's already assigned and there is a contract," said Board Chair Carlos Azcoitia.

Trustee Eduardo Garza is also a newly appointed member to the Board and responded: "We just had extensive conversations about the financial state that we're in. I find that disturbing that we're paying someone \$30,000 at a time of crisis. I just want to go on record."

Helldobler said that expenditures between \$50,000 and \$99,000 are reviewed by the Board but anything below \$50,000, university leadership has the capacity to negotiate. He also said that the honorarium amount is not above what they have paid speakers in the past and this will be the first commencement many graduates and their families will attend.

"Why should they have less? To me it sends a message that somehow first-generation, minority students should somehow have a lesser commencement than someone at an elite institution," Helldobler said. "It is a classist and elitist argument. That is a nail I am willing to die on, because these kids deserve it."

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Events Approved by COC

March 30 Meeting

Omega Delta Phi
ODPhi Cutie Pie - \$543.45

Gamma Phi Omega
Week of Events - \$1114.64

ASSW Phi Alpha
Induction Ceremony - \$543.43

Events Funded by Student Activity Fee for Apr. 11 - 25

Apr. 19 - Ability Advocacy Organization
(Dis)ability Awareness Day
Golden Eagle - 9am - 3pm

Student Leadership Development
Apr. 10 - I Love Monday Pop Your Fear
Village Square - Noon - 4pm

Apr. 20 - Freshmen Meet Up
3pm - 4pm

Apr. 24 - Senioritis Starter Pack
Village Square - Noon - 4pm

Apr. 25 - Keep Calm, Hot Dogs and Water Pong
Courtyard B - Noon - 4pm

Northeastern Programming Board
Apr. 13 - Egg Decorating & Tie Dying
The Commons - 3pm - 4pm



Student Leadership Development

Senate Updates

To read approved Senate minutes and passed legislation visit neiui.edu/sld and check out the SGA tab.

Vote in Student Government Association elections.

Polls are open from Saturday April 8th 8am until Friday April 14th 4pm.

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Guest speakers give green light to environmental efforts

Laura Rojas

American broadcaster, Bill Kurtis and NEIU alumnus, Chicago author and radio personality, John St. Augustine were the keynote speakers at NEIU's second annual Green Business Conference on April 4.

The pair host a radio show called "Earth Matters" on WCPT AM/FM in Chicago.

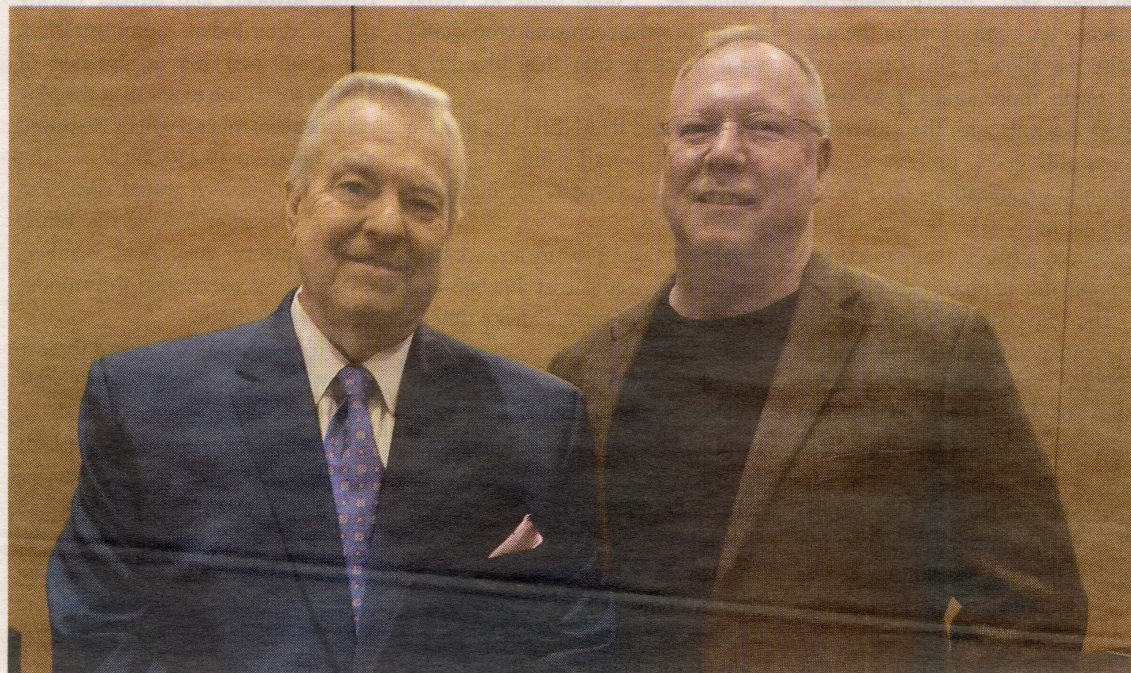
The GBC is coordinated by the Green Conservation Group, whose goal is to bring environmental awareness and green conservation efforts to NEIU. The business conference also is an opportunity for students to become familiar with green-oriented companies and find possible career paths or applications of their degrees towards environmental studies, said Valeria Martinez, vice president of the GCG and an environmental studies major at NEIU.

The GCG also has been making efforts to reach out to other departments throughout NEIU.

"We're trying to bring more people in from different departments and areas of study to show that sustainability and conservation does not only pertain to environmental studies and geography majors," Martinez said.

This year's GBC keynote speakers presented pieces from their radio segment "Earth Matters" and discussed the importance of restoring and preserving Illinois grasslands.

St. Augustine, writer for the radio program, explained that he first became interested in environmental conservation efforts due to three key figures in his life. Theodore Roosevelt, the 26th U.S. president who prevented the mining of the Grand Canyon among various achievements; Jacque Cousteau, French filmmaker and conservationist, famous for marine conservation; and John Denver, famous singer-songwriter, humanitarian and promoter towards



Bill Kurtis (left) and John St. Augustine have shared their passion for conservation for 27 years.

Laura Rojas

the conservation of natural resources.

"I was fascinated that one man could be visionary enough to save things other men would destroy," St. Augustine said of Roosevelt. "And those three guys: John, Jacque and Teddy—they all played a role in my life in teaching me something and I really feel that they all hit me at the right time and I owe them for what they gave me."

St. Augustine said that he later befriended Denver, whose music and messages he loved, and it was in fact while he attended one of Denver's shows regarding conservation efforts at the Chicago Theater in 1989, that he met Bill Kurtis and they have been friends ever since.

St. Augustine graduated from NEIU with a degree in environmental interpretation and communication and has been doing conservation work through his writing for 25 years.

"I started to look in between the lines," said St. Augustine. "Most people are looking at the headlines, I'm looking for the lifelines, and when

you look in between the lines you're able to extract information. You'd be amazed what information could lead to transformation." This is the message he came to share at the GBC with the NEIU community.

"We have serious, serious challenges. I'm not concerned about the planet, I'm concerned about us," St. Augustine said. "I'm concerned about my kids, my grandkids...I'm concerned about the 5,000 kids that die because they don't clean the water. And we drink bottles of this stuff that we get at the gas station."

One point St. Augustine made in a one-on-one interview was about small changes students here can do to reduce their plastic waste. "Even in the dorms there are things you can do, either get a Brita or drink out of the tap," he said. "This bottled water stuff is out of hand."

Their presentation also highlighted the concerning state of water and ground pollution that they believe is of utmost importance. Runoff into the U.S.'s waterways — specifically

from commercial fertilizers such as those used on lawns — is the leading cause of this.

A clip from their program explained that 55 percent of streams and rivers surveyed for a study by the EPA are not suitable for aquatic life due to high levels of phosphorus and nitrogen.

Not only does it affect the cleanliness of our natural water sources but it also affects the soil and inevitably the plant life in contaminated areas.

Commercial farming is also damaging the soil throughout Illinois' prairielands. The use of fertilizers, pesticides and the disruption of the soil from constant farming hurts the organisms within the soil that sustain native prairie vegetation. In spite of this, Kurtis said that some farmers are using better conservation methods instead of traditional ones. "They're using no-till cultivation to avoid turning the soil over and disturbing the organisms within it, and they grow crops without chemical weed control," he said.

Kurtis explained that Illinois once had an abundance of prairie vegetation. The vegetation was comprised of several plants that adapted and evolved with the environment in order to survive in prairie conditions. The plants survived due to their immensely long roots which could reach several feet under the ground (some as far as 15 feet).

"Underneath the surface, and I mean really underground, there is a subterranean world that holds the key to fighting climate change," Kurtis said of the native vegetation that can survive droughts, wildfires and being trampled and eaten by animals such as buffalo.

Prairie native plants are in fact the largest ecosystem in the world other than the Brazilian rainforest.

"What would happen if we return Illinois to a real prairie state? The tall grasses and the wild flowers stretching as far as you can see — it's not an easy answer," Kurtis said. "If we manage the grasslands of the world properly we could reduce the amount of carbon dioxide in the atmosphere by three percent in five years."

Currently Kurtis said that the concentration of carbon dioxide in the air rose from 275 ppm (parts per million) in 1958 to 400 ppm as of this year.

"Even though the prairie grasslands could save us from climate change in Illinois we have destroyed all but one-tenth of one percent of our native prairies," Kurtis said.

Commercial fertilizer has been a major culprit to the decimation of U.S. grasslands. The chemicals from the fertilizers seep down five feet into the soil and kill the microorganisms that naturally give the soil its nutrition. It would take five to ten years to rejuvenate the soil, ceasing the use of chemicals in the process.

Kurtis urged the audience to contact Senator Dick Durbin and other Illinois politicians to demand change.

Behind closed doors: exposing transgender domestic violence

Bisma Zafar

NEIU hosted a panel on March 29 titled "Transgender Domestic Violence: Developing New Strategies to Assist Survivors." The panel included Dr. Jessica Punzo, director of the "Anti-Violence Project" at the Center on Halsted, and Dr. Adam Messinger, assistant professor in the NEIU Justice Studies Department and Women's & Gender Studies Program.

During the panel, gender identity was explained to be someone's internal perception of their gender regardless of their sex assigned at birth. A transwoman was defined as "someone whose sex assigned at birth was male but whose gender identity is female," and transman was defined as "someone whose sex assigned at birth was female but whose gender identity is male."

"When we say (transwoman/transman) globally it doesn't mean that someone has to have surgery or take hormones. It's just about someone's internal perception," Punzo said. "So we get a wide range of what someone who is a transwoman might look like, or might act like."

Since these terms are defined differently by researchers it makes for varying numbers on domestic violence in trans communities.

However, Dr. Messinger recently reviewed the literature available on the topic for his new book "LGBTQ Intimate Partner Violence: Lessons for Policy, Practice, and Research" and found surprising trends in statistics.

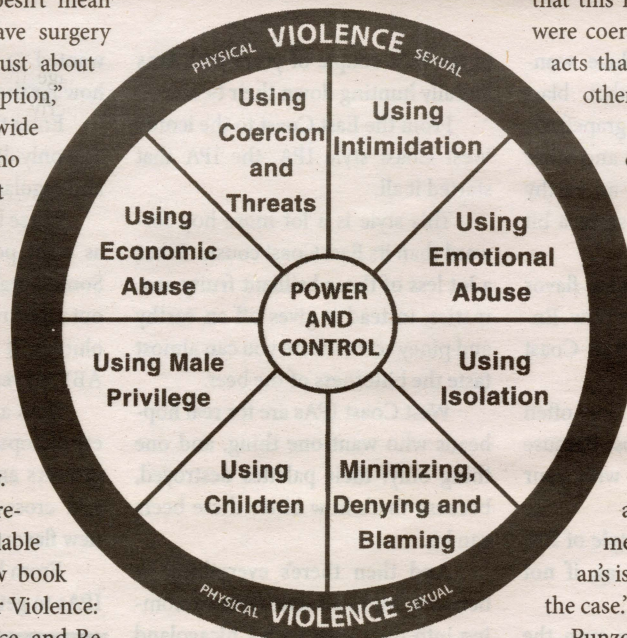
There are many similarities between domestic violence in cisgender (when the sex assigned at birth matches an individual's gender identity) and transgender communities,

however there are many unique traits to transgender domestic violence.

Abusers of trans victims use additional tactics to hold control over their victims.

"Research suggests that many trans victims of domestic violence are often forced to remain closeted about their gender identity or about being trans," Messinger said. "(The abuser) might threaten to out the victim in terms of their gender identity or their trans identity."

Punzo described some of the unique threats that transgender victims hear. "An abuser might use power and control to say 'If you don't do what I want, I'm gonna out you to your boss,' 'If you don't have sex with me, I'm gonna out you to your family.' The implications for that are quite serious because, as some of you might know, there are not a lot of protections for trans people."



She also said in many states you can still be fired for identifying as trans.

Other unique traits of transgender domestic violence included refusing to use gendered pronouns,

gender identity, or name the victim prefers, forcing them to wear or not wear certain clothing, denying access to hormone therapy treatments, and using verbal slurs and transphobic slurs. The panel referred to these as "micro-aggressions."

The panelists detailed some of the distinct sexual violence that trans victims experience. "Often times, the controlling mechanisms that abusers use on trans victims directly relate to questioning if someone is really the gender identity that they claim," Messinger said. "You're not man enough.' 'You're not woman enough' and that type of accusation can play out in sexual violence as well. 'If you're a real man, real men like rough sex.' 'Real men don't say no,' and so many victims who have been interviewed talk about that in order to prove to their partner and to themselves that this is truly who I am, that this is my gender identity, they were coerced or forced to do sexual acts that they wouldn't have done otherwise."

On top of that, transgender victims face difficulties receiving services for their abuse.

"A lot of domestic violence agencies don't have the capacity to work with trans victims," Punzo said. "The domestic violence movement came out of the feminist movement, and the thought that (domestic violence) was a woman's issue. But we know that's not the case."

Punzo also pointed out that there are only two places in the Chicago area that trans women can go to seek shelter. Many shelters don't accept trans people, voicing concerns about retraumatizing cisgender people in the shelters.

Punzo noted that trans people of-

ten have difficulty identifying themselves as victims since much of the marketing material and handbooks that DV organizations use feature males as perpetrators of abuse against women.

The panel also discussed ways that shelters can improve access to services for transgender victims.

"One of the barriers to providing services to trans people is the notion that there aren't enough resources, there's not enough beds to go around in shelters, there's not enough funding to hire more counselors, they're constantly being squeezed dry by the federal government so we can't design more services. To that I would just say, it's not a problem of lack of resources," Messinger said. "If you have trans people receiving resources,

it's just a matter of adjusting services that you provide to them. It's not enough to just say that 'we have an anti-discrimination policy, we accept everyone.' It's let's go the next step and actually provide services that recognize the unique nature of your abuse. Let's discuss the unique barriers and internalized transphobia and other issues in your life that make it more impactful on you, but let's tailor our services. That doesn't necessarily require a whole new set of hiring or whole new funding sources."

The panel addressed controversial issues as transgender rights are in dispute across the United States, from access to public bathrooms in North Carolina to high school locker rooms in Palatine. Messinger summed it up best: "We fear what we don't know."

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OPINIONS



Photo by Steven Vance from Chicago, United States

India Pale Ale: Another craft beer story

Daniel Montesdeoca

If there's one beer that non-craft beer drinkers can easily recognize it's the IPA.

It seems that every single one of the 5,005 breweries in the U.S. are chugging out so many IPAs that they seem to dominate the market in the craft beer scene, but that's a misconception.

As of 2016, IPAs now represent about a quarter of the craft production, and what a variety we have to chose from.

The IPA originated in England and was made with English malts, hops and yeast.

Unlike lagers, IPAs overload on the hops to give it a distinct bitter taste and dry finish.

No one can say that the IPAs being made today are one-dimensional or that they all taste the same.

Sure, they share similar flavor profiles, but there's a wide variety of hops for brewers to choose and that number is growing.

These hops can produce wonderful, aromatic beers that blast your olfactory sense with grapefruit, mangos, pineapple, papaya and other tropical fruits or produce an earthy and piney taste that may seem a bit more bitter.

In fact, these two main flavor profiles are staples of the New England-style IPA and the West Coast IPA, respectively.

New England IPA's are often referred to as juice bombs, because that's what you're getting with your beer.

The aromas that this style of IPA bring stand out as much as, if not more than, the taste.

These beers can make even the person who hates IPAs warm up to them.

My favorite New England-style IPAs that are brewed in Chicago have to be from Hop Butcher, and they aren't hard to come by.

They've garnered a cult following

in the past couple of years with fans literally hunting down their beers.

From the East Coast to the iconic West Coast style IPA, the IPA that started it all.

This style is a lot more hop forward than its East Coast cousin. It has a lot less of those brilliant fruity aromatics, instead it gives off an earthy and piney scent where you can almost taste the bitterness of the beer.

West Coast IPAs are for real hopheads who want one thing, and one thing only: their palettes destroyed, because that's how bitter these beers can be.

And then there's everything in between. Midwest style IPAs are coming into their own with Chicagoland and Michigan breweries leading the way.

"Gone Away" by Half Acre is a nice bitter and citrusy representation of the newborn Midwest style IPA.

IPAs aren't limited to just regions. As brewers perfected their IPAs they

wanted to explore the style and see how far they could push it.

Enter the double or Imperial IPA. The only difference between Imperial and regular IPAs is alcohol content.

These behemoths can run as high as eight percent alcohol by volume. Some notable Imperial IPAs that are out right now are "Izenuff" by Revolution. It sits at a heavy 11 percent ABV, so yeah, one's enough.

IPAs aren't played out. The variety of hops continues to increase with growers and breeders experimenting and cross-breeding plants to create new flavors and aromas.

From here we can only expect for IPAs to get juicier and danker.

For more stories like this
check us out online at
NEIUIndependent.org

Another billionaire runs for governor

Robin Bridges

Billionaire venture capitalist Jay Robert Pritzker would like to replace the billionaire venture capitalist we already have as governor.

The difference? He's a democrat. The 2018 gubernatorial election is shaping up to be a money fight.

As heir to the Hilton hotel chain, Pritzker has deep enough pockets to stand a chance with Gov. Bruce Rauner but it's because he has those deep pockets that we need to be cautious and critical of Pritzker.

During his speech announcing his bid, he proclaimed to be the progressive candidate for Illinois.

He has done some impressive philanthropic work, including advocating for early childhood education,

where the dollars he's donated have gone to research.

He donated \$100 million to Northwestern's law program last year and he also helped build the Illinois Holocaust Museum.

He has consistently backed democratic candidates such as Hillary Clinton and Barack Obama.

While the differences between liberals and progressives are nuanced, they make a difference.

Clinton and Obama typically fall toward the liberal side on the democratic spectrum so it begs the question, is he really a progressive?

Typically progressives are liberals-plus.

A liberal is all about using tax-

payer money to fund social programs and support.

A progressive would do that and also work to reduce the stranglehold large institutions tend to have in several of these areas.

According to the Huffington Post, an example of this would be a liberal advocating for the expansion of Low Income Home Energy Assistance Program.

A progressive would also go after the energy companies who cause the problem in the first place.

In short there's no evidence to say one way or the other.

Pritzker comes to the race with no experience and nothing to judge him by. But he's not alone.

On the democratic side Chris Kennedy is also a businessman and son of Sen. Robert F. Kennedy.

While he comes from a political family he boasts no political experience of his own.

As Americans, Illinois residents and Chicagoans we need to figure out a more discerning way to get to know our candidates.

Do we take them at their word or is there a way to have them prove it with actions?

We are at a crossroads. Billionaires can keep pouring big bucks into campaign's for their candidates, but at the end of the day they need votes to win – our votes.



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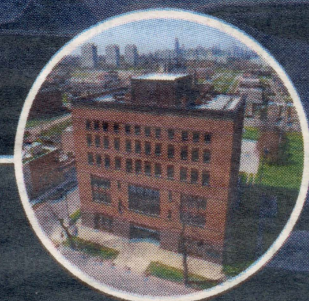
Kimball Brown Line Station



El Centro



CCICS



Catch a free ride from The Nest to the Brown line, El Centro or CCICS and back.

Available Tuesdays, Wednesdays & Thursdays. See schedule at neiu.edu/shuttle.

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ARTS & LIFE

'Remember the Removal': Bike Ride, ASB program



The "Remember the Removal" annual bike ride is a 900-plus mile long ride and tends to take about three weeks to complete. The riders retrace the northern route of the Trail of Tears through Georgia, Tennessee, Kentucky, Illinois, Missouri, Arkansas and Oklahoma. | Courtesy of Jacob Chavez

Cecilia G. Hernandez

The Alternative Spring Break program at NEIU offered 10 students the opportunity to volunteer for Habitat for Humanity while learning a bit of the Cherokee lifestyle from educator Travis Wolfe in Tahlequah, Okla.

All ten of us, along with our Student Leader Steven Cristi and Advisor RaeJoyce Baguilat, spent our evenings with Wolfe and his friends learning about historic events that impacted their way of life. If it wasn't for the ASB program, I would have never heard about the "Remember the Removal" project.

"This (Remember the Removal bike ride) was the catalyst for

me getting more involved with my language and culture," Jacob Chavez said, a 19 year-old one-fourth Cherokee who partook in the Remember the Removal project bike ride in the month of June in 2014. "Before, I never really paid much attention to it."

The Remember the Removal bike ride first started in 1984 with Chavez's dad, Wilbert Chavez, being one of the first riders. Wilbert would talk to Chavez about his experience riding along the Trail of Tears, which encouraged Chavez to endure the journey as well.

He applied through the Education Department within the Cherokee Nation to be one of the riders elected by their committee in 2014.

Applicants must meet the age limit -16 to 24 - and pass a physical. However, an interview process was implemented in 2015. At 17 years old,

"This was the catalyst for me getting more involved with my language and culture. Before I never really paid much attention to it."

fluctuates.

"Sometimes you're exhausted and can only think about pedaling," Chavez said. "Other times, you try to

- Jacob Chavez, Cherokee

Chavez was one of 20 riders selected.

"We had two days where we just rested in the towns we were at and the rest we spent biking 20 or up to 60 miles a day," Chavez said.

Reflecting back on the Remember the Removal bike ride, Chavez's perspective on his experience

imagine what it was like for thousands of Cherokee who didn't know where they were going and being forced to walk. They were scared, sick, hungry and probably angry.

"It definitely helped me to understand where I came from and how strong my people are."

What amazes me is how little information I received from my Lane Tech High School education on indigenous people.

Learning in depth about their culture is considered extra-curricular in college, instead of required.

My ASB group heard about The Trail of Tears in our American history books, but briefly.

Very briefly.

So briefly, I didn't remember it until Wolfe, along with Chavez, talked about it after our first game of Stick ball.

"The Trail Where They Cried" is the name the Cherokee gave to the route they were forced to travel as the

2017-2018

Student Government Association CANDIDATES

Please note: The Independent did not receive responses from every candidate

President



Ashlei Ross, Senior

Campaign Platform

Make SGA more visible. Provide alternative funding options and increase national recognition for NEIU. Provide more support for freshman, transfer and current students to increase retention rates. Improve CCICS. Better healthcare for students. Provide more support for students who are struggling with basic needs.

What do you believe to be the critical issues facing NEIU students?

Funding is the number one issue NEIU students are facing right now. The second issue is the retention rate of NEIU students. Many students have to stop taking classes and may never graduate.

How do you plan to address these issues?

I plan to find alternative funding options besides state and federal funding, for example grants, and private sector funding. In regards to NEIU's recognition, I plan to help drive an increase in admissions. I plan to address the retention rate by improving the services students receive currently; for example more support for the basic needs of students that can affect their overall performance and ability to finish. I also plan to address the problems and critical issue over at the CCICS campus, which will help drive admissions and retention rate.

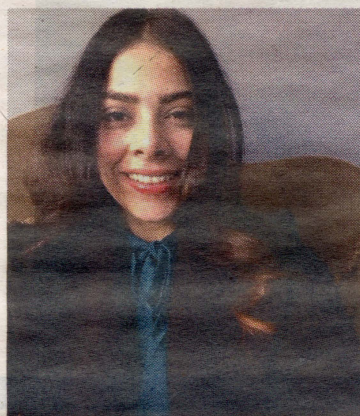
What would be your first action in office?

Once in office, I plan to add students on more university committee's, add a freshman action committee, transfer action committee, external affairs committee, and Big Day Project. I want to make sure the SGA is visible and available to the students, and also create profit share days to get the university funding through fundraising options, build community partners with private sectors to get more funding, and build relationships with local and state government officials.

Editors note: The Independent did not receive answers from SGA Presidential Candidate Dorrie Hubbard III

ELECTION

Treasurer



**Selma Aburahmeh,
Senior**

Campaign Platform

I will help students achieve their goals by funding organizations on campus that will aid in successful futures, helping students learn more about financial aid, scholarships, internships, and fighting to maintain the map grant.

What do you believe to be the critical issues facing NEIU students?

The critical issue that NEIU students are facing is the budget crisis. Students are uncertain that the school will remain open, however, my duty will include giving them a sense of security and guidance on the issue. Also, helping students fight to maintain the MAP grant. These are huge issues that we need to continue fighting for and working towards a resolution.

How do you plan to address these issues?

I plan on addressing these issues by establishing and maintaining open communication with what is going on with the budget crisis. I will fight with my peers to maintain the MAP grant that pays for over 125,000 education.

What would be your first action in office?

The first action I will take once I am in office is creating and maintaining the SGA budget. I will also trying to get more information about what students and myself can do to solve or work our way towards solving the issues in regards to the budget crisis and the MAP grant.



Alfredo Palafox, Junior

Campaign Platform

If elected, there will be no higher interest than standing up for students' concerns and beliefs. I will be the voice for the diverse students who do not feel safe. I want be the voice of transfer students and make them feel they have a voice the same as any other student. Students from El Centro and CCICS may not be aware of SGA and because of that they might not feel represented.

What do you believe to be the critical issues facing NEIU students?

The budget is one of them; I feel students are worried about their future because they are suffering from a state budget that has not been passed. Also, I think there is an issue that students don't feel safe or feel like they are being heard.

How do you plan to address these issues?

I would like to take Student Government to the capital and be the bridge between the community and our state representatives to let them know that the budget needs to be passed. To improve relations between the student body and SGA, I would like SGA to have days to meet-and-greet the senators and COC members and talk about their concerns and how they are feeling.

What would be your first action in office?

The first day in office I want to promote Student Government and reach out to students from Main Campus, El Centro and CCICS. That way, throughout the year, they can feel more comfortable reaching out to SGA whenever they have something to say and improve the relationship with the community.

2017-2018 SGA Candidates

President

Dorrie Hubbard III
Ashlei Ross

Vice President

Nancy Calderon
Mohammed Sibghatullah Khan

Treasurer

Selma Aburahmeh
Alfredo Palafox

Secretary

Jermaine Cherry

IBHE-SAC Representative

Amy Durbin

Student Trustee

Trudy Leong
Nicholas Martinez

Council of Clubs Representatives

Sharon Hernandez
M. Dilum Meegoda
Abraham Pante

Sec

Campaign Platform

My campaign platform is that love makes difference. By loving others around us and ourselves, we become compelled to make a change starts one person at a time.

What do you believe to be the critical issues facing NEIU students?

I believe the central issue NEIU students are istwo-fold: diversity among the other NEIU and the school budget crisis. NEIU is the mo campus in the Midwest however, students o campuses don't reflect that full picture.

How do you plan to address these issues?

I plan to address these issues through face-to request more orientations to be conducted o on campus that combines all campuses and full amount resources together.

What would be your first action

The first thing I plan to do is pass out flyers to be aware and have access to its schedule.

IBHE-SAC

Photo
Not
Available

**Amy Durbin,
Grad Student**

What would be your first action

My first action once in office will be to seek staff, to further assess the concerns of studen for the academic year.

Secretary

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her NEIU campuses
J is the most diverse
tudents on all
ture.

ess these

gh face-to-face campaigns for the shuttle bus. I would
nducted on all campuses. I'd like to see continual unity days
ouses and gives all students and opportunity to learn of the

action in office?

out flyers with the shuttle bus' schedule on it allowing people
schedule.

*Running unopposed

C Representative

Campaign Platform

I know what Northeastern can do for me. What can I
do for Northeastern?

What do you believe to be the critical issues facing NEIU students?

Immigration, LGBTQA rights, affordable tuition,
housing, class availability, safety, health care and
obtaining a life-changing degree.

How do you plan to address these issues?

I plan to address these issues by working hard with
students, faculty and staff collaboratively by using a
model of shared governance and thinking creatively,
with the whole community in mind: students, faculty
and staff.

action in office?

e to seek out other motivated student-leaders, faculty and
of students and the community and develop an action plan

*Running unopposed



Jermaine Cherry, Junior



Trudy Leong, Senior

Campaign Platform

My campaign platform emphasizes promoting, enhancing and helping
develop opportunities for students. To help empower students and the NEIU
community.

What do you believe to be the critical issues facing NEIU students?

The most critical issues facing NEIU students is the State budget crisis, and
undocumented students and their family's mental and emotional stress from
the Trump Administration's policy on immigrants.

How do you plan to address these issues?

Addressing these issues as Student Trustee includes soliciting ideas and
participation from students, faculty and staff. Then, explore these ideas and
discuss them with campus community members, the Board of Trustees and
with organization expert in the ideas, feasibility and ramifications, such as
the Center for Tax and Budget Accountability and the Better Government
Association.

What would be your first action in office?

Once in office, my first action would be to introduce myself, describe to the
campus community my position on the State's cuts on higher education and the
Trump Administration's immigration policy and begin soliciting ideas.

Student Trustee



Nicholas Martinez, Senior

Campaign Platform

I truly believe that real change starts with a vote. If we want to see our school
get funded we need to do two things vote for the right Governor, and vote for
SGA members who have our best interest in mind.

What do you believe to be the critical issues facing NEIU students?

The State Budget

How do you plan to address these issues?

I plan on continuing my work with the State and helping to get our University
funded again. Northeastern made a huge difference in my life and has given
me many opportunities. So, everyday I will strive to return the favor by
making a difference in students' lives. My promise to you is that if you elect
me to be your Trustee; you will be electing someone who will always fight for
you, the people.

What would be your first action in office?

The first day in office I want to promote Student Government and reach out to
students from Main Campus, El Centro and CCICS. That way, throughout the
year, they can feel more comfortable reaching out to SGA whenever they have
something to say and improve the relationship with the community.

Hermes Banda
Kevin Coleman
Sharon Diaz
Joe Tyler Gerber
Anthony Hall

**2017-2018 SGA
Senator Candidates**

Jennifer Mena
Elena Molloy
Michell Pacheco
Nicole Saineghi
Matthew Sund

ELECTION**Kevin Coleman, Junior****Campaign Platform**

I want to do all I can to continue the tradition of NEIU as a diverse and inclusive campus with a rich history of strong academic achievement. I want to also make the CCICS campus an integral part of that heritage once again.

What do you believe to be the critical issues facing NEIU students?

First and foremost, the state budget issue, which is causing a great deal of anxiety for students. Next would be educational cost, which is a direct result of the uncertainty with the budget issue. These and other issues as well.

How do you plan to address these issues?

In terms of the state budget, I would like the students become more proactive in their vocalizing their frustrations by writing the representatives, organizing and protesting for action in terms of passing a state budget. I would work to unify the campuses on this behalf.

What would be your first action in office?

Form an action committee for CCICS to develop ideas for promoting the campus in the community and the academic world, and fostering recruitment for the ICS curriculum.

Elena Molloy, Sophomore**Campaign Platform**

Become the voice of the students for all of campus. Make students more aware of what is happening on campus (from events to admissions), and make Student Government more accessible to all the students.

What do you believe to be the critical issues facing NEIU students?

Many students at the other campus

feel disconnected to the main campus. The main campus students don't get involved with events that are happening or feel unwelcome to some events. The students living at the Nest aren't getting involved on campus.

How do you plan to address these issues?

Tabling events for all SGA members to meet-and-greet the students on all the campuses and here their wants and needs. Create a system for students to learn about all the events easier and faster than the emails we get daily. By living at the Nest, my goal is to work with the RAs to learn the best way to get students out of the dorms and create events for them and all the students on campus.

What would be your first action in office?

Tabling events at all the campuses for the students to learn who their representatives are and to learn the problems they are facing.

Sharon Diaz, Sophomore**Campaign Platform**

I am a firm believer that it doesn't matter how long the race takes you, as long as you make it to the end stronger than how you started. Also, that our mistakes are just lessons that helps us mature.

What do you believe to be the critical issues facing NEIU students?

The budget crisis

How do you plan to address these issues?

First, I would learn a little more about that issue, to find a way we could help the university staff and students. Then, we may be able to make our voices be heard by making rallies that focus on our issue and how it's affecting us, the NEIU community.

Senators**What would be your first action in office?**

My first action in office would be to learn and to create a plan where we can make the university better for our students, and how our role can affect actions that are made in the state government.

Jennifer Mena, Junior**Campaign Platform**

I am a social work major. I have an interest in social services for youths and adults. A few of my interests include being involved in student organizations as well doing community service.

What do you believe to be the critical issues facing NEIU students?

About 300 student workers will be out of jobs in accordance with a new state rule that requires public universities to eliminate state-funded students.

How do you plan to address these issues?

I will continue to advocate for the state budget, but I will listen to the student's concerns. Furthermore, I will address any campus needs through targeted programs, the maintenance of tradition and provide opportunities for leadership development in order to enrich the quality of student life.

What would be your first action in office?

Promote a greater degree of unity, respect, spirit and cooperation among students, faculty, staff and administration. Furthermore, plan activities for the academic, social and spiritual growth of the student body.

Joe Tyler Gerber, Junior**Campaign Platform**

I will continue to work to make

SGA as transparent as possible by strengthening the relationship between SGA and the student body. I will work tirelessly to make sure all voices on all NEIU's campuses are heard and create more outlets for them to connect with their representatives. I'm committed to working on my goals until I see results. No more "all talk, no action" because our students deserve more than empty promises.

What do you believe to be the critical issues facing NEIU students?

If we are committed to retaining students and attracting more students, it is vital that SGA work with the administration to not only promote existing resources, but work to create more as we see necessary. Being involved is vital to our university but also to promote the "college experience" for our students. I do not think we are doing enough for our minority students. We need to be providing more resources for them to succeed and doing a better job of promoting inclusion.

How do you plan to address these issues?

By working hand-in-hand with the administration of the university, connecting with and mobilizing the student body on issues that pertain to them, and working until results are seen.

What would be your first action in office?

Require all SGA Senators and Council of Clubs Representatives to hold office hours. This way, students not only know who their representatives are, but can easily connect with them and have the necessary conversations they feel they need to have.

Nicole Saineghi, Junior**Campaign Platform**

My goal is to continue to lead NEIU to be a more social university as well as a place where everyone feels heard.

What do you believe to be the critical issues facing NEIU students?

NEIU students come from such diverse backgrounds and we all face different issues. This past year I was on the student life committee and the struggles that students voiced to me was mainly finding ways to get involved on campus, finding ways to get their voices heard and how they can improve the communication and relationship between everyone in the university.

How do you plan to address these issues?

My committee has already agreed to uphold office hours, be more engaged on social media, visiting all the NEIU campuses and listening to their concerns and voicing them to Student Government as a whole. I will continue to uphold those duties as well as having more meet-and-greets or questionnaires in order to get the students to feel more comfortable and knowing who they can go to when they feel as if they are not being heard.

What would be your first action in office?

Begin planning out the days for the fall semester for SGA to table at all campuses and hold informational meetings at those tables.

Vote in Village Square
from 10 a.m. to 4 p.m. on:
April 10, 13, 17, 18 (until noon)
or online at:
<https://neiui.collegiatelink.net/election/start/126314>

Elections: April 8-18

A&L

RTR

Continued from 8

result of the Indian Removal Act.

Mandated by President Andrew Jackson on May 28, 1830, it's composed of several routes the "five civilized tribes" – Cherokee, Chickasaw, Choctaw, Creek and Seminole – were all forced to journey as they had to leave their homeland.

They weren't given any time to collect many things, and some left without proper clothes and shoes. Families were torn apart, many women violated and men brutally punished for daring to protect their families. A rough estimate of 3,000 to 4,000 Natives died from malnutrition, diseases, depression and exposure.

We visited the Cherokee Heritage Center where we all learned more about The Trail of Tears. We read about and saw the weapons the US troops used to violate and punish the natives – many natives were bashed on the head with them, while others were whipped for any "insubordinate" behavior. That behavior – I later learned – was often in self-defense. The deaf and blind were often targeted since they were unable to follow orders.

The Cherokee's history with the U.S. government is full of violence and loss, yet Wolfe and Chavez shared some of their cultural beliefs and games with patience and joy. One of the games is called "Stick ball."

We played a version of Stick ball

in a large field where the men used two sticks – similar to the ones used in lacrosse, but smaller – to throw the ball at the huge poll with a fish on top of it. The women were not given any sticks, but were allowed to use any measures necessary to take the ball from the men. We were violent since the men couldn't retaliate; they were only allowed to pick us up gently.

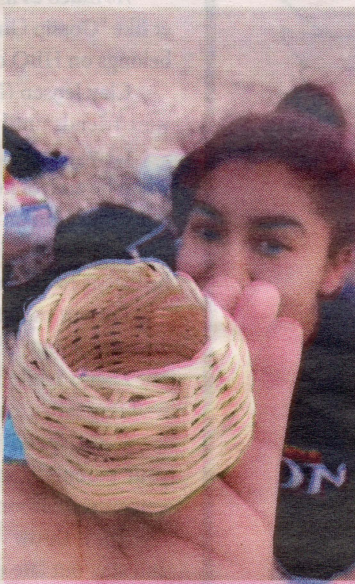
I must admit, when Wolfe first told us that the women were not allowed to touch the traditional sticks, I immediately raised my voice to ask "Why not?"

"Because Stick ball is violent by design; we treasure our women and do not want anything to harm them," Wolfe said, which made almost all the women sigh in appreciation.

We learned the origin of Stick ball, which was a way tribes used to settle disputes without going to war. People died then, but the deaths of a few were preferred over the thousands that would have died in a war.

Today, both men and women play stick ball as a way to interact with each other, although there are leagues that still follow closely the older version of Stick ball.

My time with Wolfe and Chavez changed my perspective on the Native American population. It taught me that they are not just a group of people from the past, but are still very much present. They are still fighting for sovereignty, and I wouldn't have been able to understand their struggles a little better without Wolfe and Chavez, and the ASB program.



(Top) NEIU students and Cherokee natives gather to take a group picture before playing a game of Stick ball. The game took place in Diligwa, a replica of a 1710 Cherokee Village located on the Cherokee Heritage Center lands (Right).

(Left) Wolfe took us to a river to teach us how to build baskets. Bamboo strings needed to be constantly wet so that they wouldn't bend and break as we weaved them within each other. While many of us started off with shaky hands, we improved and progressed to making decent looking baskets. Mine turned out to be the tiniest of the group.



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A&L

'13 Reasons Why': A Review

Robin Bridges

Did you ever wonder what would happen if all the teens in that classic 80s movie had cellphones? Or what would happen if "Sixteen Candles" or "Pretty in Pink" was more true-to-life? Wonder no more.

Based on the 2007 young adult novel, "13 Reasons Why" is the tragic, beautiful and horrifying story of Hannah Baker (Katherine Langford).

This Netflix series gets extremely real and graphic with teen lives in a suburban city.

As much as it seems like a teen crime thriller like "Gossip Girls" or "The O.C.," it probably belongs on HBO over ABC.

Clay Jensen (Dylan Minnette) and Hannah were friends until Hannah kills herself.

Clay receives a box of tapes and a map when he arrives home from school one day. The tapes take him on a trip that makes him rethink the town he lives in and the people he knows as he listens to Hannah's story in her own words.

I'm not usually a fan of obviously tattooed, 20-somethings playing high school students, but after a while it becomes secondary to how well this series is written.

I did spend time yelling: "Where are all your parents?!" at the screen because the parents weren't around to correct these teens.

They throw huge parties every weekend and stay out late on school nights. It seems like a town full of parents who just don't care about their kids.

I tried really hard to find more problems, but those two are the only flaws. They are easy to overlook in the long run.

Due to the graphic nature, I would not recommend this for teens unless you're prepared to also discuss some tough issues like rape, consent, suicide, drug and alcohol abuse.

Use it as a learning experience because the show will not let anyone be a tuned-out slacker. The show tackles sensitive subjects head on with repercussions that accompany them.

The depictions of rape and suicide are accurate and are exactly the right way to kick-off

Sexual Assault Awareness month.

The soundtrack is filled with awesome indie bands like Joy Division, The Cure and Chromatics.

The soundtrack is also an homage to the 80s movies that the series resembles.

Since the series is geared toward those who grew up watching these movies the soundtrack is a perfect fit. The music is well-timed and perfectly suited for the series as a whole.

The most talked about song "The Night We Met" by Lord Huron has been called hauntingly beautiful in every review of this show so far.

The album is available on Amazon, iTunes and Spotify with the exception of "The Killing Moon" by Roman Remains. The "Echo and The Bunnymen" cover is not available on Spotify.

However, I honestly suggest listening to the whole soundtrack and deciding for yourself.

One of the main reasons is that Executive Producer Selena Gomez is unrecognizable on this album.

That's right: Executive Producer Selena Gomez, who kills it, by the way. While it's not her first Executive Producer credit, it's certainly one that will put her on the radar.

I recommend watching it with an open mind and possibly some tissues (if you're into that sort of thing).

All-in-all, the show's flaws are outweighed by its other great features and I'm so glad the rumors about a second season are so strong.

I'm begging you, Netflix, do it for the people and give us a season two.

If you or anyone you know is contemplating suicide, please call the National Suicide Prevention Lifeline at 1-800-273-8255 or text the Crisis Text Line at 741-741.

If you or anyone you know has been sexually assaulted, call the National Sexual Assault Hotline 1-800-656-4673 or go to RAINN.org for more information.

Both are available in English and Spanish 24 hours a day 7 days a week.

Two sides of the same coin with 'Jekyll & Hyde'

Grant Spathis

Stories of good and evil battling for control are as old as time. Humanity is deeply invested in stories reinforcing our perceptions of our moral standing.

From its outset, "Jekyll & Hyde," adapted by director Sasha Gerritson and conductor Christopher Owen for NEIU, plays as if it will follow that same pattern. However, this story has far from a happy ending, even if the musical version staged at NEIU is as close to a Disney-fied version as we are likely to get.

Having attended the staging of the play on April 8, I was only able to see half of the leading cast, as there was a split cast for the four showings of the play.

At its core, "Jekyll & Hyde" is a dark tale, and Brennan Roach imbued the tale with moments of levity, highlighting some of the absurdist elements at the heart of the play.

This was buoyed by the dramatically campy performances of Jeremy Cairns as The Bishop of Basingstroke and Zanetta Kubajak as Lady Beaconsfield, two deeply hypocritical characters, and the two leaned into these hypocrisies with abandon to create truly unique takes on their characters.

From a production standpoint, the minimalist stage design allowed for lots of subtle shifts. This allowed the team to create atmospheres that felt distinct for each setting.

Using the large space offered by the NEIU Auditorium gave scenic de-

signer Kay Lea Meyers the opportunity to craft brooding and sometimes overwhelming sets, specific for the tenor of each scene.

This effect was amplified by the lighting, which reflected the opposing personalities of the two sides at war at the heart of "Jekyll & Hyde."

The two female leads helped to wonderfully showcase the dichotomy of Dr. Jekyll. Emma Carew (Emma Oberdick) was the paragon of virtue, engaged and leading Jekyll down the path of righteousness.

This was obvious in her costume design, which were primarily whites and light blues.

In stark contrast was the woman Jekyll was drawn to as he descended. Lucy Harris (Jessica Lauren Fischer)

is the introduction to the dark side that changes Jekyll forever. As a prostitute, her status as the woman who drives Jekyll into becoming Hyde is never in question.

During the duet between Fisher and Oberdick, "In His Eyes," both women shined, showcasing their vocal range.

The differences between the women were made clear in their presences on the stage, as Fischer was confident in strutting across the stage, while Oberdick seemed to float above the fray.

In representing the two sides of Dr. Jekyll and Mr. Hyde, Brennan Roach was presented with a very difficult task, but he was more than up to the task.

He attacked each role with much

different body language, seemingly changing his figure, from the proud and polished Jekyll, to the monstrous and menacing Hyde.

Alongside his vocal performances in the songs was wonderful, particular "Transformation," following the first time Jekyll embraces his inner evil.

"Jekyll & Hyde," is a classic tale, and was revived at the NEIU Auditorium with great success. The limited run ended on April 8, but those who were lucky enough to see it saw a lively and fun show, highlighted by its embrace of the campy aspect of the musical, while also being unafraid to dive into the dark core of the story itself.

Taken altogether, this was a rendition worthy of the classic story.

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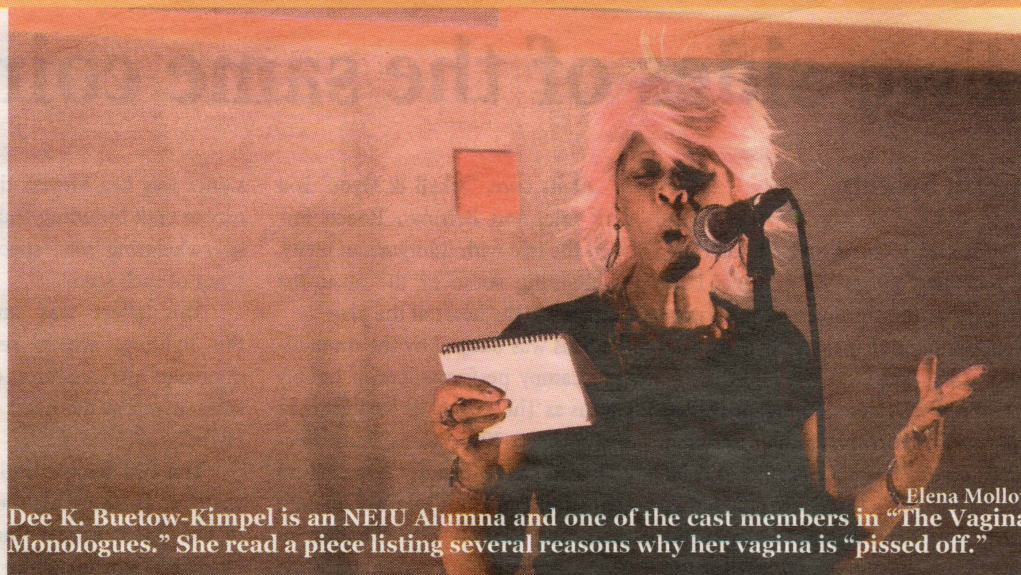
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A&L



Elena Molloy

All of the proceeds from ticket sales were donated to Planned Parenthood of Illinois and the VDay Foundation.



Elena Molloy

Dee K. Buetow-Kimpel is an NEIU Alumna and one of the cast members in "The Vagina Monologues." She read a piece listing several reasons why her vagina is "pissed off."

Speaking about vaginas: 'The Vagina Monologues'

Idoia Solano

NEIU hosted "The Vagina Monologues," a humorous show with a direct goal to create a space for women to talk freely about something that's very intimate: their vaginas. The show consisted of testimonies from women around the world.

Traditionally, women are silenced. It's harder for women than men to earn respect, to be considered valuable and taken seriously. Female sexuality, considering the globally patriarchal society we live in, represents the biggest of the taboos.

Women have never been able to openly express their concerns and experiences related to their sexuality and organs. However, The Vagina Monologues was created as a way of breaking this and other taboos, helping women to speak out and spread awareness of women's situation and struggles in many places of the world.

More than 200 women from different ethnicities, ages and backgrounds were interviewed; their testimonies were gathered to create the Monologues. It was the first time for most of them sharing such funny, personal, sometimes dramatic and real experiences about themselves.

The show started with the actresses analyzing the word "vagina." "It sounds bad, like an infection" they say.

"What would our vaginas say if they could talk?" one of the spoken topics questioned. More than one woman in the room could surely relate with what the speaker thought our vaginas' would say: "Slow down," "don't give up," and definitely "enter under your own risk".

The speakers claimed the importance of ac-

cepting the naturalness of the human body. In this regards, the speakers shared a story of a woman whose vagina got extremely wet every time she experienced sexual excitement, which left her "closed due to flood" for most of her life since she felt embarrassed of her body's reaction.

Another matter mentioned by the speakers was the situation of women at work. For many women, oppression is their daily routine. This is the case of one of the women interviewed by the Vagina Monologues, who often suffering physical abuse at work. She would describe her situation by saying: "My body is not my own."

Overall, the Vagina Monologues had a clear point to transmit to the public: women's vaginas "are pissed off" and "they need to be heard."

"My short skirt is happiness. It's a liberation flag. It's full of breath . . . My short skirt, believe it or not, has nothing to do with you." The skirt is a symbol of empowerment; the speakers claimed rights for women and liberation. Women belong exclusively to themselves just as their skirts do.

Thanks to the real experiences shared through the Monologues in a highly amusing way, both men and women among the audience were able to normalize the taboo of female sexuality, allowing women to relate with many of the stories. Many realized that they are not alone.

Among the general humoristic tone of the show, the actresses perfectly reflected the dramatic situation of women globally. The grand finale consisted of the sound of drums as the actresses asked women to "stand up, speak out and survive;" they encouraged them to overcome the situation they are in. That's anything but humorous.

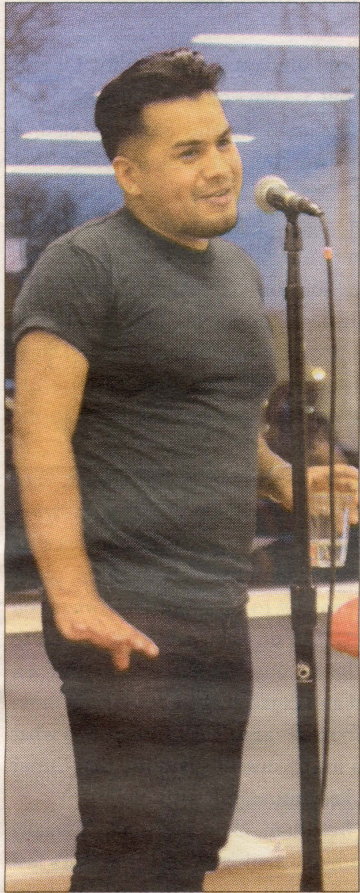
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Tales from an undocumented youth: Yosimar Reyes



Pablo Medina

Reyes is constructing a one man show with Guerrilla Rep Theatre in the near future. Reyes maintains the website yosimarreyes.org, which showcases his written work and blog.

Pablo Medina

The word 'undocumented' does not indicate identity or lifestyle, but is instead a social condition that separates one's home life from a native-born citizen.

On April 7, Yosimar Reyes, a nationally acclaimed poet born in Guerrero, Mexico and raised in east San Jose, California, was invited by Gamma Phi Omega member Yadira

Alonzo and Undocumented Student Services Director Luvia Moreno to recite poetry and speak to an audience in the Angelina Pedrosa Center.

Reyes also educated, performed and publicly spoke to audiences about his childhood and life lessons growing up in Latino communities. Reyes explored themes of migration and sexuality through his work, and shared stories that revolved around masculinity, social class, family, and respect.

Reyes addressed his undocumented status to the audience as his background, in a humorous fashion.

"So that's really cute these days, everybody's like 'Oh my god, can I interview you?' Sometimes I like it, but sometimes I get annoyed because they ask the same questions," Reyes said. "The three basic questions they always ask when you tell someone you're undocumented are 'Tell me your migration story' and the other is 'have you talked to a lawyer?' and the other, if they're nice, is 'Oh my god, you should get in the line.'"

Reyes said that he has a desire to ask different, more relevant questions that reflect the human side of undocumented immigrants. In addition, Reyes brought up moments of hard work and acceptance of immigrant workers that defy the perception that immigrants steal work from native-born Americans.

In his neighborhood of Boyle Heights in Soto, California, Reyes knew a popular juicing migrant lady selling alongside an apron salesperson and a bike vendor.

"So it's like a perfect combination for hipsters because they like juice, aprons and bikes," Reyes said. "You know, for those people that say undocumented people are stealing their jobs, I'm going to develop a non-profit (organization) and pay these señoras

to come give workshops on how to be entrepreneurs and how to basically sell anything and get money for it."

Reyes also highlighted his own aspects in a light-hearted, self-deprecating manner, such as his first fighting experience, his softer emotions and even his own first and last name.

"What's also bad is that my actual name is Yosimar. Why couldn't they name me something more boyish, like Juan or Pedro?" Reyes recited. "Everybody thinks they named me after la novella Marimar, so they all run around and shout out from the novella, 'Yosimar!'"

In spite of poking fun at his culture and his neighborhood's family and friends, Reyes reflected on every person's positive and/or negative impact on his life, especially those that challenged his outlook and integrity. One experience that sticks out is the first time he was bullied for being gay and heard a certain Spanish term for homosexuals.

"Joto. It's a simple four letter word, two syllables. Jo-to. I don't really know what it means, but I know it's bad," Reyes said. "It feels bad when people call me that. I hate that everybody always tells me that I need to be more of a boy, but what does that mean? I am a boy."

From that moment onward, Reyes faced judgment and disrespect from some of his loved ones, while coping with trauma from acquaintances, especially one from a family member he believed he could trust.

Reyes's works emphasized the desire of freedom, the separation of social condition and identity, and the importance of sincerity and empowerment, to inform undocumented students and other listeners that lack of documentation does not make a person less than what they already are.



Courtesy of Lissette Jaramillo

The puppy therapy event will take place at the Quad on April 24, from 2 to 4 p.m.

For those 'ruff' times, pet a puppy

Pablo Medina

Love dogs and hate the stress of finals piling on top of you? Omega Delta Phi is answering the call for pooch loving students on April 24 during finals week.

With help from the Pet Partners of Chicago, Omega Delta Phi will host a puppy therapy event on the Quad outside of Student Union.

Students can pet puppies and de-stress before final exams from 2 to 4 p.m.

"We brought this to the school because this is kind of a trendy thing right now, mostly in Ivy League schools and more reputable schools beside Northeastern like Michigan State and Harvard," Omega Delta Phi Beta Alpha President Corey Burns

said. "What they do is they bring in puppies that are specifically raised to help people relax. We're bringing them here because we think Northeastern is not only the best school that we love, but we think it would be pretty awesome to help people out during finals week."

Any donations given during the event will go solely to the Pet Partners of America. Students are requested not to bring any outside food or interactive toys for the puppies.

"The Pet Partners should be bringing all that stuff for us; they've informed me that they have everything, they even have the enclosures needed for the puppies," Burns said. "All you have to do is bring a good attitude and just come hang out with some young puppers."

SPORTS

These beats'll make you jump, jump

Emilie Messavussu

When it comes to exercising, some students on campus like fast-paced music that gets their blood pumping.

For some, having an upbeat playlist helps their body max out its capabilities, while a slower tempo helps others maximize their workout.

Not only does a workout playlist offer a distraction from the outside world, it also puts you in a zone that elevates your mood as you focus on keeping your body moving.

The P.E. Complex is normally packed during the week, full of students who are putting in, roughly, an hour or two of workouts.

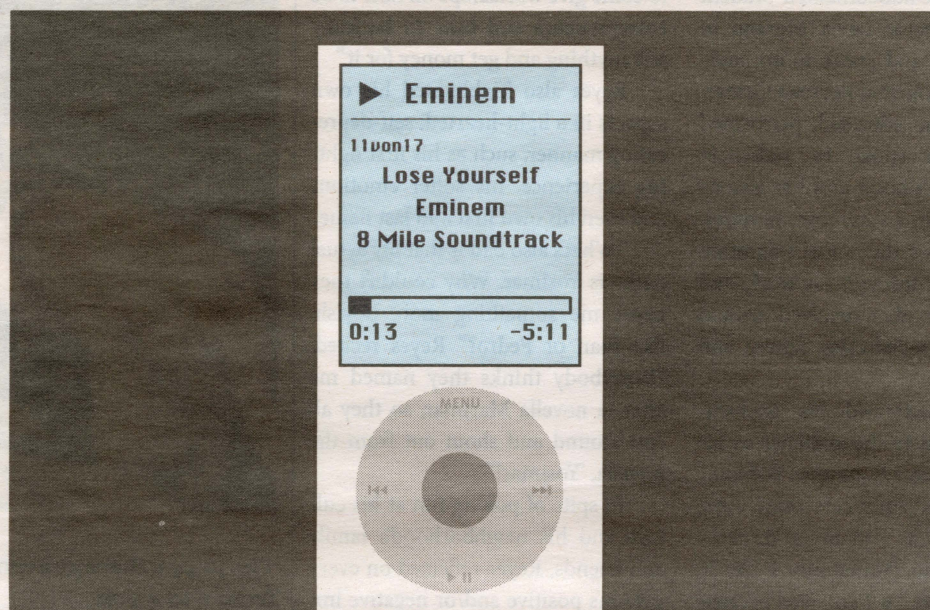
Eliot Kafka, an NEIU freshman and active user of the P.E. Complex said, "Every Wednesday, I work out for two hours – Monday and Friday for one hour." He listens to various pop songs like the Italian "Shadilay" as he works out.

Working out is an act of keeping your physical, mental and emotional side in sync. The right music can set the mood and energy that's put into the process of exercising, so be sure you have your favorite artists ready to play before your workout.

"What goes into a good workout playlist really depends on preferences," said NEIU freshman Maria Ponce. "I personally like to listen to empowering songs, such as Beyonce, to get me in the right mindset."

She continued: "I don't normally change up my workout playlist because I found I am very productive with certain songs than others. My brain knows when I hear these songs that it is time to get to work. As for equipment, my songs do differ for which I use. If I am running, I listen to more fast-pace music. If I am doing weights and/or body weight exercises, I tend to listen to slow paced music. This is because I like to synchronize my actions with the beat of the music."

Joseph Michael, another freshman at NEIU said, "My playlist really depends on my mood. When it comes to working out, I'll literally listen to anything. I don't even like Selena Gomez, but I'll end up listening to her. As far as how often I workout, ideally I would like to workout every-



Artists that get the blood pumping

- Beyoncé
- Excision
- Eminem
- Phiso
- Midnight Tyrannosaurus
- Dion Timmer
- Marshmello
- Skrillex
- The Black Keys
- Fall Out Boy
- The Weeknd
- Jay Z
- Missy Elliot
- Kings of Lion
- Twenty One Pilots

day- except on Sundays, but in reality, I'll end up working out 3-4 days out of the week."

NEIU freshman Lysette Santiago said, "I think a good workout list includes songs that are very fast paced and have a lot of bass." When working out, a good beat could get your blood pumping and your limbs moving. She continued: "I listen to mostly Excision when I work out. I usually do for about an hour. And to me, the music is good for running, lifting, and core. I don't add to my list often only because my favorites are my favorites, so I can listen to the same 20 songs forever."

Brian Saez, a freshman at NEIU said, "For me, it's the beat/motivation lyrics that hypes me up to proceed in my daily workouts because it's like a coach that motivates your mind, physically and mentally to do more than what you expect yourself to do, which is why I listen to Eminem a lot because he has that motivation to speak out and make sure that you keep moving. 'Lose Yourself' and 'Till I Collapse' is what I listen to a lot because it gives me that 'inner strength' to keep moving."

NEIU freshman Davi Nil said, "Usually rap works. I like listening to anything that's fast when I'm exercising. I use the music to keep pace." Keeping a fast pace music that matches the flow of your exercise really pushes you to continue.

Through the handful of students who shared their musical preferences, I was able to compile a useful list of artists that can be added to a workout list.

Dubstep: Phiso, Excision, Midnight Tyrannosaurus, and Dion Timmer. Also check out these artists who help the mind stay focused: Marshmello, Skrillex, The Black Keys and Fall Out Boy.

Those who tread around rap, hip-hop and R&B music can check out The Weeknd, Jay Z and Missy Elliot. These artists' music hold rhythmic beats and a flow that persuades the mind to push the body to match it's tremors.

A playlist containing a mix of electronic dance music, rock, metal and pop should give you no problems in building up a good rhythm for a successful workout.

Making room for trans athletes

Megan Couty

Back in late March of this year, Mack Beggs, a high school student from Texas, was set to compete in the girl's division of the state wrestling championship. The big problem some people had with that – Mack is a boy.

Beggs is a transgender athlete currently undergoing hormone therapy as he transitions from female to male. Some people see this as a huge competitive advantage because of the testosterone he takes and believe he should compete with other males. However, according to transathlete.com, the current policy in Texas states that, at the high school level, students must compete with the sex listed on their birth certificate or they must have undergone gender reassignment surgery.

This is the case for seven states in the U.S. and 17 other states are on a case-by-case basis. Additionally, this type of discrimination does not stop at the high school level.

The NCAA, which sanctions most college sports teams, also has a discriminatory policy. Transgender males – those who make a female to male transition – undergoing hormone therapy may compete on a men's team but is unable to compete on a women's team. A trans man not undergoing hormone therapy may compete on either team. A trans female – those who make a male to female transition – whether they are undergoing hormone therapy or not, may not compete on a woman's team.

Most often the argument about whether or not trans athletes should

compete in their preferred gender stems from the idea of a "competitive advantage," but how can someone have a competitive advantage if they can't even compete?

The biggest worry when it comes to trans athletes is that a male will dominate female competition. But as Joanna Harper, the chief medical physicist of radiation oncology at Providence Portland Medical Center said in a 2016 USA Today interview, "It's not the anatomy that matters, it's about the hormones." Testosterone naturally makes you stronger. This is the exact reason people are against undefeated Mack Beggs competing with the girls.

One athlete who's no stranger to the struggles of trans athletes is Lake Zurich native and Team USA duathlete, Chris Mosier.

Mosier, a trans man, is the first openly transgender athlete on Team USA as well as the first trans athlete to be featured in ESPN's body issue. He is also the founder of transathlete.com and the vice president of the You Can Play Project, an organization dedicated to LGBTQ athletic inclusion.

Mosier played a huge role in the International Olympic Committee's decision to make changes to their policies regarding transgender athletes back in January of 2016. The committee concluded that trans athletes are able to participate in their preferred gender without gender reassignment surgery, although they must meet certain hormone levels.

If the Olympics can be inclusive of trans athletes, why can't other

leagues? Again, it's about the hormone levels not the anatomy.

Not only that, but most athletes have physical characteristics that are advantageous in their respective sports and they aren't excluded from participating. We need to give our trans athletes the chance to compete in their preferred genders as long as hormone levels are met.

As Mosier said in a 2016 Rolling Stone interview, "All athletes and all people should have the opportunity to play sports and have a place where they can feel their best about themselves."

Most importantly, we need to give trans athletes the freedom and opportunity to be just athletes.



Hitting the snooze button on NBA

Spencer Jones

We all need to rest, there's no way around it. Getting the proper amount of rest results in having a better mental and physical lifestyle.

It improves all aspects of your well-being and for the most part, no one will contest that getting more rest is always a good thing. Unless you're a professional basketball player in the NBA.

San Antonio Spurs head coach, Gregg Popovich, has rested his players for most of his coaching career, but now that other coaches are starting to do the same, the league has gone under fire for it.

Fans and league officials believe that resting players is unfair to those who spend money to see their favorite teams in action.

NBA commissioner Adam Silver stated in a memo to team owners about resting players, "Decisions of

this kind do not merely implicate issues of player health and team performance on the court; they also can affect fans and business partners, impact our reputation, and damage the perception of our game," he said.

But with that in mind, resting players has logical reasoning. According to an online article from RSVLTS.com, the average NBA career span is five years, trailing the MLB and NHL by only a year. That career length is up from a three years average in the early 2000s.

Also, not only is the NBA in the top three for career length averages, it's also the top American played sport where the ball is live and in play. The NBA is ranked second to only the NHL for time spent with the game ball or puck in action.

According to an article published by The Wall Street Journal, the MLB averages roughly 18 minutes of action for two and a half hours of televised

time, while the NFL averages 11 minutes per three-hour game.

These statistics, in a way, debunk the myth that NBA fans are getting cheated out of their money when players rest.

The real party getting taken advantage of are the fans that attend baseball and football games. This also tells us that NBA players are more likely to get fatigued compared to baseball and football players because of the non-stop action.

Fans who've never experienced playing at this level of competition would never understand what their bodies go through, and the argument that these athletes get paid millions of dollars to perform and play every single night isn't an accurate rebuttal.

At the end of the day, the lowest common denominator between us and professional athletes is that we all have bodies that need to rest.

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