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Monty Stites

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NORTHEASTERN ILLINOIS UNIVERSITY'S INDEPENDENT

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NEIU Faculty Senate Passes Motion For a Vote of No Confidence on President Gibson's Job Performance

By: Monty Stites (Editor-in-Chief) and Dan Maurer (Writer)
Photos provided by Michael Donald

NEIU Faculty Senate unanimously passed motions to hand votes of confidence or no confidence to the Faculty Assembly on President Gloria J. Gibson and the Board of Trustees in an Oct. 11, 2022 meeting.

These were not confidence votes in themselves. The Faculty Assembly as a whole will now vote on their confidence in President Gibson's job and the Board on Oct. 27, 2022 just two days after Gibson's State of the University address.

These votes are not legally binding, but it is a significant symbol for the Board and the President, if the faculty publicly states that they have no confidence in their ability to administer the university. The last time a vote of confidence or no confidence took place at NEIU was in 2015.

The Faculty Senate Chair had great concern about the university's budget related issues and statistics that our sister schools, including Northern Illinois University, University of Illinois Chicago, and Central Illinois University all have steadily increasing enrollment while NEIU's enrollment has been declining.

Notably, there are a

number of positions unfilled on the Faculty Senate, including the non-voting Student Government Association representative, and the faculty representative for Student Affairs. Increased interaction between students and faculty could only be beneficial to the running of our university.



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Monty Stites

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Savannah Owens

Production Editor

Savannah Owens

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*Note The Independent reached out to NEIU Police to receive the Police Blotter for this issue, there was a delay in response.

Mission Statement:

The Independent's mission is to gather and report on important and relevant information to the university and its surrounding communities, as well as to be a creative and critical outlet for community members to express their views and concerns and to offer examples of potential solutions to ongoing problems.

Contact EIC for any questions or if you have a letter to the editor:
independent-eic@neiu.edu
Contact Production Manager for any questions or interest in visual design:
pindpnews@neiu.edu

You Are Not Alone: NEIU's K(no)w More Program Offers Help to Victims of Domestic Violence

By: Leslie Lozada (Campus Life Editor) and Erwin Lopez Rada (News Editor)

Domestic violence is a pattern of coercive control that one person exercises over another, as defined by the Illinois Coalition Against Violence. The perpetrator can include partners, family members and roommates among other people within the victim's life.

This is a revision of the resources available at NEIU for victims of domestic violence with Annette Brandt, director of the K(no)w More program, who offered advice to people that might be looking for help since there has been a recent surge in cases of domestic violence in our communities.

As reported by The Harvard Gazette, the COVID-19 pandemic produced this spike in cases of domestic violence as people sometimes had to spend long periods of time behind the same door as their abusers, along with growing mental health issues.

"Data also suggest that a person victim of domestic violence will attempt seven times on average to leave a relationship before successfully getting away," says Brandt. "In any of those attempts things can get dangerous and the victims of violence are most at risk."

Brandt said that her program's mission is to help victims of abuse to navigate a system that sometimes is difficult. She added that they channel the outcry of abuse instances into solutions for the survivors with no distinction of race, gender identification or sexual preferences.

Her program is funded by a grant from the Department of Justice's Office for Violence Against Women, but NEIU's K(no)w More program is trying to cover the gap in help that usually affects LGBTQ+, BIPOC and males.

At the beginning it is all about control

Often, there are repeating behaviors that add up over time. These are behaviors downplayed through the "honeymoon period", which escalates whenever the perpetrator has gotten a concrete hold of the victims/survivors.

Brandt said that controlling a partner is the most common domestic violence scenario: "What we really know is that 90 percent or more of domestic violence has nothing to do with actual physical hands-on violence. These are all power and control tactics."

To know more about the power and control red flags, she directs people interested to the Power and Control Wheel, designed by a team of preventers in Minnesota. The graphic illustrates the idea that emotional abuse sustains physical abuse.

Perpetrators will escalate their behaviors in order to keep control over their alleged victims. First, they will play with their emotions, making people feel bad about themselves or gaslighting them with lies.

Then they will progress

into actions. Brandt said that escalations can look like "controlling what people do, where they go, who they talk to, what they read, you know, all of these things that anytime that they have involvement in anything, that person is like, tell me where you're going, what are you doing where you know."

Brandt says that at NEIU the most common form of emotional, non physical abuse is stalking. Brandt defines it "like a repeated series of behaviors that makes a person uncomfortable, and makes them feel threatened." The perpetrator is "sending the message 'I can get to you anytime I want.'"

NEIUPD and K(NO)W More take this form of abuse seriously since they consider stalking as a precursor to domestic violence, sexual abuse and dating violence. NEIUPD reported nine events of stalking or domestic violence on campus in the last three years although Brandt recognizes that everywhere these situations go unreported and what is in police data is just the tip of the iceberg.

Getting out before it is too late

At this stage, when the victim still has not suffered instances of physical violence, help from the community and support networks are supremely important. With cases of domestic abuse, a large factor in how things escalated is due to the isolation the abuser would impose

on the victim. Brandt says, "It is our responsibility as friends, as family, as community members to point it out when we see something that is troubling. We need to know the red flags, to point it out but not in a way that shames the other person."

That does not mean that the idea is to blame the victim for not taking action. Brandt said there are many other issues that make it difficult for victims to take the help offered by friends or institutions and leave. "Once you are in love, it is hard to have good judgment." There are consequences to every decision made, and they would need to live with it, as mentioned by Brandt.

She offered assurances that the idea of the service is to help, "We just need to keep offering our hand." She mentioned that making a safety plan with a professional, who has some training in domestic violence, is one of the best courses of action. NEIU offers three confidential advisers for this purpose.

Victims can suffer an escalation of violence when trying to leave a situation of control. Brandt told us the story of a man, partner to a female member of the NEIU community, that "would just put his gun by his side before starting a conversation with his partner to set the mood."

Any attempt to dispute the situation of control by the victim could often escalate to physical violence or even death.

That is to say that not all men, who are the common per-

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petrators, are like this: "We, in this movement, have been making a conscious effort to try to clarify that we see men as allies, every male is not a potential perpetrator, right, we want to make sure that we are embracing men, and bringing them into the movement, because we need them." Brandt said.

Close to Home

NEIU does not escape from this reality. A recent case in our community involved Ronald Williams library staffer Zachary McMahon, 44, and his partner Melissa Mondie, 43, who were found dead in McMahon's Ravenswood apartment during an Aug. 15, 2022 welfare check requested by NEIU staff.

The Cook County medical examiner's office ruled Mondie's death a homicide and McMahon's a suicide. Police officers found a weapon at the scene. Mondie's family alleges that she was a victim of domestic violence.

Brandt said that we need to keep believing the stories of victims and insisting on offering help because these are the most vital things to do, people need to feel that the system and the community cares about them.

She also said that victims need a network that could help them devise and follow up with a safety plan.

The safety plan goal is to keep the victim away from harm and should include steps to follow in case a situation at home or with your partner or roommate escalates. It must have phone numbers from people willing to help and a list of safe places.

Several victims/survivors often find helpful alternatives other than the police department. The Illinois Domestic Violence Hotline received a total of 11,991 calls only in Chicago, with the large majority

of callers seeking shelter in some capacity, with information-only calls coming in second.

There are several women-only shelters just in Chicago alone, some include an option for children to stay with the survivor, either in temporary locations or in long term transitional housing programs.

NEIU can also be that physical safe space, the school has resources available to create a safety plan. As mentioned, NEIU has three confidential advisors who are trained professionals ready to deal with the most difficult situations and are able to get you the help you need. You can contact them at any time by visiting the K(no)w More webpage or calling them at the numbers in the textbox.

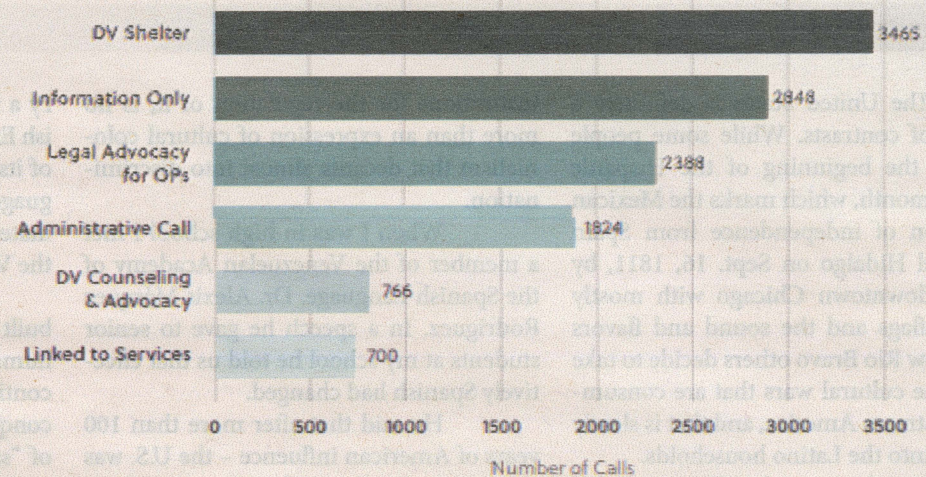
The school also offers counseling services to students within office hours and if they are in need of urgent assistance students may call (773) 442-4650, then press "2" to speak with a counselor on call if in crisis.

NEIU recommends staff to use the Employee Assistance Program by searching the ComPsych website or calling ComPsych toll-free at (833) 955-3400.

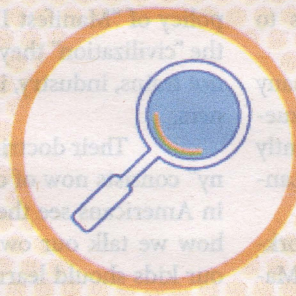
Extra help is also available at the National Domestic Violence Hotline (1-800-799-SAFE) and the Chicagoland Domestic Violence Help Line at (1-877-863-6338). This last number is just

available for people within the Chicago area.

2021 Hotline Caller Top Service Needs in Chicago



Source: IL DV Hotline



RECOGNIZE

Indicators of Distressed Students

Look for groupings, frequency, and severity of behaviors, not just isolated symptoms.

Academic

- ☐ Sudden decline in quality of work and grades
- ☐ Frequently missed classes and assignments
- ☐ Disturbing content in writing or presentations
- ☐ Classroom disruptions
- ☐ Consistently seeking personal rather than professional advice
- ☐ Multiple requests for extensions/special considerations (a change from prior functioning)
- ☐ Doesn't respond to repeated requests for contact/meetings

Physical

- ☐ Marked changes in physical appearance (e.g. poor grooming/hygiene or sudden weight loss/gain)
- ☐ Noticeable behavioral changes indicating loss of contact with reality
- ☐ Visibly intoxicated or under the influence of other drugs
- ☐ Rapid speech or manic behavior
- ☐ Depressed or lethargic mood or functioning
- ☐ Observable signs of injury (e.g. facial bruising or cuts)

Psychological

- ☐ Self-disclosure of personal distress (e.g. family problems, financial difficulties, assault, discrimination, legal difficulties)
- ☐ Unusual/disproportionate emotional response to events
- ☐ Excessive tearfulness, panic reactions
- ☐ Verbal abuse (e.g. taunting, badgering, intimidation)
- ☐ Expressions of concern about the student by peers
- ☐ Self-disclosure of unwanted sexual experience or request(s) for contact*

Safety Risk

- ☐ Verbal, written, or implied references to suicide, homicide, assault, or self-injurious behaviors
- ☐ Unprovoked anger or hostility/physical violence (e.g. shoving, grabbing, assault, use of weapon)
- ☐ Academic assignments dominated by themes of extreme hopelessness, helplessness, isolation, rage, despair, violence, self-injury
- ☐ Stalking or harassing
- ☐ Communicating threats/disturbing comments via email, correspondence, texting or phone call

*See NEIU's KNOw More website about sexual assault, dating/domestic violence, and stalking at new.education.com.

CXLXNXXLXSMX:

How American Oversensitivity and a Desire for Inclusivity Trigger a Quasi-Colonization of Language.

By: Erwin Lopez Rada, News Editor

The United States is definitely a country of contrasts. While some people celebrate the beginning of the Hispanic Heritage month, which marks the Mexican declaration of independence from Spain by Miguel Hidalgo on Sept. 16, 1811, by packing downtown Chicago with mostly Mexican flags and the sound and flavors from below Rio Bravo others decide to take part in the cultural wars that are consuming mainstream America, and that is slowly creeping into the Latino households.

It is the case of Alderman Carlos Ramirez-Rosa (D) 35th ward, who tweeted on Sept. 15 that: "if we commit to Latinidad as an inclusionary, uniting, and liberatory political project, then we must work towards building a Latinidad that dismantles patriarchy and transphobia. The use of the gender-neutral language, like Latine or Latinx helps us reach that horizon."

When another user replied on the same thread that Latinos do not like or care about using the X at the end of words, he responded with a laughing emoji followed by text that read, "You're so stupid".

The tweet was an answer to Alderman Raymond Lopez's own tweet that said: "Anyone using LatinX is insulting my heritage." Which was a comment sensitive and in tone with what most of Latinos in the Americas think about the shoving down of academically invented inclusive language. This unfolds when just a couple decades ago Latinos avoided learning or speaking Spanish to not be profiled on the streets or at work.

Just to clarify, I support with all my strength the right of people to live their life as they please and be called as they prefer. But I expect the same respect towards my culture and my language.

Any attempt to transform the Spanish language from on high, without this being a natural process certified by our established

institutions for the regulation of it, is no more than an expression of cultural colonialism that decants almost into discrimination.

When I was in high school I met a member of the Venezuelan Academy of the Spanish Language, Dr. Alexis Márquez Rodríguez. In a speech he gave to senior students at my school he told us that effectively Spanish had changed.

He said that after more than 100 years of American influence – the U.S. was the owner of many oil fields in my country – Venezuelans call security guards "Gua-chimanes", say they are going to "cachar" the bus, or ask politely their friends to "pichar" them a cold beer.

He added that these and many other words became part of the Venezuelan Spanish lexicon and were subsequently admitted by the Royal Academy of the Language into its famed dictionary.

Who knows if Americans working in the oil fields in Maracaibo and Maturín actually wanted us to use and learn their words.

But Alderman Ramirez-Rosa and people in the elite do not seem to understand these cultural nuances, they do not want to wait for American cultural influences to settle and for education to change. A sizable part of Latinos still consider that LGBTQ+ issues, and adapting the language to them, are not bigger discussions. They just want to make the change in our language happen through what they call "a revolution".

Better call it a Conquista. Ramirez-Rosa added in the same Sept. 15, 2022 thread of tweets that Nahuatl, the language spoken by the Aztec living in the Mexico Valley in the pre-Cortesian era, was gender neutral and that we do not lose anything by trying to be inclusive.

But he does not mention that later in histo-

ry a more technologically advanced Spanish Empire used coercion and all the weight of its culture – Catholicism, Castellan language, European rules of society – to ultimately crush the originary civilizations of the Valley of Mexico.

Now, many centuries after Latinos built a culture of their own, a mix of all the human civilizations that converged on our continent during the colonial times, other conquerors, with a different banner – that of "salvation" – want to again impose on us their truth and tell us what is right and wrong.

It feels a lot like a revival of the policy of "Manifest Destiny", but this time the "civilization" they are bringing to us are not trains, industry, imperialism and manners.

Their doctrine of "Manifest Destiny" consists now of changing the way Latin Americans see the institution of family, how we talk our own language and what our kids should learn about sexual identification at school.

Sadly, Alderman Ramirez-Rosa is not alone in this trend to shame Latin Americans and try to arbitrarily impose changes in the way we talk and live.

The American mainstream media answers to this call by echoing this barbarization of our societies. Just look at this New York Times damning piece about the decision of the Buenos Aires provincial government to limit the use of Spanish inclusive language so kids can write formal Spanish: the one that is accepted in courts, schools and places of employment.

The Spanish that more than 97 percent of our people speak in their daily lives.

The Royal Academy of the Language determined in a 2020 report that the use of the consonant "X" instead of a vocal is contranatura ("unnatural") in Spanish.

We cannot pronounce it besides any vowel. Still, these elites – yes, if you are Latino and went to or currently attend college you are part of an elite – cannot see that their worldview is radically different to that of most of the people Ramirez-Rosa pretends to represent.

Ramirez-Rosa is so engrossed within this elite and their American Exceptionalism, that his attempt to look revolutionary by using "Latinidad" as just an American political movement – not the cultural identity that it involves – is, to put it softly, laughable.

With that I am not saying that the defense of the Latino heritage implies forgoing taking responsibility for changing society from within, as we see it is needed in some Latino democratic circles in L.A. and elsewhere.

I also believe that we should never forget the heritage left by visionaries and activists like Cesar Chavez that made Latinos the powerful political and cultural group that we are nowadays.

But Latinos in the U.S and south of the border worry about a shaky economy that is crushing our working class families, they worry about racial discrimination and police profiling, they care about political violence.

People from Cuba, Venezuela and Colombia worry about the proliferation of communist ideas that are proven to be harmful for everyone over the course of the last hundred years, they struggle with inflation that is eating their meager salaries, and they worry about the oppression of not being able to just be a Latino and express their culture and be free to speak it out without being called transphobic.

The fight for an inclusive Spanish is not yet an important issue for Latinos. We had already developed within our language ways to be more inclusive, but these

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ways of talking had not been adopted anywhere Cervantes' is talked.

Latinos could be culturally competent and understand the nuances of American life, and of course, support the use by Ramirez-Rosa, and anyone, of the term "Latinx" [sic] in English just because it might culturally make sense, although people that consider themselves Latino rarely use it and often hate it.

But you cannot be inclusive by calling people transphobic or stupid just because they are defending their heritage. That is plain colonialism, or in Spanish "inclusive" cxlnxxlxsmx. In any case behaviors like that of Martinez-Rosa and his allies are prompting in our communities nothing less than a: YANKEE GO HOME! Followed by a deserved: Respeta para que te respeten.



"El Conquistador" by Scott Smith (SRi-sonS) is licensed under CC BY-NC-ND 2.0.

POLICE BLOTTER

These incidents occurred on NEIU campus property between the dates of 09/30/2022 and 10/12/2022.

09/30/22 - E- BUILDING

WITNESS REPORTS A COUPLE HAVING A VERBAL DISTURBANCE INSIDE BUILDING, OFFICERS LOCATED THEM IN PARKING LOT. PEACE WAS RESTORED

10/01/22 - PARKING LOT- J

NEIU VISITOR CLAIMS HE LOST WALLET ON CAMPUS AND ONLY DISCOVERED IT MISSING WHEN HE RECEIVED ALERT NOTIFICATIONS FROM BANK OF FRAUDULENT PURCHASES MADE USING HIS CREDIT CARDS

10/04/22 - EL CENTRO

EXTENSIVE DAMAGE REPORTED AT EL CENTRO WHERE UNKNOWN CAR HIT HIGHWAY DIVIDER, POLES AND FENCE. FACILITIES MANAGEMENT ALSO ON SCENE ASSESSING THE DAMAGE

10/04/22 - THE NEST

AFTER CALL FROM A PARENT, OFFICERS LOCATED 17 YEAR OLD TRUANT IN NEST. SHE CALLED PARENT AND SAID SHE WAS TAKING BUS HOME. OFFICERS DROVE HER HOME AND RELEASED TO HER MOTHER'S CUSTODY

10/05/22 - LIBRARY

STUDENT REPORTS SUBJECT OUTSIDE LIBRARY WHOM SHE HAD AN ENCOUNTER WITH LAST MONTH WHERE HE FOLLOWED HER TO ELEVATORS MAKING HER UNCOMFORT-

ABLE. OFFICERS CANVASSED AREA. NOT FOUND

10/06/22 - THE NEST

OFFICERS RESPONDED TO REPORTS OF COUPLE FIGHTING IN FRONT OF NEST. FEMALE UPSET MALE DOES NOT WANT TO BE WITH HER. INDIVIDUALS ARE NOT NEIU STUDENT AND COMPILED WHEN ASKED TO LEAVE CAMPUS

10/06/22 - BRYN-MAWR AND KIMBALL

WHILE ASSISTING A CAR ACCIDENT OFF CAMPUS WITH POSSIBLE INJURIES, OFFICER LOCATED A GUN, OWNER HAS VALID FOID CARD AND CONCEAL CARRY PERMIT, AFTER CONFIRMING STATUS THRU LEADS, GUN RETURNED TO OWNER

10/06/22 - CCICS

CITIZEN NOTIFIED OFFICER OF GRAFFITI ON WALLS OUTSIDE THE CAR-RUTHER CENTER FOR INNER CITY STUDIES. FACILITIES MANAGEMENT WAS NOTIFIED FOR CLEAN UP. OFFENDER UNKNOWN

10/08/22 - THE NEST

HOMELESS NEIU STUDENT REFUSING TO LEAVE NEST/ SHE IS TRYING TO SECURE RESIDENCY BUT DUE TO ON-GOING ISSUES, SHE AGREED TO SPEAK TO A PROFESSIONAL COUNSELOR AT HOSPITAL

10/11/22 - THE NEST

OFFICERS RESPONDED TO REPORTS OF LOUD ARGUMENT ON 2ND FLOOR LOVBY. REVIEW OF CAMERAS SHOW

VERBAL ARGUMENT BETWEEN RESIDENT AND GUEST SUBJECT LOCATED, BOTH DECIDED TO LEAVE

10/12/22 - THE NEST

ROOMMATE REPORTED UNSUCCESSFUL ATTEMPTS TO CONTACT ROOMMATE FOR THREE WEEKS, POLICE DID WELL BEING CHECK. STUDENT IS OKAY AND STAYING WITH MOTHER AND SAID SHE DOES NOT WANT TO COME BACK

10/12/22 - LIBRARY

STAFF REPORTS GRAFFITI ON DOOR OF BATHROOM STALL IN THE FIRST FLOOR MALE BATHROOM. OFFENDER IS UNKNOWN. FACILITIES NOTIFIED FOR CLEAN UP

10/12/22 - 3650 W. BRYN-MAWR

UNKNOWN OFFENDER STRUCK AND DAMAGED STUDENT'S CAR DOOR WHILE PARKED ON BRYN-MAWR AVE

The NEIU police blotter is requested from our campus police for every issue of NEIU Independent because this publication exercises its right to do so, courtesy of the Clery Act. The Clery Act is a federal statute requiring all higher education establishments that participate in federal financial aid programs to maintain records of campus crime and campus security information. Any case that is considered ongoing may not be listed in the blotter. For this reason, there may be updated reports published retroactively once those cases are closed. For more information about the Clery Act, visit the NEIU police department's webpage.

Review: John Carpenter's "The Thing" (1982)

At the Logan Theater

By: Leslie Lozada (Campus Life Editor) and Dan Maurer (Writer)

Located at 2646 N. Milwaukee Ave, the Logan Theater is an historic icon that has been open since 1915. Even as Logan Square and the local community has changed around it, the theater has continued to serve the diverse communities.

The Logan Theater frequently screens vintage, independent, and mid-run movies and local film festivals. We were surprised to find their ticket and concession prices to be quite affordable, roughly half what we have come to expect from some of the big name theater companies. The nostalgia, affordable experience and the art-deco style decor of the historic theater leant itself well to the vintage movies playing the night we went there to see the 1982 movie by John Carpenter, "The Thing". Part of the "Horror Movie Madness" series, the Logan Theater shows several vintage horror films, which are played for a limited run, with the times set late in the evening.

"The Thing" stars a number of iconic actors, including Kurt Russell, Keith David and Wilford Brimley. The initial moments of the movie show a distinct lack of appreciation for just how inhospitable Antarctica is that is only too appropriate for an '80s horror thriller, and the rest of the movie is exactly what you would expect in that regard; something these writers greatly appreciated.

Where "The Thing" shines is in its special and practical effects. As the researchers are forced to battle an alien virus that had been found trapped in the ice, we were astounded at the gory and disturbing manner in which the virus was able to mutate human and canine anatomy (dog lovers be warned, your favorite four-legged friends do not fair well in this movie). Not only were these mutations incredibly creative, but what went into crafting them was a work of genius for

a time when CGI was, well... limited. As the movie progresses, we are treated to the discovery of how this virus operates, and the drama that ensues with the realization that it can take over and mimic an individual. Who is infected? Who is a "Thing"? The movie is a rollercoaster of tension, visceral and creative mutation and explosive fire fights that makes this one of the true great thrillers of the '80s that everyone should see, given the chance.

On a side note, this movie does have a very distinct connection to a well known video game franchise. With an alien virus mutating and attempting to consume all of humanity, and Keith David fighting alongside Kurt Russell's lead role, one might just think that this movie foreshadowed Keith David's later role as the Arbiter, fighting the Flood alongside the Master Chief in Halo. For more information about the Logan Square Horror Movie Madness series, check out the website for the rest of the dates in October. Along with the films, there are also some special events for different film screenings, such as the annual Halloween Party during a showing of "Beetlejuice" (1988) on the 28th.



Photo by Jonatan Moerman on Unsplash

Vengeance Is Mine – just the reality as it is— movie review

By: Olga Shalaeva, Writer

The movie was so emotional, with all the heated argument scenes, and so real: the rain in a family camp scene and landscapes in driving car scenes. Viewers are given too many visual special effects in modern films and series, but movies like "Vengeance Is Mine" give us scenes with genuine emotions and settings: drawings with black eyes, playing piano in the middle of a heated argument: you feel and endless energy and effort of the actors to give their character and everything that is placed in the scene liveliness.

Watching this film in the middle of the midterm exams surprisingly relaxes your mind. The movie allows you to escape reality for a couple of hours. You are crying; you are laughing together with the characters. With total immersion in their roles, actors unintentionally expose the audience's traumas. It seems like actors were chosen not just for their outstanding acting skills but also for their natural facial expressions of sadness and disillusionment with the world.

The natural downward smile of Brooke Adams makes everything in the film look even more dramatic. A sad face is the one people usually try to hide. We make everyone think we are happy and careless. Maybe that's why it is so hard to cope with the modern world. All these contemporary works have nothing in common with old films, which make the past closer to the modern generations and vivid for those whose reckless past was a part of their lives.

The Chicago Film Society screened the film, as directed by Michael Roemer, in the Auditorium at NEIU. "Vengeance Is Mine was not getting [a] proper release until now, and you are among the first who watch the film in the theatrical format," – mentioned Becca Hall in the middle of her speech before the movie screening. Even the way Hall used small square stickers, which guided her speech, made the atmosphere different from what you typically expect from the presenters.

This movie is focused on two women with their demons, whose lives are curiously intertwined. Characters learn life les-

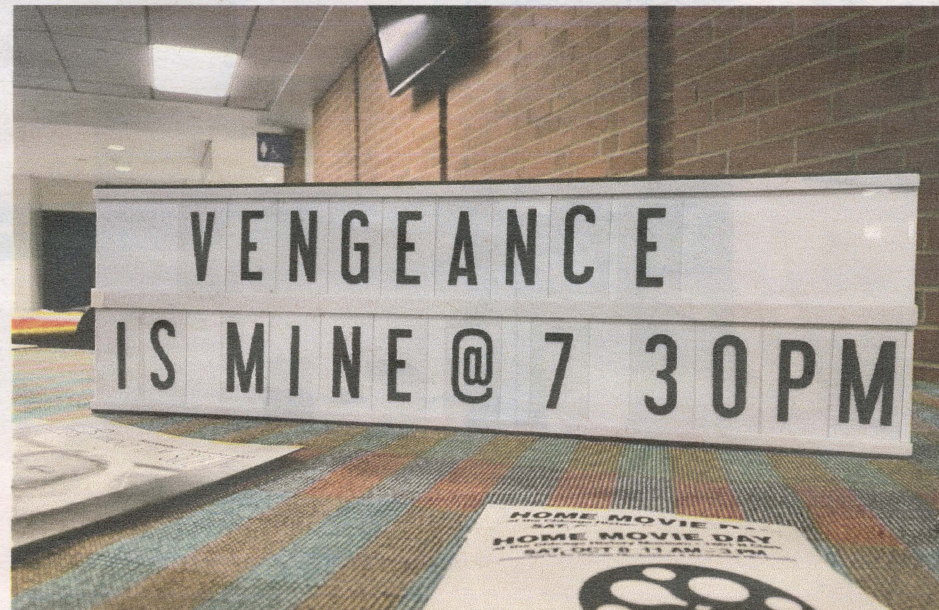
sons by carefully watching and engaging in each other's personal lives.

Jo found her child in a different family, and Donna feels like she is losing her value as a mother. One tries to get away from her abusive husband, and another tries to get closer to her daughter. Jo is destroyed mentally by her unhappy marriage, and her sister lives in peace and harmony with her husband and a newborn. Jo's mother is cold to her and

all of a sudden, Jo rushes out of the car, and Steve leaves her alone with the suitcase. The same situation is with dealing with children in a family. "She is my child," – said Donna. "But it doesn't mean to possess!" – argues Jo.

Sometimes we all like to blame someone else for our faults. We may blame a full moon for crying all day and feeling a bit more depressed than on other days, having a headache because you argue with your son

only about happiness or sadness. What do we think action films usually look like? Car races, extreme situations characters deal with, chases, something always explodes and so on. The film doesn't have the genre "action," but it's something beyond "drama." Just by looking at the driving cars scenes, the one when Jo's husband was driving as he competed in a Formula 1 when he was younger, that was fantastically shot and performed.



is much closer to her sister. A scene when Jo begs her husband to drive slower and constantly asks him where he rushes, and a scene when Jo peacefully drives with Tom – Donna's husband – and Jackie – Donna's daughter – all the film is about contrasts.

The film makes us question what we look for in a marriage. Do we search for love? Or do we try to find a soulmate, and marriage is the only way we can possess it for life? Or is marriage about getting a certain status? The film shows marriage's grayest and most real side: "I don't love you. I just need you." But why do we need marriage? Maybe we want to dominate; it is about obsession: "I cannot get you out of my mind," – said Steve, Jo's husband with whom Jo desperately tries to get a divorce. In that scene, when Steve cuts Jo's hair, both scream at each other, and then,

or daughter, or blaming the rain that starts to pour when you are in the middle of your way back home. But the thing is that in all these situations, we are involved personally, and maybe first we should search for a cause of a problem within ourselves "it wasn't God, it was you" – this phrase from the movie opens eyes to most of our insecurities in life.

How many things may happen within a short time, and not all the trips result in how you planned – Jo couldn't expect to get acquainted with the new people at all. At the movie's beginning, she was drinking and periodically chuckling, but a genuine smile appeared at the end. The characters' body language tells us a lot and just by looking at their faces, you see the story behind the character. "Vengeance Is Mine" is about something in between the past and the present. It is not



Photo Credits: Olga Shalaeva

NEIU Fine Arts Center Gallery: Where She Comes From

By: Dan Maurer, Writer
Photos provided by Dan Maureer



Located in the Fine Arts Center Gallery, Where She Comes From, is a new exhibit that will be available to view until Oct. 28. Curated by Pia Singh, the exhibit contains works from five femme artists from India and America that speculate and question how they, and we, perceive our world and where we belong in it. Through a mix of mediums including textile, photography, poetry, sculpture, dance, video, and even vibrations, the artists inspire us to question our origins, to view the world from another's perspective

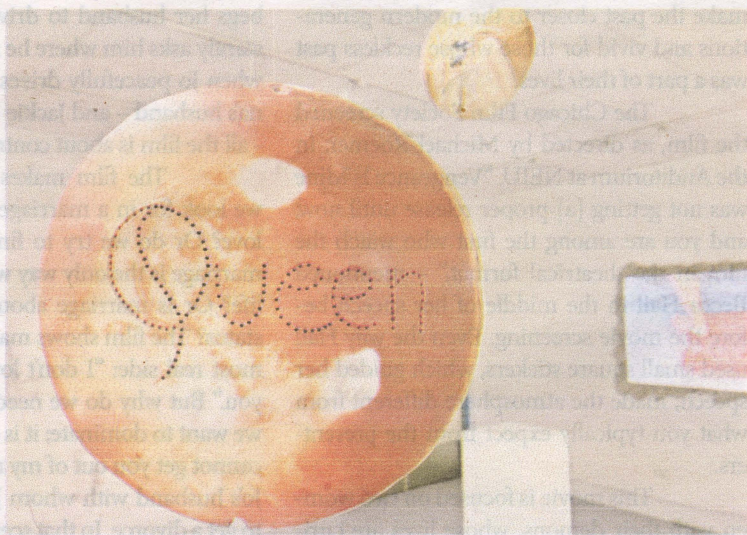
and to see beneath the trappings of civilization to the purity of nature and culture that history and colonialism has pasted over. These works give a window into what it means to encompass more than one place in both time and space, mind and body.

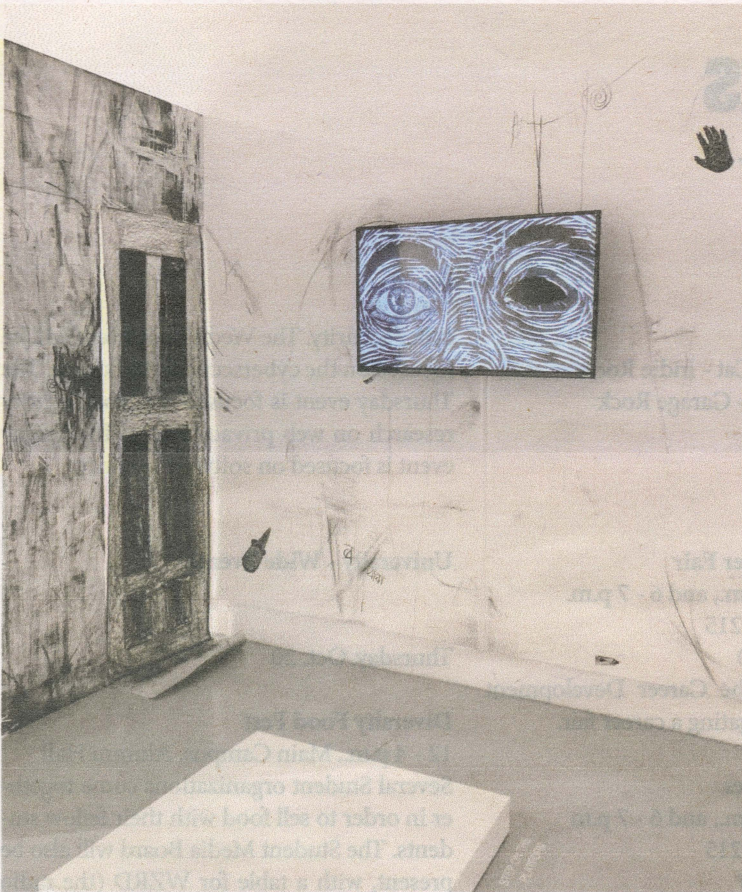
I got the opportunity to speak to two of the artists and hear stories about their own work. Both are very kind and talented, and have given much thought to the works they have created.

Janhavi Khemka created Sapna, a mixed media piece with

charcoal that includes a video and audio-vibrational platform. An observer may remove their shoes and stand on the platform, which vibrates with the audio from the visual. In Sapna, Khemka uses her work to showcase her experience of the world with a hearing disability. Through her work, we can experience a thunderstorm and other parts of her life through touch, as opposed to the audio experience that many of us take for granted.

Her piece also shows her experience with sight and how exhausting it can be to rely





on it, and the loss of understanding when her concentration slips. Her work speaks to a world of vision, sensation and intense concentration.

Another series of works are by Kushala Vora who displayed photographs mounted on red oak titled *Flowers Have No Name*. Vora took these pictures in India during the height of the pandemic as a commentary on colonialism. India was once a British colony. Vora's photographs are of small flowers, mostly ground orchids. Her intent was to show the small things in nature that we put into a box. To show nature in its own form, without the filter of human categorization, as it is supposed to be. She also produced another series *Negative Space*: man, monkey, queen, quill... wood fired stoneware pieces with images of flowers on them. On the other side, are words in a formal,

dotted style, like what used to teach children to write in cursive. This is also a commentary, quite literally, on what has been written over by colonialism.

Vora's work invites an appreciation of simple joys, of the smaller things in life. She asks us to look at these small things, the natural world, not for our own joy, but to enjoy that they exist for their own sake. We should appreciate that we are so lucky to bear witness, and mourn what has been lost in the pursuit of empire and greed.

These two works detailed above, as well as the other beautiful works in the exhibit, inspire us to think in different ways. They allow us a glimpse into worlds on the margins of our experience that embody what it means to be of more than one reality, and yet wholly ourselves. I encourage any of you who read this to go and check it out.



Campus Events

By: Leslie Lozada, Campus Life Editor

School isn't just for classes. Here at NEIU, we have a lot of events from different departments that are around different campuses. From clubs, frats, and university wide events, here are some events that are coming up:

Clubs Going-ons:

The International Club

Every Wednesday, 4:30 - 5:30 p.m., LWH 1001

Expect to learn a lot from different cultures, travel around Chicago and the Greater Chicagoland area and see things from a new perspective.

Club events: There is a planned event for registered club members to visit Jonamac Orchard on Oct. 22.

Pinoy Club

Every other Tuesday

2 - 3 p.m., Main Campus, LWH 1001

Club events: There is a tie-dye event the club is hosting on Oct 20, from 12- 2 p.m. at the Quad.

Google Developer Student Club

Every other Monday, 1 - 2 p.m., Main Campus, CBT 162, and via Google Meets

Club events: the next meeting is on Oct. 24.

Chess Club

Every Tuesday, Wednesday, Thursday

3 - 4 p.m., Main Campus, Cafeteria

Join in with some chess enthusiasts on a chess game.

Accounting Club

Every other Tuesday

2 - 3 p.m., Main Campus, CBT-149

Club events: The Club will meet Oct 18. They will have the meeting centered on resumes.

The Student Media Board:

Events:

Halloween Party

Oct 28

6 - 9 p.m., Main Campus, Courtyard (tentatively)

The combined forces of the media board is planning on creating a spooky party for NEIU students. There will be a costume contest, a DJ, and planned catering.

The Independent

Every Tuesday

3 - 4 p.m., Main Campus, E-049

Club events:

The meeting on Tuesday Oct, 18, will be the pitch meeting, interested people can give ideas as to what articles they could write/ take pictures or take up any open pitches. The following Tuesday Oct. 25 will be the production meeting. The Independent's EIC, Managing Editor, and Section Editors are expecting to receive articles by this date.

SEEDS

Every other Friday

6:30 - 7:30 p.m., Main Campus, E-041

The meeting time is subject to change. For more information about how to join SEEDS, you can contact the Editor in Chief's email, Clay Cofre, at c-cofre@neiu.edu

Que Ondee Sola (QOS)

Every Monday

1 - 2 p.m., Main Campus, E-041

For more information about becoming a member for QOS, you can contact the Editor in Chief's email, Robert Johnson, at R-Johnson22@neiu.edu

Music Corner:

WZRD

88.3FM

Thursday Night Live

Every Thursday at 10:00 p.m.

10/20 - Corduroy Cat - Indie Rock

10/27 - 96 Cougar - Garage Rock

Repeatables:

Navigating a Career Fair

12 - 1 p.m., 3 - 4 p.m., and 6 - 7 p.m.

Main Campus, SU 215

Oct. 19 and Oct. 20

Workshop from the Career Development Center about navigating a career fair.

All Things Resumes

12 - 1 p.m., 3 - 4 p.m., and 6 - 7 p.m.

Main Campus, SU 215

Oct. 26 and Oct. 27

Workshop from the Career Development Center about creating your resume

Bronzeville History Writing Workshops at CCICS

6:30 - 8:30 p.m. on Oct. 20

10:30 a.m. - 12:30 p.m. on Oct. 22

Get involved in this writing workshop, with topics involving Bronzeville's history. The written accounts will be curated as a permanent display at the CCICS library.

Fine Arts Gallery: "Where She Comes From"

9 a.m. - 5 p.m., Monday and Wednesday

12 - 5 p.m., Tuesday and Thursday

10 a.m. - 4 p.m., Friday

Main Campus, Fine Arts Center

Through Oct 28, this exhibition presents five artists that lived between India and the U.S.

Cybersecurity Speakers

12:30 - 1:30 p.m., Wednesday, Oct. 26

10 - 11 a.m., Thursday, Oct. 27

11 a.m. - 12 p.m., Friday, Oct. 28

Main Campus, CBT 149 and Zoom (the Friday event)

Join in for a guest speaker lecture based in

cyber security. The Wednesday event will be focused on the cybersecurity workforce. The Thursday event is focused on cybersecurity research on web privacy issues. The Friday event is focused on software security.

University - Wide Events

Thursday, Oct. 20

Diversity Food Fest

12 - 4 p.m., Main Campus, Alumni Hall

Several Student organizations come together in order to sell food with their fellow students. The Student Media Board will also be present, with a table for WZRD (the radio station) and the rest of the media board.

JET Program Information Session

3 - 4 p.m., Main Campus, B-146

People who are interested in the Japan Exchange and Teaching (JET) Program come check out this event, which will include representatives from the program

Lawrence Frank Lecture: Evan Maina Mwangi: "Ubuntu, Ecology, and Global Blackness"

3 - 5 p.m., Main Campus, Student Union, Room 103

An annual lecture organized by the African and African American Studies programs, the speaker for this year being Dr. Evan Mwangi, Melville J. Herskovits Professor of African Studies at Northwestern University. This lecture is free and open to the public.

Guitar Studio Showcase

3:05 - 4:05 p.m., Main Campus, Recital Hall

The recital will have pieces from the baroque to the present day.

Women Breaking Barriers

6 - 9 p.m., Main Campus, Alumni Hall South

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Continued from page 10

Delta Tau Lambda is doing an annual salute to latinas and other women of color. This event is open to all.

Campus Rec Halloween Party

7:30 - 10:00 p.m., Main Campus, P.E. Complex

Come in costume for a roaring time! There will be food, music, games, and a raffle. Don't bring replica weapons to event or wear too revealing clothing

Friday, Oct. 21

Jewel Box Series: Nobuntu

7:30 - 9:30 p.m. Main Campus, Auditorium
The Jewel Box Series brings Nobuntu, a female a cappella quintet from Zimbabwe to NEIU.

Monday, Oct. 24

Brown Bag Lunch Series: Therapy and Service Access for LGBTQ+ Victims of Sexual Harm and Violence

5 - 7 p.m., Main Campus, Pedroso Center B-159

This workshop/seminar will have Lauren Miller, MSc, AM, LSW, who will talk about resources, or lack thereof for LGBTQ+ sexual violence/harm victims.

Tuesday, Oct. 25

Flu/COVID-19 Vaccine Clinic

2 - 4:30 p.m., Main Campus, Building E

Sign up is needed ahead of time. Everyone is eligible for the COVID-19 vaccines, and for people with insurance cards, they are eligible for the flu vaccine.

Kink, Consent, and How It All Makes Sense!

2 - 3 p.m., Zoom

The Pedroso Center will host an intro and destigmatization of BDSM, kink and communication. Sign up ahead of time.

Wednesday, Oct. 26

Make and Take Night: Flaming Heart Wall Art

6:30 - 8:30 p.m., El Centro

Try your hand at making a flaming art within one session. All materials will be provided, there are snacks included. This workshop will cost \$10 per person, signup is limited.

Chicago Film Society "Central Airport"

7:30 - 9:30 p.m., Main Campus, Auditorium
Directed by William A. Wellman, in 1933 and on 35mm. Tickets are \$5 for NEIU IDs, \$10 for the public at large.

Thursday, Oct. 27

Perfectionism: Overcoming Fear and**Avoidance**

3 - 3:50 p.m., Zoom

An online workshop from the Trio program,

which will talk about strategies for working through perfectionism and managing expectations. Sign up ahead of time for this and other events for Trio.

Friday, Oct. 28

Book Talk: An American Love Story

6 - 8 p.m., CCICS

Join Dr. Sunni Ali, as she talks about her book "An American Love Story" as it centers on the Nation of Islam. Sign up ahead of time via a Google Form

Saturday, Oct. 29

Halloween Zumba Fiesta

11 a.m. - 1 p.m.,
El Centro

Join in on a two hour dance party, open to NEIU students, Faculty and Staff.

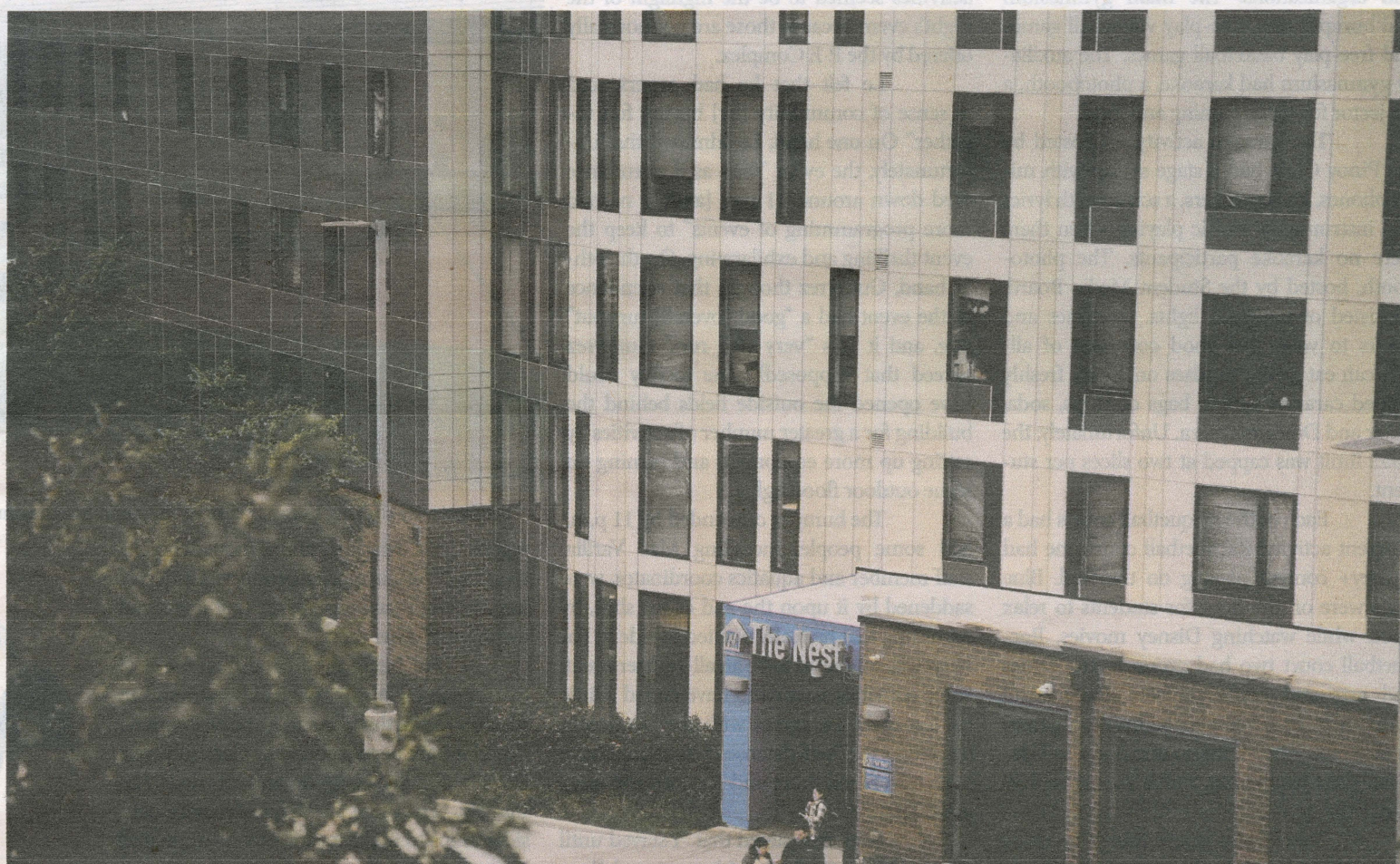


Photo by Derek Ramos

NEIU's First Annual All-Nighter Party

By: Ananth Prabhu, Writer

NEIU had its first annual all-nighter party on the night of Sept. 30 and morning of Oct. 1. The premise of the event was to accept the challenge by staying up all night until sunrise, from 7p.m. - 7a.m. Those students who spent the entire night were awarded t-shirts that commemorated the event. It took place in the P.E. Complex. It was organized by the P.E. Complex's faculty and staff members and Student Leadership Development. It was exclusive to students only.

A copious number of activities were available for all student attendees to embrace, and they were hosted by several student clubs and organizations. The main gymnasium had bumper cars, free-play volleyball games and free-play basketball games. The auxiliary gymnasium had karaoke, a photobooth, a projector for video gaming and food.

The karaoke activity, as hosted by the Pinoy Club, had a stage set up with microphones, loud speakers, a screen with lyrics and instrumental music playing when there were no karaoke participants. The photobooth, hosted by the Student Media Board, consisted of umbrella lights, costumes and masks to wear. The food consisted of all-you-can eat waffle sundaes on sticks, freshly dipped caramel apples, bags of chips, soda, water and Domino's pizza. Unfortunately, the pizza limit was capped at two slices per student.

Each of the racquetball courts had a different activity. Racquetball court one had Disney+ content playing on the wall. Blue mats were on the floor for students to relax upon while watching Disney movies. Racquetball court two had group board games and arts and crafts projects. Racquetball court three had free-play badminton games in progress. Fitness Studio one had a self-defense class happening, but it ended at 8:30 p.m.

There were many things to enjoy throughout the night, but hanging out and

socializing with fellow students may have been the highlight of the event. Aaron Le, student and Pinoy Club member, stated that "my favorite part was coming back to campus and using the campus recreation center." Another student and Pinoy Club member, Alvin Gutierrez, stated that "my favorite part was that it was the first all-nighter ever." It was a marvelous opportunity for the Nest students to "get out of their rooms and hang out," as Gutierrez elaborated.

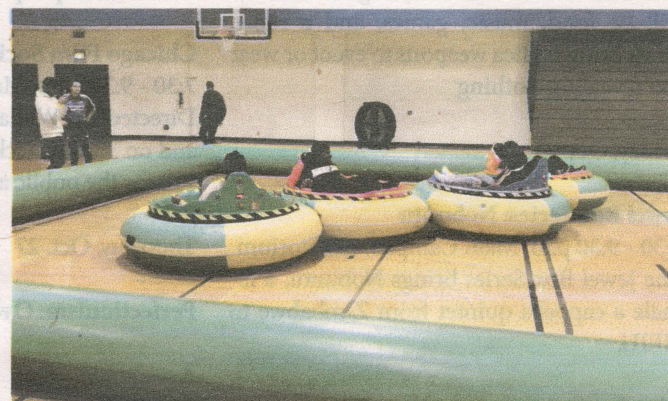
When it comes to the event, Le enjoyed the, "karaoke, photobooth and bumper cars," above all else. Those three activities seemed to be the highlight of the night's event because those are not normally offered by the P.E. Complex.

Le felt that he had experienced "a sense of community [by] having fun together." On one hand, Le admitted that unfortunately, the event "feels as if attendance died down around 11 pm, [and] it needed more programming of events" to keep the event thrilling and exhilarating. On the other hand, Gutierrez thought that attendance of the event had a "good [overall] turnout" rate, and it was "very well run." Gutierrez agreed that supposedly, the facility could have opened the outside fields behind the building for a greater number of activities by setting up more equipment and turning on some outdoor flood lights.

The bumper cars ended by 11 p.m. and some people, including Mac Varilla, staff member and aquatics coordinator, were saddened by it upon the end of his shift, by admitting that he really wanted to ride it. For what was supposed to be an all-nighter event, some activities seemed to have ended a little bit too early. Le agrees with this sentiment by stating the "self-defense class should have been advertised more and it ended too early at 8:30 p.m."

Gutierrez stated that "I stayed until 10:30 p.m., [and] I would have stayed [lon-

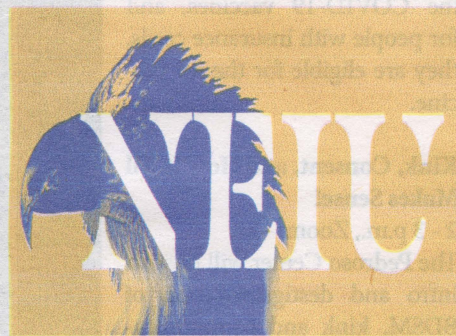
ger] if more than just tacos were available at 1 a.m." Speaking of which, there were tacos catered from a nearby restaurant at 1 a.m. Unfortunately, the tacos were composed of corn tortillas and only filled with pork. There were no alternatives for the vegetarians,



Students are driving bumper cars in the main gymnasium. Photo Credits: Ananth Prabhu

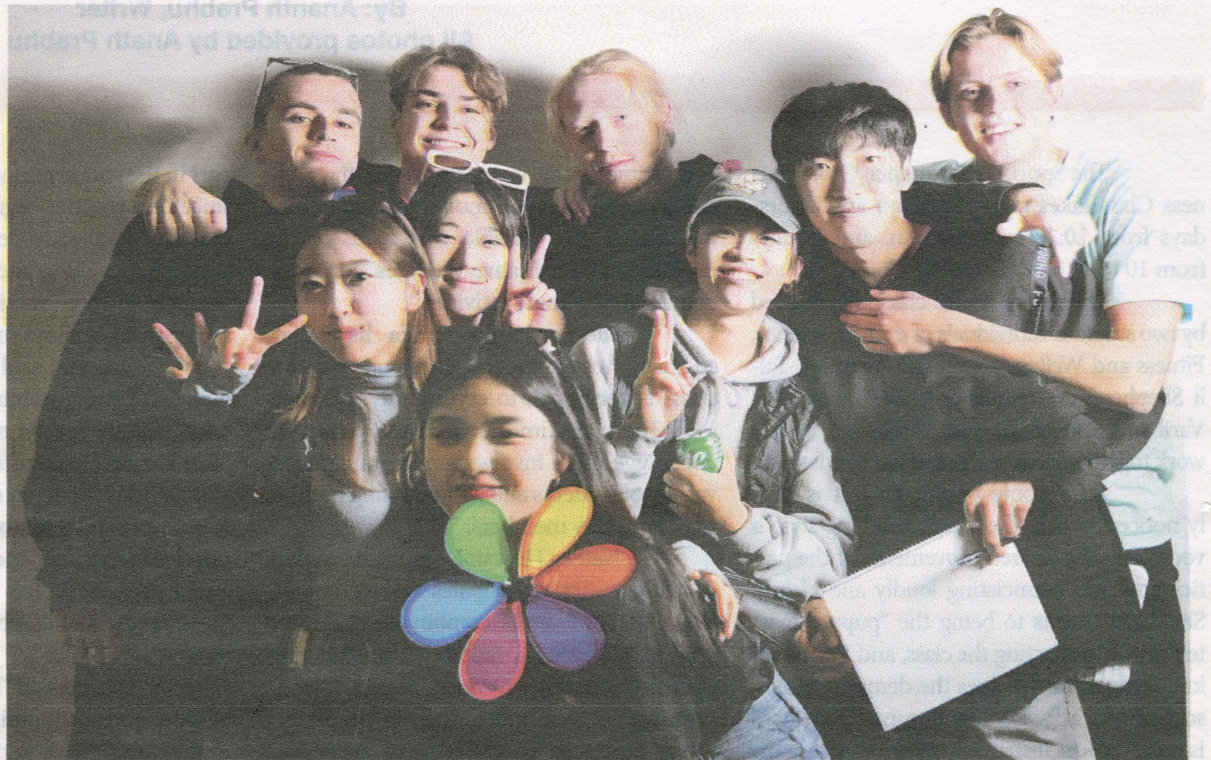
vegans, Jews, Muslims and Hindus who abstain from certain animal products. Gutierrez has agreed by saying, "I agree that it was not inclusive of other diets."

For being the first annual event of this type in the history of NEIU, it was still an all-around worthwhile and fun development. Could it have been improved? Certainly, yes! Does it look like event organizers tried? Absolutely, yes! There are definitely more considerations to make for the second annual all Nighters Party.



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Photo Credits: Mel Cartwright



Sports Performance Is Not Just for Athletes

By: Ananth Prabhu, Writer
All photos provided by Ananth Prabhu

The Sports Performance Group Fitness Class takes place Tuesdays and Thursdays from 10:30 to 11:30 a.m. and Fridays from 10 to 11 a.m. in the P.E. Complex.

The group fitness class is instructed by two studious individuals of exercise science, Fitness and Wellness Graduate Assistant, Tali Shepherd, and Aquatics Coordinator, Mac Varilla. As Shepherd and Varilla put it, “we work together to co-teach and use teamwork.”

After some observation, it is easily noticeable that Shepherd’s teaching style is vocalizing the desired movements of the participants and enunciating loudly and clearly. Shepherd admits to being the “puppet master” while instructing the class, and Varilla acknowledges that he does the demonstrations, sort of like a “crash test dummy.” Shepherd is a very vocal instructor, while Varilla is the demonstrator, and they make a really great team for a novel and refreshing experience.

Sports performance can take many forms of physical and kinesthetic activities. Before beginning any sporty or physical workout, it is imperative to understand one’s bodily limitations in terms of strength, speed and agility because it would feel unpleasant and uncomfortable to overwork any muscle group. With that said, sports performance is simply the practice of training the body to enhance pre-existing muscularity, swiftness and dexterity.

The class intends to be a gathering in which people train in unison with like minded individuals. Doing a routine workout individually in a weight room sometimes gets dull, repetitive, dreary and humdrum. It is venturous to stay nimble and get out of one’s comfort zone.

According to the instructors a conventional sports performance fitness class gives more importance to quantity over quality with repetitions of the same activities, however, Shepherd and Varilla disclosed that they pay particular attention to quality over quantity by organizing plenty of activities to do in a single hour.

For example, the instructors said that “instead of just burning more calories,” which is a quantitative variable, they focus on the usefulness of qualitative variables “for sport, daily mobility [and] activities.”

Shepherd and Varilla have stated that “mostly students show up, but [the class] is very open to community members too.” The class times sometimes change to encourage more involvement from a greater variety of students and an increasing number of community members.

Nateen Hussaini, a graduate student in mathematics, participates in the group fitness class. “I like the combination of speed [and] explosiveness, mobility, strengths, calisthenics and weights,” Hussaini says, “I get to push myself even more” than in the weight room, and it is “good [to gain] experience and [great] for athletes too.”

The sports performance class includes a variety of stations where the participants rotate through. Some stations involve flexing weights in various bodily positions. Other stations rely on hovering the feet while bumping a medicine ball from side to side.

Some stations allow participants to run rapidly while meandering cones like in an obstacle course. There may be some forwards sprinting, backwards walking and sideways shuffling involved in side-by-side relay races. Activities vary greatly between each station to keep it fresh.

For example, you may find some posture exercises, such as planking while transitioning from elbows to palms and back again. You must also keep your spine straight while doing it. You may also find yourself using a semi-spherical ball, or Bosu ball, to lie upon and do abdominal crunches. The participants’ postural muscles, quadriceps and hamstrings end up getting flexed, extended and stabilized in the great variety of exercise stations in the class.

Getting into a new routine and creating new habits is usually a challenge for most people, but it is possible. Hussaini has already taken

part in the sports performance class six times since the semester began. You could say that Hussaini is already dedicated to the sports performance class, and he encourages other students and community members to join by saying that he enjoys the “team practice.”

Hussaini said that his “favorite [activity] is strength-training because [he already does] it in the weight room” as well, and it is what Hussaini is accustomed to doing.

When it comes to new activities, it is a normal condition for humans to seek novel experiences, and Hussaini is no different because he has insisted that physical movements, like combinations, are new for him.

He also said “I enjoy the uniqueness of speed and box jumping because it is unique to the class!” Box jumping is when there is a wooden box of varying size in front of a participant, and the participant must jump up with both feet in unison to the height of the box and stand on top of the box, and then jump backwards back to the floor with both feet in unison.

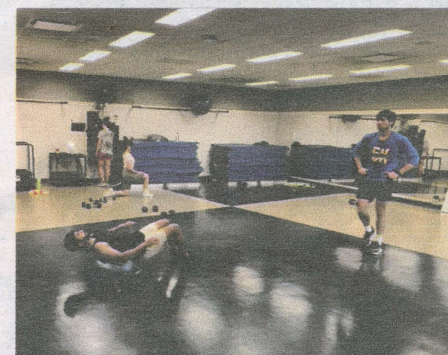
No exercise practice is complete without first establishing goals. Based on prior experience of each individual, it is imperative to create some type of incredibly ambitious or slightly ambitious physical activity goals before exercising. Hussaini has done just that because he says, “I want to be more well-rounded, I also do rock-climbing, [and] I am thinking about doing flag football and pickleball” at some point.

As participants have goals, so do the instructors. Shepherd and Varilla agreed that “our goals are to progress, stay consistent and [evaluate] our progress over time” while keeping a homogenous rhythm “by coming back every single week.”

Last but certainly not least, Hussaini admits that the “music [choice] is good.” When doing any physical activity, it is important to seek motivation whether from a fitness instructor or from the music playing in the background.

In anthropology and sociology, there is a concept known as participant observation. It is imperative to use this unique perspective in lifestyle activities that may be new to you. By doing such ritualistic behavior, such as participating in a fitness class, you would be able to meet new people, learn about other people, and indulge yourself into new life experiences. Participant observation is an excellent technique to change your routine and do something different while also learning new skills and applying them to your fitness goals. Thus, this particular Sports Performance Group Fitness Class at the P.E. Complex is an excellent way to achieve new experiential knowledge.

The class was much more diverse from my usual routine of working out with traditional free weights, targeted weight machines, using cardiovascular equipment and shooting baskets. I personally agree with Hussaini that taking part in a class of this caliber can definitely improve an individual’s fitness regimen and spice up one’s workout routine. I would definitely be willing to do it again in the future, and I encourage all of you to join me as well. So come out, be a participant observer and venture into some new experiences with me!



Varilla is pictured on the right by demonstrating an activity. Hussaini is pictured in the center on a semi-spherical ball, or Bosu ball, practicing his posture and abdominal crunches activity.

NEIU Boxing Club is a Great Place to Learn the Noble Art of Punching

By: Ananth Prabhu, Writer

Are you interested in a tool-based self-defense activity? If so, Boxing Club may align with your swagger. Boxing Club meets on Tuesdays and Thursdays from 4 - 6 p.m. at P.E Complex's Racquetball Court 4.

Tuesdays are designated for intermediate boxing enthusiasts, and Thursdays are reserved for the much more novice and curious boxing aficionados.

The club's goal is teaching students to wear boxing gloves, so then they can learn how to throw punches on punching bags, and learn how to avoid punches from opponents, while exhausting the opponents from their failed punches.

The Boxing Club provides a variety of equipment for their members. Boxing gloves and punching bags are just the surface.

Speed bags are a unique piece of equipment that looks like a small sack that hangs at head-height, and it allows the puncher to punch very quickly with a quick return to the initial position. Speed bags require the puncher to punch in very rapid succession upwards of 60 punches per second.

When punched in quick succession, the speed bags look as if they are vibrating back and forth swiftly. Allowing the puncher to train and improve the strength and speed of their punches.

Jalin Hare, age 22, an undergraduate music education student and boxing enthusiast, offers words of wisdom on the platform of boxing to inspire other students to join in the fun and perform the art.

He has loved and enjoyed participating in combat sports, such as boxing, judo and jiu-jitsu, but he has desires to escalate his experience to the level of teaching and mentoring other enthusiastic and combative students.

Hare started playing combat sports in high school by joining the school's wrestling team. Now that he is in college with some combat experience under his belt, he wants to share his passion with other people

and be more than just a participant.

Hard sparring is when two people embrace each other like an actual fight. Participants end up throwing punches and blocking punches.

According to Hare, it "feels like playing on a jungle gym" and the feeling of playfulness "feels lost as we get older." He refers to it as "playful rough housing" just like the familiar expression of 'boys will be boys.' It sounds as if it is a great stress-reliever to get in touch with one's inner-child.

It can surely have the additional benefit of anger management by releasing any built-up anger that one may have.

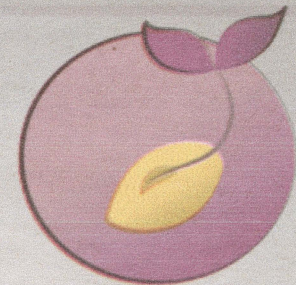
One of Hare's favorite boxing moves is called a 'lunging left hook.' This maneuver is when a rival lunges his/her body forward towards the competitor, and the left hand makes a loop around to hit the competitor's right side. It sounds very much like a 'curve-ball,' for those of you who are familiar with baseball terminology.



Jalin Hare is demonstrating punches on a conventional body-sized punching bag.



Jalin Hare is demonstrating the lunging left hook on a punching dummy.



SEEDS

NEIU Student Media Staff Positions Available

Paid Stipend Opportunities for NEIU Students

- General Management ● Desk Editor
- Opinions Editor ● Special Features Editor
- Advertising/Sales Executive ● Video Editor(s)
- Music Reviewer(s) ● Audio Editor(s) ● Graphic Designer(s)
- Photographer(s) ● Copy Editor(s) ● Newspaper Writer(s) ● DJ(s)
- Illustrator(s) ● Voice-over Talent(s)

Most of these positions are compensated with semester-based stipends

For more information please email or call

Student Media Coordinator: Dennis Sagel

drsagel@neiu.edu or 773-442-4664

