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Leslie Lozada

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NORTHEASTERN ILLINOIS UNIVERSITY'S INDEPENDENT

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news: Interview With the President (of NEIU)

Written by: Dan Maurer, News Editor
Illustration by: Hannah Grajciar

Dr. Katrina Bell-Jordan became the Interim President of NEIU on July 3, 2023. She called the almost two months since then a “whirlwind.” She said she is thankful for the “tremendous opportunity,” and “tremendous amount of encouragement and support” she has received.

Dr. Bell-Jordan earned a Ph.D. in Rhetorical Studies and Media Studies, a Master’s in Rhetorical Studies, and a Bachelor’s in News Editorial Journalism from the Ohio University system. She came to NEIU as an associate professor in 1997, teaching in the Communications, Media and Theater Department.

In 2018, she moderated an interview with Pulitzer Prize winning journalists Bob Woodward and Carl Bernstein here at NEIU in what she called a “pinch me” moment. It was one of the highlights of her career.

She became the Interim Dean of the College of Arts and Science (CAS) in 2017 before becoming the permanent dean in March 2020, after which she helped to lead many of NEIU’s COVID-19 related task forces, including creating a Continuity of Operations Plan for CAS, and sharing oversight of the 2020-2021 Return to Campus.

When asked about how NEIU can heal from the previous administration, Bell-Jordan spoke openly, “I don’t think we should marinate or relitigate

the past forever, but I do think acknowledging unresolved issues... is really a key to building a trusting relationship,” Bell-Jordan said. “And I say ‘trusting’ with an ‘ING’ because I think it’s always a process.”

“No one individual, no interim president, no permanent president... can connect the university,” Bell-Jordan said. “This is a joint effort.”

While NEIU has traditionally served transfer students, recruitment has shifted to focus on full-time freshman students, with some thinking it a betrayal of NEIU’s mission.

“I see it as a dance, moreso, than a tension,” Bell-Jordan said. She said that, when she first started at NEIU, the university served many different student populations without difficulty.

“We were a destination location for so many of our two-year institutions,” Bell-Jordan said. “We weren’t hitting the pavement, trying to cultivate those relationships because students... at all the city colleges came to Northeastern... But I think we stopped the dance and we started more singularly focusing on one population instead of the other.”

“What we have to do is to choreograph that dance as we think about



Dr. Katrina E. Bell-Jordan

“Many of them are interim, but the

term ‘interim’ is a functional term,” Bell-Jordan said of the appointments.

“It is not a reflection of the lack of strength of that person’s leadership, the experience and expertise that they bring in the current moment.”

She said of any potential applicants, “They want to join a university where there’s people who are moving the university forward, no matter who’s at the top.”

“Northeastern is an extraordinary opportunity,” Dr. Bell-Jordan said. “We have an extraordinary student population that we serve, we have world-faculty, excellent programs, a beautiful campus and a mission that, I think, is more than substantial for an individual wanting to make a difference in their professional lives.”

our recruitment,” she said.

Dr. Bell-Jordan was also asked about her role in attracting applicants to apply for the position of permanent president.

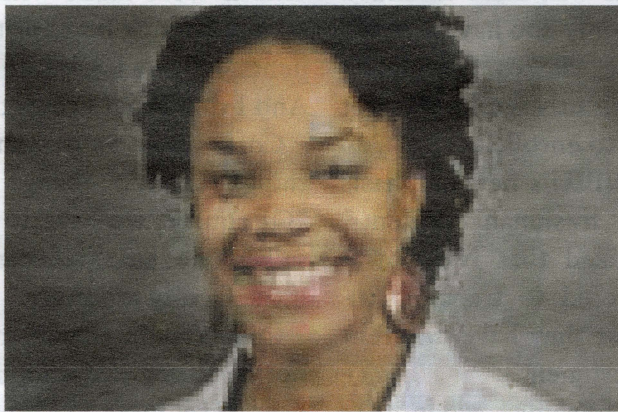
“The first thing, I think, this year is placing strong academic leadership in key places, not just to keep seats warm, but to move these areas forward, so that a new potential president comes in and sees it.”

Dr. Bell-Jordan’s administration has made multiple high-level appointments within, including Dr. R. Shayne Cofer as Interim Provost, Dr. Effie Kritikos as Associate Provost and University Contract Administrator and Dr. Tim Libretti as Acting Dean of the College of Arts and Science, to name a few.



Interview With the Interim Provost: Dr. R. Shayne Cofer page 2

Delve into an exclusive interview with NEIU’s dynamic Interim Provost, Dr. R. Shayne Cofer, and explore his strategies for driving academic excellence, enrollment success, and campus unity.



NEIU Facilitates Opportunities for Non-Traditional Students: A Second Chance Pathway To Attain a College Degree page 4

Uncover the incredible stories of non-traditional students and their journey towards education and success at NEIU’s Nontraditional Degree Programs.



NEIU Student Fights for Justice: Sneakerball Fundraiser Held to Overturn Murder Conviction page 8

Step into a world of advocacy and reform as NEIU’s community unites to support Robert Curry’s fight for justice and overturn his murder conviction. Explore his story, the voices of change, and the call for second chances.

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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.

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news: Interview With the Interim Provost: Dr. R. Shayne Cofer

Written by: Dan Maurer, News Editor

Dr. R. Shayne Cofer recently became the Interim Provost and Vice President for Academic Affairs at NEIU. Cofer earned his Ph.D. and M.M. in Music Education from the University of Iowa. He first came to NEIU in 1998 as an assistant professor in the music department. He later became Associate Provost in 2020.

Cofer's job as Provost is a big one. He is the chief academic officer of the university.

"All the faculty work under this office, the curriculum is developed in this office, any new curriculum... new programs come through this office," Cofer told the Independent. This includes the new Masters of Science in Nursing that NEIU is building, as well as NEIU's upcoming first doctoral program, providing an Ed.D. or Doctor of Education. The provost's office also covers promotions and writes the contracts for faculty.

In addition to his role as Provost, Cofer is also co-manager of Enrollment Management with Dean and VP for Student Affairs, Dr. Terry Mena. NEIU gets most of its budget from tuition dollars. Students are charged per credit hour they register for, which means that full-time students bring in more tuition than part-time students. Freshmen bring in more tuition over the course of their academic careers than transfer students. This is why NEIU has been focusing its recruiting efforts on full-time freshman students.

In an effort to boost enrollment, NEIU is currently contacting students who have indicated their intent to enroll in classes, reaching out to both students and their parents via text, email, and phone. According to Cofer, there are about 900 applicants who have intended to enroll, but only 400 have actually registered for classes. Academic Affairs are currently working to get the other 500 to enroll.

Even with NEIU's new emphasis on full-time freshman students, Cofer recognized that NEIU traditionally catered to transfer students, and that they have different needs than freshmen.

"First-time freshmen when they come in, and most of them don't declare a major, they don't know what they're going to major in," Cofer said. "The reason we have Gen Eds [General Education Classes] and all the different discipline areas is so that you can kind of get a smorgasbord so you can make a decision about what you want to major in."

Regarding transfer students, Cofer

said, "Transfers typically, they just transferred from Wilbur Wright with an A.A. degree in Math. They're gonna come here and be in Math. So they're pretty much set on what they want... They're looking for us to help them continue what they've already started."

NEIU has also been ranked as the most diverse college in the Midwest for four years straight, according to The Wall Street Journal/Times Higher Education College Ranking. In the wake of the Supreme Court Ruling in SFFA v. Harvard, which struck down affirmative action in college admissions,

Cofer was not worried about NEIU maintaining its diversity.

"We have always been diverse. We want diversity," Cofer said. "We're always looking for more students. Other universities, larger universities... those are the people that are going to have problems."

Asked about what he would do differently from his predecessor, Interim Provost Dr. Andrea Evans, in working with NEIU's shared governance bodies, Dr. Cofer spoke of turning a new day for NEIU.

"We all are here to try to rebuild confidence, to have better communication, to bring more people to the table," he said. "Sometimes, decisions were made without having a large enough body of the constituents involved with the decision. And I think that brings tension."

Cofer was understanding that things cannot change overnight. "Of course, we have to prove ourselves," he said. "You can't function if the faculty are angry."

Cofer said the administration would not be sitting idle until a new president comes in.

"Our goal this year is just to listen, gather ideas, make whatever changes we have to to help move this ship forward," he said. "When a new president comes on board, we can say, we didn't just sit around for a year, waiting for you to arrive... We can hand her a portfolio and say, here's what the work we've done."

Here's the information we've



Credit: NEIU Website

gathered from students from faculty, and here are some ideas for you to move forward."

When asked what Academic Affairs could do to help attract candidates to apply as the president of NEIU, Cofer admitted that his department was not directly involved in those decisions. He said Academic Affairs could "do a really good job and try to look attractive by having a positive environment in which to work."

Cofer also spoke of his commitment to NEIU's other two locations, El Centro and the Carruthers Center for Inner City Studies (CCICS). He said the administration was building resources for the two campuses. He said they are "part of our culture, we need to take care of them."

Dr. Cofer knows about taking care of students. When he was teaching music, he told the Independent, he always made sure to encourage and include students. He said that teachers have to be careful how they teach their students and what they say to them. The worst thing he heard was when a student would tell him they dropped out of music because of something a teacher said. In one of his first teaching jobs, Cofer told of how a high school hired him to rebuild their band program, which only had 10 students at the time. When he left, eight years later, the band program was thriving.

POLICE BLOTTER



August 5, 2023

Off-Campus
Station Information

Officers patrolled Foster entrance to campus after large fight broke out in neighboring business to prevent access to campus of those involved. Chicago police on scene handled battery incident & criminal damage to vehicle.

August 8, 2023

El Centro
Disturbance

Police responded to verbal dispute between security guard & outside cleaning crew staff over a missing cart. Janitor was terminated over the phone by his supervisor. Officers confiscated his keys & escorted him to his vehicle.

August 9, 2023

Parking
Theft \$500 & Under

Police received reports of 3 male subjects trying to steal bikes off bike racks, Officers canvassed area & discovered a bike rack on campus with evidence suggesting a bike stolen. A bike lock & helmet found on scene.

August 10, 2023

Parking
Station Information

Police was alerted of 2 vehicles parked on main level that have racial slurs written on them. Unknown offender wrote racial

slurs in the dust accumulated across the hood & windshield of vehicles. Officers wiped off vehicles.

August 11 2023

Parking
Criminal Damage to Property

During routine patrol, officer located 1 fire extinguisher in the middle of the roadway. Unknown subject removed pin & discharged chemical throughout the garage. Extinguisher turned over to Facilities Management.

August 11, 2023

Parking
Criminal Damage to Property

One juvenile detained after he and his friends vandalized numerous fire extinguishers in parking garage and then set off fire alarm. Parent was called and came to speak with police.

August 11, 2023

The Nest
Miscellaneous

Upon routine room inspection, nest staff confiscated a substance (suspect cannabis) and smoking paraphernalia from nest resident which are considered contraband per nest policy. Substance inventoried by the police.

August 11, 2023

BBH Building
Injured Person

While responding to a fire alarm, officer injured when accidentally inhaling non-toxic chemical from fire extinguisher after unknown subject discharged extinguisher inside the building. Officer was treated at hospital & released.

August 11, 2023

Off-campus
Station Info - Missing

Citizen reports her husband missing since 08 August 2023. Husband is depressed due to recent passing of his best friend, and is a frequent visitor to NEIU campus, specially when he is going through something sad. Report filed 2008 with Chicago PD.

August 15, 2023

Nest
Medical Assistance

Student injured on a electric scooter.

August 15, 2023

Nest/Campus Event
Battery Colombian Fest Related.

August 16, 2023

Fine Arts Building
Lost Articles

Individual lost a purse containing misc valuables. Items were found along with purse and owner notified.

August 16, 2023

City Street
Suspicious Circumstances

White Chrysler 300 possibly involved with the theft of catalytic converters at Catalpa and Bernard Streets. NEIU PD/CPD Investigating.

August 16, 2023

On Campus
Harassing

Individual contacted protected victim violating Order of Protection. Ongoing investigation.

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.

Letter from the Editor

Written by: Leslie Lozada, Editor in Chief

Hello to everyone who is reading this piece,

As some of you might know, my name is Leslie Lozada, the Editor-In-Chief of the Independent. Since May 2023, I have been working behind the scenes in order to ensure we are able to endure not only a print publication, but also focusing on digital content, such as our online articles, and possibly more multimedia ventures as we have done in the past.

Over the last few months, we have decided as a group to print once a month, while focusing on a digital-first news site in order to update content on a daily basis. This was not an easy decision, but this will be the new normal for some time.

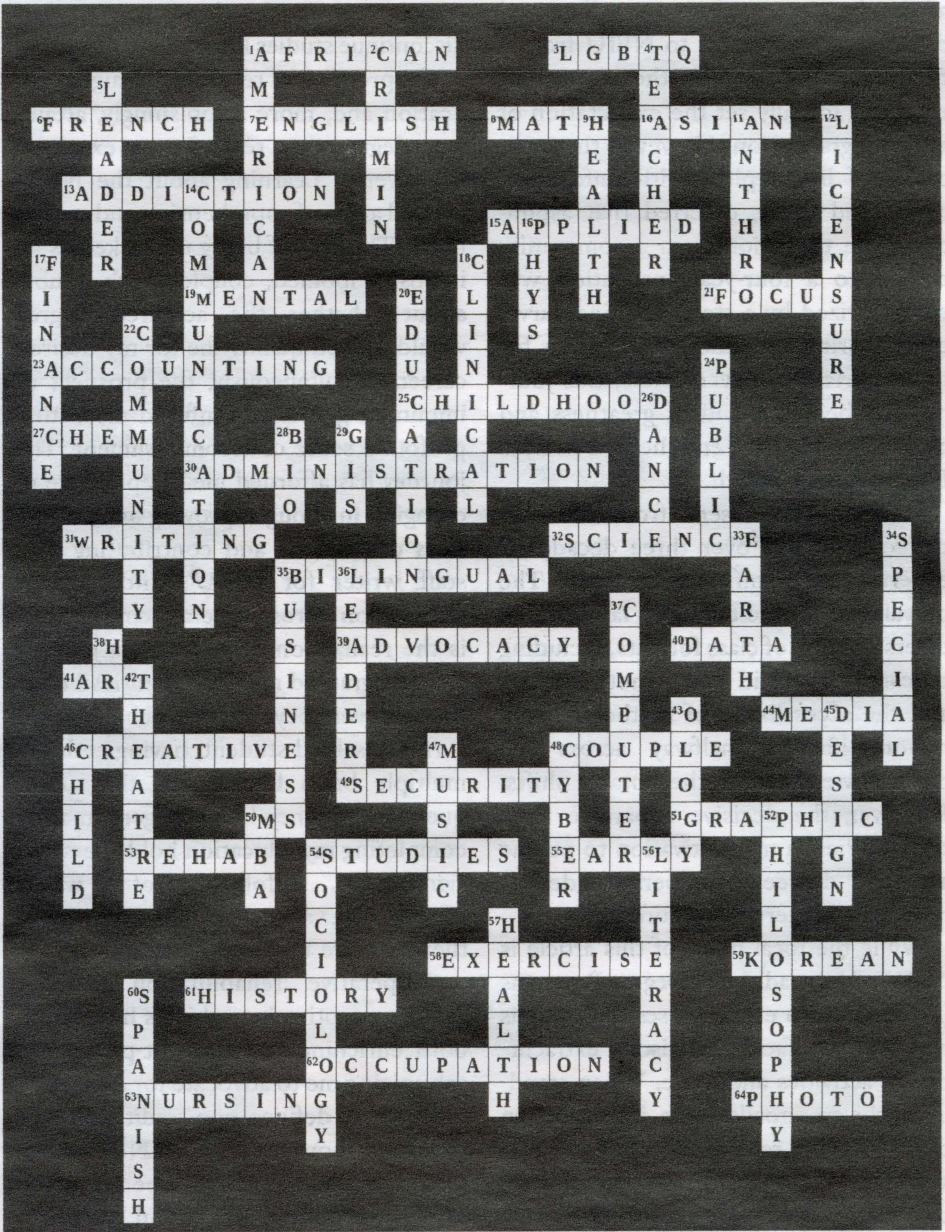
We have also combined section editor positions due to internal changes. So now, instead of Campus Life and Arts & Life, it has been renamed to Campus Arts and Life. Any reviews we receive will be featured in the opinions section.

I would like to do a Call to Action for those that would like to participate in the Independent. We are looking for writers, editors, and photographers among other roles within the newspaper. If anyone is interested, you can reach out to the following:

Email: eindpnews@neiu.edu
Office Number: 773-442-4577
Room: E-049
Social Media (Instagram, Facebook, Twitter): @NeiuIndieNews

Call for Artists:

The Independent is looking to feature artists who are apart of NEIU's Community! If you're interested in being featured or you'd like to nominate someone else to be featured, send an email to pindpnews@neiu.edu



opinion: An Ascent From Barbieland: A Choice Between Idea and Humanity

Written by: Leslie Lozada, Editor-in-Chief

Illustration by: Vick Perez-Segovia

Directed by Greta Gerwig, known for her work on films like “Ladybird” and “Little Women,” directs “Barbie,” the first live-action Mattel film since its inception in the early 1960s. To my readers, there are spoilers throughout the review.

“Barbie” follows residents in Barbie Land, a world that mirrors the “Real World.” In this world, there are several Barbies in positions of authority, from the President of Barbieland, to the Supreme Court and other important parts of society. We primarily follow “Stereotypical” Barbie, portrayed by Margot Robbie, and “Beach” Ken, as played by Ryan Gosling.

I will admit, I am a Barbie fan, even well into my 20s. Growing up, I was aware of the brand through the various toys my mother used to give me, and the early animated Barbie films, each movie would be an adaptation of a play or a fairytale. My all-time favorite being “Barbie of Swan Lake,” an adaptation of the play Swan Lake.

When I first heard of the movie, I was

cautiously optimistic, due to the amount of marketing and star power behind it. My fears were assuaged by the care with recreating physical sets similar to the toy line as well as the dresses that Margot Robbie’s Barbie presented in trailers and on the red carpet as well. The craftsmanship evident in the Barbie Land Dream Houses’ set designs, and the authentic recreations of Barbie’s expansive wardrobe. Not only dedication, but the love and care behind the movie, I wanted to see it. Within the movie, it spoke to the themes of existentialism, a philosophy that emphasizes individual existence, freedom and the art of choice. With the concepts of the “Real World” imposed onto Barbie, such as cellulite, and flat feet, she, and eventually “Beach” Ken, explore the “Real World” and end up exploring different facets of humanity and the complexity in being human.

Barbieland initially appears as a haven for its various Barbies, beneath the surface, a sense of uniformity begins to emerge. It is initially depicted favor-

ability in the film, with the unlimited wardrobe possibilities and the fantasy of residing in Barbieland. However, as Barbie starts her transformation, the fantastical fantasies fade, giving way to the challenges of the “Real World”: living, fully aware of dying someday.

While presented as a one-off joke near the start of the film, “Do you guys ever think about dying?” acts as a turning point for Barbie, her eventual transition to humanity and anchoring the film’s overarching theme of the film.

After Barbie is exposed to diverse facets of the world, including being harassed by men, she finds herself alone, experiencing different facets of human emotions. This ended with her seeing the face of an elderly woman, and calling her beautiful. Arguably the first instance of seeing someone age from her point of view, and Barbie looks on at her with a smile.

Towards the end of the film, where Barbie confronts Ken, after unraveling his “Kendom.” solidified Barbie’s path

to be human, with the all-too often aspect of being a woman, having to be the bigger person in relationships or situations with men. Within this conversation, she apologizes more than once about ‘leading’ Ken on. While they were both in a relationship at the start of the movie that seemed to be one sided, it should not have been solely on Barbie to be at fault. In the conversation, Ken kept thinking Barbie still wanted to be in a relationship, to the point of crossing a physical boundary by touching her, even as she gave verbal indication she didn’t. Not once did he apologize for taking over Barbieland, by the way, but accepts he has to be himself. While it touches on aspects of feminism and how the patriarchy ruins impressionable “Kens” who are looking for a purpose in the world, this film touches on the various aspects of humanity, in all its glory and downfalls. I would recommend this film to people; not just those who are interested in Barbie, but also an introduction to being at peace with their humanity.

opinion: NEIU Facilitates Opportunities for Non-Traditional Students: A Second Chance Pathway To Attain a College Degree

Written by: Angela Ybarra, Staff Writer

The journey to graduation has been an enduring one, yet the final piece of the puzzle remains before I can stride across the stage to claim my well-earned diploma. My transfer to NEIU from a two-year city college in the summer of 2020 had initially set the expectation of a timely graduation. However, the intricacies of life, replete with unforeseen twists and turns, deferred that aspiration. The transition from a community college to a four-year institution was characterized by a steep learning curve, underscoring my underpreparedness for the experience. Nevertheless, this journey has been a blend of greatness and challenges that have enriched me in ways I had not anticipated.

Having been absent from the academic realm for over three decades, I experienced significant changes. The prevalence of note-taking on laptops, the diversification of class formats, including on-campus, hybrid and remote options and the accessibility of textbooks from remote libraries halfway across the country were among the notable shifts. However, the decisive departure from the past lies in my motivation to pursue a college degree out of personal desires rather than external pressures.

While the focal point of this article is NEIU’s Nontraditional Degree Programs (NDPs), it also encompasses the campus environment, faculty, advisors, extracurricular activities and more. When standing at the crossroads of life, introspection often provokes reminiscence about pivotal moments, prompting contemplation on the past decisions that lead to one’s cur-

rent trajectory. Recollections of college experiences, whether joyous or arduous, frequently resurface, and unanswered questions about the choice to attend or discontinue studies linger.

The prospect of returning to higher education and, more astonishingly, attaining a degree was a realm I never expected to traverse. Learning about the NDPs evoked a mix of apprehension and excitement. The fear of being unmasked as an imposter loomed, coupled with doubts about whether the acquired degree would indeed qualify me for my desired career. Simultaneously, the prospect of imminent graduation infused me with a profound sense of accomplishment. The journey has afforded me the privilege of engaging in thought-proving and surreal class discussions and contributing as a staff writer for NEIU’s Independent publication across several semesters. It is the realization of a dream, a journey that has granted me opportunities I once thought were beyond my reach.

As a disabled student, having endured multiple brain bleeds and the subsequent emergency brain surgery in 2012, completing my education holds personal significance. A follow-up of 16 weeks of physical, speech and occupational therapy were required of me during the post-operative rehabilitation process. Studying captivating subjects has proven both enriching and thought-provoking, galvanizing me to advocate for others.

So, what defines non-traditional students and how do NEIU’s NDPs cater to their unique journeys? The university offers two notably wonderful pathways:

Bachelor of Arts in Interdisciplinary Studies (BAIS) program and the University Without Walls (UWW) initiative. These avenues are tailored for individuals who have traversed diverse life paths, be it veering into the workforce, embracing parenthood, traveling the world or even experiencing life within prison walls.

Participants in these programs are presented with an invaluable opportunity to translate life experiences into academic credit. A parent who orchestrated family dynamics, managed financial budgets, organized schedules, taught progeny and coordinated events gains credit for hands-on leadership skills. Similarly, volunteering at a local food pantry, entailing team recruitment and training team members, bears resemblance to formal educational endeavors.

During a dialogue in the previous spring, I conversed with Dr. Kimya Barden, Associate Professor, Urban Community Studies, Interim Nontraditional Degree Programs Director and a dedicated figure in NEIU’s NDPs for over a decade.

Dr. Barden’s role included student recruitment for the UWW, and her present role involves overseeing the NDPs as Interim Director. Under her stewardship, students enjoyed diverse experiences, from attending mixers, engaging in cultural events such as the Broadway in Chicago performance of “The Lion King” and workshops such as tackling Imposter Syndrome further underscored NEIU’s commitment to student well-being.

The NDP team diligently fosters a

sense of belonging for all program participants, Recognizing that some students may feel distanced from conventional campus experiences. Guided by Dr. Zada Johnson, Assistant Professor of Urban Community Studies and UWW Faculty Advisor, the program even facilitated a transformative international experience for two NDP students who traveled abroad to Paris, France during Spring Break 2023. The exposure for those students underscores the myriad of possibilities that awaits graduates, unlocking doors to unimaginable opportunities.

NDP stands as an embodiment of boundless opportunities and unwavering support. For those considering advancing their education, the NDP staff are the best resources within the NDPs because they offer all of the necessary advice, guidance and assistance to succeed as students, in life and beyond.

As I stand on the precipice of realizing my dreams, poised to take those final steps toward graduation, I reflect on the journey. Personally, I wish to thank those who work in the NDPs. Students, such as myself, have greatly benefited from the NDP staff members by helping to set goals, work towards them and finally to achieve them.

NEIU’s commitment to nurturing the aspirations of non-traditional students remains an inspiration, reaffirming the power of education to transform lives. If you have any further questions about the NDP programs feel free to reach out Dr. Barden by emailing kparden@neiu.edu or Dr. Johnson by emailing z-johnson@neiu.edu.



Generational Trauma

Teresa

I'm deeply repressed and barely holding on!

Vixtopher
2023

opinion: Food And You

Written by: Jason Nelson, Community Writer

"New year, same shit."

I hear this from my college friends as they trudge bravely into another 9 months of grind. I think I understand where they're coming from. Summer lets us get away from the deadlines and stress of school. For a few blissful months, we're free to form new habits, our summer habits, which ideally mean more of what we really want. And what we really want to eat.

When we step back in those doors, it's game on again. All those old habits and feelings of loss of control come flooding back. "New year, same shit." Where is there room for the self-care we need to perform at our best?

When it comes to our diet, there's more pressure too. There's a reason for the old saying, "watch out for the freshman 15." But who are we kidding? Stress leads to eating quickly and on the go, which means we are consuming lesser quality foods. The extra pounds from that cycle can follow us through all of college.

But weight isn't necessarily the measure by which we should be looking at ourselves. That can lead to being unduly critical of ourselves even when we don't understand our own body composition. What's muscle? What's fat? What's my body type? Those variables can only be achieved through medical consultations. And even if we have them, knowing the starting line can be helpful, but building habits to reach the finish is what's really important.

The measure we should be using to gauge our health and eating habit goals is much more fair and nurturing to ourselves. It's simple: Are we eating healthy, nutritious food more often than not?

Well, that can be hard with a tight schedule and budget, especially as a college student.

And maybe you DO have time to cook that chicken breast. But on its own, the appeal is... frankly abysmal. It's so tempting to douse what little we can make in store-bought sauce, but those sauces can be so bad for us. They're not much better than eating out.

But maybe there's something out there that will help us out. A condiment that can work in any cuisine. A condiment that brings incredible flavor to any dish from a basic chicken breast or a peanut butter sandwich, to a sophisticated dinner for your friends and family. A condiment that's stable, that can live in the fridge for a few months without worrying about it spoiling. A condiment so cheap even on the smallest budget, its benefits are available to all. And most importantly, helps us reach our goal of being happier and healthier without sacrificing the enjoyment we crave of our food.

I'm going to tell you about it today, and that condiment is...

THE SECRET

pickled red onions.

The internet's favorite condiment. It's a true Swiss army knife in the kitchen. And it's not news! It's been out there for a while, you probably know about it. But maybe we don't all know how to make it or understand what it brings to a dish. Plenty of fancy taco places have it on the menu, but do we understand where to apply it ourselves? Well, let's dive into what this little flavor bomb can offer us.

THE RECIPE

Making pickled red onions is very simple. I'll be using Ethan Chlebowsky's method, a famous YouTube cook who can always be relied upon to provide cheap and delicious reci-

pes. His recipe is simple:

- Cut up some red onions in thin strips from root to stem. (Check out Ethan's video if you're unsure).
 - Pick a container, ideally with a lid. Place the onions in it.
 - Fill the container with water and dump the water into a measuring cup to see how much you need.
 - Take half that amount of water and put it in a pot. Add the other half in the form of white distilled vinegar to the pot.
 - Put a few large pinches of salt in the pot.
 - Boil the mixture, stirring to dissolve the salt.
 - Pour the boiling liquid over the onions to the top, so no onions stick out.
 - Let it cool, then place in the refrigerator for a few hours with the lid on.
 - Done! Take when you need them.
- You can add them to stir-fries, sandwiches, soups, stews, fresh on chicken or beef, tacos, the sky's the limit. But why does this work? What's so special?

THE WHY

As most of us know, pickling is the use of acid and salt to not just preserve food, but change its flavor profile. The onions will last a month or more. Plus, the flavor developed will be unique. It's onion! But the pickling introduces acidity and the sophisticated flavor complexity that will elevate dishes from zero to hero. As a bonus, the color contrast offers much in how our eyes process food. Foods that excite visually, excite us to taste and savor their flavors.

I'll look to the venerable Samin Nosrat from her book, "Salt Fat Acid Heat," for a few more reasons that acidity, hence these beautiful pickled red onions, work so well in so many dishes.

Samin realized the importance of acid while in a cooking apprenticeship at her favorite restaurant. Not only was cooking with acid essential to making dishes flavorful and "pop," but she realized the home cooking she grew up with contained elements of acid. The crème fraîche used to add "tang" to the whip cream for dessert, the brussels sprouts tossed in an Italian vinegar sauce to add complexity, and even the cranberry sauce at Thanksgiving that serves as an all-purpose flavor booster.



Credit: Jason Nelson

1. Acid is great, and here a few more reasons:
2. Acid makes your mouth water, a pleasurable part of the eating experience.
3. Acid balances salt, fat, and heat, and so elevates them in the right proportion.
4. Acid cleanses the palate for new flavors and more intense flavors
5. Acid brightens flavors, elevating dull dishes

Acid on its own is sour, but in the context of the pickled red onions with its onion flavor, the two elements balance themselves. You can eat them raw! But most importantly, that acidity will help elevate the basic things you cook, so when you are in a pinch and can only get some veggies, or a piece of meat, or tofu, or whatever you've got, you've got something that will bring flavor, richness, and will play well with the other foods in your dish. Don't have lemon or lime? Well, why not use some pickled onions. The simplest foods you can scramble together during your busy day will feel more satisfying, more interesting, and may even impress your friends.

How to use them? You can cook them, but like pickles, they're best thrown on raw. But if you don't have onions and want some simmered in your soup, don't be afraid to have at it! With a little practice, you'll find the amount to use that achieves the flavors you want.

Our school habits can make us feel like we're surviving rather than thriving. So why not take 15 minutes and create a new one that will help feed you all month (or months) long? That's a good new food habit to make this year. Maybe you can't prepare a feast, but with pickled red onions, any of your home-cooked food will be a true pleasure. Now THAT is self-care.



Photo Credit: Vick Perez-Segovia

opinion: Disney's "Haunted Mansion" Kicks off Halloween Early

Written by: Bella Cardoza, Staff Writer

Illustration by: Hannah Grajciar



Are you patiently waiting for Halloween this year? Have you ever visited the sights of New Orleans?

If you said yes to all of them, then you're going to love Disney's newest movie "The Haunted Mansion" which is based on the ride with the same name. The movie is about a mother and her son who move to a house in New Orleans after the passing of her husband, but they discover that it's being haunted by ghosts.

As a result, they decide to recruit a skeptic ghost hunter, a local priest, a psychic, and a college history professor to get rid of the ghosts once and for all. During the process, they discover that the house has a dark past

and they have to fight the evil spirits to not only save themselves, but all of New Orleans.

The film stars several high profile actors and actresses: Rosario Dawson who plays Gabbie, a widowed doctor who moves from New York with her son to open a Bed and Breakfast. Owen Wilson who plays Father Kent, a trained exorcist that is posing as a priest. LaKeith Stanfield who plays Ben Matthias, a former astrophysicist turned Ghost Hunter. Danny DeVito who plays Bruce Davis, a college historian and professor. Rounding out the cast is Tiffany Haddish who plays Harriet the local New Orleans psychic using her abilities to catch

and stop the ghosts who are haunting the house.

As someone who recently went to New Orleans this summer, I can safely say that I was able to recognize most of the locations like Pirate's Alley when we see Ben doing his job giving tours, and Bourbon Street when Ben the Ghost Hunter and Professor Bruce are describing the Hatbox Ghost to a police sketch artist.

While this movie is very funny with its spooky themes, it also isn't afraid to get serious like tackling the topic of grief with a lot of class and how most people can handle grief differently. That is explored in the movie when Ben deals with the death of his wife

and instead focuses on his work. On the other hand, Gabbie and her son are trying to move on from the passing of her husband as she became a single parent trying to provide for her son.

Overall, if you are a Halloween or a fan of the Haunted Mansion ride, this movie will make you more excited for Halloween this year because if you ever rode the haunted mansion at Disney world or Disneyland, you will recognize most characters and locations from the ride like The Dueling Ghosts, Madame Leota, the stretching room, and obviously the Hatbox Ghost who plays a big role than you might expect him to play in the movie.

opinion: "Meg 2: The Trench" for Shark Enthusiasts Everywhere

Written by: Gabriel Gurrola, Campus Arts and Life Editor

Dedicated followers of the shark movie genre, enthusiasts of the "Jaws" series and those who eagerly anticipate the annual Shark Week events will find their cinematic desires met with "Meg 2: The Trench," which theatrically debuted on August 4, 2023.

When Jason Statham takes a brief respite from his high-speed antics as Deckard Shaw in the "Fast and Furious" franchise, he plunges into a battle against formidable megalodons as Jonas Taylor, a role that continues from its 2018 precursor, "The Meg."

In "The Meg," a team of scientists

encountered a colossal 75-foot megalodon shark during a perilous rescue operation in the expanse of the Pacific Ocean. In "Meg 2: The Trench," the narrative pivots to center around an illicit billionaire-backed mining operation that imperils the lives of these same scientists, compelling them to evade the relentless megalodon threat.

As an individual well-versed in Justice Studies, the film resonates with themes of pervasive corruption within the upper echelons of society. The portrayal of the billionaire

antagonist epitomizes this corruption, creating a fervent desire in the viewer to witness their demise at the jaws of the deadly megalodons. A symbolic "eat the rich" mantra pervades the storyline.

Similar to its predecessor, the advantageous aspect of the sequel includes its unflinching depiction of visceral gore in spite of being a PG-13 movie. Additionally, the film's director, Ben Wheatley, did not depreciate its gore and shock value when unsuspecting victims fell prey to the insidious megalodons.

For those seeking moments of levity amidst the intense suspense, Mac, played by Cliff Curtis, from the initial installment provides well-timed comic relief, ensuring a balanced viewing experience.

In the midst of a cinematic landscape abuzz with recent debates over the recent Barbieheimer phenomenon, "Meg 2: The Trench" stands as an unmissable addition that commands attention, offering an enthralling exploration of the depths within the realm of shark-centric cinema.

campus arts & life: NEIU Student Fights for Justice: Sneakerball Fundraiser Held to Overturn Murder Conviction

Written by: Scott Andrews, Staff Writer
Photos taken by: Olnisha I.

Family and friends of Robert Curry, an NEIU student in the University Without Walls (UWW) program at Stateville Prison, in partnership with Parole Illinois, hosted a Sneakerball Fundraiser to bring about awareness for incarcerated people as well as abuses and inequalities in the criminal justice system.

The event took place in a rented storefront on North Avenue in Chicago's Humboldt Park Neighborhood. Attendees included community activists, formerly incarcerated people, their families, friends, Prison + Neighborhood Arts/Education Project (PNAP) participants, faculty, students from local universities, and supporters of their cause.

Upon entering the rented storefront, people were greeted by Barbara Brown, Robert Curry's partner. Attendees enjoyed delicious comfort foods, including fried chicken, mac and cheese, rice, rolls, sponge cake, and other staples. Alcohol was offered to attendees over 21. Two African-American dancers, Alandrea and Devin Mosely, a cousin of Curry, performed flawlessly together in the art of tap and a rhythmic artistic dance fashion.

Several representatives from community activist groups spoke about the criminal justice system. Shari Stone from Parole Illinois discussed how many people incarcerated in the criminal justice system have long sentences and the opportunity for these individuals to receive a second chance despite their past.

Nancy Alvarez stated, "We need changes in the judicial system... racial inequalities exist, especially with black/brown people being over-incarcerated." Alvarez's brother Ignacio has been incarcerated in Stateville Prison for ten years since age 21.

Tiffany Dawson spoke about a family member named David. David has been in prison for 25 years, in addition to his son recently. It is difficult for both a father and son to be incarcerated simultaneously, according to Dawson.

Dr. Christina Rivers from DePaul University and a representative from Chicago Votes gave a presentation on House Bill 39. Currently, Illinois is the only state legislature with a potential bill to allow incarcerated persons to vote in state and federal elections. Rivers explained, "Judges and District Attorneys are

elected by the people." People have a say in democracy, and those that make judicial laws and decisions can help to stop injustice and inequality in the court system, Rivers later mentioned.

According to the Chicago Votes website, "House Bill 39 & Senate Bill 1483 Voting in Prison, restores voting rights to people incarcerated in Illinois prisons, post-conviction. If passed, House Bill 39 (HB39) would make Illinois the first state to restore voting rights to people in prison."

During the discussion portion, 3 to 4 fundraiser participants echoed similar messages of wanting incarcerated people who had been falsely convicted to have a second chance at freedom, as people constantly evolve and learn from experiences.

Curry has faced setbacks with his appeal and legal defense. He was convicted at age 27 and sentenced to 50 plus 15 years for murder. According to the 2015 Appellate Court Ruling People vs. Curry, there are two audio recordings of another man with a criminal record named Joshua Taylor confessing to the crime. Since Illinois law dictates two-party consent, this recording was considered inadmissible during the appeal by presiding Judge Dennis J. Porter from the Appellate Court of Illinois. Ballistic evidence was also recovered by police matching a firearm owned by a man named Willie Sanders. The defense at trial neglected to call alibi witnesses, according to the motion filed. Evidence also not considered was the number of shooters. Witnesses stated there was one shooter, not two, as erroneously presented at the original trial.

Multiple miscarriages of justice are present in Justice Porter's courtroom. Multiple people convicted under Porter's authority have claimed innocence, and some were exonerated after incarceration for life sentences. Two notable high-profile cases include Angel Rodriguez and Roosevelt Myles.

In 1998, Rodriguez was convicted of murder and sentenced to 60 years in prison by Judge Porter. During the original trial, a police detective falsely identified Rodriguez as the shooter of a grocery

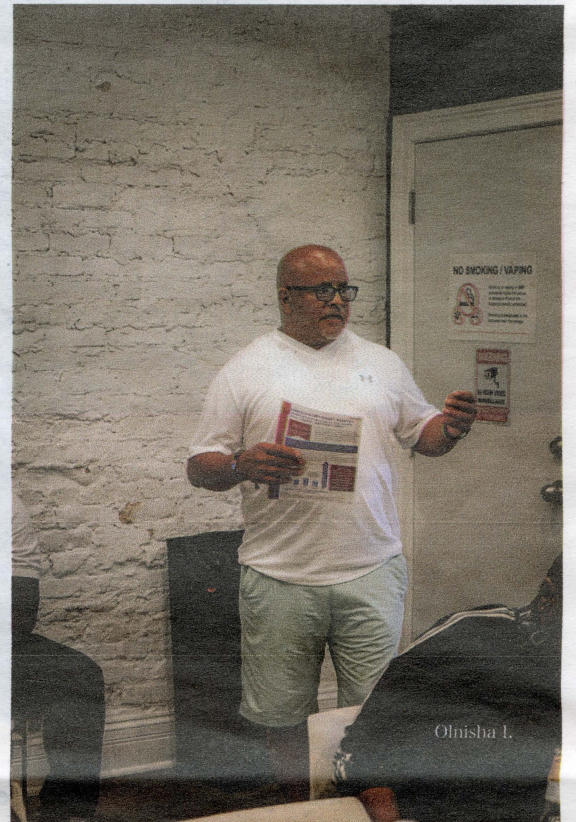
store owner during a robbery despite other witnesses agreeing that Rodriguez did not precisely fit the robber's physical description. Witnesses agreed his nose was smaller. Police detectives did not mention this at trial. In 2000, Rodriguez's conviction was reversed on appeal, and he was released from prison.

Myles was convicted of murder and falsely imprisoned for almost 30 years, and exonerated in 2022. Justice Carol Howard ordered the exoneration due to a different interpretation of the witness testimony convicting Myles. Justice Porter, however, continued to not enforce deadlines for 4 motion hearings including 70 delays filed by the defense, keeping Myles unjustly incarcerated as a result despite having the authority to do so. Justice Porter also allegedly kept Myles behind bars by delaying decisions to grant an evidentiary hearing in the legal battle to free Myles in 2019. Justice Porter retired in 2021.

A colleague and Cook County Associate Judge Stanley Sacks was quoted in the Chicago Daily Law Bulletin saying, "He's genuinely concerned about the court system and wants to make it better and makes it better by being a part of it." Questions remain about how the overall court system was improved under Justice Porter's tenure.

"Incarcerated persons are

human beings. People do indeed change with time," stated Pastor Stevenson, a local community activist and former incarcerated person.



campus arts & life: It's Time To Embrace YOUR Sexuality!

Written by: Ananth Prabhu, Sports Editor
Photos taken by author

In an era marked by evolving perspectives on reproductive health and well-being, NEIU's Student Health Services (SHS) stands at the forefront of promoting comprehensive sexual health advocacy and awareness. Through a range of services, resources and a dedication to inclusivity, SHS is empowering students to take charge of their reproductive health journey, ensuring their physical, emotional and mental well-being. Some specific items to aid a student's sexual health include sexually transmitted infections (STI) screenings, birth control, morning-after pills, pregnancy tests, male and female condoms, lubricant, dental dams and cock rings.

At the heart of SHS's sexual health advocacy efforts is Aidon Perera, Health Education Coordinator, who is a driving force behind the NEIU's commitment to breaking down barriers and fostering a safe environment for students. As Perera elaborates, "Our approach is that sexual health and contraception are very individual, but it is not just limited to each of the cultures or identities. So whoever comes in, we will respect who they are."

One key aspect of SHS's advocacy efforts is the range of services available to students. With a dedicated women's health nurse and a staff of nurses, SHS offers students a welcoming space to address their reproductive health needs. From discussing contraception options to providing counseling and recommendations, all available healthcare professionals ensure that each student's unique circumstances are taken into account.

Confidentiality lies at the core of SHS's approach, allowing students

to seek assistance without fear of repercussions. Perera underscores this commitment, stating, "The confidentiality piece has always been a barrier, and it's going to keep being a barrier, but we're all still learning and studying, and we're going to find ways around it" from being a barrier because "there's a lot of stigma around sex and sexual health."

The stigma puts students in difficult positions to avoid seeking help, and Perera said, "the biggest barrier is students don't want to have that conversation until it's too late, and they [desperately] need the help." Perera conducts outreach and education for the students, however, since most of NEIU's students are commuters, he admitted to missing a good amount of the student body from acknowledging the campus's sexual health services.

Nevertheless, SHS's diverse and empathetic team of nurses, therapists and confidential advisors further enhance this safe space, by continuously enabling students to openly discuss sensitive topics related to their sexual health statuses. When students come and use SHS for their sexual health needs, Perera stated the students' "parents won't know [and students] don't need insurance," and if the students have health insurance, "it won't appear in your insurance." This is a part of SHS's strict confidentiality policies, which fall under HIPAA guidelines, according to Perera.

NEIU's dedication to inclusivity is evident not only in its services but also in its provision of resources for all genders. For instance, Perera stated that the all-gender restrooms on campus contain tampon dispensers for free-of-charge tampons. While

women's health remains a priority due to complex biological processes, SHS ensures that male students receive comprehensive sexual health education and resources, including free condoms and consultations with a male nurse who addresses questions about safe sex practices and sexual health inquiries.

Innovation plays a crucial role in SHS's advocacy efforts. Exploring avenues to enhance accessibility, SHS is considering more options for distributing sexual health products. Essential reproductive care products like condoms, morning-after pills and pregnancy tests will continue to be provided in a convenient and affordable way to any student. Discretion and confidentiality will remain the top priorities to ensure that students will not feel shame, guilt or stigmatized by using reproductive products.

The intersection of sexual health and educational awareness is another cornerstone of SHS's advocacy approach. Perera hopes to do collaborations with NEIU's the Independent to offer opportunities to spread awareness and promote access to resources. Perera envisions partnerships that highlight the importance of sexual health, with ideas such as survey sections, anonymized data sharing, case number reporting and statistics on student preferences in the Independent. After students read the data in the newspaper, Perera hopes that students begin thinking, "Oh, [case numbers are] going up here in my community, maybe I will wear a condom next time."

SHS's commitment to data-driven strategies is also evident in its focus on collecting and analyzing information related to STI rates on campus and

bringing those rates down. While this data remains underutilized due to resource constraints, Perera recognizes its potential in shaping targeted programs and interventions to improve students' health and well-being.

In the spirit of empowerment, Perera is working to expand the role of student health ambassadors in a new program. These ambassadors have the opportunity to advocate for their peers, foster resource navigation, remove the stigma associated with sexual health and strengthen SHS's commitment to sexual health advocacy.

As NEIU's SHS continues to pave the way for sexual health care and education, the message is clear: seeking assistance and guidance is a confidential and empowering choice. Perera encourages hesitant students, stating, "First of all, it's entirely confidential, we don't ask why you're coming in here, until you are in front of a nurse, and they're ready to help you."

SHS's sexual health advocacy journey reflects a commitment to supporting students' well-being in all its dimensions, while zooming into the most stigmatized one: sexual health. By empowering students to take proactive steps towards their sexual well-being, SHS is creating a culture of openness, awareness and inclusivity that extends beyond the campus and into the wider community.

Disclaimer: This article is based on information provided in an interview that The Independent's reporter conducted with Aidon Perera, Health Education Coordinator, on August 1, 2023. The statements and quotes attributed to the interviewee accurately represent their views as of that date.





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campus arts & life: **Got Swag? NEIU Gets New Spirit Shop!**

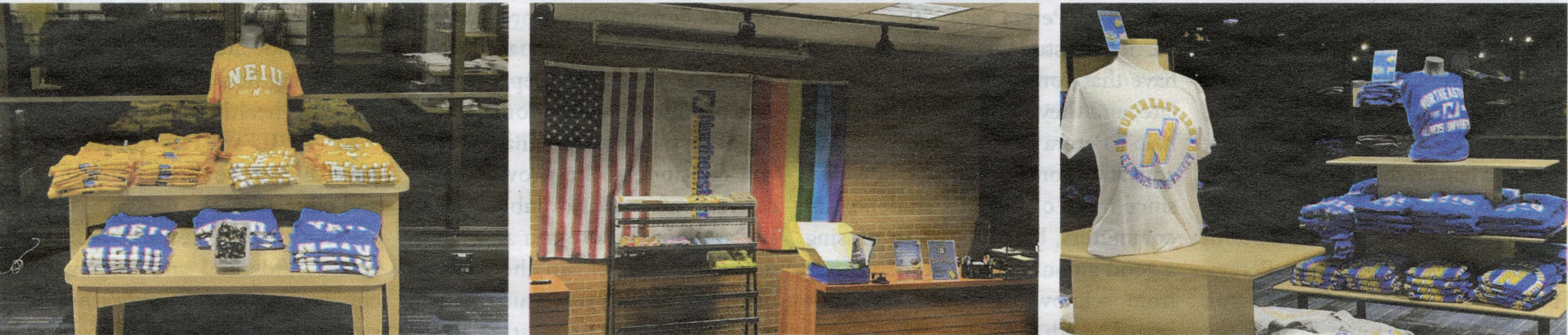
Written by: Dan Maurer, News Editor
Photos taken by: Bader Alwan

NEIU opens a new Spirit Shop on campus on the first day of the Fall 2023 semester: Monday, August 21. The Spirit Shop will sell NEIU-branded apparel, office supplies, snacks and beverages. Other products include “Dorm Starter” packs that have bed linens, shower curtains and other items for dorm living, according to a statement from Andy Dutil, the Director of the Student

Union and Campus. “We will be actively seeking student input throughout the semester on what types of products should be offered.” Dutil said. “The Spirit Shop will also have regular promotions and specials, including contests and other opportunities for free and discounted merchandise.” The Spirit Shop will be staffed by students, and will be open during

peak times on campus, Monday through Thursday afternoons. Hours may vary for special events. “The purpose of the Spirit Shop is to promote, celebrate and represent Northeastern Illinois University and the students, faculty, staff, alumni and supporters that make up the NEIU community,” Dutil told the Independent. “It serves as both a driver of campus spirit and engagement, and as a needed retail

resource for our campus.” Dutil also said, “We hope to work with academic departments to use the retail shop as a working laboratory and case study.” The Spirit Shop will be located by the entrance to the Student Union, across from the Student Pantry. The Independent will provide more details on exact opening dates and hours of operation as they become available.





Media Production Opportunities for Students

NEIU Student Media Staff Positions Available

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Voice-over Talent(s)

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Some of these positions are compensated with semester stipends
For more information please email or call
Student Media Coordinator: Dennis Sagel
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Requirements:

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- Name of your photo
- Detailed caption/description

Photo credit will be given.
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Super Snazzy Sudoku

By Ananth Prabhu, Sports Editor

Rules:

Each cell, row, column and 3 by 3 grid can only contain one digit from 1 through 9 without repeating numbers.
Difficulty: 3 out of 5 (Medium)

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



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Campus Crosswords: NEIU's Majors, Minors and Programs

By Ananth Prabhu, Sports Editor

Across

1. Exploring the cultures and nations spanning from the Mediterranean Sea to Cape Town in this major.
3. Advocating for social justice and inclusivity for individuals of diverse genders and sexualities in this major.
6. Exploring the language and culture of the nation that encompasses Paris and Nice in this major.
7. Exploring strategies to teach this widely spoken language to K-12 students and second language learners in the U.S. in this major.
8. Exploring the realms of numbers, geometry, calculus and trigonometry in this major.
10. Exploring the diverse cultures and nations spanning from the Baltic Sea to Tokyo in this major.
13. Exploring counseling techniques aimed at reducing drug and substance use in this major.
15. A practical approach that contrasts with a theoretical framework in this major.
19. Learning to provide counseling support for individuals with diverse neurodivergent thoughts and abilities in this major, focusing on their non-physical health needs.
21. A specialized program that enables an exploration of a specific teaching discipline.
23. Studying financial transactions, auditing and tax regulations in this major that focuses on keeping financial records in order.
25. Delving into the fundamental aspects of educating very young students, including developmental milestones, teaching strategies and educational foundations in this major.
27. Exploring the composition, properties and transformations of matter in this major that investigates the building blocks of the universe.
30. Studying the principles of managing resources, policies and operations in this major focused on effective leadership and decision-making.
31. Exploring the art of crafting words, refining communication skills and developing a personal voice in this major that fosters creativity and effective expression of the written word.
32. Covers several branches by exploring the systematic study of the natural world, including biology, the environment and geography as well as the built environment of computing technologies in this all-encompassing major that unravels the mysteries of our universe.
35. Focusing on the development of proficiency in two languages, this educational approach aims to foster cross-cultural understanding and the possibility of becoming a polyglot.
39. Promoting the rights, well-being and protection of youth through research, policy analysis and effective communication in this major that empowers and advances the welfare of infants and children.
40. Exploring the collection, interpretation and analysis of information for valuable insights and decision-making in this major that harnesses the power of details and statistics.
41. Exploring creative expression, aesthetics and craftsmanship in this major that encompasses education, history and studio work.
44. Exploring the channels of communication, journalism and digital platforms in this major that examines the power and influence of mass communication.
46. Embracing imagination, originality and expressive storytelling in this minor that nurtures the art of crafting unique narratives and literary works in the form of poems, fictional screenwriting, editing or publishing.
48. Fostering healthy relationships, effective communication, and emotional connection in this counseling approach that focuses on supporting intimate partners in their journey together.
49. Protecting computer systems and networks from unauthorized access or tampering through measures aimed at maintaining their integrity and confidentiality.
50. A postgraduate program that delves into advanced study and research in a specific "scientific" discipline, leading to this graduate degree.
51. Using creativity and problem-solving skills to visually communicate messages in print and electronic media, this field focuses on providing visual solutions to various challenges.
53. Supporting individuals with disabilities to achieve independence, integration and inclusion through specialized counseling techniques and guidance.
54. Exploring the comprehensive examination and interdisciplinary exploration of a specific field, such as child advocacy, educational, environmental, French, geographic, global, interdisciplinary, English, Jewish, justice, Latin American, LGBTQ, urban community or women's gender and sexuality.
55. Focused on the formative years of a child's development, this educational approach emphasizes nurturing and learning experiences during the crucial and initial stages of life.
58. Exploring the science behind physical activity, movement and sports performance in this field dedicated to understanding the mechanics and benefits of fitness regimens.
59. Developing proficiency in the official language of Seoul and gaining a deeper understanding of its vibrant culture through a minor program that caters to personal goals and academic interests.
61. Uncover the tapestry of past human experiences and events across time.
62. An essential pre-health pathway towards becoming a therapist, focusing on assisting clients in optimizing their "job" and "work" skills following "workplace-related" injuries.
63. Explore NEIU's newest Master of Science program in a specialized healthcare field, recently highlighted in the Independent.
64. Unleash your creativity and master technical skills in digital imaging, lighting, angling and conventional and experimental processes, while immersing yourself in the rich history and critical theory of preserving images using cameras and other light-sensitive devices.

Down

1. Engage in a comprehensive exploration of the history, literature, culture and society of the United States in this interdisciplinary field of study.
2. A root word derived from Latin or Greek, it forms the basis of terms related to the study and understanding of the justice system, encompassing law enforcement and legal processes.
4. Embark on the rewarding path of becoming an educator as you pursue an endorsement or licensure in this profession dedicated to guiding and shaping young minds.
5. (s.) Embrace the call to mentorship in education and community transformation through programs in education, community and teaching endorsements, while developing the knowledge, skills and the vision to become a catalyst for change and empower others towards collective growth.
9. Allows students to experience the promotion of holistic wellness, mental well-being, positive impacts on communities, the importance of public services and the youth's education on wellness through knowledge and skills, while being a leader to support individuals and communities.
11. A prefix derived from Latin or Greek, the field that delves into the study of humanity, culture and societies, revealing the interconnectedness of our diverse human experiences.
12. Requirement for legally practicing as a K-12 teacher, this process ensures that educators meet the necessary qualifications and standards to impart knowledge and shape young minds.
14. Students are able to unlock the ability to effectively verbalize, write, inform and entertain audience members by using interpersonal skills and social interactions to confidently address the public by adjusting the context appropriately.
16. An abbreviated word that commonly precedes the word "education" and is designated as P.E. when fully abbreviated. It refers to the education that gym teachers are required to do such as, teaching athletic strategies, fitness assessments and promoting sporty activities for youth.
17. Discovering the worth of every dollar, this field encompasses the study of investments, monetary management and evaluating monetary risks and returns on investment.
18. Embark on a pathway of helping others through this field, where students

acquire the knowledge and skills to provide mental health counseling to those in need. Students will be doing "rotations."

20. NEIU's renowned major known for preparing teaching professionals in Chicago, focusing on equipping individuals with the knowledge and skills to shape young minds and inspire lifelong learning.

22. The Carruthers Center for Inner City Studies (CCICS) specializes in Urban _____ Studies, cultivating individuals to thrive in urban neighborhoods by understanding the distinct dynamics of economics, cultures and politics that shape the neighborhood.

24. Relating to the welfare and well-being of the entire community, this term encompasses the fields of _____ health and _____ administration, focusing on serving and improving the collective needs of society through research, evaluation and policy-writing to promote human health.

26. Express yourself through captivating choreographic performances in this dynamic minor, recently highlighted in an article in The Independent.

28. A root word of Greek origin meaning "life," this prefix serves as a gateway into a medical career, as it is commonly studied to understand the intricacies of living organisms.

29. A powerful technology that enables students to study the analysis, visualization and interpretation of spatial data for various fields such as urban planning, environmental management and resource allocation.

33. A science that encompasses the study of the planet, including climatology, meteorology, geologic processes and tectonic plates.

34. Dedicated to providing tailored support and inclusive education for students with diverse needs, this field focuses on meeting the requirements of students through individualized teaching and assistance.

35. An immersive experience of the world of commerce, entrepreneurship, organizational management, financial strategies, marketing principles and economic dynamics.

36. (pl.) Unleash your potential to guide, inspire and make a difference in various domains, from education to business and community development. Acquire the necessary skills and vision to guide others with integrity, innovation and a commitment to positive impact. Collaborate with other high-achieving individuals.

37. A vast field that encompasses the study of the science behind technological systems, coding and the design of algorithms, driving innovation and enabling transformative solutions in the digital age.

38. (abbr.) The strategic management of an organization's most valuable asset—its people. This field focuses on recruiting, training and optimizing human potential to drive organizational success.

42. An immersive experience to captivate the world of live performance, communication, the written word and spoken voice, where creativity and expression come to life on stage.

43. A suffix of Greek, Latin and French origins, it denotes the "study of" various fields. At NEIU, it relates to disciplines such as the study of humans (anthro-), life (bio-), computers (techn-), criminal justice (crimin-), aging (geront-), the mind (psych-) and society (soci-).

45. A major that allows students to tackle creative solutions and problem-solving skills to create visually compelling graphics, visual messages, print and electronic media, interactions or theatrical productions leading to engaging and contextual experiences.

46. A precious individual in need of care, support and advocacy. Explore the fields of _____ advocacy studies and early education to gain knowledge and skills in responding to the youth's concerns, delivering high-quality services, understanding their development and becoming an effective teacher for the young.

47. Students can unleash the power of sound and rhythm, as they explore the boundless world of melodies, harmonies and artistic expression, and they can learn to apply pedagogy for crafting creative compositions.

48. A field that deals with the control, communication and security of information systems, particularly in relation to machines and technology; this word is often paired up with "security," and it helps to safeguard digital assets in the interconnected world of computers.

50. Allows students to enter the realm of corporate and enterprise leadership with this prestigious master's degree.

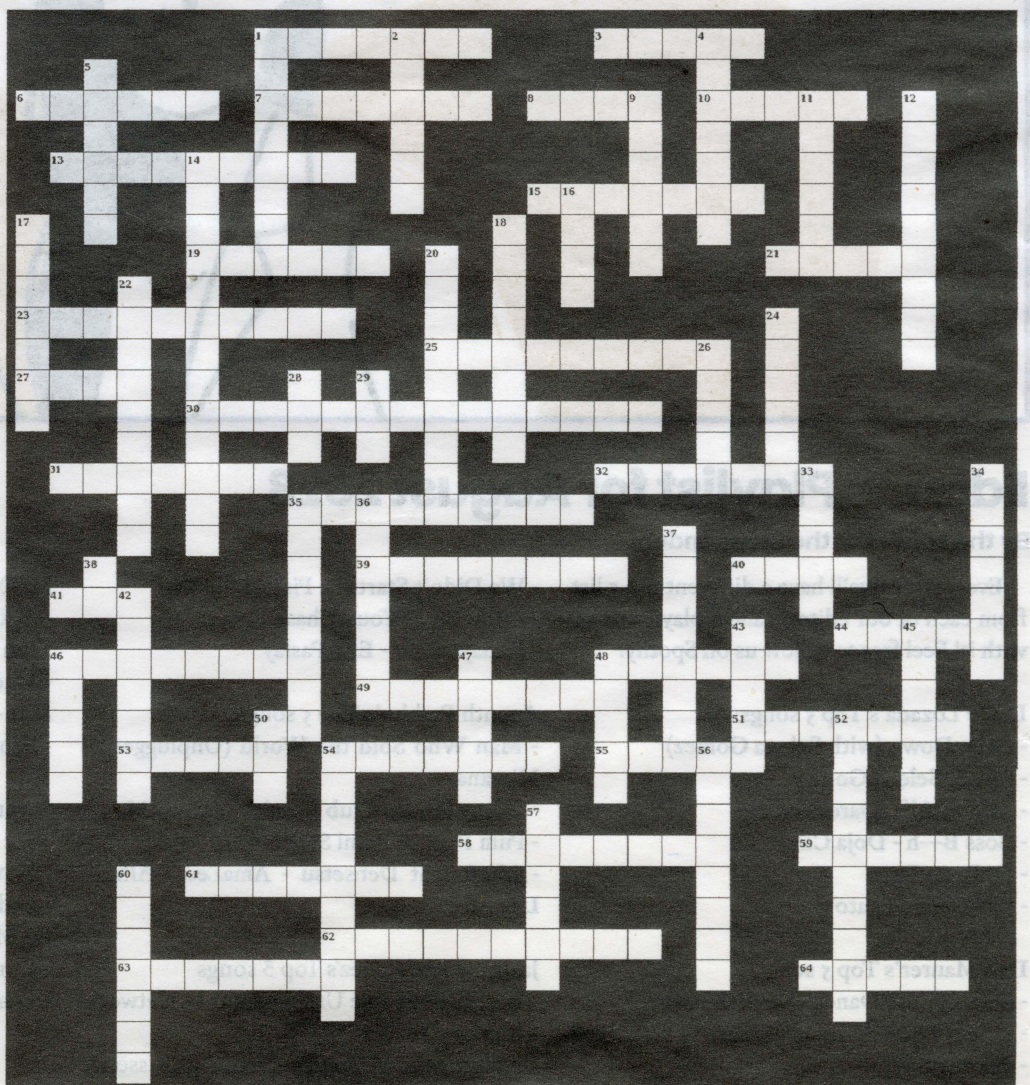
52. Allows students to learn the profound questions of human existence and challenge the boundaries of knowledge, while critically analyzing fundamental aspects of human experience, such as the nature of knowledge, meaning, reasoning and morality.

54. Allows students to uncover the dynamics of human societies and challenge established norms, while exploring the patterns, arrangements and processes of development and change within human societies.

56. Allows students to pass on the gift of reading and writing through this major to youth who have trouble reading, writing and comprehending school material and books.

57. Allows students to experience the promotion of holistic wellness, mental well-being, positive impacts on communities, the importance of public services and the youth's education on being well through knowledge and skills, while being a leader to support individuals and communities.

60. Developing proficiency in the official language of Madrid and Barcelona, this major focuses on honing critical thinking skills through verbal expression, writing and language research.



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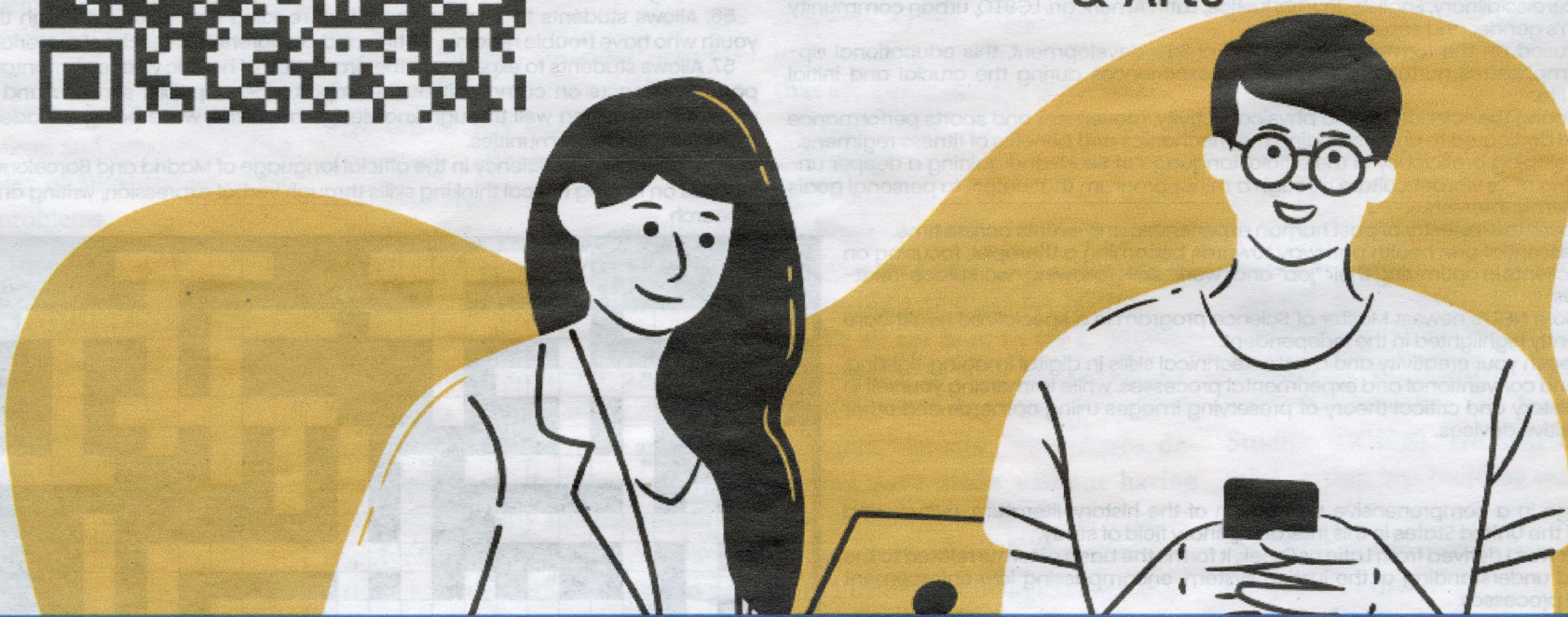
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Editor's Playlist for August 2023

By the Editors of the Independent

Every issue, we'll have a different top 5 list from each of our editors, and a playlist to go with it! Feel free to follow us on Spotify!

Leslie Lozada's Top 5 songs:

- Calm Down (with Selena Gomez)
- Rema, Selena Gomez
- 4K - El Alfa, Darell, Noriel
- Boss B---h - Doja Cat
- Hi Ren - Ren
- 29 - Demi Lovato

Dan Maurer's Top 5 songs:

- Shut Up and Dance - Walk the Moon
- Grand Theft Autumn (Where is Your Boy)
- Fall Out Boy

- We Didn't Start the Fire - Billy Joel
- Little Bit of You - Chase Bryant
- Friday Night - Eric Paslay

Ananth Prabhu's Top 5 songs:

- Man Who Sold the World (Unplugged) - Nirvana
- Sunny (Disco Club Remix) - Boney M
- Pum Pum - Sammi Sanchez
- Moonlight Densetsu - AmaLee - Alfie - Lily Allen

Jasmine Rodriguez's Top 5 songs

- Beautiful People Underground - Network
- Barbara Tucker
- Ablaze MUNA Remix - Alanis Morissette,

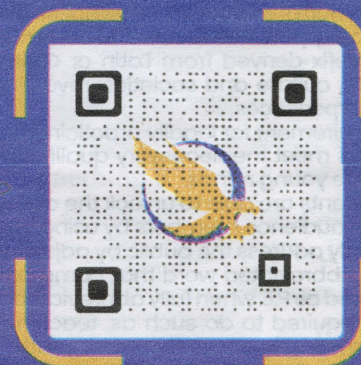
MUNA

- Spitting Off the Edge of the World - Yeah Yeah Yeah, Perfume Genius
- Under No Nation 12" Extended Dance Mix - Goat, John Mark Lapham
- Femininomenon - Chappell Roan

Savannah Owens's Top 5 songs:

- fue mejor - Kali Uchis feat. SZA
- How You Feel - Trippie Redd
- nadie va a pensar en ti mejor que yo - Ed Maverick
- Conceited - Flo Milli
- What's Up? - 4 Non Blondes

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