

5-1-2017

Echo: Flux, Spring 2017

Columbia College Chicago

Follow this and additional works at: <https://digitalcommons.colum.edu/echo>

 Part of the [Journalism Studies Commons](#)

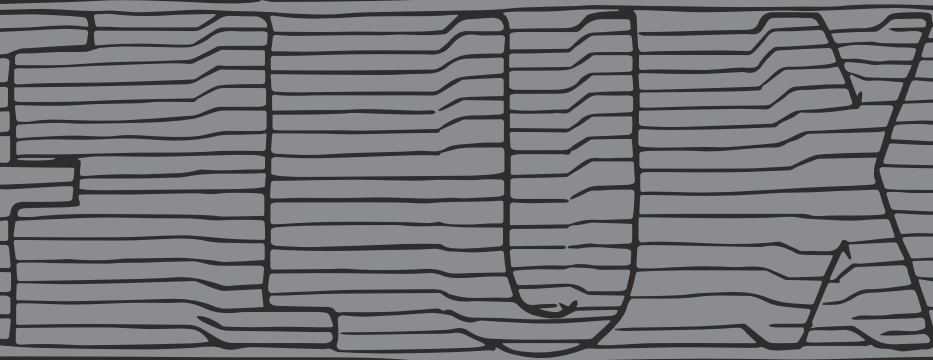


This work is licensed under a [Creative Commons Attribution-Noncommercial-No Derivative Works 4.0 License](#).

Recommended Citation

Columbia College Chicago, "Echo: Flux, Spring 2017" (2017). *Echo*. 38.
<https://digitalcommons.colum.edu/echo/38>

This Book is brought to you for free and open access by the Publications at Digital Commons @ Columbia College Chicago. It has been accepted for inclusion in Echo by an authorized administrator of Digital Commons @ Columbia College Chicago. For more information, please contact drossetti@colum.edu.



ECHO

Poetryscopes

No rhymes; just reasons

Surviving the stigma

Life post-prison

Psych out

A new role for LSD?

Will I forget?

Assessing my risk of Alzheimer's



Local insights

- Paths of birds
- Chicago words
- Weather nerds

echoe



**DELICIOUS, HEALTHY,
AND CONVENIENT
HUMMUS SNACK BOX
ANYTIME, ANYWHERE!**

VISIT WILDGARDEN.COM AND FOLLOW US    

Wild Garden®
TASTE OF THE MEDITERRANEAN



Meet the *new* comfort-classics.

Betcha didn't think comfort food could be **vegan and comforting** at the same time. Think again. Then nosh on **meat-free meat** in Chicago, whip up some **fantabulous quinoa chili**, or pick up a **dairy-free — yes — cheesecake**. This isn't your grandmother's **country fried steak**. This is **diner food at its finest**.



Brunch. **It's not just for Sundays.**

Brunch is served at our Diner 7 days a week 'til 3 pm and features spins on classics such as **Cinnamon Roll French Toast**, **Country Benedict**, **Biscuit and Sausage Gravy**, and **Scrambled Tofu Deluxe**. Served up with smoked paprika potato hash, house-made seitan sausage and bacon, real maple syrup-agave nectar blend, and trans fat free buttery spread.



Burgers, and bacon, and wings, oh my!

Seitan is the centerpiece of many of our meat-free comfort-classics, starting with our **Titanic BLT Burger** topped with bacon, french fried onions, lettuce, tomato, and chipotle. Order up: **The Radical Reuben™** is so tasty it fools most Omahans — thank you for the inspiration, Reuben Kay. Our **Spicy Crispy Chicken** is breaded for the heartiest appetite. And our **Thai Chili Wings** will put some sriracha in your samba. Oh yeah, we have tofu, tempeh, veggies, and salads, too.



Shakes and cakes.

Indulge your sweet tooth with heavenly creations (all vegan) ranging from our signature **Cheesecakes**, to **S'mores Brownie Sundae**, to **Caramel Crunch Torte**. Our award-winning shakes will delight your taste buds in cookie dough, mocha, mint chocolate chip, and carrot cake flavors.

“meat free since '83”

Thirty-plus years ago, vegetarians and vegans were somewhat of a rarity, and yet Mickey and Jo forged ahead with their vision of bringing vegetarian diner food to Chicago and the Midwest. Enter the next generation at the Diner helm, nephew Michael. Having studied in Guadalajara and Tuscany, Michael's passion revolves around fresh, high quality, locally grown ingredients and conscious food choices.

Service beyond the dining table.

We believe that social responsibility is an integral part of doing business. We support many philanthropic causes, including EdgeAlliance, Lambda Legal Group, Woodstock Farm Animal Sanctuary, and Mercy for Animals.



Get cookin'!

The secrets behind many of our dishes are

revealed in **The New Chicago Diner Cookbook**. Available online at **veggiediner.com**.

The Chicago Diner

meat free since '83

You can buy Chicago Diner cake slices at various Whole Foods stores in the Midwest and Canada. Visit **veggiediner.com** for a list of locations.

Two locations: Logan Square & the original in Lakeview — veggiediner.com

A LETTER FROM THE EDITOR

I find it wonderfully odd that on this day, at this time, you found your way to this issue of *Echo* magazine. Don't you? Whether you took your normal route or walked a new path today, we were brought together to explore these ever-changing times.

For our third themed issue, our team—comprised of Columbia College Chicago students from the Journalism, Design, Photography and Photojournalism programs—thought that the concept of Flux anchored all of our stories and was the most fitting way to investigate the world we are living in.

Our photographers tested time by shooting on film, capturing these rifts in the present through dated means. Our illustrator drew all 36 illustrations featured in the pages that follow by hand, then again digitally. We lost count of how many hours he spent working to visually represent these narratives. Our web designer and social media editors shared snapshots of our processes online, roping readers into the ebb and flow that is creating a 124-page print publication.

We explored Flux within three sections: Seek, Sustain and Shift. What narratives speak of looking for more? Which ones are working to create some sort of constant? Which ones are exploring new paths or reveling in instability? While telling these stories by both written and visual means, this theme allowed our team to conclude that no matter how hard we try to pin down defined endings, the beauty is in the transition.

We encourage you to take comfort in the uncomfortable—in the explained but still unanswered questions that drive the stories in Flux.

—Bianca Smith



echoechoechoechoechoechoechoechoechoechoecho

ECHO MAGAZINE

EXPLORES OUR CHANGING
WORLD THROUGH PROVOCATIVE
NARRATIVES

AND DYNAMIC VISUALS.

ECHO IS A REVERBERATION
OF STORIES THAT
REFUSE TO BE IGNORED.

EDITORIAL**Managing Editor**

Bianca Smith

Section Editors

Zoë Eitel

Beyza Ozer

Ariel Parrella-Aureli

Production Managers

Sarah Martinson

Ariel Parrella-Aureli

Editorial Integrators

Zoë Eitel

Beyza Ozer

Ariel Parrella-Aureli

Bianca Smith

Lauren Tussey

Copy Editing Chief

Lauren Tussey

Fact-Checking Chiefs

Christian Hines

Lauren Tussey

Style Manual

Christian Hines

Lauren Tussey

Web Editor

Nina Ruff

Social Media Editors

Samantha Stahl

David Woods

Editorial Advisor

Sharon Bloyd-Peshkin

DESIGN**Creative Director**

Gabe de la Mora

Art Directors

Sarah Impola

Hannah Klingenberg

Illustrator

Trevor Davies

Brand Manager

Marcus Clark

Web Designer

Thomas Fulfer

Graphic Designers

Trevor Davies

Haley Fischer

Thomas Fulfer

Katy Keane

Isabel Lyon

Michelle Martinez

Madeline Schulz

Jenny Worrell

Design Advisor

Julie Nauman-Mikulski

PHOTOGRAPHY**Photographers**

Maria Cardona

Charlotte Klein

**Photography
Advisor**

Rob Hart

PUBLICATION**Ad & Business
Manager**

Charlie Connelly

**Marketing
Consultants**

Noah Kelly

Conrad Queen

Micha Thurston

General Manager

Christopher Richert

Department Chair

Suzanne McBride



NOT JUST ONE THING.
THE AUTHENTIC



VANS
"OFF THE WALL"

TABLE OF CONTENTS

SEEK

- 12 Poetriscopes**
Your sign in prose
- 16 Cake Like Clockwork**
The sweet shift of a baker
- 18 Trouble in Transit**
Female CTA workers air grievances
- 21 Training Wheels**
Can bicycles and cars coexist?
- 24 Previous Me**
A look at past-life regression
- 28 Space, Time and Film**
The science in time-travel movies
- 30 Foul-weather Friends**
The rush of storm chasing
- 34 What Should I Eat?**
A guide for your hungry belly
- 36 Fret-free Feminism**
Figuring it out
- 38 Fanning the Fame**
An affinity chart

SUSTAIN

- 44 Props, Bops and Do-wops**
Chicago's music history
- 46 Trans in Trump's America**
The view from here
- 52 Fair Fashion**
Companies do well by doing good
- 54 Transplant City**
Meet the organs of the future
- 58 Midnight Monster**
Seeking a solution to insomnia
- 62 The House Peace Built**
A South Side safe space
- 66 Courting the Sandman**
Who needs sleep anyway?



SHIFT

68 Words and Birds

Spotting writers and pigeons

71 Word!

A crossword puzzle

74 Social Media Breakups

How not to say goodbye

76 Dr. Chocolate

A sweet career change

78 Medical Miracle?

Psychedelic microdosing explored

82 On the Median

Planting flowers as traffic flies by

84 Time Served

Life lessons from ex-offenders

90 Don't Blink

Rites of passage caught on film

94 Which Girl Group Split Are You?

A quiz

96 Ink on Paper

Listening to the presses hum

100 Influential Incidents

Chicago strife and success

102 Revising Religion

Welcome to adulthood

108 Beyond Gloom and Doom

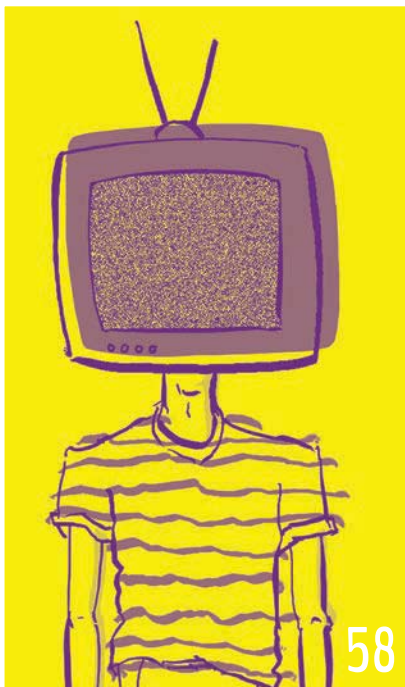
Climate optimism

110 Genetic Roulette

Is Alzheimer's my fate?

117 How American Are You?

A quiz



58



90



110

YOU COULDN'T AFFORD THE CAMERA

~~THEIR PRICE~~ OUR PRICE

~~Teradek Bolt 300 \$80/day~~ ^{\$45}



~~Canon C300 Mk II \$355/day~~ ^{\$210}

~~Canon CN-E 18-80mm T/4.4 \$125/day~~

^{\$40}



UNTIL NOW

Our pricing strategy offers a 40% lower daily rate while maintaining a 10% lower weekly rate.

Jimmy

**THE MAN
BEHIND THE MAN
BEHIND THE
SANDWICH**



WE DELIVER!

**TO FIND THE LOCATION NEAREST YOU
VISIT JIMMYJOHNS.COM**

Seek

Poetryscopes

Cake Like Clockwork

Trouble in Transit

Training Wheels

Previous Me

Space, Time & Film
Foul-weather Friends
What Should I Eat?
Fret-free Feminism
Fanning the Fame

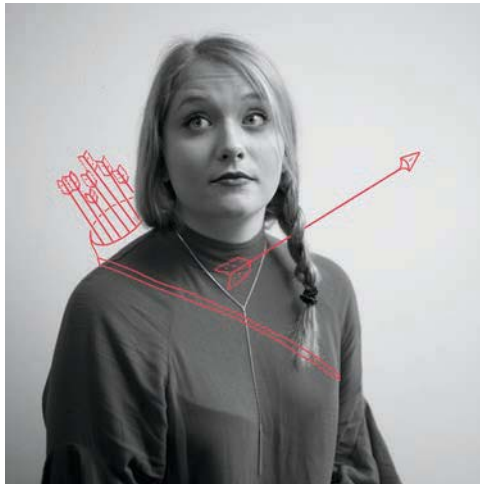
A week is a week, but a life is a life. These horoscopes are here to hold you when you need it. Take your time and begin to move forward.

Your sign in prose

BEYZA OZER

ILLUSTRATIONS BY TREVOR DAVIES

POETRYSCOPES

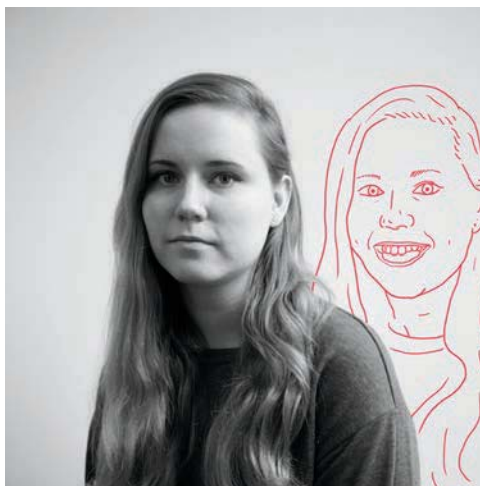


Dear Sagittarius

You keep the orbit of Jupiter in your hands because it is so difficult to not trust others. There is something about the topaz night sky, Sagittarius, that draws you to everybody. This is either luck—something you have boatloads of—or a sense of optimism because not everything is so bad. When humans landed on the moon, they just knew what to do. They did something that was never done in history, and they rolled with it. This is why you matter, Sagittarius. You make the unknown reveal itself. There is little to not worry about, but that isn't something that immediately worries you.

Dear Taurus

Stop writing eulogies for things that have not died yet. Instead, focus on the things that make you feel like both the sun and the flowers that turn their heads to follow it. There is still time to grow even if dreams are beginning to let you down. When whatever needs to align finally aligns, you will feel a slight push toward necessary change. Where that loss rests is also where the light of beginnings peeks through in your jacket pocket. Spend some time thinking about the sounds that happen within your body. Know that one day, the sounds will stop, but your memories will be surrounded by each other, taking it all in.



Dear Gemini

How often do you hide from your shivers, and do they end up finding you? If they do, read this: There's no such thing as the "perfect" plan. The plans that work usually feel like settling, and the ones that don't push you to try again. Don't you agree? There can't be an in-between because you can't win either way in this scenario—whatever it is. If you sacrifice something, that plan can't be perfect. It can't be perfect because perfect doesn't exist in this world unless we're talking about "the end," right? Nothing seems to matter in "the end," so we can call something perfect without people giving us shit.

Dear Libra

We share the outdoors because that's what you are supposed to do when you're in love. Take a moment to be small in a big space; remember to forget your responsibilities today. It can be scary at first—to not know about all of the means of measurement that exist in the world—but that doesn't give us an excuse to ignore the scale. During late nights, it is possible to feel a pull that calls your name but gives you nowhere to go. Instead, follow the person who makes the air you breathe thick with sugar. They will lead you to a bright, dazzling thing, and they will point at it and say, "Without you, this could not exist."



Dear Cancer

Dreams are rare because they are true—because truth is a force that can sense a fire. Light a candle to remember a feeling of danger contained and then sleep through the night. Today is a good day to begin something you know you will never finish. Today is a good day to head to the ocean, drop a monitor down into the deep, unknown water and listen to a whale scream, "I love you." Take a day off from the hours of overtime you put into worrying. Instead, push forward to the better ones. The sun remembers you and who came before, and it tries to keep us all warm, even during a winter night in Chicago.

Dear Virgo

How can a person begin a conversation without feeling the need to run? The simplest option might be to pull out a map, chart a course and carry the things that matter on your back. Don't do that, Virgo. The moon's jaw might be open, but that doesn't mean she has anything to say, especially at night. It's a difficult thing to realize; although the moon rises every night and falls every day, we can't always expect that to just happen on its own. Do you want to remember your dreams, Virgo? Here's how: Feel the gravity delicately placed around the lake; recognize that you create an edge in any body of water.





Dear Aquarius

Find someone who reminds you of your favorite weather. Get yourself lost on top of the nearest bridge and take turns spitting to see who can get the farthest. If you win, confess something. If the other person wins, be calm. Aquarius, please do not worry, because you will never run out of French fries. Fall asleep in the American flag tonight but use it as a parachute tomorrow. This is purely for thrill-seeking purposes. When you're about to take that jump, don't be scared. The parachute will open. While you are falling, everything will look clear but blurred at the same time, and you will rejoice. Scream something you are feeling at that point, when you're falling through the clouds.

Dear Capricorn

I'm not sure at what point during the current month you have chosen to read this, but I'm curious if you feel tired yet. Almost every garage in America has a ridiculously bright light that shines through every neighbor's bedroom window. This can cause severe insomnia. But think of it this way, Capricorn: Would you rather have a bright light or a broken one that forgot how to shine? There's beauty in things that keep us up late at night. As human beings, we tend to forget about our beating hearts. We forget about the planets that shift above us while we're in our cars or on our phones, and that's okay, but don't you get bored after awhile?



Dear Leo

Leo, there's nothing to worry about. In the end, we're all just really bright specks that help make the dark look like something. We give the darkness a shape. It was engrained in us to believe the worst in others, and we carry that with us to this day; it's carefully wrapped in tin foil to keep it safe in your lunchbox. Honestly, there are few ways to solve this, if any. The main thing is to continue believing in something that brings you light. Darkness is just a man dressed in black, and you're something too important to lose. You're the speck that cannot be erased because you were drilled into the sky.



Dear Aries

You are an emotional rollercoaster if one ever existed. Imagine not being in control; does that make you feel nauseated? That's what a rollercoaster will do to you. We are all waiting for something grand to happen, and the hope that brings us will be worth far more than whatever that thing is. We understand this because that is the way the world works and has always worked. You are spontaneous, Aries. You are by no means weak and everybody knows that, but everyone has a weakness. You like those rollercoaster rides.

Dear Pisces

I'm looking at you Pisces, and I've got to ask, how many nosebleeds do you think are happening right now at this very moment? I think you think this should be a weird question, but you don't. Nosebleeds are a very common phenomenon on Earth. They connect many people to one another, and you find this beautiful. You know the big world and everything that goes on in it. You know about what we find in rivers and what gets left behind on CTA train cars: Flowers. Old mail. A screwdriver. These are things that once made an impact on someone's life, items that brought surprise to a life. I wonder if surprises make you feel something new.



Dear Scorpio

You want so desperately to know everything about everyone, and you'll travel to worlds that are light or dark—nowhere in between—to find what you're looking for. I know how curious you are, Scorpio. It's marvelous to think of everything we can't immediately touch or see, but it's also disturbing to look in the mirror and think, "I want to find out how long I can hold my breath in outer space." This is when you hold random facts close to your chest and ask them about their pasts. Did you know that 72 percent of dog owners believe their dog can sense when it's about to rain? Scorpio, there are so many things we aren't sure of yet. We just have to be patient.

The sweet shift of Gregory Sherman

TYLER JONES

CAKE LIKE CLOCKWORK

There's a line out the door of the Brown Sugar Bakery in Chicago's Chatham neighborhood. The glass case by the register displays a variety of pastries with icing oozing down to their plates: coconut cakes and caramel cakes with pineapple and strawberry frosting; turtle cakes; even an "Obama" cake. There are cupcakes, cobblers, cheese cakes and sweet potato pies. The aroma is intoxicating. A sign over the doorway proclaims, "Life is Sweet."

Gregory Sherman, 38, has worked at this South Side bakery for five years. He's been married to the founder, Stephanie Hart, for six, so it's a labor of love in more than one sense of the word.

Sherman, who does "a little bit of everything" in the business, shared his work shift with *Echo*.

Get Up

Sherman wakes up around 4 a.m., has a breakfast of oatmeal and a smoothie, and drives to the bakery.

Coffee

Starbucks opens at 5 a.m., and Sherman is usually the first customer of the day. "If I've got to get in, I'll just miss it and drink coffee at the bakery."

Switch on Mixers

Sherman turns off the burglar alarm and walks to the back of the bakery to turn on all the machines. He begins mixing some batter.

Last year, Brown Sugar Bakery was the target of a break-in. The thief didn't touch the cash drawer but stole the caramel cakes.

"It's like all misfortune becomes a blessing," Sherman says. "We got a lot of media coverage for it. I'm shocked how many people come to this location and mention that story because it's been covered every kind of way, so at the end of the day, we're thankful."

BROWN SUGAR BAKERY

328 E 75TH ST

BROWNSUGARBAKERYCHICAGO.COM

Turn on the Tunes

Sherman describes himself as an "R&B thug." But he doesn't play his music too loud because on the other side of the bakery, the decorator "could be listening to anything from house music to reggaeton."

Then he gets to work. "Business is booming a little bit, so it's just about pumping the cakes out and making the cupcakes and making the caramel and icings," Sherman says. "It's just part of baking."

Supply Run

Because of the bakery's newer location on Navy Pier, Sherman has to make sure employees downtown have the supplies they need.

Home but Not Done

"When me and my wife make it home, it's a 'wowza moment,'" Sherman says. "It's really about getting home, resting a little bit and doing it right over."

Sherman appreciates the way his early shift frees up the later part of his day. "Some days, I'll go in at 3 a.m., work eight hours and be out at 10 a.m., and I got the rest of the day," he says. "I like to put my niece and nephews in little sporting things. I'm able to help my family out that way. That's what I like most about it."

A thief once stole the cakes, but not the cash.

230 S. Wabash,
Chicago, IL 60604
312-427-5580
800-421-1899

Central
CAMERA CO

M-F:
8:30am-5:30pm
SAT:
8:30am-5pm

Offering and teaching the
gifts of photography since 1899.

"117 YEARS"

5% EXTRA DISCOUNT

for students, teachers and faculty on most supplies

Full service
photographic store.
Combines helpful and
knowledgeable
salespeople
to satisfy your needs.

www.centralcamera.com





On International Women's Day, female CTA workers aired their grievances

MARIA CARDONA AND LAUREN TUSSEY
PHOTOGRAPHS BY MARIA CARDONA

It's a victory to see women's faces in the drivers' seats of Chicago Transit Authority buses and trains. Women comprise 3,778 out of the 10,989 people who make up the CTA's workforce. Of those women, 168 are managers or in higher positions, according to CTA media representative Irene Ferradaz. But at the March 8, 2017 CTA board meeting, women voiced the hidden challenges they face. They spoke about verbal harassment by customers, pressure to not take sick days, filthy work environments, and lack of advancement.

"There's a lot of anguish amongst the 8,000 to 9,000 members that work for the [CTA] that support the system that affords the rest of Chicago to do what it does," Ken Franklin, president of the Amalgamated Transit Union (ATU) Local 208, told the board. "Quite frankly, you're sitting on a powder keg." Ironically, the meeting was held on International Women's Day. Franklin and Tommy Sams, former ATU Local 241 president, spoke on behalf of all CTA employees, not just women. Female employees were not given a chance to speak to

the board, but they later shared their particular frustrations with *Echo*.

"You're just a badge number, that's all you are," says Vanessa Garcia, 32, a customer service assistant who requested a clean place to pump breast milk and was provided, she says, with a moldy shower stall. "It's 2017. We shouldn't have to go through these issues."

Ferradaz says the CTA makes every effort to accommodate workers wanting to pump during work hours, providing breastfeeding mothers' requests with "the best accommodation possible."

Other women noted that being the sole employee on a train or in a station at night puts them in a vulnerable position, despite the two-way radios with which they can call the CTA's command center. "One person is responsible for 800 people. Any issues that happen on that train, I have to wait for assistance," says Deborah Lane, 51, who has worked for the CTA for more than 20 years. "You don't know if you will come home to your

family,” adds Sonya Davidson, 41, a customer service assistant.

Dorval Carter, Jr., CTA president, acknowledges that CTA employees struggle with homeless people on vehicles and in stations, lack of bathroom access while driving, and contract situations. The CTA also provided *Echo* with a statement that the CTA “is dedicated to providing safe and comfortable working conditions for all of our employees, a commitment we work toward every day.”

When she started, Davidson imagined advancing beyond her customer service

assistant title. She now says she’s “pigeon-holed” into her position. “For me, it was never a goal to stay in [this] position, per se,” Davidson says. “It was supposed to be a stepping stone or a catalyst to something better.”

Lane says the union filed grievances and unfair labor practices against the CTA, and notes that working condition problems are hardly unique to transit workers. “We feel that if we win this fight in the labor movement, that this will be a fight for most workers all over America. It starts with us but it doesn’t end with us.” ❧❧❧



Sonya Davidson (above), 41, a customer service assistant, complains about the lack of trash cans in the station restrooms. When she is menstruating, she says, she has to wrap her used pads in tissues and take them with her. “You just do what you have to do while you’re there in the station,” Davidson says. But that frustration doesn’t compare to the difficult customers who challenge her authority and demand courtesy rides. “You’re put in a position [to decide], ‘Am I letting the next rapist, robber, stealer, killer on the train by giving them a courtesy ride?’” Davidson says. “That is the thought you have to have

every day. You really don’t know who you’re putting on this train. As simple as it sounds, it’s just as difficult as it is to make that decision. This is not a textbook scenario by any means—someone yelling in your face or threatening your person.”

Ferradaz states there are comprehensive procedures and training in place at the CTA for employees to learn how to report and respond to incidents that happen while working. Employees have two-way radios and the CTA has a “close working relationship,” Ferradaz says, with the Chicago Police Department and Chicago Fire Department.



“It starts with us but it doesn’t end with US.” –Deborah Lane

Deborah Lane (left), 51, began working for the CTA in 1991 because she wanted a career with benefits that would support her and her family. In the beginning, Lane says, she was pleased with her working conditions.

But one day, she was operating a northbound Red Line train that reeked so badly of urine she decided to stop at Fullerton and mop it out. Her manager told her not to halt the train and to continue to the Howard station, where custodial services would take care of it.

“I’m just so upset right now talking about it,” Lane says, recalling how nauseated she felt. “I really cried all the way to Howard Street because I couldn’t wrap my head around that.”

Now, Lane and her coworkers are fighting to make sure future employees are treated well and benefits are kept in order. “In our contract, it says they have to provide us a clean and safe area for us to work in, and that’s not happening.”

After **Vanessa Garcia** (right), 32, had a baby, she returned to work with a breast pump. She was told she could use it in the restrooms. “You come back and deal with people who make it seem like it’s wrong for you to feed your child,” Garcia says. “People don’t eat in the bathrooms, so I shouldn’t have to feed my child when I’m pumping in the bathrooms.”

According to Ferradaz, the CTA offers paid maternity leave—six weeks, or eight weeks if the mother undergoes a documented C-Section birth—to its full-time employees. Fathers are eligible for two weeks of fully paid leave, and full-time employees may also apply for 12 weeks of leave through the Family and Medical Leave Act (FMLA).

Ultimately, Garcia stopped pumping because she was worried about cleanliness, including mold in bathrooms, and had been written up for time spent pumping. She credits this experience with causing her depression. “These are our rights that are being violated,” Garcia says.



Garcia has photos of the milk crate she sat on at work after her pregnancy. “I’m fighting, I don’t care, and I will continue to fight because it’s not just me,” she says. “They’re not gonna fire me. Why would they fire me? I’m not lying. I have proof. I have pictures; I have everything. This is what I have to go through, and nobody should go through that.”

TRAINING WHEELS

Is Chicago learning how to help bicycles and cars coexist?

ZOË EITEL AND SARAH MARTINSON

Pete Manz, 34, has been in seven major bicycle crashes in the last eight years. In October 2015, he was so severely injured by a car that cut in front of him into a parking lot, he had to spend several months in physical therapy and wear a neck brace. “We don’t have the infrastructure to coexist,” Manz says, noting that bike lanes alone don’t create safety for bicyclists.

Manz’s experience flies in the face of Chicago’s reputation for being a bike-friendly city. Over the last 50 years, the city has created more than 225 miles of bike lanes, made Lakefront Trail a designated bike trail, formed the Mayor’s Bicycle Advisory Council, redesigned its bike lanes and released three cycling improvement plans.

In 2012, the Chicago Department of Transportation released its third plan, “Chicago Streets for Cycling Plan 2020.” It proposes 645 miles of bike lanes by 2020 as well as programs to fund and maintain them. Four years after the plan was released, *Bicycling* magazine named Chicago the Best Bike City of 2016.

“I want to applaud the city for trying,” Manz says. “I don’t want to totally spit in their face, but it’s key to know what we have is not working.”

The City of Chicago has not put together a comprehensive list of bicycle crashes since 2012, though there are about half a dozen every year, and the Chicago Police Department declined our request for a list of bicyclists killed in 2016 (see sidebar). But *Echo* put together the following map of problems and solutions based on first-hand accounts from Chicago cyclists and data from advocacy organizations and the City of Chicago. ❧

BICYCLISTS KILLED IN 2016

DAVID WOODS

Echo requested a list of 2016 bike fatalities from the Chicago Police Department. When they declined, we filed a FOIA request. Again they declined, stating that our request was too burdensome. So we turned to reporting from the *Chicago Tribune* and *Streetsblog Chicago* to generate this list of the six cyclists killed in 2016.

Anastasia Kondrasheva, 23, a health coach, was biking north on Damen Avenue to her job at Harken Health when she was struck by a right-turning flatbed truck at Addison Street. Kondrasheva, a 2015 graduate of Loyola University, loved animals and the outdoors.

Blaine Klingenberg, 29, a bike courier with Advanced Messenger Services, was struck by a double-decker bus while riding north on Michigan Avenue. He was traveling to Oak Street Beach and had posted online, “Who’s down for the lake?”

Nick Fox, 52, worked for more than 20 years at Obbie’s Pizza in Garfield Ridge. He was on his way from St. Daniel’s Carnival when a train knocked him into the path of another train at 60th Street and Narragansett Avenue.

Virginia Murray, 25, was lead marketing communications consultant for Blue Cross Blue Shield of Illinois, the sponsor of Divvy, Chicago’s bike share program. She was struck by a truck while riding a Divvy bike at Belmont and Sacramento avenues.

Lisa Kuivinen, 20, was studying animation at the School of the Art Institute of Chicago. She was bicycling south on Milwaukee Avenue near a construction site when a semitrailer crossed into the bike lane and struck her.

Francisco Cruz, 58, a father of seven, helped with security at Church’s Chicken on Pulaski Road and was known around his neighborhood as “Pops.” He was killed by a commercial cargo van while biking on Pulaski Road in West Garfield Park.

CHICAGO BICYCLE ORGANIZATIONS

ACTIVE TRANSPORTATION ALLIANCE

Advocates for biking, walking and public transit. Its initiatives include Bikeways for All, which pushes for bike-friendly infrastructure, and Vision Zero, which aims to eliminate all traffic deaths and serious injuries by 2026. activetrans.org

THE CHAINLINK

Provides resources for cyclists with forums for asking questions and promoting cycling events, and links to cyclist advocacy organizations, hotlines and bike shops. thechainlink.org

CHICAGO GHOST BIKES

Memorializes cyclists killed in car crashes by chaining bicycles to lamp posts as a reminder of their deaths. The bicycles are painted white to serve as a haunting reminder of the lives lost. ghostbikeschicago.com

SLOW ROLL CHICAGO

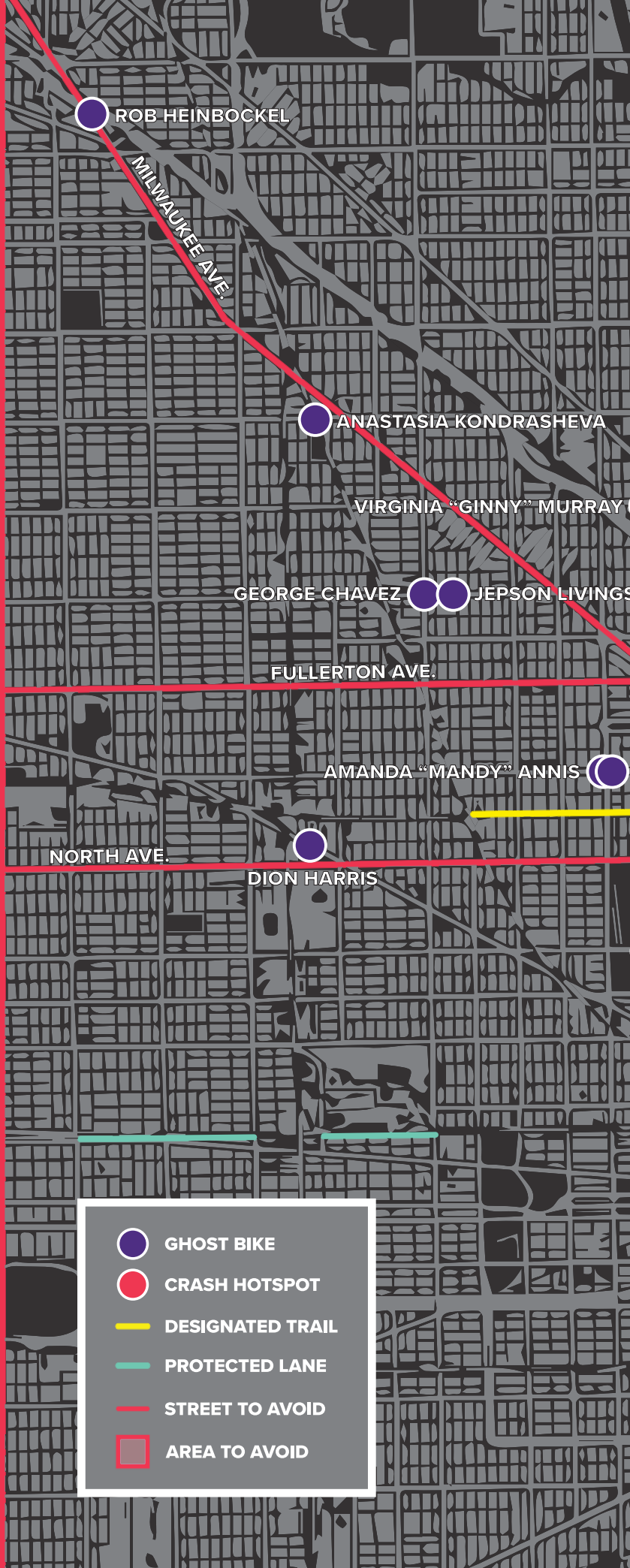
Seeks to bring people of all ages, races, incomes and geographies into the bicycling community. Every Wednesday from April to October, it hosts group rides for people of varying levels of biking experience at locations throughout the city. slowrollchicago.org

THE RECYCLER COLLECTIVE

Fosters a collaborative and welcoming community with its open shop, educational classes, youth programs and used bike sales. Cyclists can donate old bikes that will be repaired and resold, making biking more sustainable and environmentally friendly. therecyclery.org

CHICAGO RIDE OF SILENCE

Hosts an annual event when cyclists around the world flood city streets to remember all cyclists who have been killed in bicycle crashes and remind drivers that cyclists have a legal right to ride on public roads. rideofsilence.org



ROB HEINBOCKEL

MILWAUKEE AVE.

ANASTASIA KONDRASHEVA

VIRGINIA "GINNY" MURRAY

GEORGE CHAVEZ

JEPSON LIVINGS

FULLERTON AVE.

AMANDA "MANDY" ANNIS

NORTH AVE.

DION HARRIS

GHOST BIKE

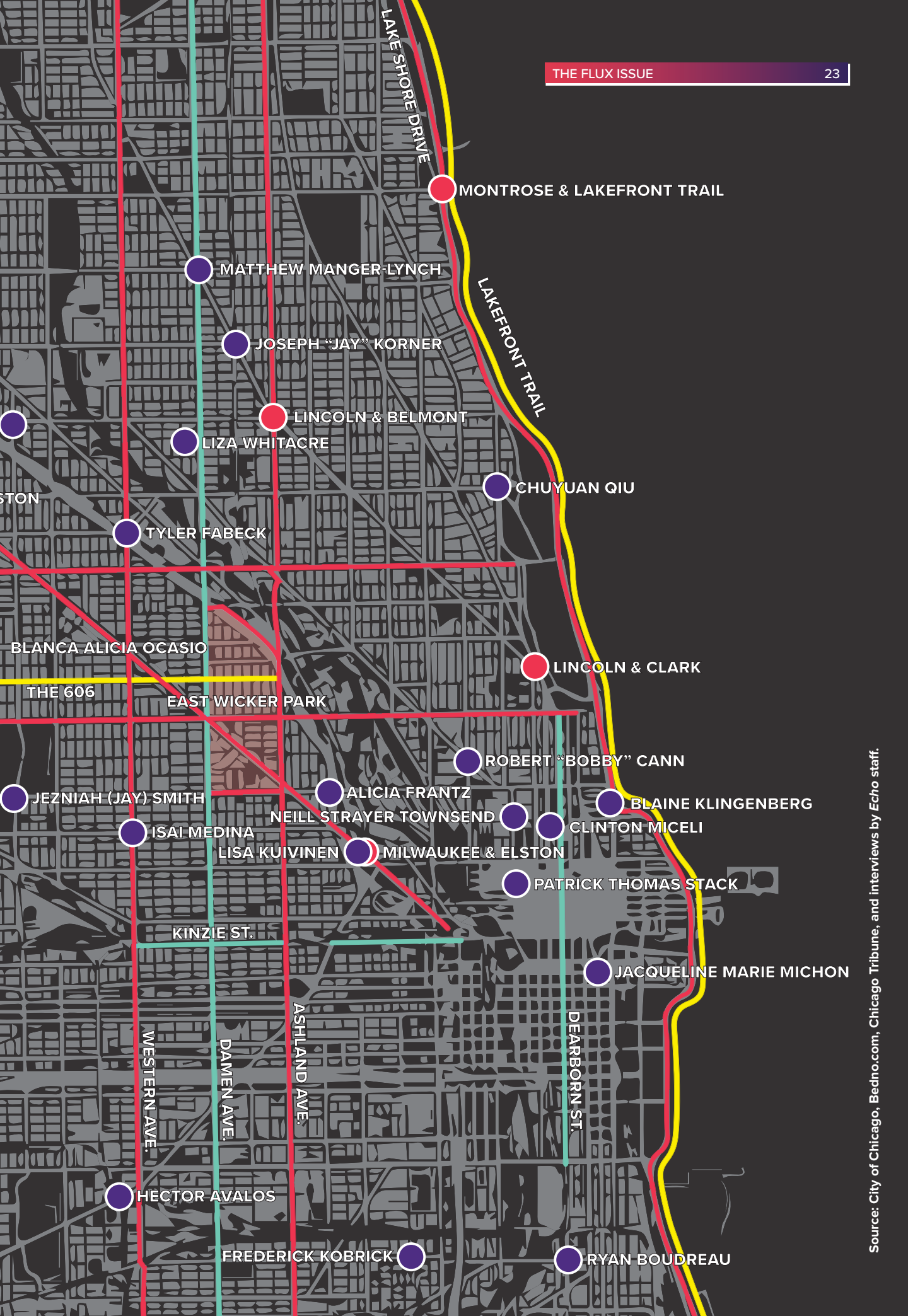
CRASH HOTSPOT

DESIGNATED TRAIL

PROTECTED LANE

STREET TO AVOID

AREA TO AVOID



MONTROSE & LAKEFRONT TRAIL

MATTHEW MANGER-LYNCH

JOSEPH "JAY" KORNER

LINCOLN & BELMONT

LIZA WHITACRE

CHUYUAN QIU

TYLER FABECK

BLANCA ALICIA OCASIO

LINCOLN & CLARK

THE 606

EAST WICKER PARK

ROBERT "BOBBY" CANN

JEZNAH (JAY) SMITH

ALICIA FRANTZ

BLAINE KLINGENBERG

ISAI MEDINA

NEILL STRAYER TOWNSEND

CLINTON MICELI

LISA KUIVINEN

MILWAUKEE & ELSTON

PATRICK THOMAS STACK

KINZIE ST.

JACQUELINE MARIE MICHON

WESTERN AVE.

DAMEN AVE.

ASHLAND AVE.

DEARBORN ST.

HECTOR AVALOS

FREDERICK KOBRICK

RYAN BOUDREAU

ARIEL PARRELLA-AURELI
PHOTOGRAPHS BY MARIA CARDONA

THE CHAKRA SHOPPE
5034 N LINCOLN AVE
BLANCHEBLACKE.COM

Can past-life regression solve
 current life challenges?

PREVIOUS ME

The rain seeps into my shoes and pants; my skin is damp and my hair is sticky and wet. But the important thing is I made it on time to Blanche Blacke's Chakra Shoppe in Lincoln Square: 7 p.m. on the dot.

Blacke, a chakra healer who performs past-life regression therapy, welcomes me wearing a golden-embroidered green tunic and matching silk pants. The smell of sage—or maybe it's jasmine—and soft music fill the small store. As four other women arrive, they walk around to sniff the incense, pick out essential oils and make small talk. One sits on the maroon couch, looking reserved and anxious. Others take their jackets off and watch expectantly as Blacke prepares to take us on a meditative journey to unlock our past lives.

"Find the desire—what do you want?" Blacke asks, as she explains what past-life regression is about: accessing fears we hold in our current life and determining what past life experiences they stem from. "The interesting thing about past lives," she says, "is that they are not somebody else—they are part of our soul, our chakras, our personalities."

Blacke, who has practiced this therapy for nearly 20 years, attributes common disorders like obsessive compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD) to past lives. To cure them, she says, we need to be freed from dark energies. "Going into past-life regression heals the energies for this lifetime because those restrictions are healed," Blacke says.

As she says this, I start to wonder. What am I afraid of? Not getting a job out of college? Not finding an affordable apartment? Being alone forever? What happened in my past life to make

me feel this way?

Blacke says it's important not to have expectations or active thoughts when entering the deep, meditative state to get to your past life. Rather, you should "see in the mind, feel in the mind and be in the body" and let the soul lead you to the experience.

It sounds like an attainable goal, but this kind of meditation requires more practice than I have in my toolbox—it's not like doing yoga, when I have other actions to focus on. Turning my brain off to dive into past emotions is not going to be a walk in the park like I thought.

We all share why we came tonight and what we want out of the class. I secretly hope I have a chakra-opening journey that will put me in touch with my past life, even though Blacke cautioned not to have that expectation.

This will be tough for me.

Moving to the floor, we lie down on pillows and close our eyes, ready for a spiritual journey of sorts. Blacke turns off the lights, unplugs the shop's phone and begins the guided meditation.

The first step is to put yourself in a place of safety and comfort, she says in a slow and soothing voice. I put myself on the Amalfi Coast in Italy, where I have spent many summers and feel at home. Slow your mind down, she tells us, and look at the feet of the character in your mind. This is the first clue about you in a past life, she says.

I look down and see my feet in the water: chubby, brown and wearing sandals. I can't tell if I am actually accessing my past life or simply imagining it. I think it's the latter. Still, I try. I picture myself standing in the water and feeling the sun on my back. Blacke then instructs us to find a pathway or a door.

I see—or create—a nearby path leading up the mountain, so I wade out of the water and make my way there.

Panayiota Koskiniotis, who is lying down beside me, also sees two small feet in the water. She isn't wearing shoes or clothes, and concludes she is a 6-year-old boy. She, too, sends him down a path.

Next Blacke tells us to experience an event or see a change of scenery. I visualize myself under water, but it looks too much like a movie, with sea creatures swishing by in a dark blue haze. At this point, I know I've lost touch with any past life I might have had a grasp on earlier in the session, but I hold on mentally and have fun swimming.

Koskiniotis, on the other hand, sees a big white horse and follows it into a village in the woods. There are other horses and people talking in her visual. Koskiniotis doesn't know the people but feels compelled to follow the horse. A feeling of safety and happiness washes over her.

After reaching a second event and change of scenery, Blacke asks us if a cause of death materializes in our mental journey. Koskiniotis says she doesn't see the boy's death; Blacke says it doesn't show up for everyone.

I feel forced to produce something.

I imagine my character on a balcony, white curtains billowing in the wind around me. This is my visualized bedroom, which looks like

I can't tell if I am actually accessing my past life or simply imagining it. I think it's the latter. Still, I try.

an Egyptian princess's chamber straight from a movie. I see my lover next to me. We get into an argument. He stabs me in the chest with a knife, then weeps about it, à la *Romeo and Juliet*.

It was dramatic, but it felt right—not the stabbing, but the storyline.

The guided meditation comes to an end after the deaths in our past lives are—or aren't—seen, and Blacke turns the lights on. She tells us to return to our present lives by awakening our limbs, taking deep breaths and slowly opening our eyes.

Next comes the healing process.

Each woman shares her past life experience, while Blacke listens to her voices and interprets what the journey meant for each person. Her voices act like spirits that hold the answers; they speak to her telepathically.

The voices came to her first when she was six years old and would spiritually heal her friends or animals for fun, she says.

As she grew up, she forgot about the spirits but reconnected in 1993, when she was living in Los Angeles and playing in a punk band called Phil 'n' the Blanks. After a chakra reading that led her to hear the spirits, she solidified her belief in accessing spirits and has continued to utilize them for healing.

She feels the telepathic connections from the spirits as tingling sensations in the back of her left ear that make her feel light and calm. The spiritual answers are not visual in her mind, but they're visually accessed through the third eye and live in the telepathic passage inside her mind where the spirits live, she says.

Koskiniotis, a psychology student at Northeastern Illinois University, recounts the story of the boy. She says the happiness emotion was so strong that she's brought to tears as she shares her experience.



Blanche Blacke, a past-life regression specialist who owns *The Chakra Shoppe* in Lincoln Square, lights a candle to prepare for a past-life therapy session.

“Let the emotion come,” Blacke says encouragingly. Koskiniotis cries harder, and seeing her makes me tear up too; I want to hug her. Compassionate tears fill the room, and all eyes are on Koskiniotis, who says that happiness speaks to her personal life’s challenges and direction.

Nancy Condon, another participant, didn’t have such a vivid past-life experience but says she gained insight anyway. “I feel like the chakra clearings lifted a weight,” Condon says. She admits she didn’t believe in past lives until literature and recent experiences changed her perspective.

“I don’t know if it is from a past life or from this life, but it has given me more clarity that I can focus on myself and not on my kids so much anymore,” she says of the therapy. She wanted to channel her inner past life because she felt a connection with people who could have been from the past.

It’s my turn now, so I share the elaborate story I saw. I ask Blacke if it still counts if I made it up, and she says yes, because it was still in my mind. One of my favorite Dumbledore quotes comes to mind immediately: “Of course it’s happening inside your head, Harry, but why on Earth should that mean that it is not real?”

I get to the stabbing part, and laugh as I say it. As she did with the others, Blacke tells me to ask the spirits out loud what I learned and what feelings come to mind. I ask twice, and on the second attempt, trust and love come into my mind. I say these words to the group.

“You need to let love and trust in,” she tells me, getting up to give me a crystal to hold on my heart for the remainder of class. It’s warm, and it makes me feel better; I want to cry like the others, but I hold it in. I am bewildered by how unexpectedly relevant Blacke’s reading of my imagined storyline is to my life situation. I have been having trust issues and I do deserve more love, I think.

Maybe I didn’t access my past life as I had hoped, but Blacke’s therapy helped me more than I wanted to admit. Healing is what everyone wants, no matter how it’s delivered.

Blacke says when she heals someone and they shed their fears—from this life or a past one—she feels thankful to have been part of the journey. She calls it “soul satisfying,” saying it is her purpose in life. And as for the doubters?

“People can believe anything they want to,” she says with a smile. “They are free. It doesn’t bother me.” ❧❧❧

HEALING OR HOAX? ZOE EITEL

Does past-life regression therapy work? The answer may depend on whether you’re using it to access a past life, or to overcome present mental or physical challenges.

Marit Fischer, communications director for the Spiritual Regression Therapy Association, says some athletes use past-life regression to improve their performance.

“They’ll do regression therapy to get to the source of the challenges, and then their golf swing will be fixed,” Fischer says, crediting the athletes’ improvement to the catharsis felt during the session.

Only a few scientific studies of past-life regression therapy exist. In 2004, Imants Barušs and Kellye Woods, a psychology professor at King’s University College and a registered clinical social worker, both based in Ontario, published the results of a small study on the possible psychological benefits of past-life regression on 24 “psychologically healthy” undergrads. The study showed no real connections between regression therapy and psychological wellness, but they both said the regression is potentially beneficial when placed in a therapeutic environment. The emotions and realizations during the visualization are what really matter, according to Barušs and Woods.

“The exercise evokes a narrative that is an expression of what is going on psychologically for them,” Barušs says. “You lead a person through a visualization where the person believes [they are] back in a past life. You create these personas, dramas, incidents and events that seem to have to do with what the person is going through now.”

Regression therapy is more accepted in parts of the world with cultures and religions that widely embrace past lives, Fischer says. In the U.S., it is not as well known, she adds, but the therapy is becoming less strange for Westerners.

“What we say is, ‘It doesn’t matter what you believe, and we honor what you believe, but give yourself an open mind and allow yourself to experience this [therapy],’” Fischer says. “Then you decide. Did you make it up?”

UNEXPECTED, BUT SWEET. LIKE A WATER BALLOON FIGHT WITH YOUR GRANDMA.

- 5 Calories Per Can
- No Artificial Sweeteners
- Bubbling With Flavor



Bai Brands, LLC | For more information, go to DrinkBai.com or email us at sales@drinkbai.com

@DrinkBai

How well does the science hold up in time-travel movies?

Time travel has been depicted on the silver screen for decades, and not always in the most believable ways. A hot tub time machine and a time-traveling phone booth—really?

Echo discussed the science behind some of the most popular and plausible time-travel movies with real-life time-travel experts Ronald Mallett, Ph.D., a theoretical physicist and professor at the University of Connecticut, and Daniel Holz, Ph.D., a professor of physics and member of the general relativity group at the University of Chicago.

✔ - Holds Up ✘ - Does Not Hold Up



The Time Machine (1960) ✔ ✘

Synopsis: An early 20th century man attempts to convince his friends of his adventures through time. He builds a time machine in his basement and travels to a handful of different times before he lands in 802,701 A.D.

Analysis: Based on H.G. Wells' novel of the same name published in 1885, this movie doesn't explain how the time machine works, but a good portion of the movie is spent discussing time as a fourth dimension, which is an aspect of Einstein's general theory of relativity.

"Einstein's work was the first to really scientifically talk about time as the fourth dimension," Mallett says. "You might say that the theoretical aspect of H.G. Wells' *The Time Machine* got it absolutely right."



Planet of the Apes (1968) ✔

Synopsis: Several scientists in the 1970s travel in a spaceship at the speed of light and crash on an unfamiliar planet controlled by an intelligent and highly evolved species of primates. They resemble our modern-day apes, chimpanzees and orangutans. Although the scientists believe they traveled to another planet far from Earth, they actually landed on Earth about two millennia in the future.

Analysis: The creators of the movie utilize Einstein's special theory of relativity, which states that if you move fast enough, time around you will slow down while the rest of time will go on at a normal rate, making you able to travel forward in time.

"That's real," Mallett says. "We actually have done experiments with planes and putting clocks on board ordinary passenger jets, and what we found is when the jets are flown around the world, the clocks actually have lost time; they run slower. It's a very small effect with planes."

ZOË EITEL AND NINA RUFF
ILLUSTRATIONS BY TREVOR DAVIES

SPACE, TIME AND FILM

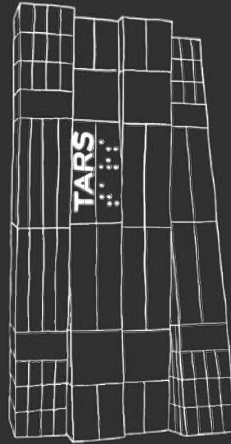


The Terminator (1984) ❌

Synopsis: The first of its series, this film features an apocalyptic plot in which Earth is taken over by an artificial intelligence network with the goal of destroying humanity. To avoid being defeated by the human resistance, the machines send the Terminator back in time to kill the leader's mother before he can be born. In response, the leader sends a soldier from the resistance to protect his mother.

Analysis: Traveling to the past would require the use of negative mass, a substance not yet known to exist. "We can't see any practical way that time travel happens," Holz says.

This film, in addition to *Back to the Future*, is one of Holz's guilty pleasures even though he says, "all the physics is complete gobbledegook. I never understood why they come up with nonsense when they could do something [closer to the truth]."

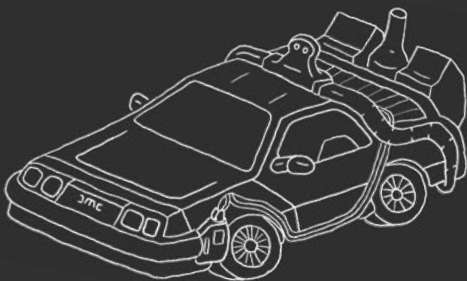


Interstellar (2014) ✅

Synopsis: As severe drought and famine plague Earth, a former NASA astronaut who is now a farmer is recruited for a secret space mission that could save the human race. The mission involves traveling through a wormhole to get to three newly discovered, possibly inhabitable planets.

Analysis: The movie's creators called on the expertise of Kip Thorne, Ph.D., a theoretical physicist at the California Institute of Technology and executive producer of the film. Holz points directly to *Interstellar* as the time travel movie with the most viable plan for actual time travel.

"This is not speculative; we think this happens," Holz says. In the film, the main character travels to a planet near a black hole, which slows down time for him. Meanwhile, time continues to progress at a separate speed for his colleagues back on the ship. Simply put, Holz explains that because of the pull of gravity, an atomic clock on the fifth floor of a building would run faster than the same clock would on the ground floor.

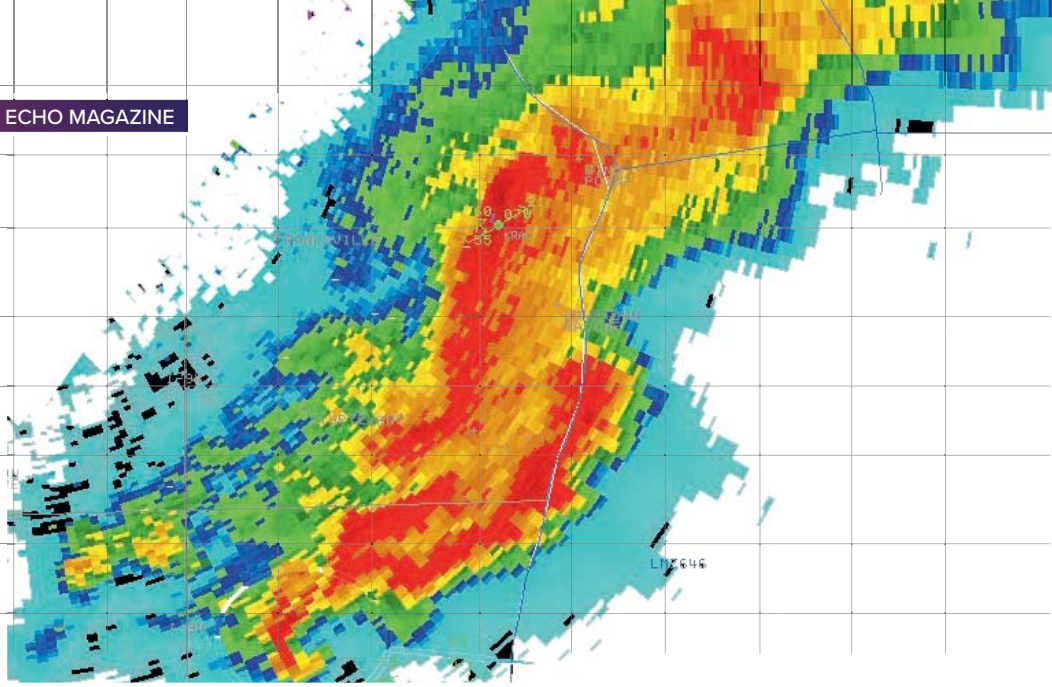


Back to the Future (1985) ❌

Synopsis: Marty McFly's scientist friend creates a time machine out of a DeLorean sedan, and they travel back to when Marty's parents were in high school.

Analysis: *Back to the Future* seems to utilize science in the flux capacitor that supposedly makes the time machine work, but the creators just made everything up, Mallett says. "The whole notion of the DeLorean has nothing to do with science; it's just entertaining," he says.

Not only is the lack of scientific explanation something that makes *Back to the Future* unbelievable, but also that they traveled to the past. "You cannot travel faster than the speed of light, and since you can't, no matter how fast you go, you cannot go back into the past," Mallett says.



FOUL-WEATHER FRIENDS

When others take shelter, storm chasers rush outside

BEYZA OZER AND BIANCA SMITH

The swirling black clouds touch down to create a massive gray funnel. This is enough for Danny Neal, 29, and Adam Lucio, 34, to know: The tornado is approaching, and fast.

Neal and Lucio are storm chasers—people who love extreme weather and race toward the eye of the storm with their cameras and measuring equipment. Their passion was initially recreational, but they have since become commercial chasers who provide educational or experiential services to the public for a fee.

For storm chasers, thunderstorms are interesting, but tornadoes are the ultimate bounty. Most tornadoes touch down in the Great Plains—an area known as “tornado alley”—but they also disproportionately occur in the South and the Midwest. The National Severe Storms Laboratory in Oklahoma estimates that roughly 1,200 tornadoes touch down in the U.S. annually. This gives Neal and Lucio, as well as others who share their obsession, many opportunities to head out in pursuit of tornadoes.

Alec Scholten, 24, and Shanda Hinnant, 40, co-owners of Twisted Sky Tours, based in Oklahoma and Nebraska, go out every time the National Weather Service issues an alert, often bringing along thrill-seeking clients. “You just have to know what you’re doing before you actually do it,” Scholten says. “That’s why people pay to go out with people

who are more experienced, who have been doing this for awhile.”

Depending on the amount of time clients want to spend with Scholten and Hinnant on the road, the cost for storm chasing with them ranges from \$2,000 to \$3,600. They travel wherever the weather takes them, covering between 3,000 and 5,000 miles and several states during the early summer months.

Storm chasers insist that their pursuit of extreme weather isn’t dangerous. For the most part, statistics supported that until 2013, when a tornado in El Reno, Oklahoma, killed three storm chasers. Still, they note, storm chasing is safer than many other activities that involve high-speed car chases.

“A lot of people say it’s really dangerous, but I’ve never felt in danger actually chasing,” Hinnant says.

Sometimes, however, chasers get in one another’s way. On one chase, Neal and Lucio found two tornadoes blocking their escape routes. They were going to turn their van around, but there was one problem: The chasers behind them were stuck in the mud, leaving Neal and Lucio “at the complete mercy of the storm.”

“At that point, you’re helpless,” Neal says with a quick laugh. “You just have to hope that the tornado decides not to run you over. There was lots of yelling, lots of, ‘Oh my God.’ Our one friend was just laughing out of insanity.”

A Life-or-death Bond

Neal and Lucio, who grew up in the Chicago area, met on a Stormtrack forum in 2006. Neal, recognizing his own neighborhood in Lucio's photos, jokingly asked him what he was doing on his "turf."

By late spring 2008, they were on their first chase as a pair, following a high-precipitation supercell—an "Earth-eating monster," as Neal describes it. This dark green, end-of-the-world storm didn't deter the men from driving right into it.

"Your body starts to tense up. You're nervous, you start to sweat—at the same time, you're excited," Neal recalls, his voice rising. "This is what you drove out here to see and document and try to understand."

Neal and Lucio's drive to have a tangible experience with storms morphed into a mission to share their experiences and observations. In February 2014, they created Illinois Stormchasers, a company that provides spotter services and aids public safety. Along with educating roughly 211,000 followers across their social media sites, they live-stream their adventures so the weather service can follow them in real time and put out better storm alerts.

"We do want to try and help them make warnings more accurate," Neal says. "That way they can actually see what is going on with the storm that they're just watching on a radar behind a desk. We can bridge that gap."

As Neal and Lucio's names were consistently tacked onto accurate storm reports, the offices of the local National Weather Service took notice, and a relationship was built. Neal says when the two have any on-the-ground

readings now, they "go right through to the warning room coordinator."

That trust has extended past the weather readings and into storm safety presentations at schools around the state, for which Neal and Lucio are provided supplies and informational literature by the local weather office to share with their audiences.

"We love tornadoes—any severe weather," Neal says. "But we have an obligation to keep others out of the storm as well.

And yet, it is not a living. These days, Neal chases storms four or five times a year. The rest of the time, he works as a utility supervisor and takes care of his baby. "I knew in the back of my mind I wasn't giving up storm chasing," he says. "I think I'm reaching that point now."

Dave Holder, 36, a morning meteorologist for KEZI 9 News in western Oregon, appreciates the contributions storm chasers make to his field. "You have to have storm chasers out in the field, especially in areas where the radar doesn't pick up all that's going on, or all of the information," says Holder.

At times, he notes, storm chasers provide the only information. "Last year, we ended up getting a few fairly significant tornadoes off the coast, and radar couldn't pick it up because we have a big radar hole here—we have mountains blocking the radar. The only reason we knew what was happening was because we had people on the ground who were giving us reports."

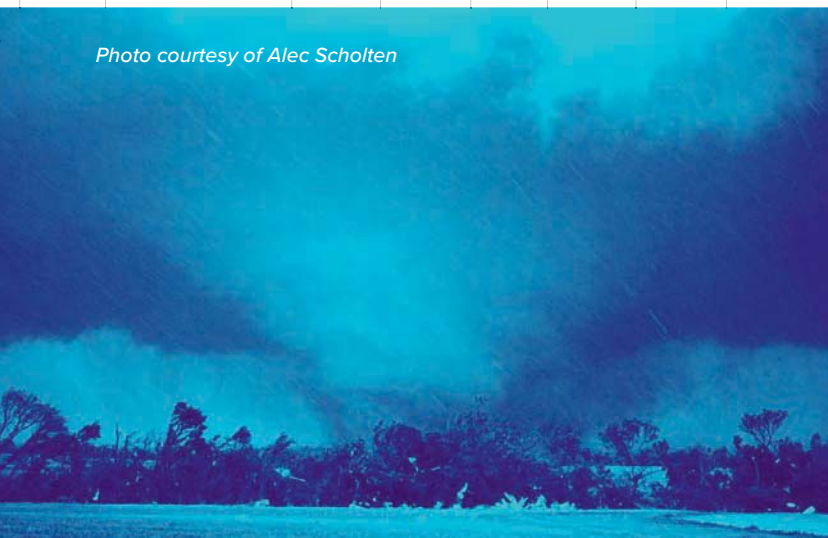
Strange Attractions

May 25 is typically a "big tornado day" for storm chasers because it falls in the middle of tornado season. That day in 2016 boasted one of Scholten and Hinnant's favorite chases. They were following a tornado with winds between 166 and 200 miles per hour that touched down in Kansas. Storms of this magnitude generally cause devastating property damage and create large debris that turns into flying missiles. But this one didn't.

"When you can just follow along a storm for over an hour and just watch it do its thing and it's not doing any damage, that's kind of an ideal chase day," Hinnant recalls.

"The tornado was on the ground for 90 minutes," Scholten says. "It didn't hurt anybody; it didn't hit any buildings. It was just a really awesome chase day for both of us personally."

Photo courtesy of Alec Scholten



Scholten and Hinnant have been passionate about weather since childhood. In kindergarten, when other kids were drawing pictures of smiling suns, Scholten drew tornadoes; Hinnant witnessed her first tornado in Maple Lake, Minnesota, at the age of five and was interested in storms after that. But neither considered a career related to weather. After college, Scholten took a job in the restaurant industry and Hinnant at a law firm, but indoor occupations weren't a good fit. "Normal lifestyle kind of pushes on you," Hinnant says.

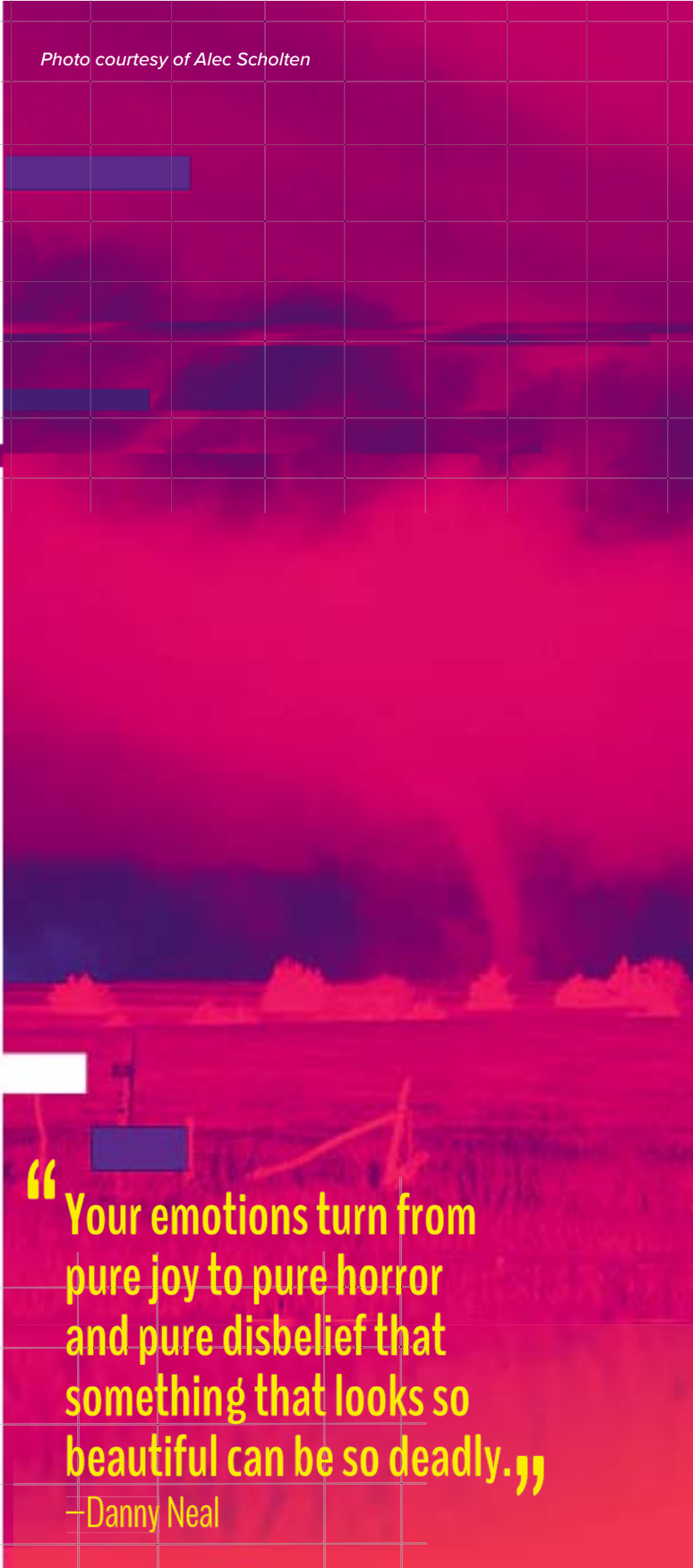
They met at their new job, working for a storm-chasing tour company in 2011. Hinnant recalls being smitten by the work. "I knew I'd have to give up the so-called 'real job' to do this, and I took awhile to think about it. My husband was the one that said, 'There's a million law firm jobs. They aren't going to call you one day and ask you to be a [tornado] tour guide.'"

In August 2014, Hinnant and Scholten launched their own commercial storm-chasing operation. Since then, the two have driven through muddy roads, high winds, heavy rain and hail, giving clients from across the country and around the world the experiences they seek. "I have also been a guest on tours, so I know exactly how they feel and the amount of money and time that goes into planning a storm-chase vacation," Hinnant says.

Hinnant works temporary jobs to fill in the gaps during the off-season and credits her husband's job with providing financial support between chases. "It's not always the most stable lifestyle," Hinnant says. "But I can't imagine doing anything else with my life at this time."

The experience continues to be humbling, Neal says. "You realize you're really just a tiny grain of sand next to one of these monsters." It's also awe-inspiring and occasionally terrifying. "I don't know how many times I've had to pick my jaw off the ground, and this happens every time a storm develops. Why is this happening? The opposite side of it is, is it heading for a town? Your emotions turn from pure joy to pure horror and pure disbelief that something that looks so beautiful can be so deadly." ❧❧❧

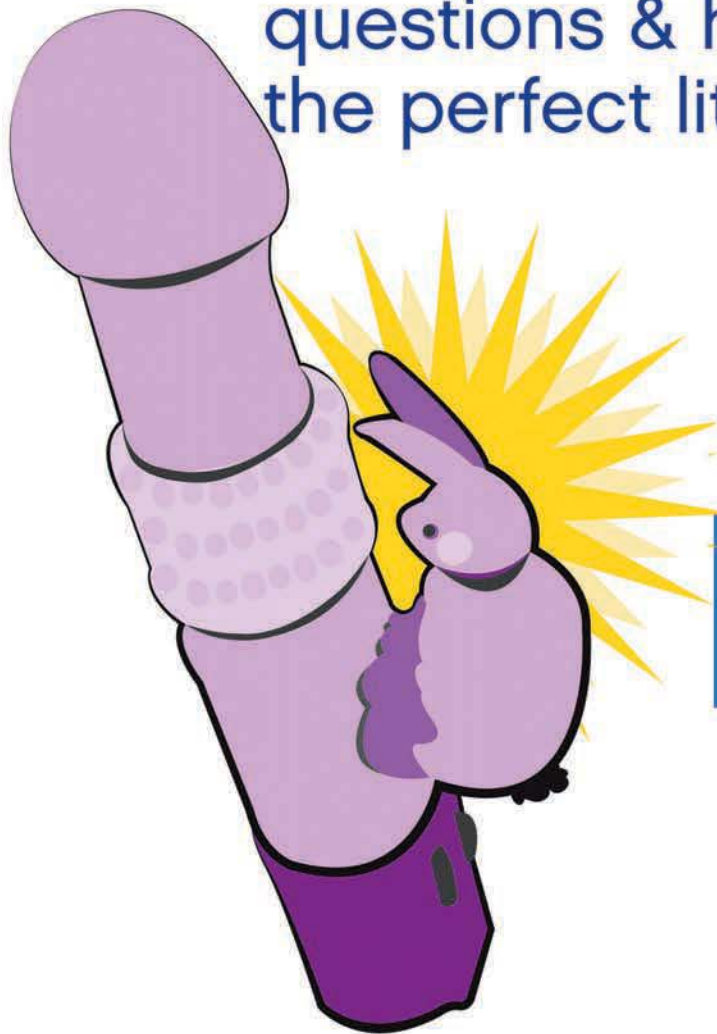
Photo courtesy of Alec Scholten



“Your emotions turn from pure joy to pure horror and pure disbelief that something that looks so beautiful can be so deadly.”

—Danny Neal

Early to Bed is Chicago's premier sex shop. We offer a hand-picked selection of all kinds of erotic devices and accessories. Come visit our friendly north side shop & we'll be happy to answer your questions & help you find the perfect little something.



**10% off with
student ID!**

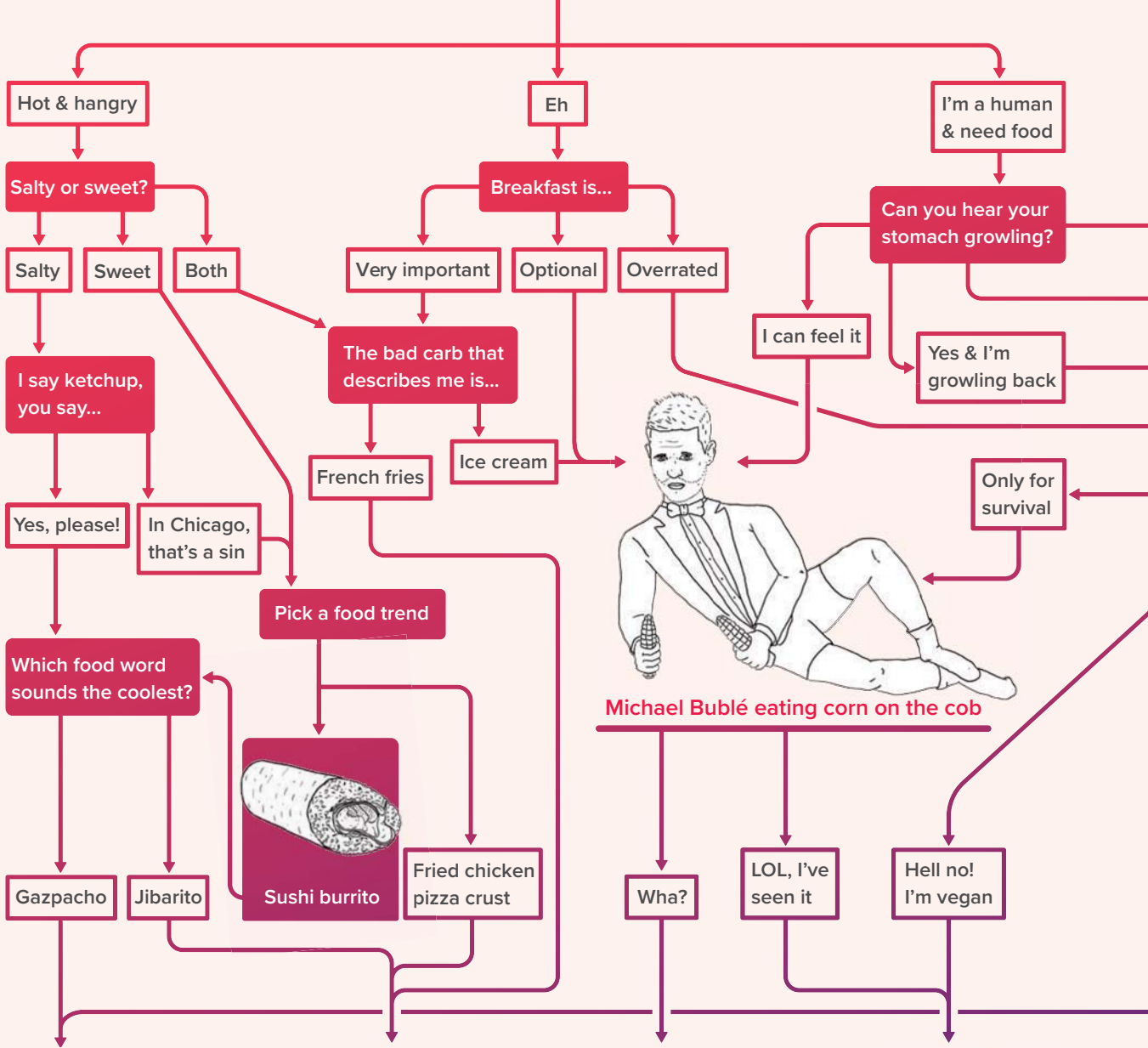
early to bed



**5044 N Clark St, 60640
early2bedshop.com**

WHAT SHOULD I EAT?

EMOTIONALLY How hungry are you?



Michael Bubl  eating corn on the cob



FRET-FREE FEMINISM

Forward-thinking feminists provide guidance for the rest of us

LAUREN TUSSEY

ILLUSTRATIONS BY MADELINE SCHULZ

If you're finding it tricky to hold your own best feminist practices, don't fret! We all slip up here and there. It is perfectly acceptable and forgivable to screw up and learn from it instead of keeping quiet for fear of misstepping.

To help, *Echo* sought out wisdom from professional feminists: Bustle app curator Caitlin McLean; THE BOSSY SHOW podcast hosts Carmen Rios and Jillian Gutowitz; and Women & Children First bookstore co-owner Sarah Hollenbeck.

Acknowledge Intersectionality

Know your privilege and everything that comes with it. It's important to recognize what happens when forms of discrimination combine, overlap and intersect. That's when we all need to come together to wave the big feminist flag. None of us can squeeze into a one-size-fits-all kind of feminism; our differences make us an amazing array of beauties.

"The big point of feminism is to think about other women," McLean says. "With intersectionality, realize that if you're a white woman, your experiences as a woman are going to be different from a Black woman or from a trans woman."

Embrace those feminists who are rallying around the cause, and welcome anyone new looking to join the party.

Redefine Dress

Onlookers have no authority in telling you how to look. Don't let others determine what is provocative, inappropriate or objectifying.

You're the one who can control the way you dress, the way you consume objectifying images, the relationships you have—and that's a dope feminist feeling.

Hollenbeck is mindful of keeping the ball in her court when it comes to her wardrobe choices. She'll choose form-fitting clothes and "provocative" pieces, and in doing so, she owns her sexuality, her body and how it is seen.

"Disabled women are often seen as non-sexual beings, and so the way I dress actually is very much tied to my feminist ethos because I am challenging that notion of how disabled bodies are seen," she says.

Listen and Ask Questions

Whenever someone speaks to their own experiences—especially feminists who face racial, religious or cultural discrimination—it is vital to listen and not immediately defend ourselves, our preconceived notions or our point of view. Hear them out!

"If a marginalized person is talking to you about something they experience, don't try to argue with them. Just shut up and listen," McLean says. "With any kind of activism, that's always the most important thing; sometimes you just need to shut the fuck up and listen to other people."

After listening, ask questions. Never assume that everyone's experience is similar to your own. Staying open and learning about more peoples' perspectives may even change your own.



Consciously Consume

From Taylor Swift lyrics that slut shame—“She’s an actress / But she’s better known for the things that she does on the mattress”—to advertisements perpetuating female objectification, we are surrounded by anti-feminist rhetoric. Practice being critical of everything you hear, see and take in every day. Doing so will help you realize and understand what it all means in the bigger feminism picture.

“Yes, maybe I am engaging in some problematic media,” Rios says. “At a certain point, it’s like, ‘Yes, I’m engaging in these problematic behaviors,’ but because I am not only aware of them and willing to call myself out ... I’m willing to do the work to actively fix the structures that created them.”

Nobody’s Born Woke

Being “woke” refers to being aware of the issues influencing the current state of the community and world around you. But it’s not easy to be woke all the time, and some people haven’t gotten there at all yet.

“Every woke person at some point in their life was, you know, asleep,” McLean says. “It takes time.”

Be patient with others and hold back the judgment. Now more than ever, people are hopping on the activism bandwagon. It doesn’t matter if you’re a newcomer or a veteran: learn from your mistakes, learn from those around you and engage with your fellow feminists.

It’s OK—No One’s Perfect!

What makes feminism possible, Rios says, how its “belief system can change people’s hearts [and] minds.” And those can change culture. “When we’re more focused on the ways in which our practice is superior to theirs or our belief system is superior to theirs, all we’re really doing is showing that we don’t actually believe that it’s possible for people to grow and change,” she says.

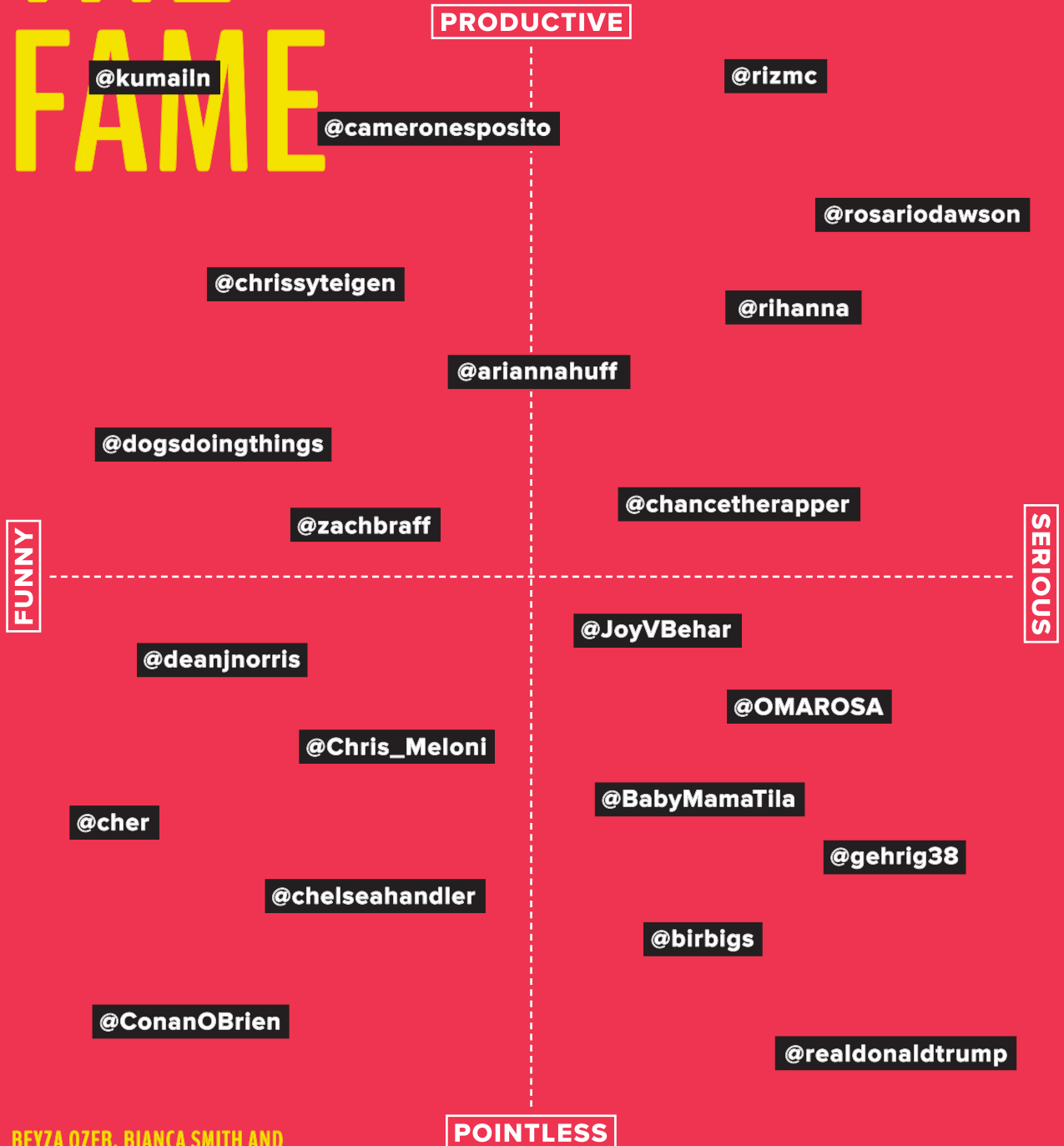
Striving for “ideal feminist practices” and a “perfect feminism”

silences the movement. A flawed feminist is a perfect feminist, according to Gutowitz. “Somebody who is learning from their mistakes and engaging with other feminists and intersectional feminists and learning from people around them is the best thing you can do as somebody who claims to be a feminist.”

Follow some cool feminists on social media and put on your thinking caps—let’s get to work. ❧❧❧

FANNING THE FAME

Heartthrobs, one-hit wonders and reality TV stars may not be the best people to go to for political advice and fixes, but they can be entertaining. Let us help you navigate the intricacies of this hashtag abyss.






We are here to help.

We offer complimentary
+ appointment-free
troubleshooting for all
of your devices.



Tech Center
Columbia College Chicago

 33. E Congress Parkway
entrance on Wabash
by the moose mural



techcentercolumbia.weebly.com



M-F 11:00am - 6:00pm



312.369.8622



techcenter@colum.edu

LEASE YOUR NEW APARTMENT TODAY

APARTMENT AMENITIES

City and Lake Views | In Unit Washer and Dryer*
Dishwasher* | Gas Stove/Oven | Microwave*
Air Conditioning | Granite Countertops*
Complimentary Basic Cable

*In Select Units

COMMUNITY AMENITIES

Fitness Center | Keyless Entry | Courtesy Patrol
Business Center | Digital Intercom | Hospitality Suite
On-site Management | 24 HR Emergency Maintenance
Pet Friendly | Package Room | Parking Available
Resident Lounge | Complimentary Coffee
Complimentary Storage



CONTACT US:

PRAIRIE SHORES APARTMENTS

PRAIRIESHORES.NET | 312.589.7700

PRAIRIESHORESLEASING@DKLIVINGAPTS.COM

2851 S. KING DRIVE | CHICAGO, IL 60616





CRANK UP YOUR VOLUME.

COLLEGE STUDENT DISCOUNT \$35

Available two hours before show time at the box office with college ID or in advance at 773.348.4000

Don't like living on the edge and buying last minute? We support you, planner. College student tickets are available for purchase by calling our main box office at 773.348.4000 - \$35 plus service fee.

Day of discount available at Briar Street Theatre Box Office. Subject to availability. Maximum 2 tickets per valid college ID. Cannot be combined with any other offer or discounts.

BRIAR STREET THEATRE | 3133 N HALSTED
BLUEMAN.COM/CHICAGO | 773.348.4000

 @BLUEMANCHICAGO



Sustain

Props, Bops & Do-wops
Trans in Trump's America
Fair Fashion
Transplant City
Midnight Monster

**The House Peace Built
Courting the Sandman
Words & Birds
Word!**

PROPS, BOPS AND DOO-WOPS

A JOURNEY THROUGH CHICAGO MUSIC HISTORY

BEYZA OZER AND LAUREN TUSSEY
ILLUSTRATION BY TREVOR DAVIES

Cramming Chicago's musical discography into a playlist is one way to consume the city's sprawling musical past. Every artist we listened to came from Chicago, and the genre variety did not run dry. We texted our reactions to each other as the music flowed. Listen to the full playlist on our website, echomagonline.com.



Follow more of our conversation and listen to the playlist at echomagonline.com.



NOW PLAYING

"Thnks fr the Mmrs"

BO

Pop punk music is so sexist lol

UGH

Because I'm home alone, I'm harmonizing with Pete

LT

lol it is!!! the girls are depicted as so weak and needy. it's more upsetting to my feminist self now lol

BO

But it's so CATCHY

CATCHY SEXISM

LT

NOW PLAYING

“Champion”
by Kanye West

For some reason it just skipped to kanye

BO

I've never really listened to him b4

“For some reason” aka someone’s punk-
o-meter is skyrocketing

LT

WHAT. im sorry. WHAT U LIVE IN CHICA-
GO. AND. HAVE NEVER. KANYED?!?!?!?

IM SORRY I love amber rose and he was
MEAN TO HER

BO

Fair enough. he has fucked up many
times. but he’s a Chicago classsssic

LT

NOW PLAYING

“You Shook Me”
by Willie Dixon

What’s next

Willie Dixon

You Shook Me

#alwaysshook

BO

Shook is the only way to be. can’t
imagine not being shook

LT

shooken? shaken? lol
HARMONICA. now this is really a lazy
Sunday song

Who knew Willie Dixon would create
American Teenage Dialect in the
year 1948

BO

shaken I think

Shaken not stirred

LT

NOW PLAYING

“Boogie Wonderland”
by Earth, Wind & Fire,
The Emotions

EW&F is equivalent to like 3 cups
of coffee

LT

Makes me wanna go clubbing at noon

those harmonies tho

BO

I would love some brunch spot in Chi-
cago to host an EW&F brunch. I’m sure
it’s a real thing that exists

LT

come get FUNKIFIED & BRUNCHIFIED

TRANS IN TRUMP'S AMERICA

How gender non-conforming people are faring now

BEYZA OZER

ILLUSTRATION BY MADELINE SCHULZ

This is happening: trans people are frantically changing their gender designation on official forms. They're moving up the dates on their top and bottom surgeries. They're getting a head start on hormone treatments that may become even more inaccessible.

Trans folks are preparing for the worst under the Trump administration. Yes, trans people have suffered plenty of persecution long before this presidency, but the fear is greater now since the election with the rise of hate groups and violence.

There's nothing new about anti-trans violence. According to the 2015 National Center for Transgender Equality survey, 54 percent of trans children in grades K through 12 experienced verbal harassment, and 24 percent were physically attacked. Thirteen percent were sexually assaulted, and 17 percent experienced such severe harassment that they had to leave their school. In addition, 30 percent of employed adults who were surveyed reported they were fired, denied promotion or otherwise mistreated because of their gender identity or gender expression. And in its 2014 report, the National Coalition of Anti-Violence Programs documented a 32 percent drop in violence against LGBT people, but a 13 percent increase in crimes against trans people. This is true despite the fact that many crimes go unreported.

So it's safe to say that hatred and discrimination directed at trans and gender non-conforming people are commonplace. But under the Trump administration, the overall rise in hate crimes is especially threatening to trans people, who are justifiably fearful of the unknown.

"It's a form of resistance to be happy right now," says V Chaudhry, 25, a trans masculine, gender non-conforming person pursuing a Ph.D. in anthropology at Northwestern University. Their research is on negotiations for funding trans advocacy and social services.

For Chaudhry, the topic is personal as well as professional. "I'm trying to figure out top surgery stuff, trying to find a surgeon, and take care of insurance, which is scary real," Chaudhry admits. "My move to make it all happen was due to a lot of the sense of urgency of this moment right now." After years of considering it, Chaudhry now feels a need to act. "If stuff changes in the next year," they say, "at least I took care of something I really wanted."

This is a time of great contradictions. Trans people are more visible than ever, but violence against them has increased. The 2014 report from the NCAVP reports a "striking increase in ultra-violent bias motivated crimes," including attempted murders, physical violence, bullying, stalking and police violence.

H. Melt, 26, a queer, gender non-conforming poet, wears bright bowties and matching suspenders. You can hear them approaching by the way their keys jingle on their belt loops. They say they have experienced more violence and harassment since the lead-up to the election. But at the same time, they have found friends and colleagues to be more sensitive, understanding and caring.

"For example, my boss let me go home after being sexually assaulted on my way to work. When someone tried to run me over with a car and yelled 'faggot,' my boss at another job let me take an extended break and offered to let me off for the day," they say. If there's a silver

lining to Trump's election, H. Melt says it's the way it reveals the hatred directed at trans people that some people feel comfortable showing. "I feel that this is a time where people in positions of power and privilege are starting to see the real effects of being a marginalized person in this country," they say.

Logan Pierce, 23, fumbles with his glasses and smiles. Choosing his words carefully, he acknowledges his privileges: he passes as a white, cisgender male. He notes the scarcity of safe spaces, particularly for people under the age of 21. This leaves younger trans people without a sense of belonging.

Pierce works in health services and his face lights up when he talks about getting into the volunteer program at Ann & Robert H. Lurie Children's Hospital of Chicago. He explains that this is a time in his life and in history where it's vital to be able to look forward to something good and productive.

"I'm really excited about that [work] and just playing with kids," he says. "When I'm giving that way, it makes me feel really good, but so does not doing anything. Like, watching *This Is Us* helps me cope. Sitting in the dark. Taking a long bath. Just laughing about something."

'Trans communities are
always in flux and
under attack.'

—H. MELT

He wants to use the privileges he has to better the lives of others, not just now, but indefinitely. This directly relates to his trans identity. "Cis people can help the community by taking a seat," he says.

"If you ever feel like you're in a situation where it seems like someone knows what they're talking about, stop talking. Listen," he adds. "Especially if they identify as such. Just read. We all started somewhere. Queer history and vocabulary weren't really household items. You figure it out on your own. We all started somewhere; mine was *The L Word*."

Eva Azenaro Acero, 20, a nonbinary illustration major at Columbia College Chicago with perfectly painted eye makeup and brightly colored socks, agrees. "From an already oppressed perspective, in the face of Trump, you kind of realize how little regard a lot of people have for you," they explain. "It's kind of hard to band together because you don't even know who you're supposed to trust anymore."

"It doesn't really matter who is in the white house, when it comes down to oppressed people — we're still going to remain oppressed." — KOKUMO

This confusion over knowing where to fit in or belong can be jarring, but Azenaro Acero reminds folks to breathe. It is a difficult practice to keep up while constantly under attack, but taking care of oneself is key in the face of adversity.

"Sit down for a minute and take a breath. I'm only now doing it," Azenaro Acero says. "It's hard to keep track of everything that's happening, but just sit down for like 20 minutes. You can still change the whole world, but you just need 20 minutes to sit down."

There are some places, organizations and groups in Chicago that are trying to fill the void of safe spaces. These include Women & Children First bookstore; IntraSpectrum counseling, Chicago's LGBTQIA+ counseling center; and TransTech Social Enterprises, which provides job training and networking.

But for some trans people, even formerly supportive places no longer feel like a good fit. Kay Ulanday Barrett, 34, a gender non-conforming, disabled, Pilipinx trans person, grew up with some of Chicago's more accepting institutions, like the performance collective Mango Tribe, and the alternative Dr. Pedro Albizu Campos High School. They helped organize the Chicago Dyke March in 2002 and worked as a teaching artist and facilitator at The Guild Complex and Young Chicago Authors. They got health services from the highly regarded Chicago Women's Health Center, which offers trans people a sliding financial scale.

"Chicago has been my political development," Barrett says. But today, they don't feel comfortable in the city; instead, they now reside in New Jersey. "Understand that Chicago is basically a wonderful ex whom you have nothing but respect for. I had to grow up there to be who I am today. Could I live there now? No. Its brutal cold alone is a deterrent. I can't do no minus 15 degrees any longer."

They joke, but being trans in Chicago has its ups and downs. The city is a seemingly progressive place to be with some of the oldest gay neighborhoods, such as Boystown and Andersonville. These areas, though, are not always inclusive of those who are not white and cisgender, or who have physical ability privileges.

"I think the issues of urgency aren't having chronic illness or being sick or needs for medical support. What I'm concerned with is a reframing of how medical systems and larger institutions treat and systematically oppress people with disabilities as well as sick people, which is an amplified need for trans and GNC people of color," Barrett says.

Transphobia in the streets of Chicago can be found as easily a pot-hole or a Divvy bike. The city's seemingly progressive attitude shadows everyday issues that affect trans and gender non-conforming people, but that doesn't make the issues disappear.

In other words, trans people don't see the current administration as a sudden change for the worse because things were never that good in the first place. KOKUMO, 28, a Black trans poet, musician and activist, says the real issue is the capitalist system. "Until capitalism as a whole is replaced within our government, nothing is going to change," she says. "White supremacy, capitalism, ablesim is always the trope of the day. It doesn't really matter who is in the White House. When it comes down to oppressed people, we're still going to remain oppressed."

Along with whoever is in the White House, those on the streets such as police have a hand in the unjust treatment of trans folks and people of color.

The 2015 U.S. Transgender Survey (USTS) found that, of 28,000 people, more than half who had interactions with police were harassed or assaulted. As a result, 57 percent said they are not comfortable turning to police for help when they need it.

When hope feels lost and nothing seems to be going in the general direction of progress, trans people turn to things they are able to enjoy. For Chaudhry, it's their spritely, adorable dog Cinnamon. For Pierce, the show *This Is Us* allows him to lounge around and worry about what's going on in the overly dramatic lives of Kate or Randall or Jack instead of himself or the people he knows.

Azenaro Acero uses art and illustration to paint their world a new shade of brightness when everything feels dark. Barrett says, "Everytime I meet another trans femme boi of color or a person who grew up in a migrant family or a brown person who finds answers from poetry, somehow those serve as buoys during this rough tide."

For KOKUMO, it's Harold's Chicken.

H. Melt takes the long view: "Trans communities are always in flux and under attack," they say. "I hope that this moment will allow trans people to join broader movements for social change or to be heard more in those they are already involved in, like immigration, prison abolition, and the Black Lives Matter movement," they say. "On a personal level, I hope that trans people hold each other close and advocate for each other more."

So many factors in our current society result in trans lives not mattering enough. Inequality and violence toward trans folks happened long before Trump, and will continue until true reform is made to protect trans people. It might seem impossible, but focusing on hopefulness and gaining the energy to organize, protest and fight is essential, especially for cisgender people.

It's time for cisgender people to be real allies: taking a seat, opening their ears, and making sure their privilege is used for good. Remember, trans people have always been here. Trans people will never disappear. Trans people will live and thrive despite the odds. >>>

LOCAL SUPPORTIVE ORGANIZATIONS

Chicago Women's Health Center

Chicago Women's Health Center provides access to health care and health education. Women and trans people pay what they can afford.

IntraSpectrum

IntraSpectrum is an affirming therapeutic environment that supports the development of relationships between the LGBTQIA population and their therapists.

Transformative Justice Law Project

Made up of radical activists, social workers, and organizers, TJLP provides support, advocacy, and free, holistic advocacy and criminal legal services to poor and street-based transgender people in Illinois.

I2I

Invisible to Invincible ("I2I") is a community-based organization that celebrates and affirms Asians and Pacific Islanders who identify as LGBTQIA in the Chicago area.

Chicago Desi Youth Rising

Chicago Desi Youth Rising (CDYR) seeks to empower Chicago youth to combat racial, economic and social inequity.

Planned Parenthood

Planned Parenthood provides health care, including reproductive and body care for women and trans people.



10% OFF

for **Students**
& **Teachers**
with ID

Open 7 Days a Week

Mon-Fri 9am - 8pm

Sat 10am - 7pm

Sun 11am - 6pm

828 S Wabash Ave. Chicago, IL 60605

312.583.9990

Connect with us!



www.artistcraftsman.com