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THE CHRONICLE

STUDENT NEWS MAGAZINE



ISSUE ONE

THE CHRONICLE

The North Central College Chronicle is published once a semester by students of North Central College as a forum for providing news, opinion and information of interest to the campus and the greater community.

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Artwork by Daniela Sormova

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Letter from the Editors

SEX!

Okay, now that we have your attention...

What is love?

It's not just the title of Haddaway's popular song from the 90s, but it's a question we discuss in this issue, and it's one we've continuously asked ourselves. In just the past decade our society and our legal system have become more accepting of other forms of love than that between a man and woman. Yet, there's still an uphill battle. But where else must we be accepting? We've embraced other sexualities, however, do we still keep the conversation of sex behind closed doors and even out of our classrooms?

The #MeToo movement has empowered women to speak out again sexual harassment and abuse but yet we still vilify women that are seen as promiscuous and label them as 'sluts'. And decades after Roe V. Wade protected a woman's right to an abortion, we have seen various state laws challenge that right and pending Supreme Court cases that may reverse decades of legal precedent.

The ideas of love, sex and interpersonal connections are covered on every single page. There's the idea of balance in relationships, especially for those who compete in sports. The idea of compatibility with zodiac signs or how good (or often bad) a first date goes with someone. High school sweethearts, meanwhile, hold out hope that their "happy ending" will someday happen.

The perception of sex is challenged in this issue. There's the fact that sex LITERALLY sells, for example, with platforms such as OnlyFans. On the other hand, we explore how the stigma of sex and the lack of proper sex education can impact large masses of people.

Relationships. Sex. Couples. Is this all love is? What about loving yourself, even during a global pandemic? We explore these ideas and more, giving our perspectives on love, relationships and sex.

So sit back, find someone you love, get cozy and enjoy The Chronicle's latest print issue.

Adrian Martinez

Samuel Stevenson

Co-Editors-in-Chief





IN THE ISSUE

FALL 2021

THE S WORD: How we as a society became afraid of sex	6
Pro athlete coming out: Carl Nassib	9
Who do you owe to come out or not?	10
Balancing a relationship and your sport	12
Loving yourself during a pandemic	14
Pro athlete coming out: Levi Davis	17
Sex ed in Illinois	18
Faces of NCC: What is your dream date?	20
OnlyFans	22
Listen and learn about sex	26
High school sweethearts: Worth it or not?	29
Pro athlete coming out: Megan Rapinoe	30
Is love stronger than infidelity?	31
The Chronicle after a breakup	35
The zodiac signs: How compatible are you?	36
The worst date	40
My body, my choice	42





THE S WORD: How we as a society became afraid of sex

Lileann Edwards – Staff Writer
Graphic by Daniela Sormova

Sex: one of the most unequivocal natural processes. In fact, nearly every human on Earth is here because of this act. Yet, despite its commonality, the topic of sex carries a massive stigma alongside it. It is pushed out of our everyday conversation and normally saved for one big discussion, creatively referred to as “The Talk.” Maybe you were told about a magic stork that delivered babies to doorsteps, the strange metaphor of the birds and the bees, or perhaps you were given the lecture about “when mommies and daddies love one another very much....” You might have even learned through word of mouth because your inquiries were never acknowledged in the first place. Regardless of how nonsensical (or nonexistent) your first sex talk was, many people were offered sexual education in school. Yet, even still, that process seemingly creates more questions rather than answers.

A poll of 100 NCC students was conducted to find out more. It found that a staggering 57% considered the value of their middle school or high school sex education to be less than average, and another 6% did not receive any sort of sex education at all. Out of the ones who did receive it, approximately 78% of respondents were exclusively taught abstinence or completely refraining from sexual interaction as a form of birth control.

Although these statistics are enough to make one think about their own experiences with sex education, why does it matter? After all, everybody learns about the ins and outs of sex at some point, so why should anyone care about what is taught early on? As it turns out, lack of information and understanding of a topic is the recipe for stigma, and just like any stigma, it can be extremely detrimental to those it regards.

People of all walks of life are shamed because of sex. 47% of polled NCC students

reported being socially criticized for being sexually active at some point in their lives, and the reality becomes even more upsetting when this is broken down into categories. Women, members of the LGBTQ+ community, and religiously affiliated people are all disproportionately criticized and shunned on the topic of sex. If our society continues to push this conversation away, the ramifications will only continue.

Women

It may be no surprise that women are more likely to be criticized for sexual activity than their male counterparts. Many fail to realize that women do not have to be sexually active to be labeled as immoral. These stigmatizations against women are so familiar. They have been given their term: slut-shamed. In response to the NCC poll, some women chose to share their personal experiences with slut-shaming. Many reported being called derogatory names, losing friends and partners, and were subject to misleading rumors. Sadly, some even disclosed being harassed because of what they chose to do in their private lives. One woman, who will remain anonymous, shared an extremely personal experience in which she was brutally slut-shamed to the point where she admits it defined the rest of her high school experience. It is clear to see how women are unfairly judged regarding their sex lives and how the stigma can be harmful to them in particular.

Religiously Affiliated

One crowd that is often overlooked when talking about sexual stigma is the religiously affiliated. Many religions preach the idea of purity or abstaining from sex before marriage. While it is entirely respectable to believe in and practice refraining from pre-marital sex, the NCC poll showed a common theme of

judgment regarding the sexually active that labeled themselves as religious or spiritual. One respondee shared that they were accused of being a bad Christian because of their personal choice to have sex and were scolded for “giving into flesh.” Another disclosed that they were characterized as not being a “real” Christian. While everyone is entitled to their own beliefs on this matter, it should be noted that those who choose to engage in sex should still be treated with dignity and respect. Shunning those who are religious and sexually active will only create more taboo around the subject but will also close doors to future conversations.

LGBTQ+

Another group of people that are unfairly sexually denounced is those who identify within the LGBTQ+ community. Out of the 100 students polled, 35 labeled themselves LGBTQ+. When prompted to answer the question, “Were you provided with proper LGBTQ+ sex education (in high school or middle school)?” 100% responded no. Not a single respondent was given appropriate teaching corresponding with their sexuality. Alarmed? You should be. The Washington Post reported that, in 2020, 1 in 6 college-aged adults (ages 18-23) identified as LGBTQ+. This would conclude that nearly 17% of college students never received education on how to have safe sex. The poll responses by LGBTQ+ students paint a depressing picture as well. Some reported being told that they should not be sexually active if it is unable to result in children or even being outed to their friends and family by their hookup. One person who identified as transgender described being put through their sex education courses with their gender assigned at birth and found none of the material useful or relevant. They go on to recount the many times they have been asked about how “trans sex” works and how dehumanizing it is to be asked such an inconsiderate question. Our world is evolving to become more and more inclusive for everyone, no matter their gender or sexual orientation. Without our sexual education progressing with the rest of society, the stigmas around LGBTQ+ sex will remain prevalent.

No matter what your view is on sex, most find it hard to dispute that it carries alongside it a massive stigma, especially for certain

groups of people. It is hard to say exactly how such a universal and natural act became so taboo, but one can only assume that the lack of proper education and casual discussion about sex is a major factor. The stigmatization of sex can be deeply harmful to people, even going as far as ruining reputations and whole sections of one’s life. It is up to the NCC community to advocate for the end of sexual stigma by providing a sex-positive environment for people from all walks of life. This can only happen by promoting proper sexual education for everyone and being more open to conversations on the topic. After all, sex is one of the most unequivocal natural processes; it’s about time that society learns to embrace that.

PRO ATHLETE COMING OUT: CARL NASSIB

SPORT: Football (NFL)

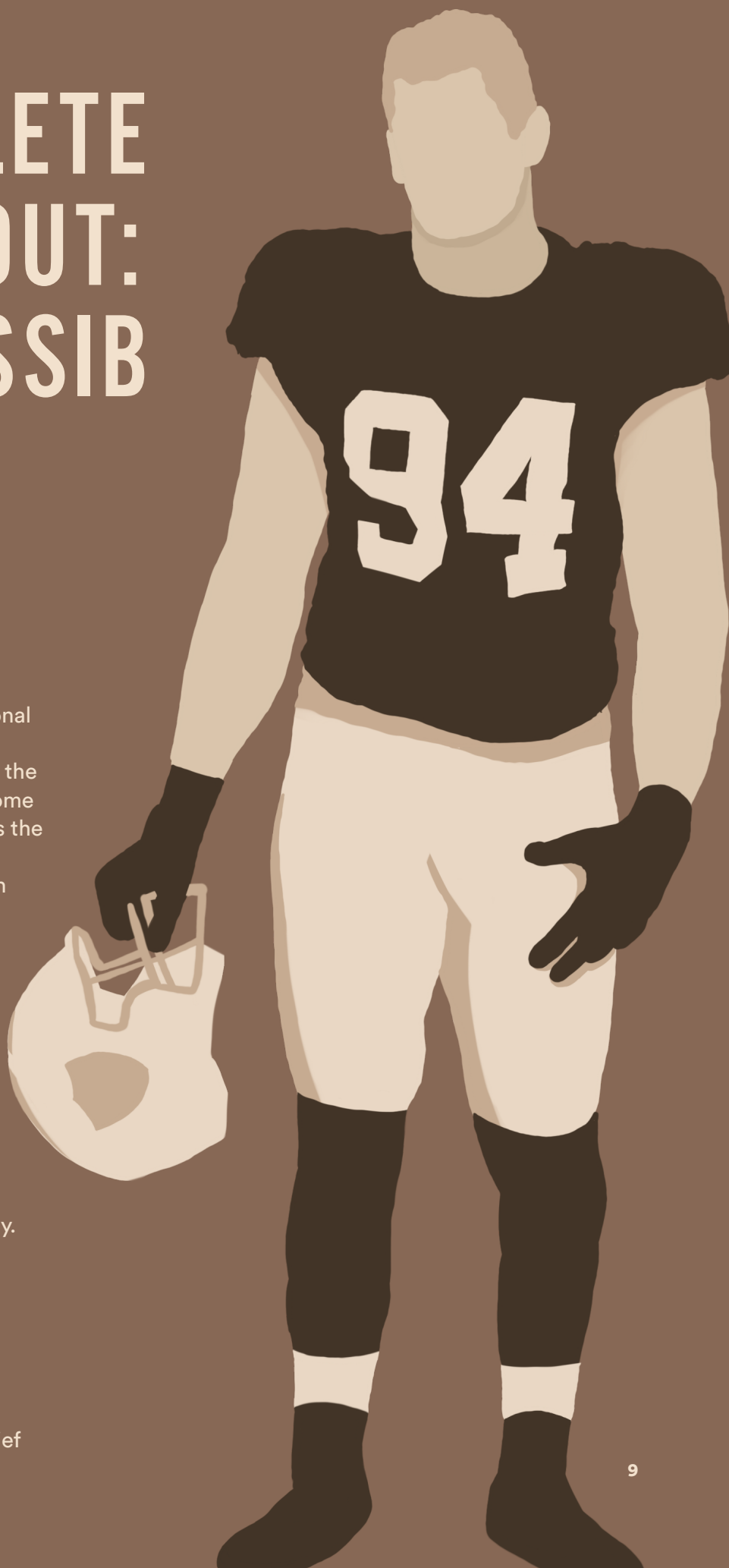
TEAM: Las Vegas Raiders

POSITION: Defensive End

PRONOUNS: He/Him

SEXUALITY: Gay

Nassib is a defensive end in the National Football League (NFL) who currently plays for the Las Vegas Raiders. He is the second NFL player to ever actively come out, second to Michael Sam, but he is the first to play in a regular season game. He made his announcement public on June 15, 2021. Nassib said how he kept his sexuality to himself for 15 years of his life. He received a flurry of support from the football community online, and his jersey became the #1 purchased NFL jersey according to Fanatics. His commitment to the LGBTQ+ community included \$100,000 to the Trevor Project, a crisis intervention group for young people within the LGBTQ+ community.



Samuel Stevenson – Co-Editor-in-Chief
Illustration by Vincent Mayer



WHO DO YOU OWE TO COME OUT OR NOT?

Nicole Mendez-Villarrubia – Vision/Arts & Lifestyle Editor
Graphic by Daniela Sormova

Nowadays, coming out is celebrated as a rite of passage for many young queer people. The internet is full of how-to articles and celebration ideas, ranging from rainbow pride cakes, witty song lyrics, social media posts and videos. But how much of this is for others instead of ourselves? Who do we owe a coming out to?

The answer is no one, according to OUTreach publicist Sophia Hiatt '24, "I think coming out is such a personal choice... you shouldn't feel obligated until you're comfortable." She says it's a privilege for others to get to know such an important part of yourself. Additionally, not everyone has a supportive family or group of peers they can count on.

Answering that question for herself differs. For Hiatt, a religious studies major, it has been vital to come out. She said, "I'm a queer woman who wants to be a pastor one day, and that's a whole tangled mess to be Christian and queer. What I want to do is show that (it) isn't a contradiction. I almost feel a little bit obligated always to be out to everyone because I would hope that in some way that could bring justice to queer people in the church."

Coming out was also significant to emphasize her identity as a bisexual woman, as it's not visible at first glance due to her being in a relationship with a man. Hiatt remarked that it's important for others to perceive her in the same way she does herself.

"The most important part of coming out is coming out to yourself... You can't have important conversations about who you are until you're comfortable with yourself," said Hiatt. Growing her confidence involved going to therapy. There was now someone to explore that aspect of her life with, who was only there to help.

Hiatt acknowledged the privilege of knowing her family would support her identity. She said what also helped was "getting to hear other people's stories and feeling like it's something I could own instead of (something) that was happening to me. I'm very grateful to the people who made YouTube videos about being bi."

On the flip side, choosing not to come out isn't being dishonest or inauthentic. It's your life and your choice. All the love you need is within; you deserve to give it to yourself.

Depending on your circumstances, it can be scary or even dangerous to be out to others, so it's essential to know your safety comes first.

Research by The Trevor Project, which is a crisis intervention group for young people within the LGBTQ+ community, shows that transgender youth, in particular, have significantly higher rates of suicide and depression. Almost one-third of the members of their study said they were victims of sexual violence. The Human Rights Campaign also reports that Black and Latinx transgender women face the highest rates of fatal violence.

To a certain extent, coming out has been glamorized online. Social media offers a safe space to embrace your identity, especially if you can't do it in-person, but it also comes with its pressures. LGBTQ+ people are in the public eye, and many assume that there's a right way to come out. Of course, it's a significant declaration, but it's not a momentous occasion for everyone, and that's okay. Coming out also isn't just a one-and-done thing; for many queer people, it's a lifelong process in a society where straight is assumed as the default.

"I think the more out and proud people we can have, the better, just because that will force society to reckon with us," said Hiatt. Still, it's not something you owe to anyone, and society hasn't reached a point where queer people are unanimously embraced.

Groups like OUTreach and Cardinal Safe Zone are working to create a welcoming community on NCC's campus. OUTreach organizes various events throughout the school year, ranging from game nights to discussions and a National Coming Out Day celebration. Cardinal Safe Zone also offers a comprehensive ally training workshop for those interested in making a change.

Balancing a relationship and your sport

Sam Corbett – Sports Editor
Illustration by Vincent Mayer

Every athlete knows that their schedule is built around their sport. From classes to practice, from games to lifting, and from homework to eating right, your entire day-to-day schedule is planned out. While it can be overwhelming at times, it is also crucial to have a healthy social life. Your teammates outside of your sport are a good source of close friendships, but sometimes a significant other is desired.

Dating requires a lot of work, and it can be tough to find time to have a successful athletic career along with a successful relationship. It takes time and effort from both partners of a couple, and it can become stressful at times. However, open communication is key, just like when you're on the field, track, mat, pool or court. Communicating, time management and compromising are all integral parts to make your relationship feel whole.

Communication can manifest itself in many different ways in a relationship. If you and your partner can figure out when there is mutual free time to spend together, it makes your relationship that much easier. Even if you both attend the same school, a relationship can feel long-distance if face-to-face interaction is barely occurring. Communicating about why your sport is so important to you can also help grow your relationship; your partner should admire your desire and your love for the sport you play, as well as the work ethic you display.

“Both my sport and my relationship mean very much to me, but I know I can't let one

overpower the other,” said “CC” Carvajal '24. “There are times when one will matter more, like when I know I need to sleep enough for a game the next day and can't see her, but I always do my best to keep the two separated but equally important.”

Sometimes, talking about your sport (i.e., explaining what offensive pass interference is to your partner who doesn't understand football) is an easy way to have relaxed conversations.

“We are both involved with sports on campus, so we're busy most of the time, but it gives each of us similar interests and things that we can easily relate to when we talk,” said Nolan Shannon '24.

Time management can be somewhat easy as an athlete. Practice is at noon, team lifting is at four o'clock and you have to get this essay done by midnight. It can be hard to fit seeing your significant other in with a schedule that is planned hour-by-hour each day. Most athletes find it easy to do these things with their teammates because of the similar schedules, but your partner might feel slighted if they see you with your teammates all the time. This goes back to working on communication. If you and your partner are both free after a class, try to find time to grab food, study or go on a walk, among other ideas.

“It's tough at times, but sometimes I'll just try to spend time with her while doing homework,” said Brad Novak '23. “It doesn't seem like much, but at least we can say we're making an effort trying to see each other.”



Athletes rarely have time to procrastinate things in their lives -they go from deadline to deadline. If you know you and your partner are both free Sunday night after your game, don't blow them off by cramming last-minute homework into that time slot. Set aside time to get each task done, so you can have some time to your schedule to see the person that matters so much to you.

While it may be tough to own up to your imperfections, it is crucial to realize that meeting each other halfway is the best step forward. Compromising, regardless of whether or not you are an athlete, shows that the relationship is not all about personal gain – rather growth as a couple. It may be true that, as an athlete, you are skipping out on a party to prepare for tomorrow's game. However, a compromise with your significant other is a mixture of time management and communication.

Explaining how you are busy and need to rest for an in-conference game tomorrow morning, but would love to get dinner after the match, shows your partner that you are putting forth proper effort to see them. At the same time, if your partner won't respect a happy medium, then it may be best to talk in-person about what they want or move on and end the relationship.

At the end of the day, every student-athlete is a lot more than just their schoolwork and their sport. A healthy social life should also be a priority, and a relationship shouldn't be shot down because someone is "too busy." If you can demonstrate solid effort for all the parts – communication, time management and compromising – then you can have a relationship that feels whole.



Loving yourself during a pandemic

OPINION

Samuel Stevenson – Co-Editor-in-Chief
Illustration by Allyson Randa

What is self-love?

According to a simple Google search, self-love is the regard for one's well-being and happiness. The idea of being able to look at oneself and not downplay the person reflecting off the mirror is something many people struggle with.

The COVID-19 pandemic forced us indoors for what felt like an eternity. While I kept myself occupied with hours of video games, freelance writing, and failed attempts at cooking, the time still felt like an eternity. It was a never-ending loop of sleeping in late, mindlessly scrolling through Twitter, and trying to watch something that wasn't Tiger King. The same day on repeat, over and over. In short, my mind tended to wander quite a bit, especially at night.

Thoughts would drift into my head: am I doing enough to reach my goals? Am I using a global pandemic as an excuse to hide my insecurities? Am I happy with who I am right now?

Self-doubt is an absolute silent killer. It plays dirty tricks on you by going after things you're anxious about or afraid of. The self-

reflection during the lockdown made me realize that I wasn't happy with who I was. It also presented me with the time to change the persona I held of myself. The journey led me to an understanding of how to love yourself during a pandemic.

I started with the physical side of things: was I confident in how I looked? Working out had never been something I entertained, so I used the free time I had on my hands to exercise. Running on a treadmill and at-home workouts soon led to a gym membership once they reopened. I saw improvements in both my diet and my physique, but the results still didn't bring me to the point of recognizing self-love.

The next step was to evaluate my relationships. How was I around my friends, my siblings, my girlfriend, or my parents?

The family side of things wasn't perfect. Quarantine forced us all inside, which made things get contentious. It was tough to be in a small space with nowhere to go. We found that activities such as playing board games or pairing up to cook dinner created new branches in the trees we call family relationships. It was certainly good sibling bonding time.

Keeping up with people outside my family involved a heavy load of technology. I found myself longing for Facetime calls or sitting in my basement wasting away a day on my Playstation with fellow gamers. The games and calls allowed me to work on connecting with people on a more interpersonal level.

Yet, I still felt like there was more to explore. Keeping myself preoccupied and being as involved with others as possible didn't mean I loved myself. I often believed that self-love was selfish, a narcissistic behavior. In my mind, caring for others and devoting myself to them was what filled the void I considered love. I never really took a look at how I needed to love myself. Did I love myself?

Often, I mix my expectations, dreams, and passions with love. I took the time earned from quarantine to write, create content, and learn new things. In my mind, that was self-love: in some sense, I think it was. Pursuing what we care about can make us happy and improve our well-being. Yet, I was still missing an aspect of it.

When you begin to examine yourself internally, you have to first ignore what you consider flaws. You have to also avoid the fears instilled in your head. One technique I learned is to write a daily journal. In this journal, write down the good deeds you did, or the good things that happened, or the things you were grateful for. Even something as simple as "I got to sleep for eight hours." I began to realize how we often overlook so many little things; a small task for my mom shows her my willingness to help her, and her gratitude leads me to her appreciation.

You must also be willing to accept these good feelings. Do not be ashamed of feeling good about what you do or have done. Quarantine allowed me to really sit back and reflect on that feeling of wellness. I don't think I would've been able to appreciate it sooner with the craziness of the world before everything came to a stop.

A lot of people needed to love themselves during quarantine. Many couples moved in together and learned their love wasn't real. Many couples couldn't handle the time apart. So often we push all our attention into one person, and that alone is our definition of love. The pandemic taught me to never invalidate my emotions, speak openly, and remind myself that I can also love myself.

Let's hope there isn't another lockdown anytime soon, and let's also hope that it won't take a virus to help others realize they are people who deserve to bask in the fountain of their own love.

PRO ATHLETE COMING OUT: LEVI DAVIS

SPORT: Rugby (RFU Championship)

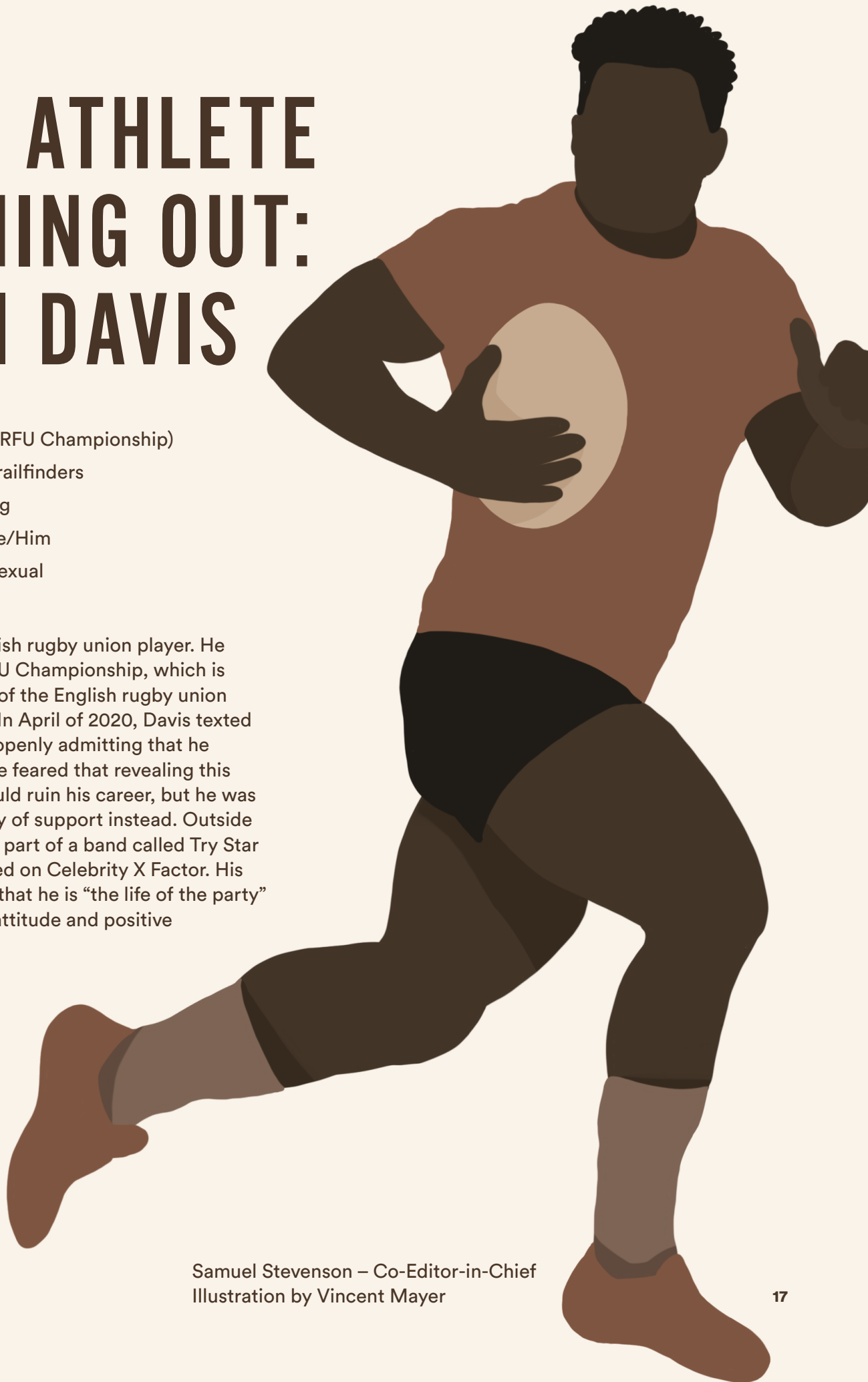
TEAM: Ealing Trailfinders

POSITION: Wing

PRONOUNS: He/Him

SEXUALITY: Bisexual

Davis is an English rugby union player. He plays for the RFU Championship, which is the second tier of the English rugby union league system. In April of 2020, Davis texted his teammates openly admitting that he was bisexual. He feared that revealing this information would ruin his career, but he was met with a flurry of support instead. Outside of rugby, he is a part of a band called Try Star that was featured on *Celebrity X Factor*. His teammates say that he is “the life of the party” with his bright attitude and positive outlook on life.



Samuel Stevenson – Co-Editor-in-Chief
Illustration by Vincent Mayer



SEX ED IN ILLINOIS

Adrian Martinez – Co-Editor-in-Chief
Illustration by Allyson Randa

The “birds and the bees” talk. A conversation most parents try to avoid with their children. If many parents do not teach their kids about it, where do they learn?

For Anderson ‘24 he learned while figuring out what he liked to look at online, “I looked up naked women.” he said, “I discovered porn through that.”

According to the Guttmacher Institute, school-age children in Illinois and 19 other states may not have received sex education because it is not mandated. Even in states and school districts that do teach it, parents are able to opt their children out of those lessons in 37 states, including Illinois.

Save it for marriage

For those who got the lesson about ‘doing the deed’ in the classroom, their instructors probably stressed abstinence of sex until marriage. Reasonable, right? If it is stressed that sex should be put off until one is ready to have children, then they’ll hold off on having sex, correct? Various academic studies show this has little effect and that adolescents who received comprehensive sex education had a lower risk of pregnancy than those who received abstinence-only education.

Comprehensive sexuality education has been defined by its advocates as education that provides accurate information on reproductive health, contraception and sexually transmitted infections including HIV. It also seeks to inform on gender, diversity and healthy relationships.

New standards

In August of 2021, Governor J.B Pritzker signed Senate Bill 818 and House Bill 24. The former directs the Illinois State Board of Education to develop a curriculum for K-12 schools based on the National Sex Education Standards. These standards cover topics including consent and healthy relationships, gender identity, sexual orientation and sexual health. The latter requires sex education

courses to include age-appropriate discussion on sexting. Neither of these laws mandate that school districts teach sex education and parents can still opt their children out of these courses.

The new standards have received push back from parents and conservative lawmakers such as state representative Tony McCombie, “We want kids to know the difference of good touch (and) bad touch, bullying, health and safety precautions. (We) also agree about learning consent.” McCombie said on WTTW in August. “This curriculum will be designed on the National Sex Education Standards, and that’s where I have an issue...The agree appropriate (argument) is also pretty sketchy because it doesn’t define it. So what one feels is appropriate for a K through 3 (student), another might not.”

Nora Gelperin, director of sexuality education and training at Advocates for Youth defends the standards. “Sex education and family life education for our youngest learners is really an issue that the vast majority of parents support.” Gelperin said on The 21st Show. She also believes that this education serves as “building blocks” to help them “as they jump and develop.”

Bridget Leahy, senior director of public policy of Planned Parenthood Illinois Action says that until the state adopts the National Sex Education Standards, there is no learning standard. “There isn’t anything that is guiding schools to tell them what would be appropriate or what is important to cover in sex education courses.” She said while also appearing on The 21st Show, “ There’s no obligation to cover really much of anything, our current law is very outdated, it is biased, (and) it doesn’t include students.”

FACES OF NCC

QUESTION: WHAT IS YOUR DREAM DATE?

Isabella Mahoney – Co-Multimedia Editor

Illustrations by Daniela Sormova



Nolan Recker '25

"I'm going to Hawaii and buying a hot-air balloon. Then we'll ride the hot-air balloon."



Ozzy Ay '24

"I would fly back to a vacation place in Turkey, rent out a mansion. We would visit the city and spend the night in the mansion."



Becca Murray '22

"I would want to go to Greece. I would love to spend the day at a nice little beach and walk down the coastline holding hands."



Olivia Pittsley '22

"I want to go on gondola rides in the canals in Italy and enjoy the views with strawberries and champagne."



Valeriia Chobotok '22

"I would visit a city like Chicago or New York. We would watch the beautiful sunset together and enjoy the night. I would even be happy walking around Downtown Naperville eating ice cream and holding hands."



Jo Ishizaki '25

"I would visit Barcelona, Spain, eat food and visit the beaches!"



Ty Pankey '25

"I would go to a fancy restaurant and have steak and mashed potatoes. Then we would go to the movies, and finish the night with some ice cream."



Cassidy Anderson '24

"I'd go to a park with a gazebo - fairy lights. Picnic - dancing. But not just any dancing, fun-ass dancing. We would go banonkers."



Brooke Telesky '24

"I would travel across Europe and go on my own food tour, hitting all the oldest best little-known hidden spots. I'd love to explore the town."



McKenna O'Connor '25

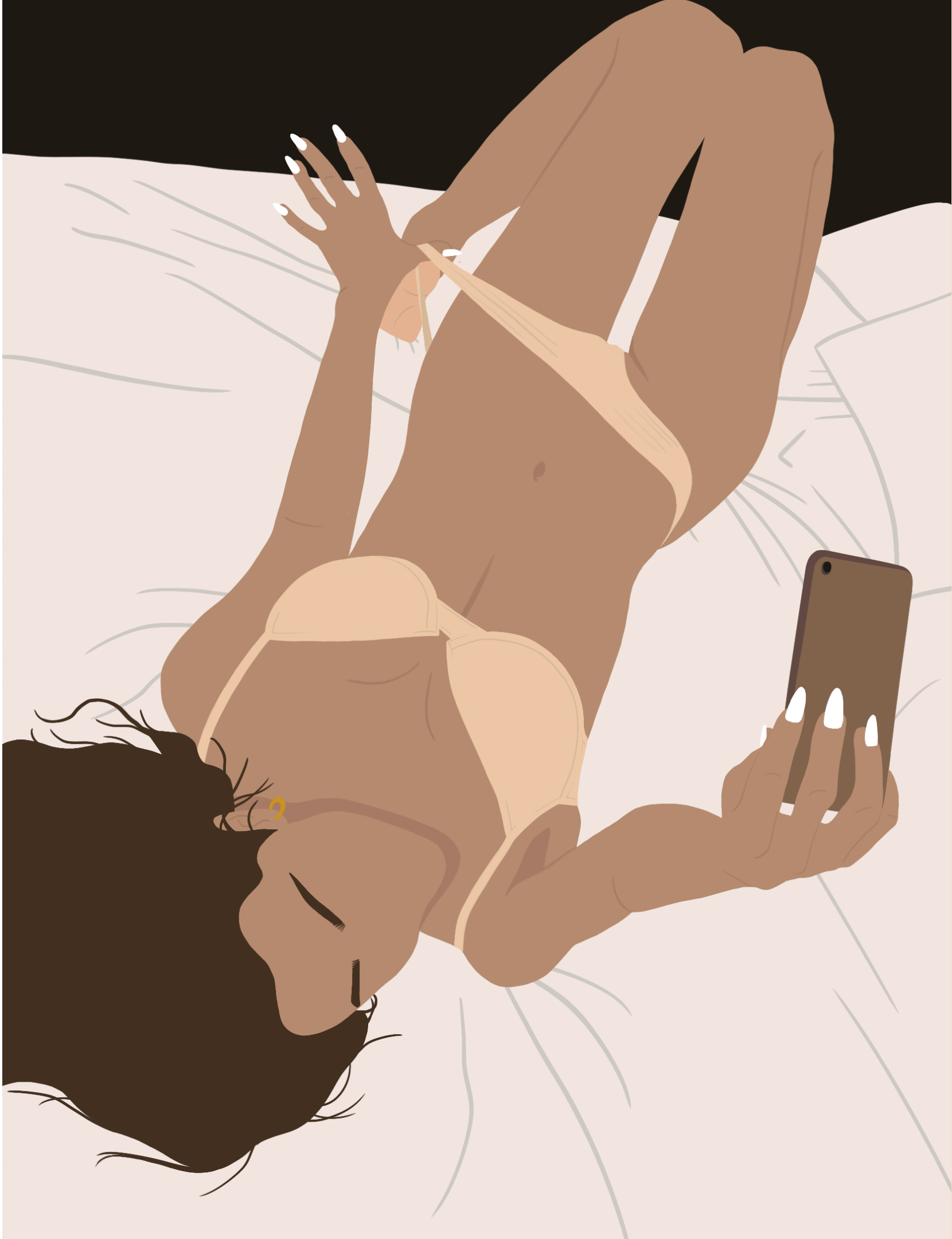
"I would go to Disney World and enjoy all the parks together."

OnlyFans

Abigail Quinn – Staff Writer
Illustrations by Daniela Sormova

A subscription service for some, a porn site for others, what is it? It is hard to go onto social media without seeing an account advertising their OnlyFans page either in their bio or in comments on someone else's post. Not only do content creators advertise their own OnlyFans, but you may also see popular meme accounts promoting them as well.

OnlyFans was founded in 2016 in London by the Stokely brothers. The website has a sleek look with a blue and white theme, with millions of content creators. The company also recently released an app which does not allow for any nudity, therefore promoting more of its other content. Although most people surveyed believed OnlyFans exclusively offers sexually explicit images and videos, content creators also post cooking videos, inspirational speeches, and more. Some popular artists even use the app to promote new music videos. According to an article on Complex by Joshua Espinoza, OnlyFans offers users the option to subscribe to various creators from \$4.99 to \$49.99 per month.





Famous content creators

There have been many controversies recently with whether or not certain individuals should be able to create content when they already have such a large following on other platforms. For example, Joshua Espinoza wrote that Bella Thorne posted sexual content and earned about \$2 million in the first two weeks, whereas one of the top content creators only makes about \$100,000/year. Only Fans was created as a safe place for working people to produce content, so is it ethical for famous people to have accounts? When celebrities join and start posting, it can draw attention away from the individuals who make a living off the app.

Potential dangers

Although an identification process is required while signing up, there is the potential for underage users to use fake IDs or a friend's ID. According to the site Internet Matters, a 17 year-old girl joined when she was 16 and managed to stay on the site for seven months by using different profiles. She was also able to create an account by using a friend's ID, even though they did not look alike. Therefore, there have been issues with underage individuals accessing and posting explicit content. OnlyFans addressed these issues with policy changes; they now require people who want to create content to submit a picture holding their ID next to their face.

Additionally, it is dangerous for the content producers because users could take pictures of their content and post it onto other platforms. If this were to occur, they could lose out on money, and it would be a violation of privacy. Although not necessarily a matter of a single user, Theodor Porutiu wrote for VPN Overview that there was a case of 1.4 terabytes of content being leaked to the public in March 2020.

Cheating?

A survey conducted within the NCC community asked individuals if they considered having an OnlyFans account in a

relationship to be cheating. The responses were split almost evenly, as 54% of students surveyed said it is not cheating, while 46% said it is.

Some might believe this question is synonymous with asking whether or not watching porn while in a relationship is cheating. However, understanding that this platform offers more than just pornographic content shows how it is not that simple.

**LISTEN
AND
LEARN
ABOUT
SEX**

Fredlyn Pierre Louis – Podcast Editor
Layout by Daniela Sormova

1

PROBABLY TRUE

There are countless podcasts that talk about sex and the LGBTQ+ experience. Yet, *Probably True*, hosted by Scott Flashheart, stands out because it seamlessly combines nasty storytelling with more severe issues LGBTQ+ people face. This podcast will have you hooked from episode one and will leave you feeling like you've been listening to something naughty.

2

SO MUCH TO SAY

So Much To Say by Craig Stewart is an informal podcast that is interesting and will also get you laughing out loud. He has published four books about his life as a gay black man. In the podcast's intro, Stewart talks about being involved with a closeted married man and having sex with strangers he has met on the internet.

3

WHY WON'T YOU DATE ME?

Why Won't You Date Me? is by comedian Nicole Byer, who is still single after decades. In each episode, Byer has a new guest to talk about their romantic life to figure out why she's still unattached. The answers may never come for Byer, but the podcast is super entertaining.

4

SECOND LIFE

This podcast is hosted by Hillary Kerr and focuses on women's empowerment. *Second Life* explores the stories of inspiring women who have successfully mastered careers and pivots their own.

5

DYING FOR SEX

This podcast raises the question of what it will take for you to live an adventurous sex life. Hosted by two women, best friends for many years, one of which is dying of cancer. Molly, diagnosed with stage five breast cancer, chooses to leave her miserable marriage and embarks on a series of sexual adventures to feel happy. Meanwhile, she tells all the details with her best friend, Nikki, who narrates the podcast. Dying For Sex takes shame off a woman's desire for sex.

6

THE KNOWLEDGE PROJECT

The Knowledge Project's primary goal is to educate. The podcast helps people learn from others, reflect on themselves, and navigate a conscious life through conversations. In episode 66, sex educator and author Dr. Emily Nagoski demystifies the science of sexuality and shows people how to shed their insecurities, connect more closely with their partners, and define pleasure on their terms.

7

NOT OVERTHINKING

Not Overthinking is a podcast about happiness, creativity and the human condition. Ali and Taimur Abdaal talk about things to help people think, do and be better. They discuss things like social interaction, lifestyle design and mental models. In this show, the listeners learn along with the hosts from their guests, especially when it comes to relationships. In episode 107, they discuss the etiquettes and expectations of texting on dating apps.

8

STUFF YOU SHOULD KNOW

This podcast is an educational one, and it serves the purpose of teaching random facts. Stuff You Should Know continuously educates listeners on science, history, pop culture, urban legends, conspiracy theories, etc. During an episode, the hosts explore human and sex trafficking, domestic servants, with examples of men looking to boss around a foreign spouse.

High school Sweethearts: Worth It or Not?

Michael Griffin – Co-Multimedia Editor
Graphic by Caitlin Mourek

As new college students prepare to leave for school, they begin to experience new things. They meet new people. They live in new cities. They have new routines. Ultimately, they have a whole new life, far different from the one they left at home. With new opportunities come new relationships. Those with partners back home know it can become quite a confusing time in someone's romantic life. Long distance isn't necessarily the easiest thing for some people to do, but for others they can make it work. Here are some comments from fellow NCC students on high school sweethearts.

"Transitioning a high school relationship to a college relationship has its ups and downs, but it can definitely work. My girlfriend and I started dating in my senior year of high school and now I'm a senior in college. During this time you're going to change a lot, and your partner will too. As long as you communicate, make time for each other, and be open to change, then it'll be just fine, better even." Michael Gargano '22

"I think in order to maintain a high school relationship (it) can be hard and really depends on how dedicated you are to the person you are dating. It is definitely much easier to maintain the relationship when you aren't going long distance (or) going to the same college. Comparing my relationship with that of my best friend's, he and his girlfriend went to different schools and broke up. However, after being apart they realized that they still wanted to be together and have been back together ever since." Justin Moore '22

"Personally, I haven't had it work for me. However, I don't think it's impossible. I think if the couple is level-headed and know what they want for each other and confident in themselves, then it can work. While it's not the most impossible thing in the world, it really isn't easy." Jesse Hudgins '24

"I think that high school sweethearts are great in that people are able to have a stable relationship early on in life. But when it comes to them transitioning to college, I think it can be challenging. If they go to the same college, I would think that it works since they are able to see each other often. But if they are long distance, then there has to be a lot more trust and communication in order for it to work." Jovanny Penzo '22

"I do not think this works, because there is always the possibility of going to different schools. Long distance relationships can work, but it depends on the couple. It is also a crucial growing period for people, and people grow apart. There is enough to focus on in college already, and I think it can really be a burden. I personally made the choice not to do that, but I think to each their own." De'Jah Phillips '23

PRO ATHLETE COMING OUT: MEGAN RAPINOE

SPORT: Soccer (NWSL)

TEAM: OL Reign/US National Women's Team

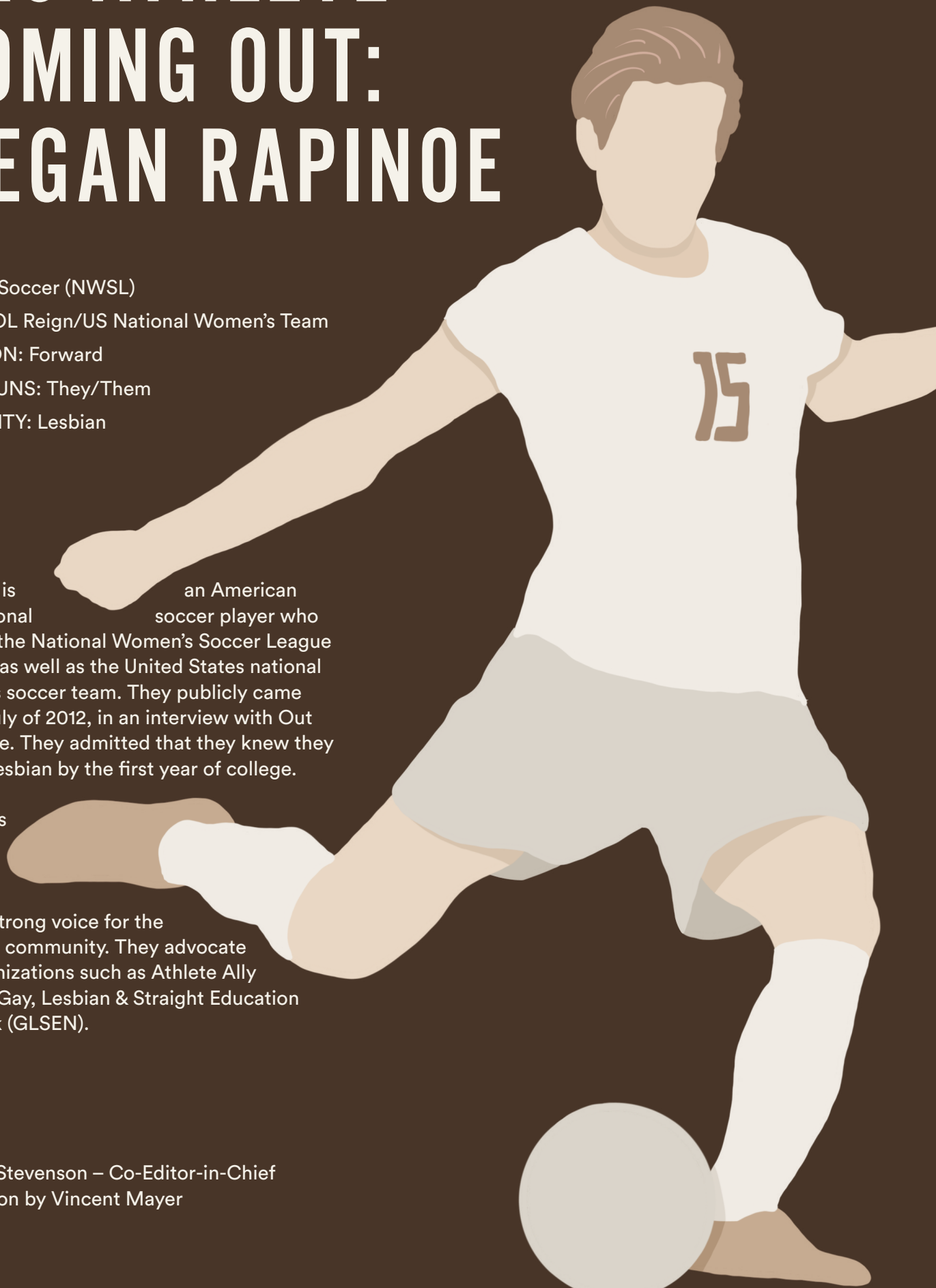
POSITION: Forward

PRONOUNS: They/Them

SEXUALITY: Lesbian

Rapinoe is an American professional soccer player who plays in the National Women's Soccer League (NWSL) as well as the United States national women's soccer team. They publicly came out in July of 2012, in an interview with Out magazine. They admitted that they knew they were a lesbian by the first year of college. Rapinoe identifies as non-binary and has been a strong voice for the LGBTQ+ community. They advocate for organizations such as Athlete Ally and the Gay, Lesbian & Straight Education Network (GLSEN).

Samuel Stevenson – Co-Editor-in-Chief
Illustration by Vincent Mayer



Is love stronger than infidelity?

Diana Alvarenga – Staff Writer
Illustration by Vincent Mayer

The word love does not have one meaning. The reality is that love is seen differently by every human-being, and sometimes this love doesn't work out. Relationships can end from many factors, but infidelity is a prevalent cause.

Infidelity is not just about having a sexual affair, it is about breaking a promise and their partner's trust. There are different responses from people when they find out they have been betrayed. One may think after being betrayed, they have no reason to stay. Others might be hurt but still want their partner to explain the reasons behind their dishonesty, so they can understand why the relationship was not doing well. Sometimes when couples have different viewpoints on love, it can complicate their relationships, and it is up to them to figure out how to handle all of it.

A form was created to ask NCC students their viewpoints on infidelity. Here are some of their responses:

Aside from someone having an affair while in a relationship, what else do you consider to be cheating? What does infidelity mean to you?

“Anything you wouldn't do in front of your significant other or partner.”

“Flirting, sensual touching, messaging back and forth about each other's feelings. Infidelity to me is doing things without consideration of how their partner might feel.”

“An emotional affair. Talking to others behind your spouse's back.”



"I would say talking to someone who had repeatedly shown interest (or) asked you out while knowing you're in a relationship."

Do you believe that chasing after someone is considered love?

"Love should be fun. A little chase is fun but constantly chasing isn't love."

"I do not. Chasing after someone is called obsession and that is not love. Especially if the person has told you 'no' multiple times."

"Only if the person reciprocates feelings 100 percent, (for example, they) wouldn't run when things got hard."

"It depends on the situation. If you're chasing someone just because of their looks, I wouldn't consider that love."

Romantic love vs. sexual love: What is more important? What would you do if you were in a relationship that did not have one of these?

"Romantic love. Sexual love can be found in anyone. I would break up (with them) if it were only sexual."

"Romantic love is more important because you want to be with someone who is going to make you feel good about yourself and be a good parent to your children if you choose to have some. But both need to be present. Without either, there is no relationship to me unless previously discussed."

"Romantic love is more important, but they are both very important."

"You can have sexual love with a random stranger you met at a bar. But romantic love takes time, effort and compromise to work. You need romantic love in a relationship. Sexual love is important too, but that can be found easily. Romantic love is rare."

Same-sex infidelity: Do you feel that your reaction would be different if your significant other cheated on you with someone of his or her sex? What would be your response if that were to happen?

"No. My response would be the same either way. It's the fact that you stepped outside of boundaries regardless of who it was with."

"Yes, I would be more confused than mad."

"No. Cheating is cheating, it doesn't matter who it's with. The relationship would cease to exist no matter what the gender of the other person was."

"No, the same if it is an opposite sex. It still hurts your heart."

Different love languages: If your significant other demonstrated a love language that you want to someone else, but not to you, would you end it even if no cheating was involved? Such as you wanting to spend quality time but instead they spend more time with their friends. Would lack of attention be enough for you to leave them?

"No, I would not because it shows that they are capable of displaying that love but I would have a conversation about it. Lack of attention is enough for someone to cheat though."

"Yes. I shouldn't have to fight for them to want to spend time with me. I'd rather put energy into myself and wait for someone to come along that thinks I'm the moon and stars."

"I would have a conversation with them first because they deserve to be able to see friends, but if it got to the point where they never wanted to see you, then definitely."

"No, if there's any issues I'd just talk it out. The other person can't read minds."

Relationships become stronger after cheating: What do you think of this? Do you think it is a weakness for someone to be with their significant other after they were unfaithful?

“Nothing is a weakness based on a decision. You either choose to do something or you don’t. ‘Cheating’ shouldn’t have to occur for two adults to communicate and grow as individuals and as a unit strengthen their relationship simply because something catastrophic happened.”

“I disagree because this shows that the relationship was built on faulty foundations and it is a weakness for whoever cheated in the relationship because it can be thrown back in their face.”

“I don’t think it’s a weakness, but in my experiences, it doesn’t work. Whatever caused their eyes to wander in the first place hasn’t changed since you get back together, so it’s bound to happen again.”

“I think that once a cheater always a cheater. If they did it once why wouldn’t they do it again? Especially if they know you let it slide the first time.”

Cheating: A stab in the heart

Cheating has more than one definition, but everyone can agree that being cheated on is one of the worst feelings in the world. Infidelity makes the heart wonder what it did wrong to get broken. Individuals have their own ways of handling infidelity.

Breakups: Other reasons besides betrayal

Professor Mara K. Berkland, who is in the department of communication, said that, “Cheating is a consequence of a failed relationship,” meaning that sometimes couples in relationships decide to cheat when they are not happy. Loyalty is not easy in long-term relationships because the human body and brain were not meant to be in a relationship where loyalty lasts forever. Berkland also pointed out people can be romantically attracted to each other but have different wants and needs. Their desires are more important than being with that person because if they choose to be with someone who wants and needs different things, then

being together can be chaotic. “We can break up with people and have it not be because that person is bad,” said Berkland.

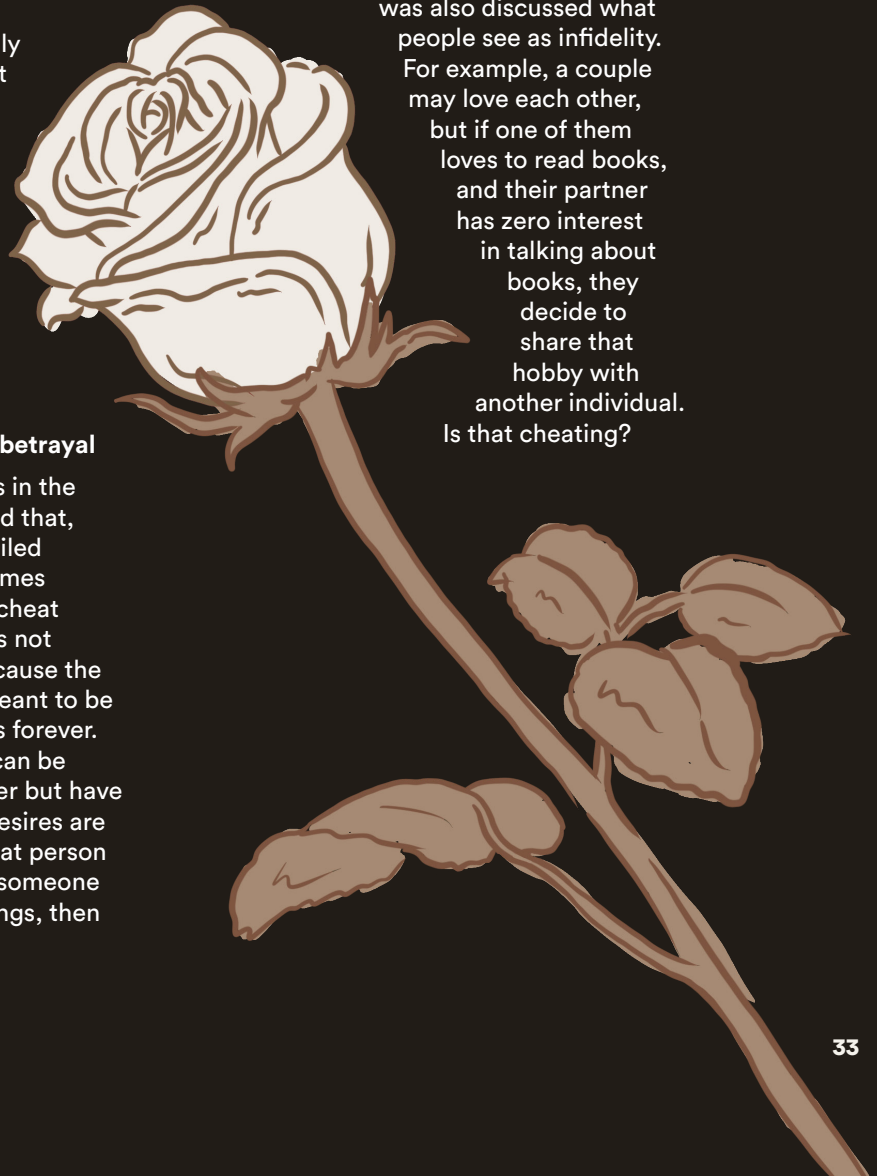
Sometimes, a breakup is not only caused by infidelity, but it is caused because two people do not want the same thing. That does not mean they are bad partners.

Berkland also mentions that the healthiest couples question their relationship because they want to improve it, so they focus on parts of the relationship that need a solution. A healthy relationship consists of both partners asking each other their needs and how they can get them together. Infidelity does not sloley have to do with sex, but it has to do with dishonesty. This can mean making a promise to a significant other that they only want them and then deciding to have a sexual affair with others. This only shows that they did not take their promise and relationship seriously. Therefore their dishonesty would be enough for the person to end the relationship because

trust is no longer there. It

was also discussed what people see as infidelity.

For example, a couple may love each other, but if one of them loves to read books, and their partner has zero interest in talking about books, they decide to share that hobby with another individual. Is that cheating?



Well, someone might say it is cheating simply because of the fact that they are spending time with someone else. Others might say it is not cheating because there is no romance involved, and as long as that's the case, then there is no reason to have trust issues.

Unfaithfulness due to unhappiness

In the article, "Love Hurts - And So Does Betrayal" written by Femi Ogunjinmi, she talks about men and women and how their reasons for cheating differ from one another. Women cheat over lack of attention and other issues, while men cheat because they find something they desire in a woman that their significant other does not have. To put it simply, both genders are unhappy because they are not getting what they want, so they get it from someone else. Still, this is not meant as a way to say that cheating is okay.

If someone truly wants to stop cheating, they must find a reason deep enough to never do it again. One good reason is that they cannot imagine living a life without their significant other. The article also teaches readers that sometimes cheating makes couples understand what is wrong in the relationship. If they decide to give it another try, they can rekindle their love. An important message to keep in mind is that communication will not always make the bond strong. Love is about connecting with a person and being able to reflect on the relationship. Not reflecting will make couples assume nothing is wrong in their relationships and that fixing it is unnecessary. All of this is important for couples to keep in mind because if they want to stay together, they should prevent it from happening.

Infidelity: Make relationships stronger or make them come to an end?

Is love stronger than infidelity? The truth is there is no right or wrong answer. People will say yes because genuine love has no room for betrayal, but there is also that other side that says, love is not perfect. It has its ups and downs. Therefore, people decide to cheat. They do love their significant other, but it is the fact that they are unhappy that causes them to commit infidelity. When it comes to infidelity, there is no denying that it breaks people into pieces, but everyone has their own ways of deciding what to do after it happened.



The Chronicle After a Breakup

STAFF – Samuel Stevenson – Co-Editor-in-Chief
Illustration by Vincent Mayer

Going through a breakup is a tough process for everyone. It's an emotional and frustrating situation, and the parties involved often look for something to keep their mind occupied. Some people work out. Some people find a hobby. Others consume their time by listening to music. Music can have a huge impact. According to Psychology Today, "Music has the ability to evoke powerful emotional responses such as chills and thrills in listeners." Whatever the emotion may be, The Chronicle staff has a playlist to help settle you into the post-breakup world and get back on your feet.

Nicole Mendez-Villarrubia

Right Where You Left Me - Taylor Swift

I listened to it because I felt stuck in the moment before things fell apart and didn't understand how I could move on from it. The world was moving too fast around me, off course from the future I imagined.

Fredlyn Pierre Louis

I Don't Fk with You - Big Sean**

This song is my rock for when I am in a bad mood.

Sam Corbett

X - Lil Uzi Vert

The lyrics are one big statement that he is ready to move on and is excited for the future.

Samuel Stevenson

I'm Still Standing - Taron Egerton

It helped remind me that I'm okay, and honestly his version is fun to listen to!

Hannah Holmes

Fix You - Coldplay

The lyrics express a person's struggles while giving a consoling melody at the same time.

Daniela Sormova

Dean Lewis - Be Alright

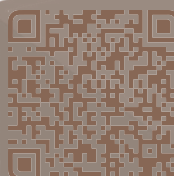
This song really hit the spot after my breakup because I felt like I was going through the exact experience Dean Lewis sings about. It only took my ex-boyfriend two weeks to move on and I was broken into pieces over it. Oddly, this song didn't really help but it made me feel like I wasn't alone. The breakup took a huge toll on my mental health for well over a year until I slowly picked myself back up again. Now, every time I hear this song, it reminds me that you really can be alright in the end no matter how unlikely that feels in the moment.

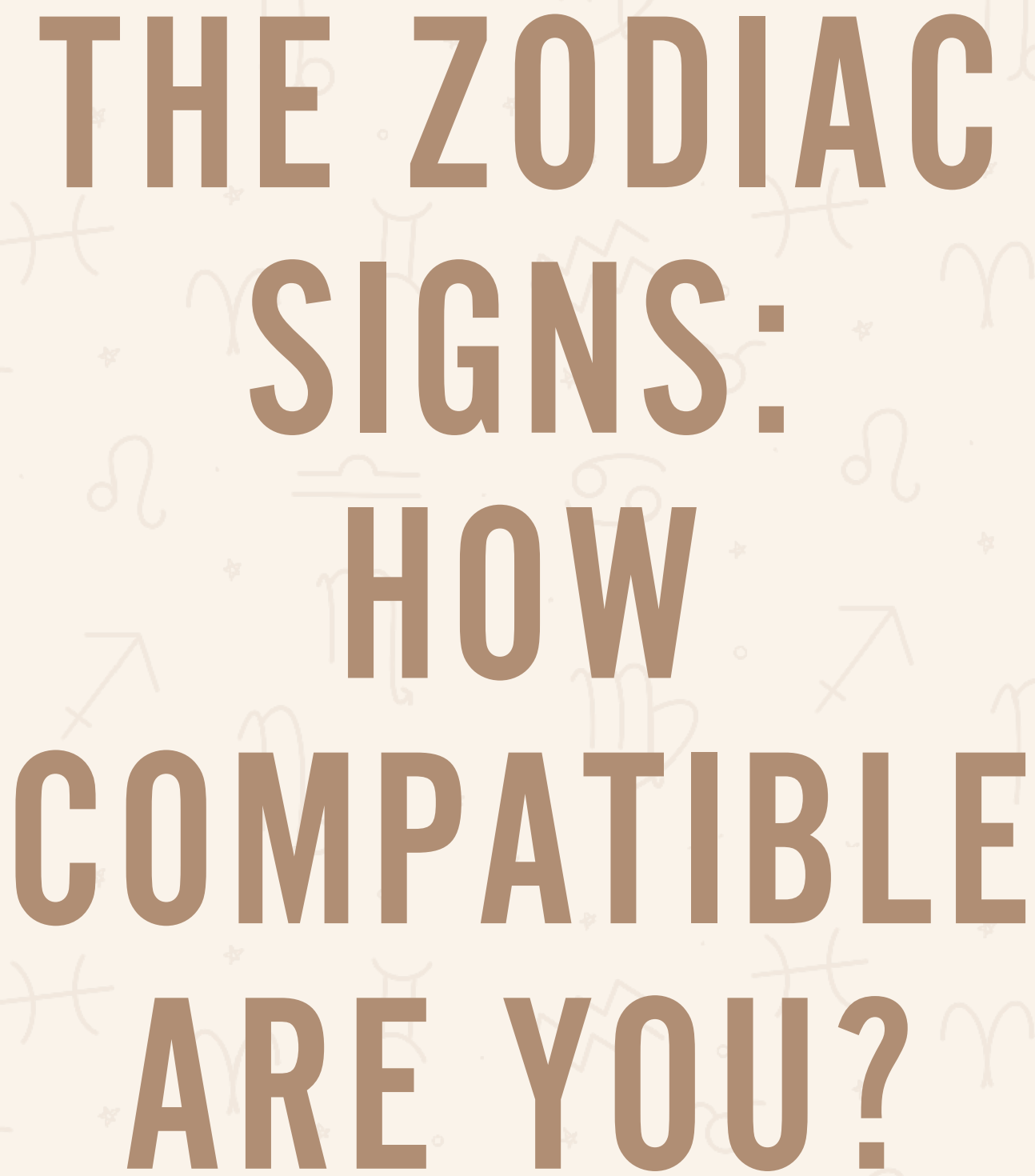
Kristin Roy-Chowdhury

Daughtry - Over You

In my previous relationship, Daughtry was on repeat. It was all we listened to and once we broke up I could hardly listen to it. I would skip it on my playlist or turn off the radio instantly. However, I was listening to music through my AirPods with my friend on the spine at NCC and Over You came on. We both looked at each other because we had the same past about Daughtry, and we just let go and jammed out to this song while walking to dinner. People watched us and wondered what we were doing, but we found the acceptance in this song and genuinely heard the lyrics. I finally got over this experience in my life. Very much of a main character moment

Listen to our playlist on Spotify:



The background of the page is a light beige color with a repeating pattern of zodiac signs and stars in a slightly darker beige tone. The signs are scattered across the page, including Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces. The stars are small, simple shapes scattered throughout the design.

THE ZODIAC SIGNS: HOW COMPATIBLE ARE YOU?

— Isabella Mahoney – Co-Multimedia Editor
Graphics by Caitlin Mourek

ARIES

March 21 - April 19

Aries are courageous, optimistic and passionate signs. Their determination and enthusiasm in activities and relationships are inspiring to all the other signs. However, that passion and enthusiasm can quickly turn into aggressive and short-tempered moods. If you're taking an Aries out on a date, try going for a hike - Aries love physical challenges!

Most Compatible with: Sagittarius, Leo, Aquarius, Gemini, Libra

Least Compatible with: Pisces and Cancer



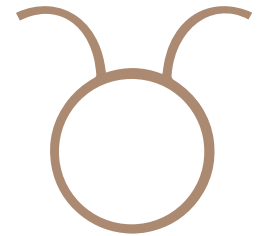
TAURUS

April 20 - May 20

Taurus are characteristically reliable, practical, and responsible people. They are patient and devoted in their interactions, as well as stable in relationships. Taurus can at times be stubborn as well as uncompromising when it comes to things they are passionate about. While they are big fans of cooking and high-quality clothes, you shouldn't change plans too quickly or gift them anything with synthetic fabric.

Most Compatible with: Cancer, Virgo, Capricorn, and Pisces

Least Compatible with: Leo



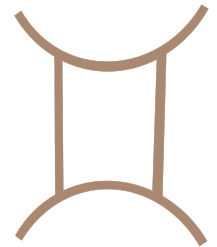
GEMINI

May 21 - June 20

Gemini are the most gentle, affectionate and adaptable of the signs. They love being social with those around them but can be rather indecisive. You can find a Gemini in a coffee shop with a good book and great music. You will hardly ever find them alone or keeping up with their daily routine.

Most Compatible with: Aries, Leo, Aquarius, Sagittarius

Least Compatible with: Scorpio



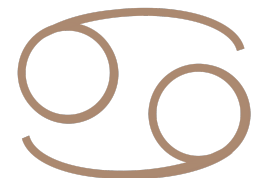
CANCER

June 21 - July 22

Cancers are highly imaginative, sympathetic and persuasive people. You can find Cancers enjoying a good meal with friends or relaxing near a large body of water. Cancers characteristically can be more pessimistic and insecure than other signs. If you're thinking of impressing a Cancer, set up a date that allows them to be creative.

Most Compatible with: Taurus, Virgo, Scorpio, Pisces, Capricorn

Least Compatible with: Aquarius



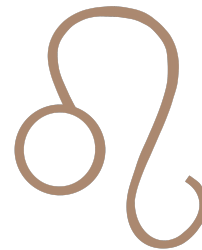
LEO

July 23 - August 22

If you're looking for a sign to have some fun with, a Leo might just be for you! Leos are the most passionate, warm-hearted, and cheerful of the signs. You can find that they can be some of the more inflexible, and stubborn of the signs though. If you want to see a Leo smile, surprise them with tickets to the theater or a long holiday away!

Most Compatible with: Aries, Gemini, Libra, and Sagittarius

Least Compatible with: Capricorns



VIRGO

August 23 - September 22

Virgos are analytical, hardworking and practical people. You might find them studying on campus because they are characteristically all work and no play. Want to treat a Virgo out on a date? Choose a clean and healthy restaurant. Be sure to keep them out of the limelight!

Most Compatible with: Taurus, Cancer, Scorpio, Capricorn, Pisces

Least Compatible with: Sagittarius



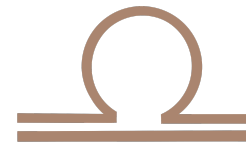
LIBRA

September 23 - October 22

Looking for a fair-minded sign? Libra is where it's at! You'll also get someone who's gracious and diplomatic in relationships. They avoid confrontation whenever possible, but will carry a grudge for years. Libras love harmony around them and connecting with the outdoors.

Most Compatible with: Gemini, Leo, Sagittarius, Aquarius

Least Compatible with: Virgo



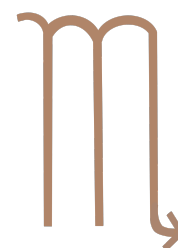
SCORPIO

October 23 - November 21

Scorpio is someone that can be a lifelong friend. They are resourceful, brave and passionate about their favorite things. Along with this, they can be rather secretive people. If it's game night in a Scorpio's house, they're definitely grabbing their favorite trivia game. Scorpions are big fans of always being right.

Most Compatible with: Cancer, Virgo, Capricorn, Pisces

Least Compatible with: Taurus



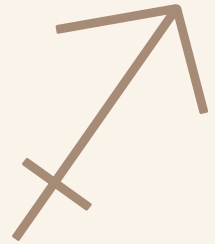
SAGITTARIUS

November 22 - December 21

Looking for a laugh? Sagittarius are your sign. They have a great sense of humor but are also quite generous and idealistic people. When you ask for their most honest opinion, they will give that with no hesitation. Treat your favorite Sagittarius with plane tickets to their favorite destination - they love to travel!

Most Compatible with: Aries, Leo, Aquarius, Sagittarius

Least Compatible with: Capricorns



CAPRICORN

December 21 - January 20

Capricorns are the most self-disciplined, self-controlled and responsible of the signs. They can get bored of almost everything after some point, so don't let their routine get too mundane. Capricorns are big family signs, so be sure nothing you plan with them conflicts with family time! When you are scheduling an event with a Capricorn, be sure good music is involved!

Most Compatible with: Taurus, Virgo, Scorpio, Pisces

Least Compatible with: Gemini



AQUARIUS

January 21 - February 18

Aquarians are progressive, original and independent people. They are always looking for people to help and have a good intellectual conversation. Don't expect them to openly share how they are feeling with you because they tend to run from emotions. Plan a date with an Aquarius where you can have meaningful conversations. They are always ready to lend an ear!

Most Compatible with: Aries, Gemini, Libra, Sagittarius

Least Compatible with: Scorpio



PISCES

February 19 - March 20

Pisces are the wise and intuitive signs of the bunch. They are compassionate in relationships and are naturally artistic people. Halloween might not be for them, for Pisces tend to be rather fearful signs. Dates with a Pisces should be romantic and private. Pisces love being alone. Try not to nag a Pisces; they are not too keen on that.

Most Compatible with: Taurus, Cancer, Scorpio, Capricorn

Least Compatible with: Gemini and Libra



The Worst Date

Tahbata Zuniga Diaz – Staff Writer
Illustration by Allyson Randa

Third-Wheeling:

First Dates. They are always the hardest to get through. In middle school, it was the norm to have a movie date with a friend or perhaps even get set up. Kayla Jordan '24 had a friend set her up on a blind date in 8th grade. It was supposed to be a double date, one that her friend picked out both the guys for them. However, in an unfortunate set of events, her friend showed up without a date. It was awkward being there while Jordan's date and her friend were enjoying themselves. It got to the point where Jordan felt like she was "third-wheeling" them. When again, he was her date. Unfortunately, it wasn't the last time she ended up third-wheeling. She agreed to go out again with her friend and a different guy. She was again supposed to be on a date with him, but since she was the only one that had a car and could drive, they ended up making fun of her driving. The two started dating a week later. When asked why she remained friends with her for so long, she responded with, "Sometimes red flags are pretty."

The Meal:

Mac Watt '20, G'22 is a graduate student working at the career studio. He and his date once went to a restaurant looking forward to a nice meal. They showed up, only to find that it had already closed. They figured it was just bad luck and timing on their behalf and decided to look at a different place to eat. When they showed up at the second restaurant to find it closed as well, they realized that it was Memorial Day. They didn't go on another date after that but are still friends.

The Movie Date:

Sydney Chmielewski's '23 worst dating experience happened in high school. She was in a science class when she spotted a really

cute boy. It took weeks for them to talk, but when they did, he asked her on a date. She was excited! She said yes, and they agreed to go on a movie date. They saw a lousy thriller movie, but barely ten minutes in, he told her, "I know you want to kiss me." Without asking for consent or checking with her, he grabbed her face and started making out with her. Chmielewski said, "On top of him being super pushy and not asking for consent, he also was a terrible kisser to match. My worst date experience."





KEEP

YOUR

LAWS

OFF

MY
BODY

My Body, My Choice

Kristin Roy-Chowdhury – Co-News Editor
Illustration by Daniela Sormova

The controversial practice of abortion has been around for centuries. Since it is such a controversial topic, in recent years, state governments have been trying to pass laws regarding abortion.

In the late summer of 2021, Texas Gov. Greg Abbott signed a new law banning abortion procedures as soon as six weeks into pregnancy. This could be as early as two weeks late on a woman's menstrual cycle. This caused people to protest for women's rights of their own bodies. In response of that, a Texas federal judge halted the motion of the six-week abortion law.

People all over the country are voicing their concerns, whether that be through protests, social media, or daily conversations. To get responses from the NCC's student body, an anonymous survey was sent out to collect data. Twenty responses were collected with female, male and non-binary students presented. Nearly 70% of students found out about the abortion laws in Texas via social media. When asked if abortion should be illegal, 80% voted no, 15% voted depending on the circumstance, and 1% voted yes.

"Under current legislation, women do not have complete control over their bodies. We cannot make decisions for ourselves regarding family planning or sexual health. In many cases, we are not even given the resources to understand our bodies. The absolute, visceral fear of a pregnancy scare is indescribable," said Izzi Miller '23.

A lot of different responses were given when asked how each student spreads awareness about the "My Body, My Choice" movement. This included participating in protests, posting on social media, visiting Planned Parenthood centers and general conversing. Others note that this matter is meant to be kept personal. However, they would talk about it if necessary. Most of the responses echoed the thought that the present day is a scary time to live in when you do not have the resources available to you.

**WE'VE GOT ISSUES.
NCCLINKED.COM**

