Chap It!

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College of DuPage Student Life Magazine Spring 2017

See the Taj Mahal with your own eyes

Promoting positive image with local Chicago streetwear

Remember this: Your guide to summer concerts

Cat communication techniques.
More than a meow.

Eagle Scouts skills... become real life skills

DIY pompom project

Success in college with a medical disorder

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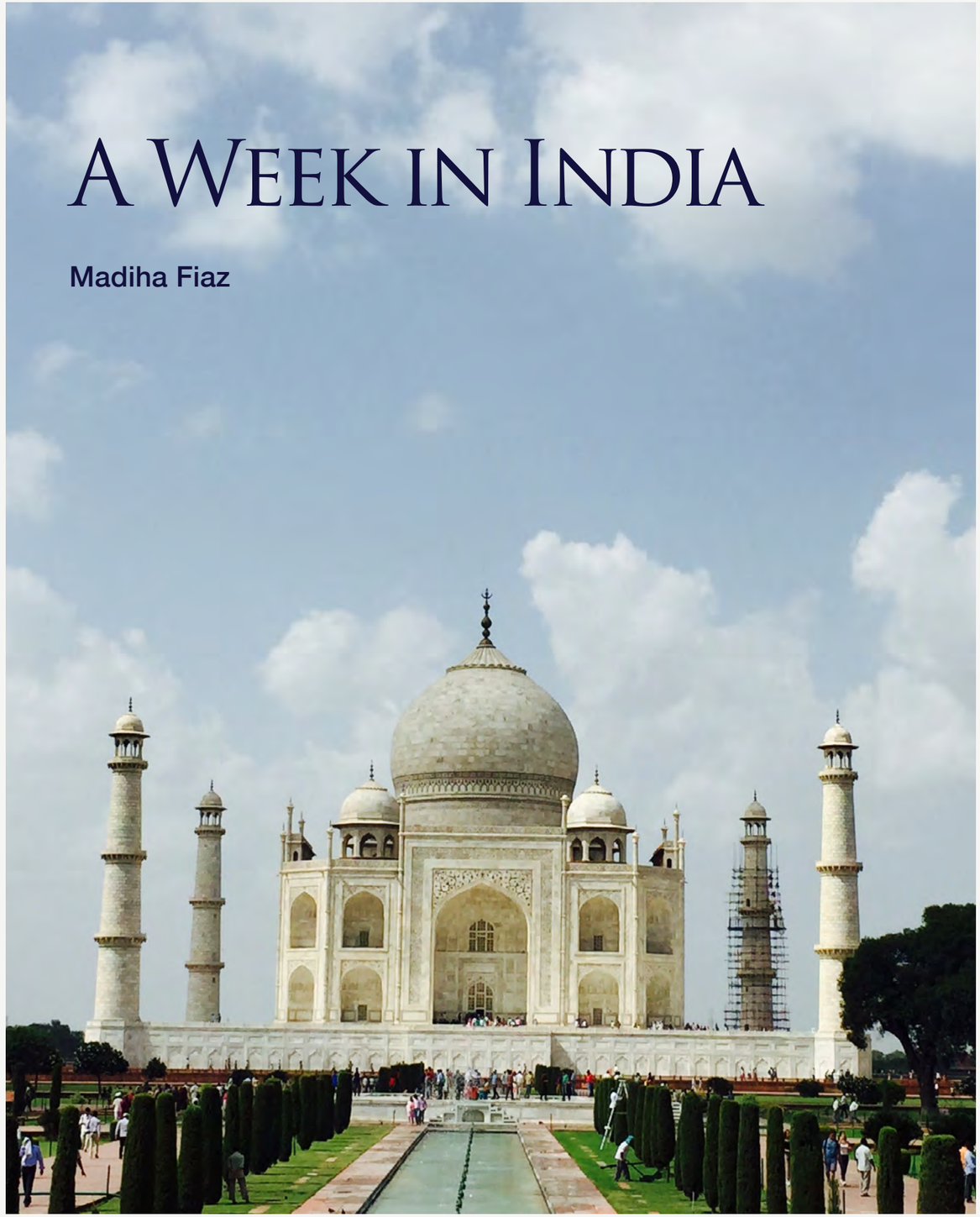
A Week in India

Madiha Fiaz



Photos: Madiha Fiaz

A great way to visit India, is by being selective with locations and planning the trip to maximize your relaxation, while absorbing all the magnificent things India has to offer. Here are some suggestions to planning your vacation to India:

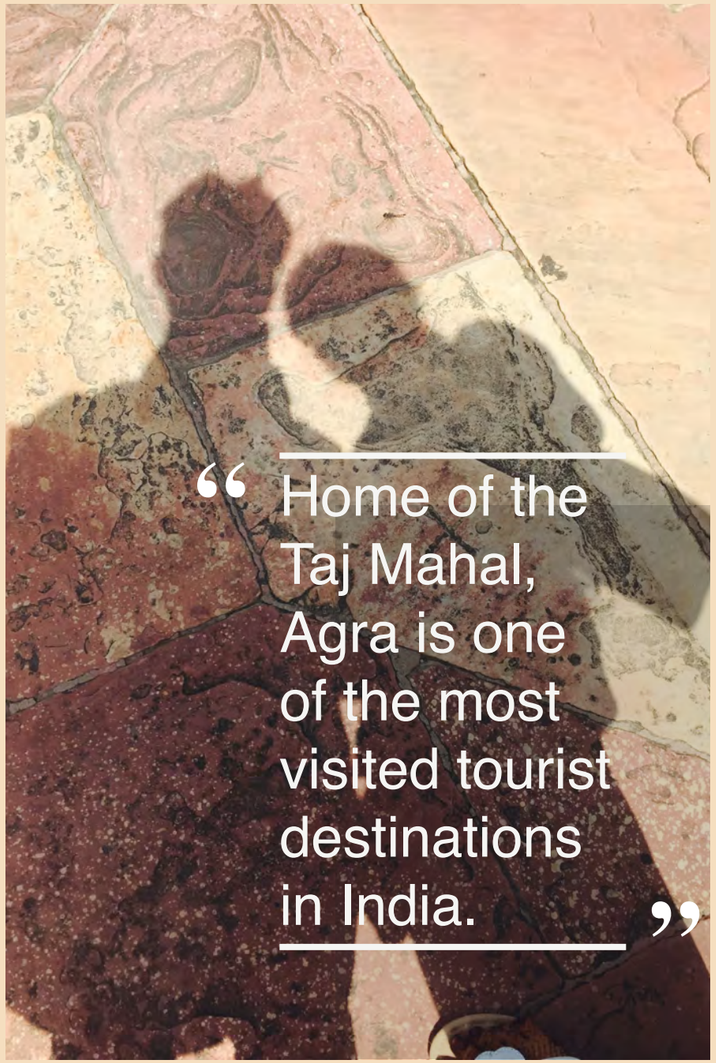
Delhi

Home to rich imperial history, craft expositions, and Mughal cuisine is Delhi, capital of India. The best time to visit is October to March, when the weather is pleasant and the flowers are in bloom.

India Gate, one of many historical sites to visit in Delhi, commemorates eighty-two thousand British Indian soldiers who fell during World War I. It is best experienced in the evening, as one takes a long walk along Rajpath (“King’s Way”) from Rashtrapati Bhavan(President’s estate) towards India Gate, as the dark sky and the shimmering lights illuminate the monument.

The Lotus temple was designed in the shape of a lotus flower, and is the last of seven Major Bahai's temples built in the world. Around the blooming petals there are nine pools of water, which light up, in natural light. It looks spectacular at dusk when it is flood lit.

DilliHaat is a fabulous sprawling open air market and exposition hall covering over 960 square meters. It has been set up at DilliHaat, Janakpuri and is a favorite stop for tourists to find crafts and local cuisine.



Agra

Home of the Taj Mahal, Agra is one of the most visited tourist destinations in India. Easily accessible and rich with history (the seat of Mughal power in India) and palatial gardens, this city is a must see. For the budget conscious college student, the best time of year to visit Agra is April to July. pack your sunglasses, sunscreen water bottle, and light cotton clothes for the searing heat that thins the crowds and lowers the price.

Agra has ethereal charms as a heritage city where history, traditions, colors and a unique energy can be experienced. Agra is known not only for the Taj Mahal, but also for Fatehpur Sikri, Agra Bazar and the Agra Fort.

If you are looking for price saving options, Sadar Bazaar, is the most feasible shopping place, located near both Taj Mahal and Agra Fort, the market is famous for leather products, petha (sweets), garments and handicrafts.

> “Sadar Bazaar, is the most feasible shopping place, located near both Taj Mahal and Agra Fort.”

Nainital

(hillstation)

India’s nature scene, in Nainital, is impressive with glaciers, passes, meadows, and trekking routes, with several major rivers like the Ganga and Yamuna. A major part of this Himalayan state comes under rainforests and alpine forests that are home to some of the highly endangered wildlife species. The sapphire-like Nainital Lake, surrounded by densely wooded hills and rich pastureland, home to the tiger, leopard, goral and pheasant.

Green to its very depths, silvered by moon and sun, splashed with the cheerful colors of yachts and rowing boats; Nainital Lake is an open invitation to a holiday. Nainital is an outdoor place, with a dozen or more picnic spots within easy reach.

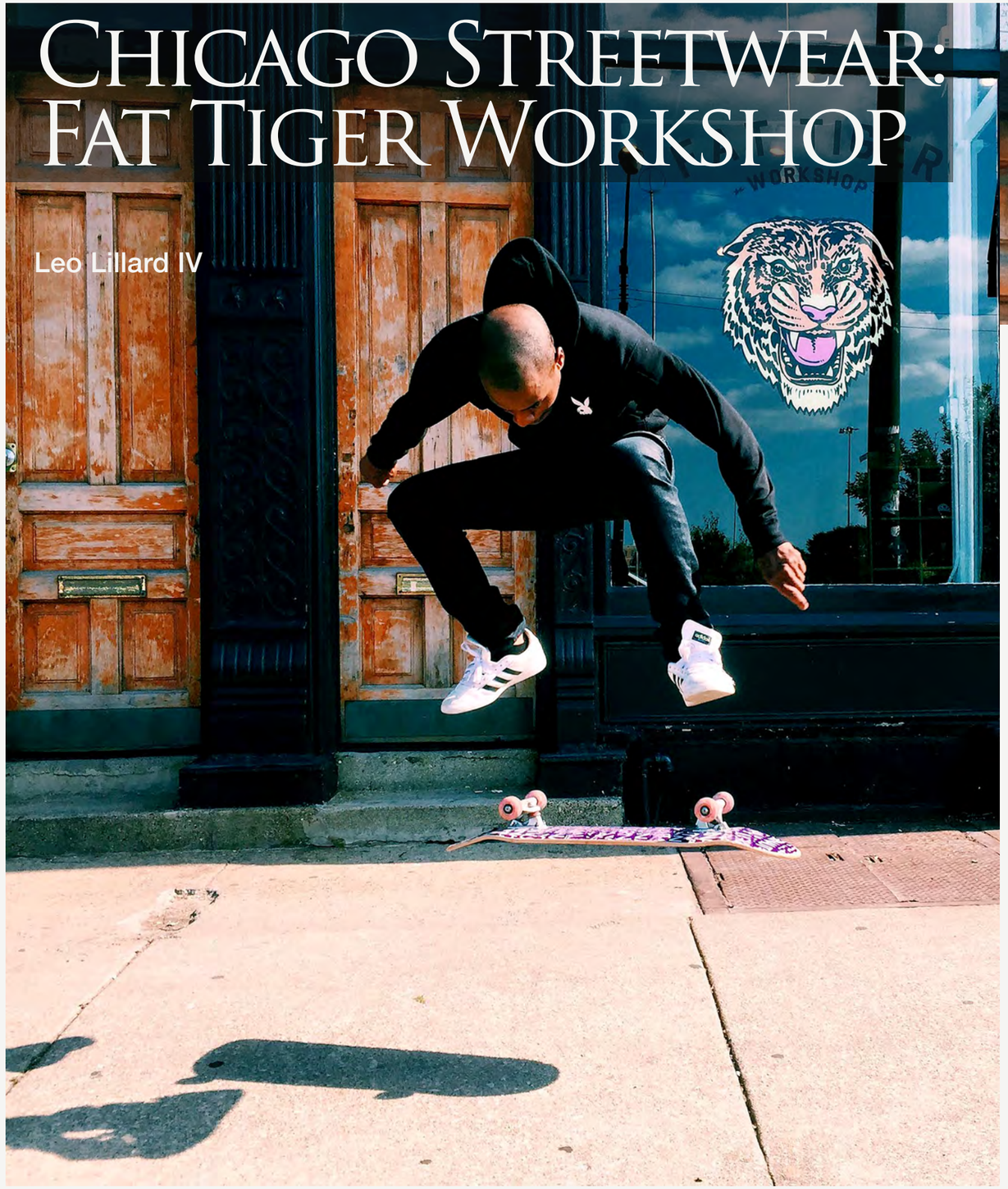
If you are not overfond of walking, you can hire a pony and clip-clop your way up to the snow view on the Sher-ka-Danda hill which is the most easily accessible. If not on foot then try the cable car that skims its surface and whisks you to the top. Once there, you can gaze in wonder at the glittering panorama of Himalayan snows spanning the distant horizon.

Although the hustle of Delhi can be quite tiring, it's all worthwhile to experience the rich culture, history, and cuisine. Agra is relatively medium-paced compared to Delhi. I loved shopping and visiting the Taj Mahal among many other historical architecture during the rule of Mughal empire. I enjoyed relaxing in Nainital and taking in the scenic views this hill station had.

Photo: Madiha Fiaz

Chicago Streetwear: Fat Tiger Workshop

Leo Lillard IV



Fat Tiger is a unique clothing store designing, making and selling only their own clothes. They are a giving back to Chicago and focusing a positive spot light on the city and Streetware.

Before I begin to talk about Fat Tiger, I'd like to define what streetwear is. I would define streetwear as a unique style of fashion. And to add to that, Google defines streetwear as a casual clothing of a style worn especially by members of various urban youth subcultures. The subculture range from hip-hop all the skateboarding and even high fashion. Streetwear has been around for 25 plus years, but it wasn't until the last decade or so that it started to pick up major traction around the world. More accurately, streetwear has become a culture of its own that brings people from different cultures together rather than remaining separated.

streetwear has become a culture of its own that brings people from cultures together

Photos: Leo Lillard IV

Fat Tiger Workshop is a clothing brand based out of Chicago. They make casual streetwear clothing such as t-shirts, sweatshirts, and accessories like headbands or key chains.

There are a few other streetwear boutiques in Chicago, but what makes Fat Tiger so unique is that they are a vertical market business, meaning they only sell their in-house clothing brands. The ‘tigers’ design and create all their clothing themselves and you can only find their clothes for purchase at their store or website.

This is very rare for a streetwear brand to not only sell their own things and nothing else, but also to not wholesale their clothing (sell their clothes in bulk to major department stores or other boutiques). Many boutiques rely on heavily hyped clothing or shoes to stand out, but I think it’s fascinating that a store is able to standout by doing their own thing. This also separates themselves from everyone else meaning they have no competition.

Fat Tiger has been around for approximately 3 years and are at the second location in the West Loop area of downtown Chicago. There are 3 owners ¬¬and each of them have their own brand they carry inside of Fat Tiger.

There are a total number of 5 different brands carried in Fat Tiger; VITA Worldwide, Squad, Don’t Be Mad, and Sensei, and Fat Tiger itself. Although, Fat Tiger has only been open for 3 years, the designers and creative directors of the brands are self-taught and a have a range from 10-20 years of experience in the clothing industry.

What I like most about Fat Tiger is that the main focus of the store is giving back to the city as much as possible and representing Chicago in a positive. They pride themselves on individualism and aim to help the youth as much as possible. Through the platform they have made in the fashion industry, they are spreading their mission of strength, honor, and staying true to yourself heard worldwide.

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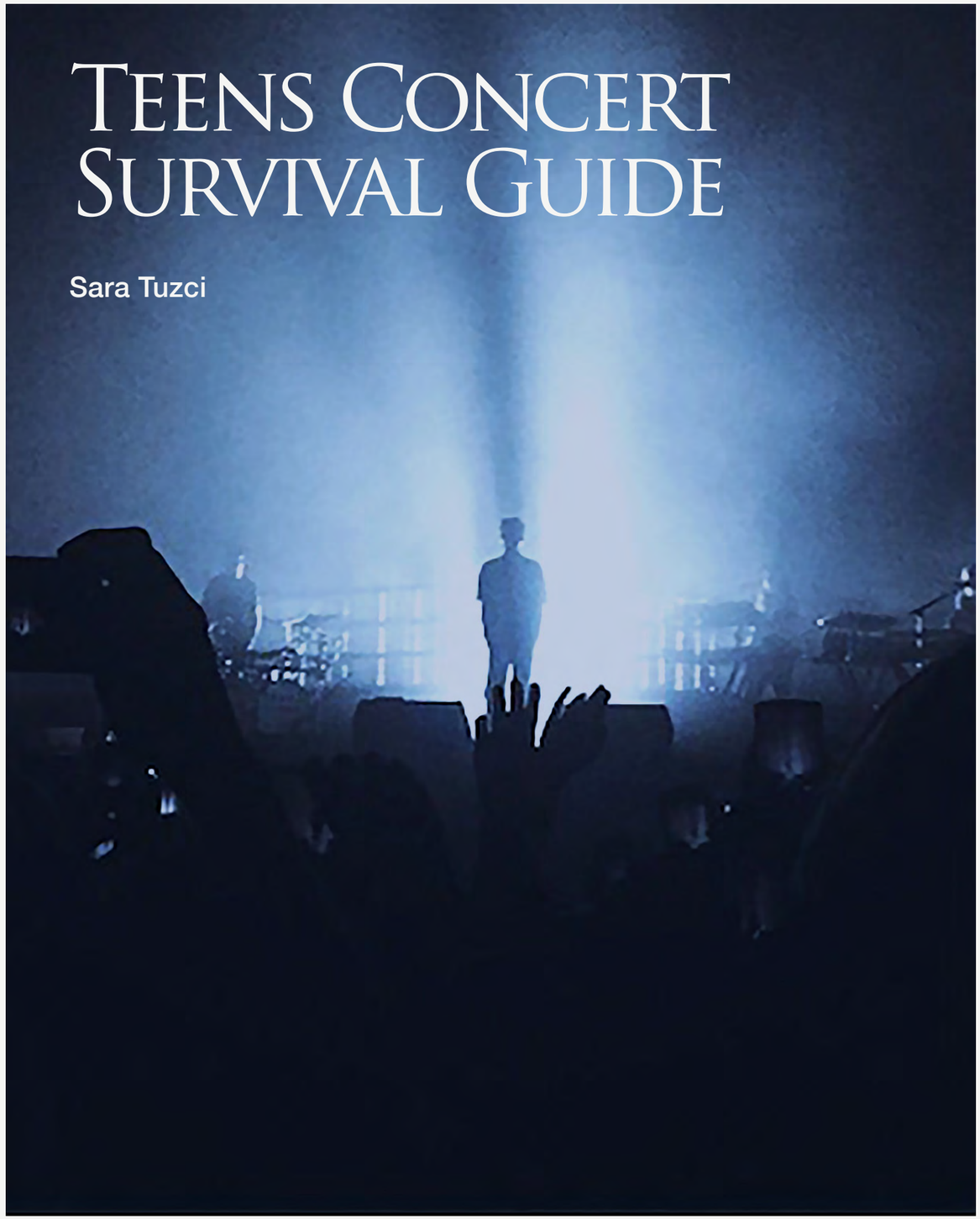
They are spreading their mission of strength, honor, and staying true to yourself.

Teens Concert Survival Guide

Sara Tuzci



Photos: Sara Tuzci

Have you ever been to a concert, music festival, or any big convention? Ever wish you would've known exactly what to bring to help make the most out of that experience? Well today you'll find out everything you need to make your show better than ever.

TIP #1:

Stay Hydrated!

Drink Water, lots and lots of water! If you're going to a show that doesn't allow you to bring in water make sure you bring money to purchase some. It's very important that you stay hydrated. Being in those huge crowds can make you get very hot and water will help keep you energized.

TIP #2:

Don't forget to eat!

Always make sure you have some food in your system before a show. Sometimes people get overly excited and they forget to eat and end up being super hungry during a show. Eating before will not only save you the hassle of buying food at the show while someone is on stage, but the prices of food cost less outside of most venues.

TIP #3:

Charge it up!

If you're someone like me that loves to take pictures and videos while at shows you'll most likely be using a phone or a camera. It's always a good idea to bring a charger. If you have a portable charger even better! Having a charged phone is not only great for taking pictures and videos, but also having battery is good for emergency phone calls, or calling your ride home.

TIP #4:

Bring an ID!

Always always always bring an ID card or something with your name on it. If there is an emergency it's really good to have some sort of identification on hand. Not only will you need it in emergencies. If you're going to a show with an age limit sometimes a venue will ask to see an ID and if you don't have it with you they might not let you in so bringing it will make it a lot easier for you to know you'll get in.

TIP #5:

Bring some money!

Bringing money can often save you. Cash is probably most preferred, because not all places may let you used a card, but I always have both cash and card on hand. It's good to have some money on you, especially if you want to buy some water or merchandise, or even a grilled cheese sandwich. You never know when you're going to need some money so having that is a life saver.

TIP #6:

Bring a bag!

With all the stuff you need to bring with you you're going to a need a place to put it. Having a bag is handy so you can be hands free ,but have everything you need. My personal bag of choice is a backpack, but if that's to big some people prefer small cross body bags. Whatever you prefer to bring, just make sure all your stuff fits inside.

With these six tips you'll always be prepared for any show. So go enjoy the show, and know that you're ready for anything that comes your way.

Never, never, never give up!

Joy Trimble

Everyone has issues and challenges. For some, it's a chronic medical condition or disorder. How do these students navigate college? Carefully! Here are five proven tips to success.

Photos: Joy Trimble

The most successful people with chronic illness or disorder are disciplined.

TIP #1

Good time management.

Navigating college with a medical situation like this requires strategic planning. Plan your schedule to make sure you have enough strength to attend class, do homework and family responsibilities. You may need to limit your class load to six to nine hours a semester. With life being unpredictable, especially when managing a medical disorder, doing homework promptly and giving yourself a time buffer can make the difference between success and failure.

TIP #2

Positive Attitude.

As a child my father used to read to me the story, “The Little Engine that Could”. When faced with a seemingly impossible task the little engine said to himself, “I think I can, I think I can…”. What I learned as a child from that story is still true today as an adult; If you think you can, you have a greater probability of success. Best practice: Think you can! Focus on what you are capable of, can achieve, and hope to do. Think positive.

TIP #3

Self-Discipline.

The most successful people with chronic illness or disorder are disciplined. Not easy, but necessary. They are not necessarily natural at self-discipline, but have learned that it is the necessary to achieve their goals. This can look different depending on the medical condition, but generally it means eating properly, getting enough rest, exercising as instructed, taking medications as required, and not giving in to wants and desires at the risk of your overall well being.

Keep going.
One day at a time.
One step at a time.

TIP #4

Self-Awareness.

Depending on the situation, this may be the hardest part of self-care to learn. Figuring out each morning and throughout the day how your body is actually doing, in the moment, and if you need to adjust what you are doing to care for yourself.

Learning early warning signs can help prevent a medical crisis. It is important to learn to distinguish real fatigue from a medical problem. Head pain from studying, or a noisy environment, is okay or a sign of danger. Hunger that is safe and is okay to wait to the end of class to be satisfied, or a crisis in the making and must be dealt with immediately. A heart that is going a little too fast from a bit of anxiety or a situation that needs to be addressed before it becomes scary and requires an ambulance.

Only you know, and it takes time and practice to learn self-awareness. If you are new to this, be patient with yourself. You will get this figured out. It does get easier with time.

“Never, never, never give up.”

Winston Churchlill

TIP #5

Honesty.

For all of the above tips to work properly, you have to be honest. If you lie to yourself that you are okay on time management, you fall behind. If you lie to yourself about what you need to do to care for yourself, you get sick. If you lie to yourself about our abilities you set yourself up for failure. If you lie to yourself about how you are doing, in the moment, you injure yourself. Honesty matters. If you are honest, you can shoot for the sky You can have high expectations for yourself and push your limits, but you need to be honest to succeed.

Success at college with a chronic medical condition is possible.

It is hard, tricky, but worth it! You will do best at school and life when you are totally honest, self-aware and disciplined with time management, while maintaining a positive attitude.

Time Management

Awareness

Honesty

Discipline

Positive Attitude

Photos: Joori Hwang

Cat Body Language & Communications

Joori Hwang

Cats always says their languages to their owners, using their body, cry, and behaviors. But the expression is direct and silent. The owners cannot easily read cats' mind because cats usually don't express their emotion dynamically. Owners might pass or misunderstand the meaning what cats say. To understand and communicate cats, you should know each body parts of cats and the expressions.

Eyes

You know that cats' pupil changes depending on day and night. They also can be changed when they have a strong emotion. The pupils widen when they are pleasant or look at a prey. On the other hand, the pupil narrows when they are in a bad mood or threaten something.

Ears

Ears are the important body part of cats. They express their emotions with their ears. For example, they flatten ears when they are angry. Pricking up ears is the meaning of that they are surprised something

Nose

Cats are improved a sense of smell, so they sniff objects to distinguish what it is. They greet other cats with sniffing their body.

Whiskers

It is a very important for cats to distinguish objects. whiskers have neurons which control touch. Cats use whiskers to balance their body. If whiskers are cut, cats would lose their balance and often crush on a wall.

Nails

Cat's nails are growing in a fast period. They scratch to cut their nail. Scratchers are sold in market for cats, they have favorite scratchers what they want to do. That's why some cats scratch furniture or blankets rather than scratchers.

Not to damage your stuffs, you should observe your cats and buy scratcher what your cat would like.

Tail

Cats expresses their emotions with ears and tail. When they are angry, they fluff tail. moving the tail right and left strongly. The tail is under their stomach it means that they are submissive. When they are happy, they twist the end of tail.

Pose

When cats try to catch a quarry, they move down body and shake their hips. Sometimes they lie like a shape of toast. It means they feel danger and move easily against the danger. If they are in a peaceful environment and living with reliable people, they would lie down, showing their stomach.

Cry

Cats almost not cry except when they are hungry. But when they are in dangerous situation, they announce the situation with cry that they are in danger. Also when they threaten opponent, they cry a shrill voice to protect themselves.

Behavior

Cats often knead soft things like blankets. It's because kitten's behavior still remains that knead their mother's belly to eat milk.

They mark areas with rubbing their body or head. If cats rub your legs, it is not a meaning that they like you, it's just marking their areas.

Eagle Scouts Prepared Me for Life

Josh Brunzell

Being in Boy Scouts was the greatest thing that I had ever done in my youth. It taught me essential life skills, created unforgettable memories, and carved me into the person that I am today.

Becoming an Eagle Scout has set me up for the real world and to always be prepared for what life throws at me.

Photos: Josh Brunzelli

One of the many activities outside of school, that I like to do, is continuing to take part in my Boy Scout Troop. Beginning Boy Scouts at the age of 13, I had the help of many role-models and leaders who stuck with me until I became an Eagle Scout. Receiving such an honor made me want to give back to them which was in the form of offering my help and knowledge to scouts who were just like me. This is because my goals in Boy Scouts were not only to become an Eagle Scout, but also to become a role-model/someone could go to for help.

Being an adult leader now is a really different outlook from within the troop. Transitioning from someone who once did not know any life skills into someone who is now able to give knowledge of those skills, as people did before me, is truly an amazing. In my opinion, this is the best aspect of this organization. You really get to see yourself grow, and then pass down what you learned in order to watch others grow.

It's crazy to think that so many people are trying to become an Eagle Scout just like me, and I humbly want to help as many people as I can because learning the skills that I had been taught have been and continue to be extremely beneficial in my life.

To become an EAgle Scount, you have to achieve six ranks.This is done by completing many tasks and requirements throughout the lower ranks, as well as earning Merit Badges.

Merit Badges focus on a specific skill that you must learn and demonstrate through completing the requirements on their worksheets. There are over 100 different Merit Badges including Art, Inventing, Kayaking, and Music. Within these Merit Badges, you must complete 21 total Merit Badges and 13 specific ones in order to become an Eagle Scout, otherwise known as the eagle-required Merit Badges.

Transitioning from someone who did not know any life skills into someone who can give knowledge of those skills is truly amazing

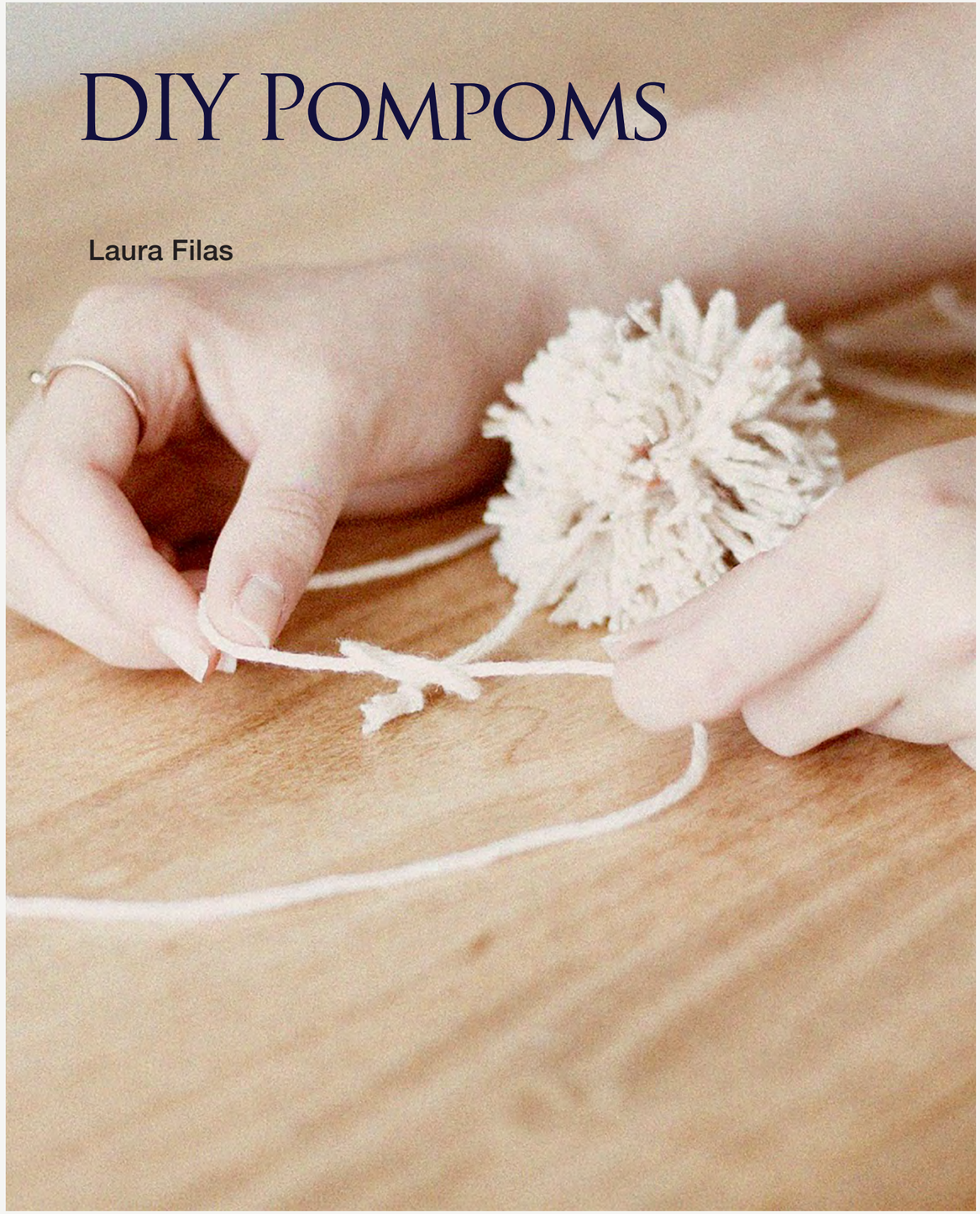
The ones that teach you essential life skills include First Aid, Citizenship in the Community, Nation, and World, Communication, Personal Fitness, Emergency Preparedness/ Lifesaving, Environmental Science/ Sustainability, Personal Management, Swimming/Hiking/Cycling, Camping, Cooking, and Family Life. All of these requirements and Merit Badges have to be completed before your 18th Birthday.

Doing all of this really took a lot of hard work and dedication. I honestly would have given up if there was no one there to push me. A couple months before my 18th birthday, the adult leaders in my troop grabbed hold of me and guided me through the rest of my journey. Because of what they did for me, I will be forever grateful and want to be there for someone else.

Being in Boy Scouts was the greatest thing that I had ever done in my youth. It taught me essential life skills, created unforgettable memories, and carved me into the person that I am today. It's inspired me to be the person that I was in need of when I was younger, become a better person in general, and to continue to work harder each day. Becoming an Eagle Scout has set me up for the real world and wto always be prepared for what life throws at me.

DIY Pompoms

Laura Filas



Photos: Laura Filas

What You'll Need:

1. Yarn of your choice (the fluffier it is, the better)
2. Flexible cardboard or watercolor paper (I used 140 lb watercolor paper)
3. Craft scissors (these are the ones I use)
4. Something circular with a diameter of about 7 cm (for tracing)
5. Something circular with a diameter of about 2.5 cm (for tracing)

1 Trace the larger circular object two times, then place the smaller one in the center of the circle (it doesn't have to be perfect, just eye it) and trace it.

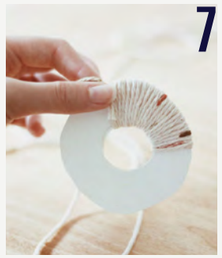
2 Cut out your circles (don't use fabric shears, it'll dull them).

3 Sandwich the two rings together. Tip: it's easier to cut the centers out if you fold the paper in half, it will also make removing the ring easier later too.

4 Cut about 3 feet of yarn and begin wrapping the strand around the ring. Hold the loose end and wrap the yarn on top of it to secure it (about three times).

5 Wrap the yarn around without overlapping after the loose end is secured. Make sure you aren't pulling it too tight (it should be tight enough that it doesn't slip though).

6 It is a circle, so every once in a while you have to push the yarn resting in the inner circle together and slightly fan out the top, without letting the paper show.



7 Once the first strand is placed securely on the ring, you will need to cut another piece of the same length. Take the new loose end and place it over the top of the old loose end, then wrap the yarn around the two ends a few times (like in step 4). It will be bulky in those areas and that is completely ok. Continue this process until you have covered the entire ring once.

8 This is how your ring should look after the first layer of yarn. Notice how all of the yarn is neatly close together, but not tight at the outer edges.

Now you're ready for the second layer. You'll be following the same steps as for the first layer. Tip: you may have an empty spot due to lack of space in the inner circle (like in the photo for step 8). Again, that's totally ok, just cover it with the second layer.

Tip: cut one layer at a time.

This is how the ring should look after the second layer. The inner circle has become smaller. Continue to repeat the steps above for a third (and most likely final) layer.

After the third layer, the inner circle should be very small and it should be challenging to fit your index finger in it. Put the yarn away, it's time to grab those sharp scissors

The reason craft scissors are recommended for this is that the tips are VERY sharp, which is just what's needed. Begin cutting the edges, while holding the ring near the center (you do not want the yarn to stray from the ring)

When you reach the first layer, you must insert the scissors in between the two paper rings (those skinny, sharp tips are super handy at this point) and make the final cut (DO NOT LET THE YARN FALL OFF THE RING).

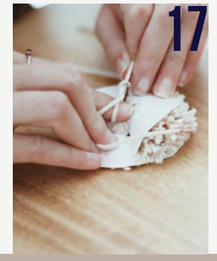
If done correctly, you will get a little sandwich like this one. Make sure you hold on to that center until you place it on a flat surface.

Cut about a foot of yarn and slip it in between the two paper rings.

Tip: carefully bend the ring upward while doing this.

Tie a knot, it has to be VERY tight

This is where it helps to have another hand; tie another knot, again VERY tightly.



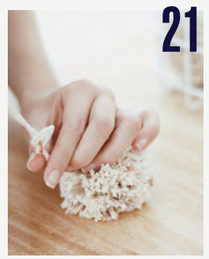
Why do the rings need to be flexible? For easy removal. Gently tug at the rings and slip them off either side of the pompom (such an exciting step).

You can make pompoms of any size, just make the paper cutout bigger; do make sure that the inner circle is fairly small in proportion to the larger one. Enjoy this little project! It's something you can make anywhere and at anytime. Once you get the hang of it, it's a breeze.

Gently join the two side of the pompom together with your fingers.

Now, gently tug on any loose yarn and pull it out. Continue running your fingers through the yarn to make it fluffy and trim any long strands.

Tie a knot in the long thread and cut off any excess.



Enjoy your pompom!

(optional) If you want to make a garland out of your pompoms, repeat the steps above to produce however many pompoms you desire and then simply tie them to a long strand of yarn

Contributors

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Leo Lillard IV	Chicago Streetwear: Fat Tiger Workshop
Sara Tuzci	Teens Concert Survival Guide
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Josh Brunzelli	Eagle Scouts Prepared Me for Life
Laura Filas	DIY Pompoms

Creator: Joy Trimble

What inspires me as a creator? Story.

I enjoy bringing a good story to life through graphic design. With over ten years in the business I still find wonder in what I do and in the world around me.

I have done graphic design work for various industries including food manufacturing, real estate, education, health care, higher education, small business and corrections.