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I READ THAT YOU WERE RACIALLY PROFILED BY THE CHICAGO POLICE DEPARTMENT WHILE SHOPPING AND WEARING A MASK. WHAT DO YOU SAY TO OTHER BLACK AND BROWN YOUNG MEN EXPERIENCING PROFILING?

It’s not fair. It’s not right. When we speak up, we make it stop. I will tell young men the same thing I was told when I was your age, if you have interactions with law enforcement, make sure that interaction ends with you being able to come home safely because too many young men are gunned down. We have to give you the resources and tools. It will take time to change how people see each other. But it’s important for people like me to let people like you know we will go to bat for you.

MY DAD TOLD ME THE SAME THING. “THINK BEFORE YOU DO SO THAT YOU COME HOME.”

BECAUSE POLICE HAVE FRAGILE RELATIONSHIPS WITH BLACK & BROWN NEIGHBORHOODS. WHAT DO YOU SUGGEST WILL CREATE EQUITY?

State Rep. Kam Buckner: I’ve had conversations with people who are dealing with matters so egregious that COVID 19 is not the scariest thing in their life. I think on every level of government, we have all missed the mark in supporting communities. We have to apply the money and resources to communities that need it the most.

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SHARE THAT I HAVEN’T ASKED YET?

It will take all hands on deck. We are unbalanced and not equitable. We must fight in Washington for what we can.

Conversations such as these about life-and-death are the reality of our community, no matter age or position of influence. However, in conversation, young leaders and adult leaders can speak up about parallel experiences and advocate alongside one another.
RESOURCES FOR CHICAGO’S YOUTH:

ART & CULTURE:
- Kuumba Lynx IG: @kuumbalynx
- The Simple Good IG: @thesimplegood
- Young Cultural Stewards IG: @youngculturalstewards
- Sixty Inches from Center IG: @fromthecenter

WOMEN:
- Assata’s Daughters IG: @assata-daughtersig
- Girls Like Me IG: @girlslikemeproject
- HerStory Chicago IG: @herstory_chi
- Ladies of Virtue IG: @lovchicago

HEALTH:
- Healthy Hood IG: @healthyhoodchi
- Howard Brown Health IG: @howardbrownhealth
- NAMI Chicago IG: @namichicago
- HAJJI Healing Salon IG: @hajihealingsalon

LATINX:
- Centro Romero IG: @centroromero
- Esperança Health Centers IG: @esperançahealthcenters
- Latinos Progresados IG: @latinospro

BLACK/BROWN MEN:
- 100 Black Men of Chicago IG: @100bmc
- My Brother’s Keeper IG: @mbk_alliance
- Project One Ten IG: @projectoneten

LEADERSHIP:
- Chicago 200 IG: @thechicago200
- My Block, My Hood, My City IG: @myblockmyhoodmycity
- New Leaders Council IG: @nlc_chicago

SKILL-BUILDING:
- 826CHI IG: @826chi
- Chicago Center for Arts & Tech IG: @chicagocenterforartstechnology
- Sunrise Movement IG: @sunrisemvmtnchi

IMMIGRANT:
- Asian Am. Advancing Justice IG: @advancingjusticechicago
- HANA Center IG: @hanacenterchicago
- Vietnamese Association of IL IG: @vai_chicago

QUEER:
- Affinity Community Services IG: @affinity_cs
- Center on Halsted IG: @center_on_halsted
- Broadway Youth Center IG: @broadwayyouthcenter

DM us! Let us know who you’re following: @publicnarrative.
MORE YOUTH RESOURCES:

- After School Matters: @afterschoolmatters
- American Indian Center: @americanindiancenter
- Austin Coming Together: @act.chicago
- Black Youth Project: @blackyouthproject
- Bright Star Comm. Outreach: @brightstarcommunityoutreach
- Bronzeville Incubator: @thebronzevilleincubator
- Chicago Freedom School: @chifreeschool
- For Chi Teens: @for_chi_teens
- Chicago Scholars: @chicagoscholars
- Chicago Urban League: @thechiurbanleague
- Future Ties: @futureties
- Gary Comer Youth Center: @garycomeryouthcenter
- Good Kids, Mad City: @goodkidsmadcity_2018
- MAPS Corps: @mapscorps
- MetroSquash: @metrosquashchicago
- NAACP (South Side): @naacpcss
- NAACP (West Chapter): @naacp_chicagowestside
- One Summer Chicago: @1summerchicago
- Options for Youth: @options4youth
- Organic Oneness: @organiconeness
- Re:work: @reworktraining
- Rebuild Foundation: @rebuild_foundation
- RefugeeOne: @refugeeone
- Safe and Peaceful Chi: @safepeacefulchi
- SocialWorks: @socialworks_chi
- Stay L.I.T.: @staylitcys
- Strengthening Chicago's Youth: @scy_chicago
- Students Strike Back: @stustrikeback
- The Dovetail Project: @dovetailproject
- UCAN: @ucanchicago
- West Side United: @wsunitedchi
- Youth Guidance: @yg_chicago
- Youth Outreach Services: @yoschicago
- YWCA: @ywca
- Mayor Lori Lightfoot: IG: @chicagosmayor

TRUSTED MEDIA SOURCES:

- 92.3 FM: @power92chicago
- Austin Weekly: @austinweeklynews
- Block Club Chicago: @blockclubchi
- Bronzeville Life: @bronzevillenow
- City Bureau: @city_bureau
- Free Spirit Media: @freespiritchi
- Hoodoisie: @hoodoisie
- Lumpen Radio: @lumpenradio
- Open TV: @weareotv
- South Side Weekly: @southsideweekly
- The Triibe: @thetriibechicago
- True Star: @true.chi
- The Crusader: @thechicagocrus
- WGCI: @wgci
- Windy City Times: @windycitytimes
- The Chicago Defender: @chicagodefender
- Streetwise: @streetwise_chicago
- YOU Media: @youmediachicago
- Vocalo: @vocalo
- WVON: @wvoni690
- Wattz Up! Yollocalli: @yollocalli

CHI-LEADERSHIP HIGHLIGHT:

TONIKA JOHNSON: FOLDED MAP PROJECT

Taking the bus to high school made Tonika curious about the city and a photography class let her show her Englewood on her own terms. Now she speaks to youth, using her photos to shed light on Chicago’s segregation.

IG: @tonikaj

DIRRICK BUTLER: PROJECT ONE TEN

Dirrick Butler founded Project One Ten to help correct the vast inequities in education for students of color. He has dedicated his career to elevate the stories, dreams, and aspirations of his amazing students.

IG: @dbutler
COACH JONES’ AT-HOME WORKOUT TIPS

Terry Jones, 46
From: Southside - Englewood
Track & Field Head Coach, Perspectives Charter Schools
President, Chicago Public League Football Coaches Association

Terry Jones, says he’s been having “Zoom calls with coaches across the city to discuss staying active, while encouraging youth to stay home.” Jones is empathetic yet firm, telling young men and women to “use your imagination to reinvent working out from home. There are objects within our reach to help stay active and strengthen our physical and mental wellness.”

• Buckets in the garage? Fill them with water and lift them.
• A tire in the garage? Try a flip tire workout!
• Push heavy items around the backyard!
• Complete sets of dips, using a firm chair or the edge of your bed.
• Lunge forward or in place.
• Ride your bike near home.
• Ask someone at home to assist with push ups & sit ups.
• While a niece or nephew rides their bike in the backyard, safely push behind them.
• Drink water! This is the perfect time to train your body to drink more water.
• Google “Workouts That Require Zero Equipment.”

Coach Jones’ Recovery Tips:
• If you are doing a high-tempo workout, cool down with a jog.
• If you are doing a low tempo workout, walk so that your muscles relax.
• Do two laps around a track or a one mile walk.

ACKNOWLEDGING AHMAUD ARBERY:

“As a track coach and father, it hit me hard. I think about my safety when I’m out running and wearing a hoodie. Even if it’s cold, I will take my hoodie off [if] I think someone may profile me the wrong way. We think about our safety when running in a city, and some people never think about their safety even while running in the woods or forests. As Black people in America, we have to be conscious of our life, even those serving our United States – Rep. Kam Buckner was recently profiled in Chicago. It’s sad we need to have this conversation. Ahmaud Arbery was developing himself as a young man by running, which is a sport many of us engage in.”

– Coach Terry Jones
Being a single mom of three boys and one girl, I felt that I had to be stern because there wasn't a male role model around. While I have always been very open with my children, during this quarantine I have learned to push past the boundaries I put on myself and not be so serious and hard on myself. Prior to quarantine, I was working constantly. But now, I get to wake up with the kids. We cook and eat meals as a family, workout, do dance routines on TikTok, and we laugh all the time. We’re considering starting a family TikTok. I want to call it “Me and My Mini-me’s.” The kids showed me Tabitha Brown’s TikTok, and her taglines are awesome. Now, I’m always saying, “Cause that’s my business.”

My mom, 70 yrs. old, is living with us during the quarantine. We love having her here with us, and the kids laugh all day with their grandma. One time, there was someone who needed to check on the water heater, and the kids and their grandma heard the worker at the door, asked him to sign an agreement because we needed to disinfect him for 10 seconds before he entered. Next thing you know, grandma included, got up, pretending from different angles to dramatically disinfect him. They fell out laughing.

Another time when we remembered to laugh and not be so serious was when a serious matter happened. My godmother Madine Billard, 66 years. old, passed away from COVID-19. During the wake, it was completely silent. And I said out of nowhere, “OK, I think we should play a game... If God allowed you to come back to life for 10 seconds and speak at your own funeral, what would you say?” Everyone looked at each other. My kids put their heads in their palms. Then someone else said, “Annddd GO!” And everyone laughed! We talked about what Ms. Madine would have said, and it turned our attention towards how she lived. Someone joked, “She always said, ‘Shut up, stupid.’” And someone else recalled, “Get out my face! What you looking at?” I remembered how she was very particular about her make-up and nails. I noticed her nails were smeared a little at the wake. “She would have said, ‘Who the hell messed up my nails?’” I said. One of my cousins fell out of the chair. “Yep, that’s exactly what she would have said,” someone said. *laughs* The kids were like, “Only mom...” We laugh about life.

And while I miss working with the Safe Passage and DRW family - including its phenomenal principal Jennifer Reid, staff, and children - this time in quarantine has reminded me to live, laugh, and love.
On May 1st, 2020 I accomplished a goal I had been working towards over a year. No it wasn't finally organizing my room, growing my 4c hair to waist length, or learning how to drive. It was beating Legend of Zelda: Breath of the Wild, my favorite game of all time. I had saved Zelda and freed Hyrule from Ganon’s grasp. As the credits rolled, I was already looking for something to fill the emptiness and soon stumbled across Animal Crossing: New Horizons. I had never been interested in an Animal Crossing game but was desperate and decided to play it. From the very first moment, I was in love!

*Animal Crossing* is truly the break from reality we all need right now. It gives you a world to explore and allows you to decide what you want it to be. *Animal Crossing* has you buying a “get away package” to an island with nothing but the clothes on your back and the mercy of a Japanese racoon dog. You pitch your tent, meet some fellow islanders, and fall blissfully asleep. When you wake, you greet Tom Nook, the island...mayor? and discover that you are a 50,000 “bells” in debt. (Ah yes debt. Something that follows you even in *Animal Crossing*. Once you pay off one loan, Tom Nook persuades you to get another and another. Which, I guess this is preparing me for adult life? Nothing like paying 50,000 to live in a tent!) You pay this off slowly and, as you progress, you build up the island and welcome more villagers.

One of the many, many questions my seven year old brother asked while trying to figure how to build his island was, “How do you beat the game!?” Well, simply you don’t! Your world can be whatever you want. You can even visit friends’ islands for inspiration on an airplane flown by a dodo bird! The game doesn’t judge you for taking your time and it doesn’t make you compete against others. Plus, the amount of love and dedication put into the game is clear in every interaction you have with its characters. But most importantly, even this form of social interaction - even with cartoon tanukis and squirrels - is really what I, an extrovert stuck in the house all day, need right now.

And, during these Corona times you might not be as productive as you want to be and that is okay. You don’t have to conquer the world or learn a new hobby. Sometimes the best productivity comes from unproductivity. Take a break, watch some TV, take a nap, eat some food, do what’s right for you. Make sure you are taking care of your mental health and are being mentally healthy. Mental health is often overlooked and it is especially important to keep tabs on yourself and how you’re feeling throughout the day. If you need to talk - TALK! Your emotions are valid and it’s important to accept that maybe you’re just not okay that day and that the quarantine is affecting you more than you want it to. It gets better, even if it might not seem like it will right now, hope is what keeps us going. This will end and until then we have *Animal Crossing*. So take a deep breath, wash your hands, and go pay those loans off before Tom Nook scolds you.

– J’KHAYLA
WHY YOU SHOULD GO ON A #QUARANTINEWALK:

- Clear your head & stretch your legs.
- We are social - isolation is bad for our health.
- Reminder that the world is still here with you.
- Fresh air & exercise is proven to uplift your mood.
- Feel connected to neighbors and strangers - even if only from a distance.

#QUARANTINEWALK RULES

- Maintain social distancing
- Wear a face covering even outside
- Use the street when needed
- Avoid starting conversations
- Limit trips, so make it count

QUARANTINE WALK SCAVENGER HUNT:

While out for your daily walk/run, or bike ride, don’t just look at your phone - use it to document your neighborhood. No one knows what post-COVID life will be like, but it’s certain to be very different. Document things while they’re still there!

OLD TOWN  EAST SIDE  SOUTH CHICAGO  EAST GARFIELD  ARGYLE ST.

EDGEWATER  PILSEN  BRONZEVILLE  AUSTIN  RAVENSWOOD

- Find buildings/architecture you never noticed before.
- Look for signs of community & positivity.
- Observe how people behave. Who wears a mask vs. not?
- Walk by your favorite local business, café or park.
- Document storefronts: many businesses might close!

WHAT WILL YOU FIND?

PHOTOS: VITALIY V.  IG: @VITALIYFORGOOD