

# The Howler

T.F. SOUTH HIGH SCHOOL

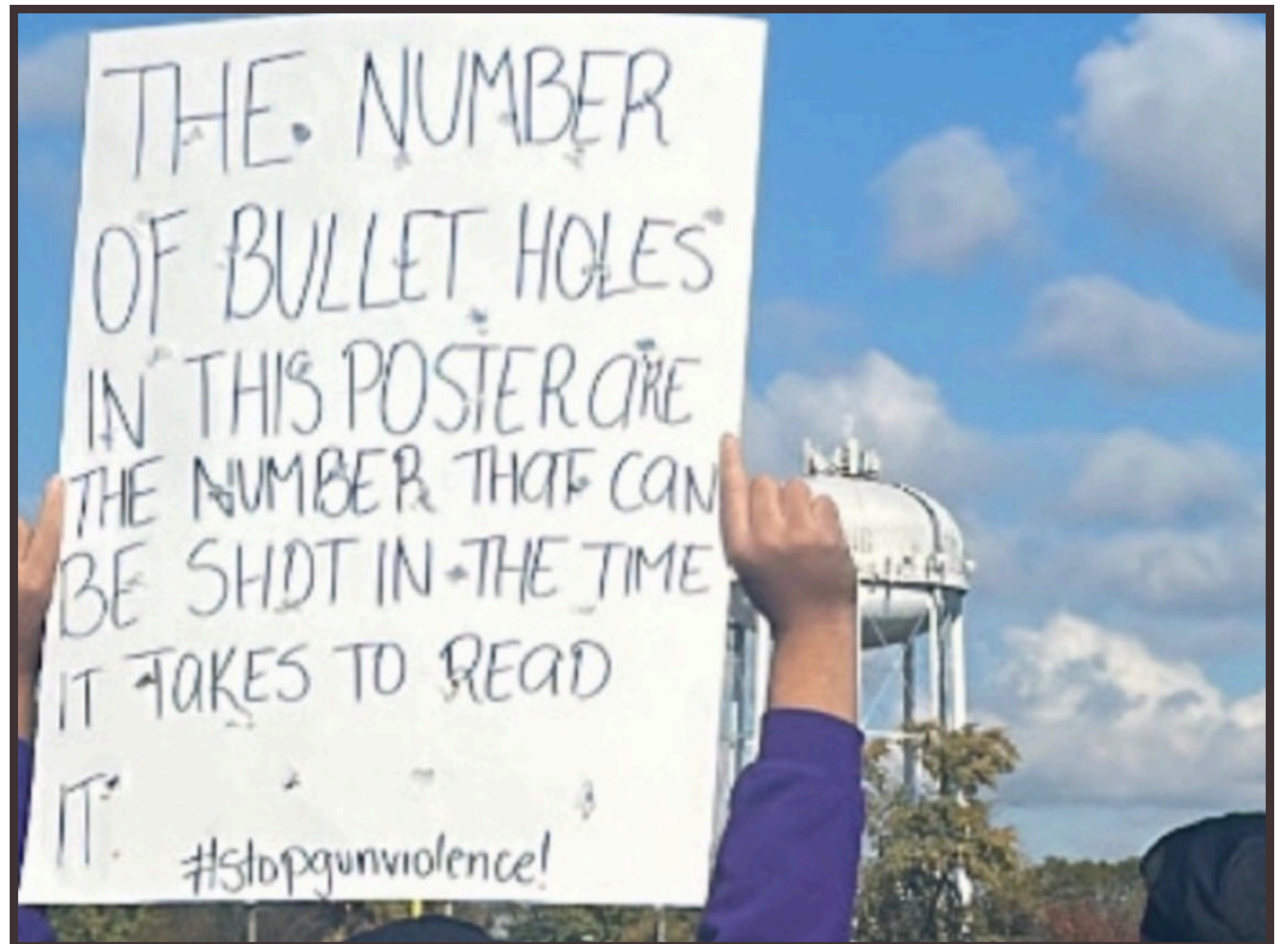
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## TFS SOUTH STUDENTS COME TOGETHER IN A HEARTFELT WALK AGAINST GUN VIOLENCE

by: Briana Johnson  
Editor in Chief

This year has been incredibly hard for TF South. We've lost classmates, friends, and people who meant so much to our school. It's been painful, and everyone has been trying to figure out how to heal together. On November 1st, the school finally had a moment to breathe when students, staff, and families gathered for a walk to honor the lives we've lost and to raise awareness about gun violence and other tragedies affecting our community. Organized by the Vocal Justice club, the walk honored Earskin "EJ" Maddox Jr., Ross Anthony Whitt Jr., Jamari Petty, and April Valencia and Matthew Cuadra. Hearing their names spoken out loud made everything feel real again, and you could feel the love and emotion throughout the crowd. BJ, one of the main student organizers, shared how the walk began. "When I found out about Ross, I didn't know what to do," she said. "I asked Ms. James, 'How do we move forward?' and she told us that it was something we had to figure out for our school. That's when we started planning." From there, students came together fast. BJ promoted the event every morning, hoping people would show up and they did. Families, teachers, the mayor, the police department, and district leaders all came to support. "It was honestly such a beautiful turnout," BJ said. "Seeing the families honored in such a heartfelt way meant so much." During the walk, students carried signs, cried, hugged, and supported each other. Even in silence, the unity felt powerful. This year has brought so much loss, but the walk reminded everyone that TF South is still standing together. It was a step toward healing, toward change, and toward making sure no one has to carry their pain alone. And we'll keep taking those steps, one heartfelt moment at a time.



## WALKING TO PREVENT FIREARM HARM

by: Kayla Gantt, Staff Reporter

Many students and teachers took to the track at TF South to bring much-needed awareness to gun violence and bring peace to the innocent victims who have sadly had their lives taken from them. This walk brought out a clear demonstration of peace and also a call for an end to a sadly regularized disaster that has recently occurred at least 141 times in 2025, and 64 incidents as of October. School shootings are said to be more likely in American public schools. Many schools have not been very prepared for the worst. Some always think it wouldn't happen to them, even though their town seems safe, but most cases are not planned and can happen randomly. As far as we know, we have the ALICE tactic to somewhat help with tragic situations like these, but it faces a lot of significant criticism from many others. The organizer of this gun violence awareness walk was Lisa K. Boulter, the principal of Thornton Fractional South.





Howler Staff (left to right): Jayden Alba, Adulere Alibi-Isama, Rolando Hernandez, Jayla Williams, Kayla Gantt, Kedar Wright, Briana Johnson, Lamont Hayes, Jaylennsia Rhea, Robert Prather V, Brooklyn Moody, Mary Adegboye, Janiya Cook, Shakira Reed NOT PICTURED: Edward McGrath-Burton, Alexander Rodriguez, Zaria Cooper

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## Upcoming Dates/Events:

December 17-19- Final Exams

December 20-January 6- Holiday Break  
(NO SCHOOL)



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## THE WOLF WORTHY AWARD: WHAT IT TAKES TO EARN IT

by: Jayden Alba,  
Staff Reporter

The Victor E. Wolf Worthy Award is a monthly award for both students and staff at TF South. It recognizes people who make a real difference or go above and beyond. The purpose is to highlight people who are trying to make the school better through their actions and attitude. However, while many students know the award exists, not everyone understands what it actually takes to earn it or why it matters. Many students receive this award for the way they act in class, how they treat others, or the effort they put into their work. Some receive it for their progress throughout the year or for participating in sports and activities. Others earn it because they help classmates or set a good example for the people around them. The award shows that students do not have to be perfect to be recognized. They just have to try and show they care. But the question is, is the award actually recognizing the right people, or is it just another certificate that gets handed out and forgotten? Staff members can be honored as well. Teachers and many others can be nominated if they support students or go beyond what is expected of them. One staff member I interviewed, Mr. Muhammad Abdur-Rahim, has earned the award on several occasions. He explained that he is not trying to be noticed. He simply wants to be someone students can rely on. He takes his work seriously and said he sees himself in the students he helps. Mr. Muhammad teaches African American History and has experience studying in India. He speaks Arabic and English and reads Arabic fluently. Before coming to TF South, he worked in homeland security after 9/11 because of his language skills. He also worked at the airport to help travelers who needed someone who understood their language. Even with this experience, he said the important part is being there for students every day. This is the kind of recognition that seems to matter. Not the award itself, but the person behind it. The Wolf Worthy Award highlights students and staff who do good things without always expecting anything in return. Many people make positive choices daily, but not everyone gets recognized for it. The award gives TF South a chance to appreciate those efforts and show others that what they do matters. It can encourage more students to try and bring something positive to the building. But while the award exists to recognize good behavior, it also raises some questions. Some students see the award as a real achievement. Others may not think about it at all. Some students who do receive it might not even know why they got it in the first place.



The truth is that anyone could earn it. Treating people with respect, helping others, trying in class, and being involved all play a part. Not everyone will receive the award, but the opportunity is open to every student and staff member in the building. The real question is not who receives the award, but whether students even care about receiving it. If the Wolf Worthy Award recognizes people who make a difference, what would stop more of us from trying to be one of those people? No one has to be the best or do something huge. They just have to care enough to try. But if students do not know what the award is for or why it matters, then it might just be another name on a list that no one pays attention to.



## THE BLOOD OF OUR COMMUNITY

by: Rolando Hernandez, Staff Reporter

With Thanksgiving having passed comes the season to give back to your community. Being a part of the TF South community provides you with opportunities to provide charitable action for people in need. Lately, TF South offers some events to help out the community such as their blood drive and food drive. Charitable events such as food drives and blood drives allows TF South to help many people and families in need of food to eat or in need of blood due to unfortunate circumstances. On Friday, November 21st, TF South hosted a blood drive where students 16+ can opt in to donate blood that would be provided for people who require blood. Some students also participated to help out with the blood drive in order to make sure the process went by smoothly and efficiently, directing students to complete a mandatory survey and where to wait.



Christmas only being weeks away is another chance for you to do a good deed, being able to donate toys for children. Many charity organizations such as the Salvation Army or Toys for Tots accept toys that are donated to children who aren't likely to receive toys during Christmas. However doing good deeds should not be only limited to the Christmas season, and should be a year round occurrence. You can also volunteer at food pantries such as the Food Depository or even help clean up Lansing on "Clean-up Day" held during the spring time.

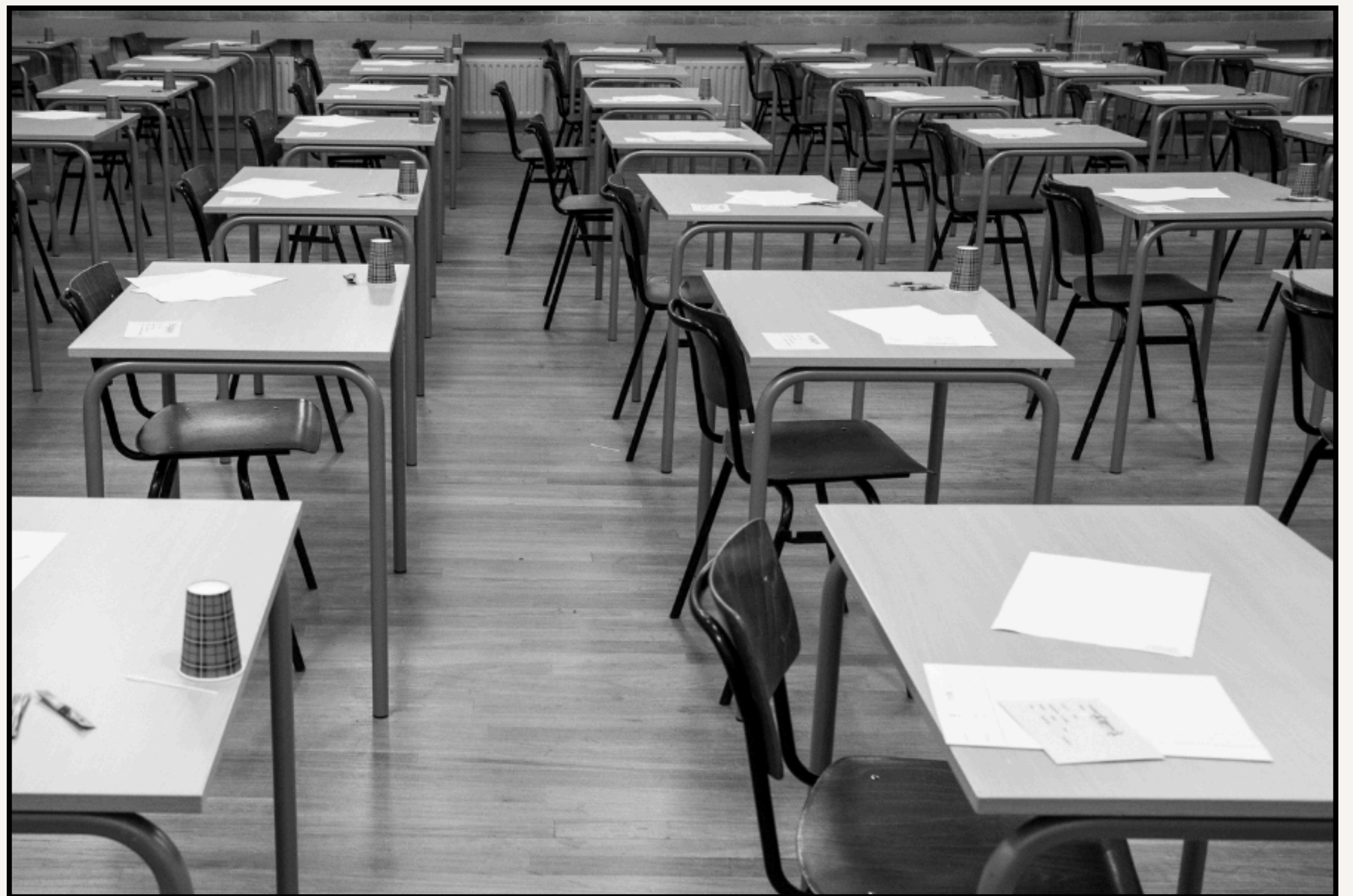




## Should Students start school later?

by: Lamont Hayes, staff reporter

Many students feel tired in the morning. They wake up super early and don't get enough rest at night time. Some say this makes it hard to pay attention and stay awake in class. Starting school later could help students feel more awake. They might do better in their classes and be less tired in the morning. I would suggest school starting atleast around 8:45 or even 9 which is a flexible time to get to school for most people. But starting later down the road it could cause some problems too. Sports and other after school activities might get harder to manage. Some parents also like early start times so they can get to work. I feel like the schools that start later on have good results since they are starting later in the day.



Studies (see below) show well rested students do better on school work and are less likely to be late or skip school. Overall starting school later could help students stay healthy and do better in school. It might not be perfect for everyone, but it could make mornings easier and life a little less stressful.

It makes them feel ready to learn and have lots of energy so there is no excuse to be sleepy. Getting more sleep could also help students. It might reduce stress and make it easier to handle homework

### AMERICAN PSYCHOLOGICAL ASSOCIATION STUDY AT A GLANCE

1. RESEARCH FROM PSYCHOLOGISTS AND OTHERS INDICATES THAT LATER SCHOOL TIMES CORRELATE WITH MORE SLEEP, BETTER ACADEMIC PERFORMANCE, AND MYRIAD MENTAL AND PHYSICAL HEALTH BENEFITS.
2. ADOLESCENTS BETWEEN THE AGES OF 13 AND 18 SHOULD SLEEP 8 TO 10 HOURS PER DAY, ACCORDING TO THE AMERICAN ACADEMY OF SLEEP MEDICINE. BUT FEW ARE LOGGING THOSE HOURS.
3. DURING PUBERTY, YOUTH UNDERGO A SHIFT IN THEIR CIRCADIAN CLOCKS THAT MAKES IT HARDER FOR THEM TO FALL ASLEEP UNTIL LATER IN THE NIGHT. MEANWHILE, THEY CAN STAY AWAKE LONGER BEFORE EXPERIENCING AN INCREASE IN THE PRESSURE TO SLEEP.
4. PUSHING BACK SCHOOL START TIMES HAS ADDED SLEEP BENEFITS FOR TEACHERS AND PARENTS, TOO.
5. STATES AND SCHOOL DISTRICTS ARE MANDATING LATER SCHOOL START TIMES IN RESPONSE TO THE SCIENTIFIC RESEARCH.





## THE PROS AND CONS OF THE PASSING PERIOD

BY KEDAR WRIGHT, STAFF REPORTER

Students at TF South high school tend to complain about how much time they receive just to change classes, when students are trying to take bathroom breaks or simply get personally sidetracked. They end up late and students have reported even after the 5 minute bell has rung they have seen only 3 to 4 minutes on the clock which means not only does the school take an entire minute just to release students to their next class. They cause a sudden rush of adrenaline when students see they only have so much time just to get to class which can cause stress, most traditional schools only have 4-5 minute passing periods while some for the comfort of their students have 4-10 minute passing periods allowing students to socialize, take a breather and converse with friends but I believe that South should be more sharp when it comes to 5 minute passing periods when students leave they should have exactly 5 minutes to get to class, now some may have a restroom break and others may have to get things from their locker but some can't be as quick and sufficient as the rest and I think there should be more time added to transitioning periods as not only do students get a sense of relief they wouldn't have anxiety or a feeling to always have to be in a rush. While most have no issue with 5 m

minute passing periods that's just a fraction of the school while the majority stresses and is eager for longer passing periods as they can really take a toll on the average high school student's mental state, with having so little time to get to a class across the school students would prefer more time to be able to socialize, relax and retain sanity. There are pros and cons that go into a 5 minute passing period, Pro-students achieve a great feature of discipline as having such time to get to class they understand the toll being brought on them in the real world if they don't get their on time, Con-not having time to think which leads to rushing anxiety and not being able to focus in the next class, Pro-Knowing they have to be somewhere in a short amount of time that doesn't cause slacking and builds an always on time character and the last Con-Students being put in rush mode and not having time to think and just doing, which can lead to forgetting important items such as computers, phones and even house keys which sometimes students come back for and aren't always retrieved.



lead to forgetting important items such as computers, phones and even house keys which sometimes students come back for and aren't always retrieved.





## RISING COST OF COLLEGE AND HOW SENIORS ARE COPING

BY ZARIA COOPER, STAFF REPORTER



As college prices continue to climb, students at every level are feeling the pressure. From high school seniors planning their next steps to college students already living it, the rising cost of higher education is becoming one of the biggest challenges facing young people today. For my big sister who goes to University of Kentucky, the financial strain is something she deals with every semester. People think paying tuition is the only thing you worry about,” she said. “But it’s everything too, housing, meal plans, books, transportation. The small stuff adds up fast.” She works part-time to help cover her expenses and budgets carefully just to stay on track. “It’s stressful,” she said. “There’s always that fear of, ‘Will I have enough for next semester?’ But I’m pushing through because getting my degree matters to me.”

While she struggles with the cost in college, seniors at T.F. South are already anxious about it before even applying.

“I want to go out of state, but the cost makes it feel impossible,” one senior said. “I’m trying to make a smart choice, not one that puts me in debt forever.” Another senior explained that many students are changing their plans because of tuition. “I used to think I’d go straight to a university,” they said. “Now I’m thinking about community college first just to save money. It’s not what I pictured, but it might be what makes the most sense.” Both groups of current college students and high school seniors share the same concern: college is getting more expensive, and students are left trying to figure out how to afford their future. My sister’s experience serves as a reality check for many younger students who haven’t yet faced those costs firsthand. At the same time, the worries of T.F. South seniors show how early financial stress begins for today’s teens. Despite the challenges, students remain hopeful. As one senior put it, “I still want to chase my goals. I just have to be careful about how I get there.”



# Holidays: Stressed or Impressed



## ARE THE HOLIDAYS CHEERFUL OR STRESSFUL?

by: Mary Adegboye, Staff Reporter



After the spooky month of October and it starts to get chilly, everyone gets in the holiday cheer and the better part of daylight savings hits us. We see more lights put up throughout our neighborhoods and layers of snow pile up near the sidewalks. For many this is the best time of year where memories are made and valuable time with family is spent. However, this time can also be glum and dull for others. The short days and long nights cause people to sleep longer, neglecting their social and physical well being. Others aren't fortunate enough to have a huge Thanksgiving or Christmas spread, which can make this time of year quite uncomfortable. Families argue, and pasts are brought up. In the whirlwind of holiday emotions it is important to take time for yourself. Allowing the stress to consume you is not healthy, and isn't what the holidays are meant for. Due to the mixed emotions, I've decided to ask students if they view the holidays as stressful or cheerful. First, let's look at the statistics! According to the American Psychiatric Association, 28% of Americans are experiencing more holiday related stress than they did last year. A couple of the reasons for stress are affording gifts, grief/missing loved ones & challenging family dynamics. APA also reports that more than half of 18 to 24 year old (54%) are somewhat worried about affording gifts, while 38% of people 65 or older share that worry.



I received 45 answers, 26 being that the holiday season is a cheerful time and 19 declaring that the holiday season is a stressful time. To get a better understanding of these responses I asked two people with opposing views why they feel the way they do. Nadiya Calhoun, a senior at TF South who finds the holiday season stressful quotes popular entertainer B. Simone, "My finances, like the budgeting you see how I am.... we were in Bloomingdale's the other day, I'm like we have to go to H&M." BJ Gallon, a senior at TF South who finds the holidays cheerful states, "the holiday season is cheerful because it's one of the few times where I get together with my entire family. We give recaps of our year, eat good food and enjoy each other's company."

If the information I have gathered says anything, it says to check in on the ones closest to you throughout these winter months. Do not force yourself to appear happy just because the season permits it. Be honest with yourself and ask for help when you need it.





# HOLIDAY DELECTABLES

## Seasonal Delight!

The scent of sweetness baking in the kitchen just reminds me of those holiday mornings spent with family. We share a combination of stuffing our faces, game time, gossiping, and more stuffing our faces! Mr. Conrad, a teacher here at TFS, shares his recipe for a delicious Pineapple Cake. He states, "This is my Grandmother's cake recipe. It helps me remember and feel close to my Grandma every time I make it. This was my favorite cake as a child. This cake is one of many small things that helped make my childhood wonderful, and I am glad to have the opportunity to share it with others. My Grandma would be happy as well, and will smile down on you with pride as you bring her recipe to life.



*The frosting ingredients include:*  
**8 ounces cream cheese, softened to room temperature**  
**1/2 cup butter, softened to room temperature**  
**3 cups confectioners' sugar, plus an extra 1/4 cup if needed**  
**1 teaspoon pure vanilla extract**  
**1/8 teaspoon salt**

*The cake ingredients include:*  
**2 cups crushed pineapple (semi-drained)**  
**1 3/4 cup granulated sugar**  
**1/2 cup sour cream, room temperature**  
**1/2 cup vegetable oil**  
**4 large eggs room temperature, lightly beaten**  
**1 tablespoon pure vanilla extract**  
**1/2 cup walnuts (crushed)**  
**2 cups all-purpose flour**  
**2 teaspoons baking powder**  
**1/4 teaspoon baking soda**  
**1 teaspoon salt**  
**2 teaspoons ground cinnamon**  
**1/4 teaspoon ground cloves**  
**1/2 teaspoon ground nutmeg**

Here are the steps and directions to complete this desert:

1. Preheat the oven to 350 degrees.
  2. In one large bowl, whisk together shredded carrots, granulated sugar, sour cream, oil, beaten eggs, and vanilla extract.
  3. In a separate bowl, sift together flour, baking powder, baking soda, salt, ground cinnamon, ground cloves, and ground nutmeg.
  4. Slowly add the dry ingredients to the wet ingredients and whisk together until well incorporated.
  5. Add the batter to a non-stick greased and floured bundt pan and bake for 45-55 minutes or until a toothpick inserted into the center of the cake comes out clean.
- Allow the cake to cool for 10 minutes in the pan then turn the cake out on a cooling rack to cool completely before frosting.

### Frosting Directions

In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add 3 cups confectioners' sugar, the vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra 1/4 cup of confectioners sugar.





## why is 67 so popular?

by Alex Rodriguez

The number 67 has taken over the internet? The start of the 67 meme started with a song by skilla called "doot doot" the lyrics in the song say 67 and there would be edits about the song. The edits would have basketball players and other things. This made 67 become more viral then it already was. The 67 meme started around May and to this day it is still very popular.

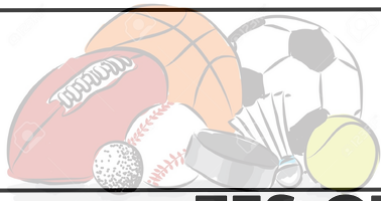
Every time the number 67 is seen or heard kids go crazy because they think it's funny and cool. Also another basketball player who made the 67 meme so popular is a player from Overtime. Also Lamelo Ball from the NBA team Hornets was also a huge factor of making the meme huge. These people would get clipped on Tiktok getting millions of views worldwide.

In the summer of 2025 67 memes were booming. You couldn't scroll on your phone without seeing it. Then in a basketball game a kid yelled 67 and moved his arms. That video got tens of millions of views. This made the meme bigger and bigger. Every kid would do the hand motion every time they saw 67 or heard it. The meme got to a point where teachers and schools were done. Kids would see 67 on homework or on the clock. They would yell about it and teachers had enough. Some schools ban the word 67. Some teachers would be really annoyed about it and get mad. A teacher from our school was a victim to that and got clipped on Instagram and went a little bit viral.



**WE ARE IN NOVEMBER NOW AND THE 67 MEME IS STILL VIRAL NOT AS MUCH BUT STILL VIRAL. KIDS STILL DO THE MEME AND YOU MIGHT SEE IT ON TIKTOK A COUPLE TIMES HERE AND THERE. THE FACT THE MEME STARTED AROUND MAY AND IS STILL BIG IN NOVEMBER IS CRAZY. HOPEFULLY FOR TEACHERS AND SCHOOLS THE MEME DIES SOONER OR LATER SO THEY DON'T HAVE TO GET MAD AND MAKE THE 67 WORD BANNED**





# SPORTS

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## TFS CROSS COUNTRY BANQUET

by: Jaylennsia Rhea, EIC

To end off the Cross Country season the coaches decided to have a banquet like they do every year. Most all consistent Cross Country runners were there without fail and showed up classy but comfortable. Everyone was able to bring a plus one to the banquet and in fact it was highly encouraged. But if someone didn't have one that was ok to, people were able to invite their friends and family. There were a bunch of tables with white tablecloths and everyone was able to sit with friends and family or other teammates. A little while later students were able to eat the food brought. Seniors went first then down the row of under-classesmen after. Then everyone took a seat with their food and a little while later awards for students were being announced. The first coach to begin was Coach Dust announcing for the girls. The awards were a personal achievement that coach Dust noticed all the students clapped and their parents congratulated. During this Elizabeth, a Cross Country teammate; had a surprise for Coach Dust she had brought a card for all the girls to sign and a cute Cross Country running gift. The girls all signed and at the end of the awards for the girls she gave it to coach Dust and all the girls took a picture together. Coach Dust was very grateful and thanked the team and was just very proud as her first time becoming the Coach Dust felt so loved and appreciated. This was the biggest the girls Cross Country team was in forever. The girls in the team really created history. This girls Cross Country team was the first to be invited in an all girls race. It was very different but most of the girls loved the new experience. The girls supported each other while running the race and encouraged each other to give it their all. In order to make the team as big as Coach Dust did she encouraged girls that were interested to tell their friends. Coach Dust also brought it up during the ending of track season to girls and everyday on the announcements I can remember on the announcements for girls to join the girls Cross country team. Most girls that stayed and stuck with it really liked it and enjoyed the positive atmosphere and genuinely sweet people that were on the team. Furthermore, the banquet slide show on the screen of all the races really brought up those memories and how we all came together as a team, and that's a wrap for this cross country season.



# TF South's SPORTS 12

## TF SOUTH'S DANCE TEAM FIRST COMPETITION

by: Shakira Reed

As a Freshman at TF South I can remember the nervousness I had trying out for the dance team. I can also remember what I felt like my first dance competition for TF south. I was overall nervous I didn't want to mess up the routine or let my team or my coach down. I felt a lot of pressure to do it right. In dance we might be on the team but being on the team doesn't mean you're going to be in the routine. We have to tryout the routine in practice a few weeks before the competition takes place. It takes a lot of hard work, practice, and paying attention to detail. As a veteran, manager and now new Co- Captain of the dance team, I'm there to help the girls and be there for them for whatever they need. I decided to ask a few new members how they felt before their first competition.

**Noami S. Freshman**

for comp I felt really confident about myself. I was kind of nervous about the formations and if people was actually going to remember the routine but we did good. Especially when we prayed I felt like everyone put their best foot forward and tried their best. I love how connected we were and how serious everyone was even me and I really tried for everyone. I loved bonding with the team and getting to laugh, be serious, and seeing everyone happy to see us try hard. It's good seeing that everyone was nervous but ready and happy together and for each other.

**Janiyah W. Sophomore**

For my first competition for dance, I was incredibly nervous. I was mostly nervous because I did not know how the performance was going to go due to all the errors we had to deal with a couple of practices before the big day. I prayed constantly and allowed God to make it work and to not let fear get the best of me, and of course he delivered. Even though I messed up a couple of times, I still decided to keep going because I wasn't going to let the enemy prevent me from expressing the passion that God had given me to prosper.

**Kylie W, Sophomore**

" Before comp, I was very scared because I came from cheer and it was my first comp with dance. I was nervous but I also felt very happy. I was with new people, new coach, new captains, new environment, just new everything. I just had a feeling it would be nothing like cheer, and it wasn't. But being on the bus on the way there just brought out all the nerves bc of the people I was with".



*The Team at the first competition of the season*

**Makylah D, Freshman**

I felt nervous but also really excited about it because I could watch everyone compete. My heart was beating really fast but in a good way. I was really proud to see everyone compete and dance their heart out. I was worried about everyone messing up a bit even though they did mess up it still looked really good. I was proud of us placing 1st in Poms and 3rd in Hip-Hop.





# SPORTS

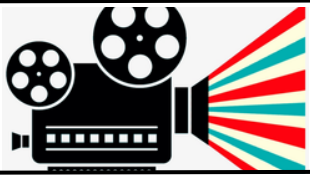
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## WINTER SPORTS

by: Jayla Williams

Hello Red Wolves, the temperature is dropping meaning winter sports are coming. Boys basketball will begin tryouts and practice starting Tuesday, November 11th along with Girls and boys wrestling. Boys bowling is rolling into a new season starting Thursday, November 13th against Argo at Rolling lanes. Girl's bowling will start Monday November 17th. If you are someone who is interested in swimming and have no problem getting your feet wet Boys swimming tryouts are Wednesday, November 19.





## BATMAN ARKHAM ASYLUM IS WORTH THE CHALLENGE

by Brooklyn Moody, Review Writer

My immediate reaction was that it's hard and not user-friendly to play. Disclaimer: Take my immediate reaction with a grain of salt because this might be easier depending on how many open-world combat games you've played. This was my first, so I found it pretty hard in the beginning. I liked how interactive the game was. At some points, you truly felt like you were Batman, even though the perspective of the game is visually in 3rd person. I also like how you had tasks and deadlines, but also had freedom to do side quests in the game that would potentially help you with main quests/tasks. This game was very intense and felt high stakes at times, which made it feel more fun and exciting to play. I think this game did a good job and had a nice balance of being high-stakes and intense with things like fights, stealth missions, boss fights, but also had good storytelling between all the characters. I didn't like how not user-friendly the game felt. There were not a lot of tutorials on how to complete tasks until you were killed, and then the game would give you hints on how to do better the next time. In this game, you were given the tools to complete tasks and beat villains, but for most tasks, you were not explicitly told where and when to use them, which made the game harder but also made it challenging in a fun way.



If you liked Arkham City, I would recommend Arkham Asylum, which is the first game in the Arkham games. This game is easier and less intense to play than Arkham City. In this game, you are playing as Batman, where you are lured into a trap set by Joker, and you have to stop Joker from creating titan versions of people to take over Gotham.

But if you want something more challenging, try out Arkham Origins, which is the next game in order to play after Arkham City. Overall, I loved Arkham City. It was a great game that I had a lot of fun with. I would recommend it even though I found it challenging for a beginner.



BOO!

