EWU Basketball - Coach Posley

By Steven Kemp

Behind every team there is a head-strong coach who is not only a basketball Guru but also a father figure. Coach Posley’s primary objective of being the Head Coach of East West University boys’ basketball team is to teach them to be men both on and off the court. Coach believes that being a student-athlete is more than just showing up to class and training. To become a student athlete you need to hold yourself to a higher standard; athletes are constantly under a microscope, so with also being a student, you need to be the best you can be. This basketball team is only the beginning.

Growing up back in the 60s, on the lower west side of Chicago, Tommie Posley had always been inspired to be around the game of basketball. In order to play, you need 3 things: guts, determination, and the desire to never give up. Posley said he played basketball as a child because he enjoyed the competitive spirit, the feeling of knowing all your bullets hit their mark. Posley has been coaching basketball for 26 years. He began his career as an assistant coach in Manley high school back in the 90s. After, he coached at Dunbar high school for a little while, then transitioned to the assistant coach position of South Suburban College, where he helped lead his team to 8 national tournaments. That was one of coach’s biggest accomplishments, especially as an assistant coach. However, he felt that it was time for him to lead his own group of guys and finally took the step to become the head coach for the East West University Phantoms in 2011. Posley says, “I still love and respect all of my former head coaches, we are still good friends and they see me as a stand-up guy.”

Coach Posley is widely respected throughout the basketball community for his accomplishments, gameplay, and all around determined attitude and spirit he carries around on a daily basis. Not only do his former coaches rave about how his excellence as a coach and person, even his present day players, students, and faculty, commend him for his work ethic and his perseverance through the many years of devoting his life just to make others better in their craft. Posley - to no surprise - has even helped coach a few players that are currently in the NBA or playing at big named schools. Those players currently in the league are Jabari Parker, who plays for the Milwaukee Bucks, Patrick Beverley of the Houston Rockets, and former player Othyus Jeffers, who played for the San Antonio Spurs and is now the head coach for Robert Morris University. Posley says, “cut throat” and seeing that the theme of Chicago is determination and hard work, this seems to be the best fit for coach’s impeccable desire to never give up nor let an opportunity slip away. Although this year for him and his team isn’t the best, coach likes to praise his guys for the big games that some of his key players have had this year. For example, Carl Moore at the center position has had standout games scoring more than 20 points in over 10 games this season. Sherman Carter, having the deepest range of his teammates, has scored 28 points in the game against Roosevelt University. But the biggest standout per-
By Qiuyu Zhang

The Great Wall is one of the most important cultural heritage in Chinese, built in the Qin Dynasty, the purpose is to resist foreign aggression. The Great Wall is 5500 miles long, and the construction process is a great loss to national property and people's lives. The Great Wall can be seen as the only man-made works from the moon to see the Great Wall has a long history and magnificent appearance, attracted many visitors, scientists and historians visit.

zybzng.com says:
The Great Wall is wide enough at the top for five horses or ten men to walk side by side. Along the wall are watchtowers, where soldiers used to keep watch. Fires were lit on the towers as a warning when the enemy came. It was very difficult to build such a wall in the ancient days without any modern machines. All the work was done by hand. Thousands of men died and were buried under the wall they built. The Great Wall was made not only of stone and earth, but of the flesh and blood of millions of men.

The Great Wall is not allowed foreign aggression. Historically, this wall did not protect China from invasions, and many people were killed during its construction, but it now brings revenue as a tourist attraction. There is a famous Chinese saying: “He who does not reach the Great Wall is not a true man.” So when I was young, my middle school organized students going to the Great Wall in Beijing. The first impression for me that it is a huge and long wall. The Great Wall is like a dragon lying in a majestic mountain and always maintain its dignity and status.

The Great Wall is a precious cultural heritage of mankind, shining the glory of Chinese civilization and wisdom. The Great Wall is the pride of our nation, it is a symbol of the Chinese nation, the spirit of the firm and inflexible spirit has inspired me.

KITE

By Yiwen Tong

Chicago's spring comes earlier than in the past, and many children fly colorful kites on the beach. Flying kites is a very interesting game on a windy day. Not only children, everyone can join it.

The birthplace of kite is in China. People in Henan and Shandong were the first ones to create kites. There's an old saying: "On the third day in the third lunar month, Hao flies up to the sky." This is the best time flying kites by the beach. Boys fly it while girls play swings. When the wind is low, flying in the sky is "Magua," and in high wind, it will be “Tong Hao.” "Hao" means the sky, sun. It also shows that the sun is at the highest end of the sky. In my hometown Hunan, kites flying in sunny spring days are still a white T-shaped “Magua,” a symbol of longevity for the living, and eternity for the dead. Let’s invite our friends to fly kites in the sunny weather!
Baha’i House of Worship

By Yijun Wu

A few weeks ago, I went to the Baha’i House of Worship. This temple, located in Wilmette, Illinois, is for all people to commune with God. Baha’i church welcomes everyone, it joins worship of God and serves mankind. Baha’i is a new independent religion. Baha’i has no clergy and local churches, each temple has nine same sides, each side has a door, representatives can join the Baha’i faith from all directions. I heard this is the most peaceful and inclusive religion. It is particularly important that it requires its followers to be subject to the management of local government agencies and to support government work in a cooperative manner.

It looks like an image of purity outside. This is the whole white building with gorgeous sculpture. Inside, there are lots of seats to pray. It feels quiet and peaceful. And surrounding the building, there are 9 pools for each side. So it's a really good place to go with your friends and family. For me, the most interesting thing is the sights, they make me take pictures all the way.

Karaoke Cab sing as they travel

By Wenzhe Tang

I feel very lucky, because when I went to the Taiwanese capital of Taipei, I met a very interesting taxi driver. After my friends and I sat down in the taxi, the driver was very enthusiastic and gave us a super thick playlists; there were many popular English songs, Chinese songs, Japanese songs, etc. The driver told us to choose a song you like, and then according to the corresponding code input in song list on his device. After we chose the right song, the driver suddenly took out two voice tubes to us, and said that "young people should have more sings!" We felt very fresh, so everyone sang a song.

When we arrived at the destination, even the driver himself sang a song. The cab is equipped with the latest computer, with the TV, the speaker, cube… These are all very professional singing tools.

Imagine that you sit inside the taxi, on Michigan Avenue in Chicago. Too many people walking in the outside, but inside the car is a few people in the karaoke craze. This is really a wonderful experience, I can’t forget it! (It is said that there are about 30 cabs like this
The Upcoming Exhibitions at the Art Institute of Chicago

By: Adalynn Colon

In the Art Institute of Chicago there are seven upcoming exhibitions.

- The second one to come is called “Whistler’s Mother: An American Icon Returns to Chicago” it is a gallery 272 that will be shown from March 4, 2017-May 21, 2017.
- The third one is called “Saints and Heroes: Art of Medieval and Renaissance Europe” it is a galleries 235-239 it is opening March 20, 2017 but member preview March 18-19 2017.
- The fourth one is called “Zhang Peili: Record. Repeat” it is a gallery 186 and gallery 289 that is shown from March 30, 2017- July 9, 2017.
- The fifth one is called “Batik Textiles of Java” it is a galleries 57–59 that is shown from April 21, 2017–September 21, 2017.
- The sixth one is called “The Formation of the Japanese Print Collection at the Art Institute of Chicago: Frank Lloyd Wright and the Prairie School”, it is a gallery 107 that is shown from April 22, 2017–July 23, 2017.
- The Last one is called “Fischli/Weiss: Snowman” it is a Bluhm Family Terrace that is shown from April 27, 2017–October 15, 2017.

You can find this at http://www.artic.edu/exhibitions/upcoming.

What is Life?

By Alisha Cusik

Life and death; without one there cannot be the other.
For some it's short, but they live it like no other.
For most it’s long, and to be happy they don't ever bother.
Life cannot be lived without the love of others.
we are born in this world then we begin to die.
Sometime we even want to cry
Like everything else, it will end and we’ll have to say goodbye.
What is life ??

Women’s History Month

By Deidra Horton

The month of March is known as March madness and is popular for college basketball. Many men find themselves lounging around the couch and turning on their local sports channel to watch the many games that come on through this month. However did we stop and think about what else this month celebrates besides sports? Well ladies guess what, this month is women's history month. We have contributed to many things that go unrecognizable. As women we need to educate ourselves about the great women and history that have fought battles and paved ways for us from being allowed to go to school to voicing our opinions. So here is assignment for this month to help educated yourself, write down the names of five women who helped make a difference and list what their accomplishments are.
Social Issues
By: Liz Bailon

For Group Dynamics and Team Building, one of our assignments was to take our own pictures and create a poem to a social issue.

Sunny with a chance of getting shot,
When will it stop!

Devastation of thoughts in our minds,
We keep leaving the mess behind,
Unless that’s just our minds depress.

A brilliant mindset,
but how do we not forget,
After graduation we are in a huge debt.

Just notice
it must be bogus,
to feel hopeless,
Marriage in a modern time

By Tiffany Mendez

The roles in marriage have changed in the past few years. Women are not the only ones in the kitchen and can now be breadwinners too. Now depending on what era you grew up in, that is a pretty big deal. On February 27, 2017 East-West Signature Course and Introduction to Philosophy class hosted an open discussion on marriage. Nick Person, CIS and Engineering major, and Diabique Alford, Engineering major, moderated the event. There were a lot of questions we asked. I will discuss a few of them.

Is there a difference between an open marriage and infidelity? Open marriages are an agreement made between two people. Infidelity is just cheating, where only one person agreed to the action.

Does parents’ influence matter in marriage? Yes, the parents influence does matter because, its roles. Both parents can now work and still raise a child at the same time.

Does social media have an effect on marriage? Yes it does have some effect because social media makes it easy for spouses to cheat or keep secrets from their partner. It also brings up a privacy and trust issue between couples at some point. But all this depends on the person you’re with, if there is trust then you don’t need to worry.

Difference between high school and college

By Alaba Adetutu

90% of high school students that go to university end up graduating while the remaining 10% either flunk out or give up when it gets too hard which proves that university is nothing like high school. University is not like being in high school because in university you get to make your own schedules and you do not have to have classes every day. When I started going to university I expected it to be a bit like high school where the teachers actually cared if you came to class but it is not. In university you are on your own and you have to make the decision whether you want to go to class and be serious or not. Universities are much bigger than high school which makes it easier to get lost there, universities are more diverse with more international students than high school, and universities have an array of different elective and minor classes you could take.

Anger Management

By Tiffany Mendez

My Intro to Philosophy class had a small discussion on anger management at the LC Lounge the other day. We learned a few things that would help anybody in a situation where they can’t properly express themselves. We discussed triggers, saw an example of one, acted out scenarios, and even went over ways to diffuse any situation. Though the discussion was shorter than it should have been, we still covered a fair amount of information.

Triggers are defined as an event or situation that causes a person to do something. The list of triggers we came up with as a group are as followed: laziness, bad attitude, disrespect, bad drivers, liars/cheaters, and waiting in lines. Everybody gave at least one of their triggers, for example mine was laziness. A lot of those who drive all agreed on bad drivers being their trigger because, they prefer not to drive while angry (to prevent road rage).

We saw examples of the waiting in line trigger from the movie Kicking and Screaming starring Will Ferrell. Due to his trigger he got banned from his
regular coffee shop at the end of the scene. But to be fair Will Ferrell was dealing with attitude and hostile behavior in this specific scene. The next example was from Anger Management starring Adam Sandler and Jack Nicholson. This scene occurred after he was getting frustrated while driving on the bridge, and Nicholson's character made him sing a song to calm down. He literally made him pull over and didn't let him drive until he was in a calm state.

We were given a list of solutions to diffuse your anger at any time if need be (http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/anger-management/art-20045434?pg=2). Now in all honesty I don't think all of the things on said list will work, but the speaker did say change does not happen overnight.

A New Experience

By Janet Rivera

Nicholas Peterson

It's Saturday night and off we go on our grand adventure to... the Opera! Why you might think? Well, for most English classes that you take with Dr. Polski she gives extra credit, it's a new experience! There is nothing better than to see something different. As I characters to display to the audience and I personally felt so many emotions. I felt waves of music reach into my earlobes and go straight down my spine. I felt hate towards Norma (the character) for being so stupid and allowing others to dictate her life.

Norma at the Lyric Opera House is an experience that opens a view to art that is totally new and refreshing, especially to those who are not used to or has never seen the opera. So if you have one of Dr. Polski classes, who is awesome enough to give an huge extra credit bonus in return for you gaining an experience, try the opera, especially when Norma rolls around the schedule again.

NFL Football

By: Timothy Bell

Recently in sports, there was a new super bowl champion crowned: The New England Patriots, the best team in the NFL this year with a record of (14-2). They won the highest team honor in NFL football beating the Atlanta Falcons 34-28. The Patriots were down in the first half 21-3 giving the Falcons the impression that the game was all but over. Of course, Tom Brady, the starting quarterback for the Patriots, was not going to just fold that easy and neither were his teammates. I was the absolute most exciting game of the year, one of the greatest comebacks in super bowl history. It explains the reason the super bowl is never a predictable game and is the most-watched championship game in America. This is actually the profession I am trying to pursue after I graduate college. This is the sport of America and
My Favorite Meal

By Zhaoling Wang

My favorite meal is pan edges paste. This is a unique snack of Fuzhou, China. I still remember the first time I ate this paste when I went to visit my grandparents. It was a Sunday morning, I went with my grandparents and my uncle to the church, and after church they took me to eat the breakfast. Pan edges paste is used for soup clams juice, open burning in the pot to take its flavor, and then put the mill good rice milk along the guobian poured over a ring, rice milk on the edge of the pot into a hot dry skin after use the spatula to scrape into the soup, add celery, onion, dried small shrimp, mushrooms, etc., prepared to entertain the victorious soldiers lively. At this time came a Japanese attack, Qi Jiguang asked, immediately set team ready to destroy the enemy. People anxious, but also to let the soldiers ate to go to war in any case. I do not know who is suddenly have a brain wave, the rice will be ground into a slurry, shredded meat, clams, lily, edible fungus, razor clams, scallops and so on all mixed with boiled into soup, boiled rice milk On the edge of the pan, without a Ding edge paste a quarter of an hour, pot and a pot of Ding edge paste Came out. All the soldiers ate and then bravely went to battle and destroyed all the pirates. “Summer” eat pan edge paste Cherish the memory of the national hero, also has the meaning of patriotism. Also Long ago, the people around Fuzhou South Terrace under the ‘Welcome Earth God Festival’ doing pan edges paste in March.

I don’t usually eat the pan edges paste, because it is only in Fuzhou. Every time when I go to visit my grandparents, my grandma always cooks this for me, and I will eat it all. Now I’m in America but I still miss the pan edges paste.

My First Taste Of Ethiopian Food

Sunday night my best friend thought it would be a good idea to try a different type of food. I had never tried Ethiopian food nor have I ever heard of it, so I was in for a surprise. The restaurant was this quiet little place up north called Ethiopian Diamond in Granville. My first thought was “Am I going to like it?” and “where is she taking me?” When I got to the restaurant I was greeted by a friendly very polite waitress who escorted us to our table. The restaurant was also hosting a wedding, so I also got a little taste of music as well while I ate. The music was both upbeat and delightful, unlike anything I’ve heard before. The music made you want to get up and dance the night away at a party.

When we ordered our food in the menu everything was served in large orders and platters. I ordered a beef platter, and the platter was as big as a surfboard filled with vegetables with onions, beef, cabbage and beans. My first reaction when the waitress brought out the food was “how am I a going to finish all this food?” but the platter was big enough for two. The food is brought out with bread. The bread is a little zesty, and tangy and gives you a kick as soon as you bite into it.

The bread is supposed to be used as a barrier for the food: you use the bread to scoop up the food and eat. The food is eaten with your hands, so you get that full culture taste of eating without utensils. The beef has a sweet honey taste that gives you a sweet and sour taste as soon as you bite into it. The beans at this restaurant are so soft and continued on pg 9
delectable that you feel as if you’re eating into heaven. The taste of the food is something I would never forget; the cabbage had a bit of sweet and tangy taste, as well as the rice.

I thought that my overall first experience was an enjoyable one. I would recommend this restaurant to anyone. I thought the restaurant was very culture oriented and warming. I thought it gave us a feeling of hospitality and friendship. The restaurant made me feel as if I were home eating with my own family. I didn’t feel the least bit like I was at a restaurant more like having dinner with friends.

Recipe Corner

My first time making homemade Takoyaki
My friend bought a Japanese TAKOYAKI Grill pan maker cooking plate machine from Amazon, and he decided to try it, so we made our first time homemade Takoyaki!!!

First, you have to prepare some ingredients:

- 3.5-5 ounces chopped raw octopus
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 cup finely chopped green onion
- 1 bowl of cabbage

Second: prepare Homemade Takoyaki Sauce and Homemade Japanese spicy Mayo. We followed the steps from Wikihow http://www.wikihow.com/Make-Takoyaki

Third: Making the Takoyaki Batter:
Grind some katsuobushi flakes, place the flakes into the mortar and grind them with the pestle by scraping and pushing against the mortar.
- Put all these in a medium sized glass bowl, Whisk together the dry ingredients to make sure they are evenly mixed.
- Whisk together 2 eggs and 1 teaspoon of soy sauce, Add the egg mixture to the dry ingredients, Use a whisk to stir the mixture, whisk until the egg is evenly mixed into the dry ingredients.
- Add the dashi stock slowly, a little at a time.

Fourth: Cooking the Takoyaki
• Heat the takoyaki pan on medium high heat.
• Wait until you see smoke rising from the pan before adding the batter
• Add the octopus, green onion, tenkatsu and powdered katsuobushi to the takoyaki
• Sprinkle on 1/2 cup of chopped green onion

Fifth: Transfer the Takoyaki to a plate
Use the skewers to do this as they will be very hot. You will now add the sauces.

Last step:
• Pour takoyaki sauce and spicy Japanese mayonnaise over them.
• Sprinkle dried seaweed and some katsuobushi flakes on top.
• Serve immediately, but be careful as the takoyaki will be very hot inside
My First Opera

By Abd Ur Rehman Raza

Last Saturday night I went to attend Lyric Opera. It was my first time ever that I have seen such a program. It was really amusing and knowledge oriented. The theater has a very unique and historic construction. There were people performing on the stage. A man with a stick in his hand was waving in front of them and the performers were producing rhythms according to his hand waving. At the ceiling was an LCD where subtitles were appearing as per voice. The rhythms were made in Italian language.

It was a story of priestess Norma heading a nation of Druids. The Druids were conquered by the Romans. Norma was in a relationship with a Roman warrior who became the father of two children from Norma. Norma had hidden this truth from her people. Later on that warrior fell in love with another priestess of Druids named Adalgisa. She was the daughter of Norma from her first husband. So it was like she fell in love with her unofficial step father. Norma didn’t know about that at the beginning, but later when she found out she announced war against Romans. The warrior was caught by Druids but at that time Norma decided to sacrifice her life with that Roman warrior as she felt that she has betrayed her people. She gave responsibility of her children to her father and suicided happily.

This was the summary of the story. I took few video shots and pictures too. Here is one of the screen shots of the play. This is the moment where Norma called her nation to prepare for war and the Druids created a huge Bull as their weapon against Romans.
Honest Liar
By Jashua Carrasco

The most recent film I’ve viewed was a documentary called An Honest Liar based on “The Amazing” Randi. He is a world-renowned magician and escape artist that uses his own skill sets and tricks to expose people that claim to have supernatural powers. During his journey to expose the fakes that are fooling the general public, he sets out to prove a point that any person despite of their education can be deceived. To prove his point he planned to publicize his partner into being a great “spirit communicator”, and got the attention of the media and the public across the country. Finally at the end of Randi’s experiment while thousands of media outlets and people were still believing at the peak of his partner’s publicity, the both decided to go public to say it was a hoax. After the announcement was made, thousands of people were outraged at Randi and his partner because of the amount of belief that the hoax created, but Randi just responded saying “no one wants to accept the brutal truth of what they believe in”.

Afterward a team of American scientists opened a program to study these so called super natural powers. The scientists studied multiple types of people that claimed to have powers. Including in the test subjects were two magicians that presented their story of the trial during the documentary. The two magicians were able to bend the rules of the magicians and were able to fool the scientists to think that their powers were real by passing their tests using their own tricks. Personally I was amazed but yet shocked at all the crafty ways people were being lied to and scammed, to the point that the public were left clueless and yet still had their hearts filled with belief. I feel that this film is a great recommendation for someone to watch, especially with the message it’s trying to give.

Wolf children
by Eva Guadarrama

I am a fan of Japanese animation, and I do believe that there are good movies and shows that come from Japan. One of these movies is Wolf children. Written and directed by Mamoru Hosoda, with art and character design by Yu and Yoshiyuki Sadamoto. It also was adapted into a visual novel. The movie is about a young woman named Hana, who falls in love with a man who is also a wolf. The two of them have two children named Ame and Yuki. After the man dies Hana must raise her two wolf children by herself. I think this is a very beautiful movie, both in the story and the animation. The story itself is structured well. The first part of the story focuses on introducing Hana. and her relationship with the Wolf man (we never learn his real name). The second part is focused on her struggles as a single mother, and raising two children. It’s here we also learn more about Ame and Yuki’s personalities. Yuki is a wild child who likes to explore nature, and Ame is a shy boy who at first does not embrace his wolf side. Hana mostly stays cheerful, and optimistic despite her struggles. The last part of the story becomes a coming of age story for Ame and Yuki, as they have to make a choice of whether or not they want to be wolves and humans. There is a lot of symbolism here, and I think it’s very clever. An example of this is both Yuki and Ame’s names correspond with the seasons they were born in. The animation was good, and I think it captures the beauty of nature. Overall I strongly recommend this movie to anime fans, non-anime fans, and to people who like fantasy or drama.
Capture the moment

By Norman Russell

Some people collect old coins, plates, rocks, tickets write poetry, or magazines as a hobby. I enjoy taking pictures of random moments out in the world. Then I show my friends to see how they feel about it. If they like the pictures, I try to edit the pictures by adding filters or adjust the color scheme of the photos. I have a friend who is an actual photographer and in some cases a filmographer. I’d travel with him on some of his journeys to take pictures for his collection. Whenever I would travel somewhere and I have extra time, I would try to snap a picture of what I think is a good picture. For instance, I was in the area coming from a friend’s place on my way to the Metra Train Station. This day was extremely foggy outside. The street-lights were swallowed up by the fog, barely visible. So I really couldn’t see that far in front of me, but the lights from inside the buildings anoid. I came to the misty and wet bridge that led to the steps that goes to the Metra Train Station. With the fog slowly creeping up on the bridge as well, I saw an opportunity to capture a strange moment with the fog. Eager with the moments I caught in the strangest 10 minutes I’ve experienced in a long time, I rushed to the train to mess around with them. I learned that day how much I like to take pictures of the moments I get stuck in, to later enjoy them with other people.

The little girl

By: Tiffany Mendez

I see a girl building a wall. So tall no ladder could reach. Putting on a mask for all to see. What do you see?

I see her arguing with herself. Trying to make sense of it all. She won’t ever find relief. What do you see?

I see a girl opening her eyes. Slowly breaking that wall. Hoping someone will be there. What do you see?

I see her looking past the rubble. The wall is gone… Someone is there… What do you see?

I see a girl looking at her savior. The one who waited all this time. The one who never gave up. What do you see?

I see her eyes fill with joy. She thought nobody cared. But he was secretly always there. What do you see?

I see a girl letting go of fear. She doesn’t have to hide. He accepts her for who she is. What do you see?

I see her letting him in. Two people becoming one. She never saw it coming. Real happiness… What do you see?

I see me with you.