



## East-West Student Ambassadors!!!

*(from left to right) Rosalie Estrada, Karen Castaneda, Arely Palomino, Michael Howard, and Myself at Student LEadership fundraiser.)*

By: Kisha Johnson

As an Ambassador, other students and myself represent East-West University as the brilliant and intelligent minds that inhabit this institution. We are a group of ethnic diversity and we give outside eyes and curious minds the sneak peek into what East-West is about.

Student Ambassadors do a variety of activities, from assisting with school related events (such as the Leadership Dinner) to Topics related to the Public (Take Back, Give Back). We guide individuals in the right direction, provide them with relevant information, and greet them with enthusiasm. We also participate in events from time to time and give speeches, such as the Take Back, Give Back event. Three other students and myself went on stage and shared personal experiences on how we have suffered from Chicago Violence.

"As a student ambassador, you can be told how to do your job, you can be taught how to fulfill your role, but usually one would forget some of their responsibilities. The real way to learn how to be an Ambassador is from being involved with the role."  
-Arely Palomino, EWU student ambassador

We are kind, Courteous, and above all ambitious. We encourage interaction and communication. And most importantly, we help to bring a variety of opportunities to the university and encourage individuals to attend to experience them.

Currently, the student Ambassadors are continuing the work following the Take Back, Give Back event we had in February of this year. We have done research on resources and statistics to create an ideal solution for the current violence problem happening in Chicago. Hopefully, we can announce the good news in the near future!

As a individual, I try my best to exude warmth and friendship, which I believe is a good trait for any student Ambassador. I also like to make people laugh, which I think is the best ice breaker for meeting new people and making them feel comfortable.

Comedian/Actor Robin Williams, my role model

One of the best ways to live life is to help others; it doesn't matter how big or small or what kind of

action it is. I think one of the best things I've done is help, even if it was indirectly. (from left to right) Rosalie Estrada, Karen Castaneda, Arely Palomino, Michael Howard, and Myself at Student LEadership fundraiser.

I would like to end this article by saying that as a Student Ambassador, I wasn't always as outgoing and engaging as I am now (in a way, I'm still not), but I've been slowly transitioning from a wall flower to a social butterfly. Ghada Morrar and Ms. Barbara Abrajano saw how helpful I was (and still am) and asked me to participate in events; that was one of the best things I ever agreed to.

Shout out to Rosalie, Karen, Arely, Michael, Moises, Lizet, and all the other Student Ambassadors past and present who help make things possible.

If anyone is interested in becoming a Student Ambassador, Please see Ghada Morrar on the 8th Floor of the West Building. If you have a willingness to help, you will be considered.

## Dean's List, Spring And Summer 2017

Lori Burns  
Mohit Chind  
Chaitali Bimalkumar Desai  
Emmanuel Fadipe  
Maya Fard  
Beatrice Fixon-Owoo  
Ashley Gaddis  
Xavion Jackson Jenish Kafle  
Raquel Lazaro  
Chang Liu  
Paris Logan  
Prashannah Mahindanraj  
Patryk Malanowski  
Carol Medina

Tiffany Mendez  
Nayef Mohammed  
Dhartiben Patel Naman Patel  
Nicholas Peterson  
Smita Rani Smita Rani  
Catika Smith  
Ayub Syed  
Najeeb Syed  
William Taylor  
YiWen Tong  
Rahil Vahora  
Noelani Valle  
Vidhi Vyas  
Ziyan Xiang

## Honor's List Spring 2017

Lydia Basanes  
Joshua Bengochea  
Cicily Byas  
Tian Tian Ge  
Eva Guadarrama  
Elizabeth Harrington  
Jiaxin Li  
Israel Lopez  
Riddhi Chintukumar Modi  
Mohamed Shehan Saleem Mohamed Isam  
Jarrett Moore  
Mykhaylo Moskalyk  
John Oden

Kushal Patel  
Masuk Rajeshbhai Patel  
Raj Patel  
Aranie Pereira  
Titiana Rice  
Dominique Scott  
Abel Torres  
Adnan Usmani  
Armando Vasquez Zhaoling Wang  
Raquel Washington  
Mario Weathers  
Jnissi Wheeler  
Amze White



# The Fruits Of Labor Of Being A Biology Student

By Jose Ignacio Blancas

When I started at my original college named Millikin University, they taught me everything that I have to understand in order to be somebody in the real world. I always knew that I wanted to be a biology student, ever since the little 6 six year old that saw a magazine called "National geographic", and was amazed at the scientific discovery at that time. Of course it was

outdated science, but it still has an effect even today because it made me who I am. From 3rd grade onward I became the top science student in all my classrooms because science just 'clicks' in my head, which allowed me to rise and stay with the students of Honors and AP classes back in 2011.

When I got accepted into Millikin University, I felt excited to learn even more about biology. However, that all

changed when I arrived at my first class at Millikin university. At first, I saw new terms, published papers about diseases, new pathogens, etc, and I felt numb. For the first time, I can say that I didn't know what was happening, however, there was a girl named Samantha, who saw me struggling in all my science classes, and invited me to spend time studying together. Studying for classes was essential, after all, we were both freshmen. Over time, we bonded and got into a relationship, and studying became a everyday thing for us at that time. Everything was beginning to look up for me until I found out she had leukemia, and died of complications just before our midterms. From there on, I vowed to take science to a next level throughout my college years. I vowed to help those afflicted by the same disease that took her; It is what she would have wanted. I knew that I had to leave Millikin

University as I gotten depressed and needed to be around family. So my decision was to come back to Chicago and go to a school called East-West University as a freshmen. It was a cheap price to attend which was a plus, and I was lucky enough to be accepted in time. I met tons of wonderful people in my 4 years here, and I do not think of a day where it would have been different. I even had the chance to work with hard working students who taught me more than I could ever know.

Recently in the summer of 2017, when I was seeing a movie called "Naked among Wolves", it occurred to me that back in the 1930's, there were "good enough" technology that the nazi's were using to commute their commands to other bases. I got curious and decided to take apart a lot of old technology at my house, and I noticed that I can use math and science to

fix and create new inventions. I invited a portable phone power bank that had a 25,000 mAH /14.8 Wh capacity, with 2 USB ports in the front. The only way I could have created a power bank was by a soldering iron, and careful calculations. It took time, but I managed to invent it.

I thank my major for this new found knowledge, and I will soak up all the computer science information that my little brother will tell me all about. For it is his major, which I think he will do excellent work in the years to come. This way, I can fix computers in a more meaningful way instead of just putting "windows + R" and putting "cmd" and then putting in a code to check for abnormalities. Once again, I thank my biology major for exposing me to a higher level of education and knowledge, and granting me the opportunities to meet wonderful teachers and associates.



## How To Succeed In College

By Keyla Montanez

Hello, new freshman, I am a senior graduating this quarter, and here is my survival guide on how to graduate from EWU.

1. Get your work done.
2. Ask questions to your peers and professors.
3. Take advantage of office hours.
4. Take advantage of available resources ( library, Gym, workout rooms)
5. Have a support group (counselors, professors, school therapist when times get rough)
6. Make friends --- super

important

7. Enjoy yourself and know that great things will come your way
- One thing I noticed about college is that it is beneficial to have a

group of friends who support each other. When I first started at EWU as a young mother I was all about coming to class and going home - getting my work done and leaving. Everything was all business with no play. There was

no interaction with anyone and no attempt to make friends. I quickly realized that I was becoming a zombie just walking around the building and if I didn't understand something I just let it go without follow

up. Once I made that first step to start interacting with my fellow students, I realized I enjoyed the company. I also realized they were people who like me had a full time job, kids, and went to school. I thrived better as a student with the support of my peers and it never hurts to have a homework or study buddy. Obviously that goes without saying that school work still comes first but having a solid foundation will get you a long way.

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# Right Way To Combine Aerobic Exercises And Anaerobic Exercises

By Hongyan Ren

## 1. Understand aerobic exercise & anaerobic exercise

Aerobic exercises is often called a “cardio” workout, since it is designed to increase and improve blood flow. These types of exercises are of a lower intensity but last for longer periods of time. Anaerobic exercises are those done at a higher intensity for shorter periods of time. These build strength and help your body to become accommodated to working hard. Paired with a healthy diet, these exercises can also help you to lose weight, as your body’s caloric use will increase. These types of exercise are actually arguably better for burning fat than aerobic exercises.

## 2. Why do we need to combine

aerobic exercise & anaerobic exercise

Combining anaerobic and aerobic training into one training program can significantly improve cardiorespiratory fitness. Several studies have shown that higher intensity training leads to greater increases in fitness, but one study specifically showed that interval training at near maximal intensity led to the greatest gains overall.

High intensity interval training is an anaerobic conditioning program that stresses the body in order to improve speed, strength, and endurance. By alternating between short bursts of high intensity activities like sprinting with short cool down periods of lower intensity activities like jogging, interval training pushes the body but does not give it the

opportunity to recover entirely.

This type of training program can improve an athletes’ ability to tolerate and utilize the increased concentrations of lactic acid that form during anaerobic activities. Although interval training focuses predominately on anaerobic training, it also improves cardiovascular endurance.

## 3. Right way to combine aerobic exercise & anaerobic exercise

### Step 1

Perform an aerobic endurance session for 30 minutes twice per week. Pick your favorite cardio exercise, whether it be running, walking, rowing or the stair machine. For your best fat-loss results, perform high-intensity intervals by working moderately for two minutes followed by an intense 30-second interval where you perform an all out sprint.

According to Stephen Boutcher's survey of the scientific literature done at the University of New South Wales in Australia, many studies demonstrate that high-intensity interval training could lead to greater fat loss than steady heart rate cardio.

### Step 2

Perform anaerobic training in the form of resistance exercise three to four times per week. This will help you to build muscle and raise your basal metabolic rate (BMR). Your BMR is the number of calories you burn when lying flat on your back doing nothing. Increased muscle size and density will also help in getting that toned look. Perform at least one compound movement during each workout, such as squats, deadlifts and military presses followed by smaller accessory

exercises. Compound movements stimulate the most muscle fiber and burn the most calories.

### Step 3

Combine exercises into giant sets or circuits with minimal rest in between to raise your metabolism and increase fat loss. According to trainer Alwyn Cosgrove, one way to accomplish this is through complexes, which are five compound exercises performed for five repetitions each without putting the barbell down for five sets in a row with a barbell. Begin with around 90 seconds in between each set and challenge yourself by decreasing this time each week. Keep in mind that this method is particularly demanding, and you should work yourself up slowly before trying this at maximum intensity.

## Health And Fitness!



Aerobic activity

By: Carol Medina

Are you the one who promised yourself you would finally have a bikini body ready this summer? You looked in the mirror this

morning and you realized you didn't.... Well there is always next year right! What if I told you that you actually don't have to starve yourself or spend hours at the gym to accomplish your

goal. All you have to do is follow these simple steps.

First, you have to cut down on your sugar, and carb intake as much as possible. For example, next time you crave a cupcake, eat a carrot and pretend like is the best thing in the world. Or if you go out for tacos, ask for one tortilla instead of the two.

Second, you have to eat smaller portions throughout the day more frequently. Starving is actually a horrible misconception

that people have about losing weight. They think that by starving themselves their body will lose fat. WRONG!!! The truth is that when your body is hungry, it starts to break down protein and your metabolism slows down. Then your body stores more fat to maintain your body going. Try eating snacks like fruit, or a protein bar on the go.

Third, all you really need is 20 to 30 min of physical activity daily. So try taking the stairs next

time instead of the elevator. Walk to the train station instead of driving, walk your pet more often, or simply go for a walk during the nice spring days. Finally, Dr. Maria Polski recommends that you drink less wine and drink more water.

These will help you accomplish your goal for summer 2018. And remember investing time in your health and body is the same as investing time on your education. “It’s a slow but rewarding process.”



# Opioid Epidemic

by: Keyla Montanez

What are opioids? Many do not know the answer and are not

even aware that an epidemic is currently going on because of this. Opioids are a chemical compound with the effect to



reduce pain. Tramadol, morphine, and oxycodone are all examples of how opioids are used medically to relieve pain. Heroin and fentanyl are illegal opioids and are the cheapest to purchase, not surprisingly they are also the biggest contributor to the opioid epidemic. In the United States, according to the Center of Disease control and Prevention (CDC) opioid overdoses has increased by 200% since 2000. Although drugs addictions have been around for a long time, it was not recognized as a disease of the mind until 1987. It also was not recognized as a medical-necessary for insurances until

recently. Opioid addictions do not discriminate between ages, genders, races, or social classes. I cannot speak for most but I know that my own perception of an addict was someone who lived in poverty and I now know how that to be a false perception. I have worked with addicts for about three years now and I can tell you that we see the professionals, i.e. Doctors, nurses, EMT, Lawyers, and teachers) as well as college and high school students who are all addicted to opioids for various reasons. These are people who have suffered some kind of traumatic experience in life and opioids are there

escape. These are your neighbors, peers, siblings, and parents. Educating our youth about the effects of opioids as early as middle school is the key to helping prevent the addiction. Middle school is too young you say? The D.A.R.E program was designed with middle schoolers in mind, because that's when drug meddling is going on. One of the patients in my office once gave an interview where he stated that he started stealing his parent's prescription drugs and going to parties where they have party bowls full of pills at the age of 13. It is never too early to teach prevention.

## Worst Bulls Roster Since Before Michael J. Jordan

By: Seneca Wright

Once again the Chicago Bulls (professional basketball team) higher power staff has made a poor and stupid decision. Their poor decisions with the team roster and in general by being cheap with the roster and making remedial decisions with the team. The staff would do things like: sign a terrible player to the team, trade a good player for a bad one, let a player good go for little to no reason, having a terrible roster, etc.. However, this time was the last straw; they've messed up big this time. I have stopped being a fan of them after they let go of Derrick Rose 2 seasons ago and left Jimmy Butler by himself, without another star. Coincidentally, the Miami Heat didn't resign Dwayne Wade; since he is from Chicago and is close to the end of his career, he decided to sign with the Bull because he said that he wanted to play for the Bulls before he retires. Now,

they have traded Jimmy Butler, their franchise player, for players that didn't make the All-Stars not even once. They have given up Jimmy Butler for Kris Dunn and Zach LaVine who are not stars. Currently, the Chicago Bulls have no superstars on the roster. They are a sorry ass team and after these actions they have lost a lot of fan base. More seats will be empty this season and I will be so happy after they finally pay for the stupid decisions they've made over the years.

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## Phantoms' Season Approaching

By Cortland Gillespie

The East West Phantoms are ready to start a new season and exceed all expectations this year. The Phantoms are loaded this year with returning players and also new additions to the team. The season is looking bright for this year's team, and as fellow Phantoms let's do our best to support. Go Phantoms!



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# A World Shrinking For Polar Bears

By: Rahil Vahora

There used to be a time when the world's largest land-based predator, wrapped in aesthetically pleasing white coat could wander around the North pole, savoring every chilly sensation the ice could give to its paws. Unfortunately, that's no longer the case. As they say, "Those were the good times!"

Ice is melting faster than ever, undoubtedly we all acknowledge that except some few on the throne. An increase in the emission of greenhouse gases in the past few centuries of industrial revolution has led to a planet boiling to death. However, some argue that climate change is not atypical, the earth has experienced the warm and the cold ages. In fact, their argument stands true. According to NASA, "Just in the last 650,000 years there have been seven cycles of glacial advance and retreat". Add some more considering our

planet is 3.5 billion years old. While their argument is factual, it is irrelevant. In the past climate change transpired due to the natural phenomenon, today it subsists because of us – the modern human beings. NASA asserts, "The current warming trend is of particular significance because most of it is extremely likely (greater than 95 percent probability) to be the result of human activity since the mid-20th century and proceeding at a rate that is unprecedented over decades to millennia". If we are being ethical, we must blame ourselves. The loss of ice the polar bears are suffering today is chiefly ascribable to our imprudent, technological endeavors. But why on earth worry about a polar bear? Out of five billion species that have ever existed on the sole life-supporting planet of our solar system, only 8.7 million of them exist today. More than 99 percent of species have mingled with dust, if polar bear

is one more, why worry? Well, we have a moral obligation to protect our planet and its ecosystem. Homo sapiens are an intelligent creature, our ability of thinking and reasoning compels us to be the guardian of other non-intelligent creatures. We owe all other species a favor, the favor to exercise a reasonable guidance and control. Science tells us to protect other species because they are part of an ecosystem on which we rely. If they go extinct in huge numbers, we might jeopardize our own survival. Well, not only science but our faith enjoins us as well to protect them. Christianity, the world's largest religion holds love at the center of its core message. To practice love the way Jesus did. Islam goes so far as to say that humans are deputies of God. God created the planet and now, it's the responsibility of its deputy to protect it. Judaism prohibits unnecessary suffering to animals and Hinduism considers cow the

sacred. While science and faith might sometimes fail to persuade, however any person who can critically think must come to a conclusion that protecting the planet and its ecosystem is indirectly related to protecting us.

Another question might arise – why make animals our paramount concern rather than humans like the people of Maldives whose islands are more likely to sink below the sea level? Well, we humans easily feel empathy for other humans. While history tells us quite a different story, but today we are more kinder than we were ever before. Empathy is about understanding and sharing fellow member's feelings, which is easy to feel for other humans because we are humans after all. However, it is difficult to feel for an animal which lives thousands of miles apart.

It is vital to understand how

animal feels. And the only way to do it is to sometimes get closer to them, like visiting a zoo. For instance, Lincoln Park Zoo here at Chicago is free and open 365 days a year, the zoo offers a unique opportunity to observe the polar bear from the Walter Family Arctic Tundra exhibition. The exhibit was created with an aim to bring us (humans) closer to the polar bear, so we might be able to understand, feel, and share the feelings of a bear who has lost its place on the planet. So please go out there and try to see from a polar bear's perspective!



## HOW CAN YOU HELP PUERTO RICO ?

BY RAJ PATEL

Hurricane Maria slammed into Puerto Rico on September 20th. It was considered a category 4 storm that has already damaged many islands in the Caribbean. It was the strongest storm that Puerto Rico has ever faced in 85



years.

Food and water are hard to come by, and recovering from the storm will be long, hard and expensive. Millions of residents remain without power, food, water or reliable means of communicating with the rest of the world. Their situation is still desperate, but there are many ways to help them out.

The best and efficient way is to donate money to the organization with the help of internet, so that they can

use the money to buy food or any needy things for the people who are in serious need. Another easy way is to donate \$10 to the Red Cross via text. Text 'REDCROSS' to the number 90999 for charity. Apple users in United States can also donate to American Red Cross through iTunes. You can donate to some of these groups: Americares, a global health organization, has emergency teams deployed to Puerto Rico and Dominica.

UNICEF USA is assembling to get an immediate, desperate support — Emergency Relief Kits — to the children of Puerto Rico.

A donation of only \$28 will offer a kit including basic and essential supplies such as water purification tablets, a water bucket with lid, water containers, soap, toothpaste, detergent and sanitary pads. The supplies will help children and their families keep clean and healthy, defending them from diseases that can arise after the loss of safe water supply. (UNICEF USA, n.d.)

We can also raise funds by going on streets with group of friends or family. You can also ask your colleagues at work to join to raise funds for the storm victims.

Research about the organization or charity before donating money to them because there are many over smart people out there who can put fake ads just to make money by playing with you. If someone calls you to ask donations, this is most likely a different type of charity scam looking to steal personal information. Never give out your social security number or home address or anything to these callers.

Go ahead and step up to help the families who need, by donating your love with money or whatever you can come up with.



# Signature Course Research Poster Competition

By Maria Polski

On August 8, 2017, students in Signature Course competed for the best research poster. Students from English and Math classes came to the L-Lounge to judge the competition.

Signature Course this summer analyzed the arguments of Yuval Harari's book Sapiens. Harari asks if homo sapiens are happier now after we have defeated the cousin species neanderthals, designed money, developed artificial limbs and youth extending treatments. Students conducted additional research and defended their posters.

## The winners are:



First place: Demetrius Protho, Business and Communication Major, poster "Search for Immortality"



Second place: Mujtaba Mohammed, Computer Science major, poster "From Forages to Necrophore"



Zohaib Masood is explaining his poster "Credit" to Juwan Smith is explaining his poster "Life is Just a Game"



Third place: Smita Rani, Computer Science major, poster "The Science of Happiness"

# International Food Tasting at East-West University

By: Zohaib Masood and Rajesh Jaiswal

On August 24th, we had an international food tasting in west building. The students of Maria Polski's class, East-West Signature course, brought traditional dishes from their home. The tasting was a huge success as everything was finished within minutes. Dr. Khan, the chancellor, also visited and enjoyed it even though when he came, almost all food was eaten. Different teachers along with

their classes visited and tasted some traditional Indian/Pakistani food and they liked it.

Students brought the dishes that were most famous in their countries. Kushal Patel brought Veggie thaali which is very famous in India. Smita Rani brought Pani puri which is, according to me, the most popular street food in India and Pakistan. I brought Gajjar ka halwa which is a dessert made with carrots. Juwan Smith brought Banana pudding which he baked himself

using his grandmother's recipe. Demetrius Protho brought corn bread. Mohammed brought Alu Parathas, which are Indian pancakes stuffed with potatoes. Rajesh brought famous Nepali Dumplings.

Dr. Polski announced that the first prize winner will get \$50 cash. Second will get \$30 and third will get \$20. Juwan Smith got number 1 spot. Smita and Kushal tied with number 2. Rajesh and I tied with number 3 spot.

Overall it was a big success and it was fun as well. East-West is a diverse school and these activities help students understand other cultures. International students don't feel neglected and they feel like home.



Smita making pani puri for Ms. Veronica Roth.

## My Issue With “IT”

By: Paris Logan

On September 8th of this year, New Line Cinema released the long awaited remake of “IT,” a movie about a killer clown-demon that haunts the children of Derry, Maine. The movie is a remake of the 1990 miniseries of the same name, and both stem from Stephen King’s 1986 novel. To start, I personally found the movie AMAZING. With a killer first scene, (literally, I mean, a child dies in like, the first 10 minutes of this movie,) adult humor, and characters you’re going to fall in love with, I have very few complaints about Pennywise the Clowns’ 2017 premiere.

With one exception.

“IT” focuses on the exploits of a group of teenagers self-named, “The Losers.” Each teen is

fighting with their own individual fears and daily struggles with their families, as well as the simple awkward unpleasantness that often come with puberty. It would take about 25 pages to properly introduce all of the teens and preteens at the center of “IT,” so I’ll spare you that boredom, because for this particular gripe we only need to focus on one: Mike Hanlon. In the film, Mike is the only black teen in the Loser’s group, and what seems like most of Derry. His parents are killed in a house fire, and he is forced to deal with the tough-love parenting approach of extended relatives, who are sheep farmers. Mike’s family life in the film is drastically different from his home life in King’s novel! In the novel, Mike knows his father, (though he does die later on, but of cancer, not in a fire.) Mike’s father was not a sheep farmer,

but a member of the U.S. Air Force who along with his friends worked hard to open the first exclusively black club in Derry. Mike is the only child in the Loser’s group with knowledge on the history of Derry, including how his father’s club later went up in flames at the hands of some Klansmen. Mike was very close to his father, (a representation of black men in the family unit that the public is not often exposed to,) and was a book smart, middle class kid who played a major role in the Loser’s knowledge of IT. Later in their lives, Mike is the only one brave enough to stay and Derry to make sure IT does not return.

Mike was the only major character of color in

Stephen King’s work, and he was a well-developed one at that. Compare the novels’ Mike Hanlon with the 2017 movie’s version. They might as well have killed Mike’s character off for all the justice they did him. It was as if he was not even a part of the film. Well maybe until the last 20 minutes of it when he brings a “gun” to the final battle with

IT. (Major eye roll.) No Bueno, New Line Cinema. Good job taking a major role away from a black character in a time of racial unrest. I hope the sequel more than makes up for this attempted erasure of what could have been an awesome character of color. For this reason, “IT” will just never register as the great movie it could have been



## Coldplay Concert In Chicago

By Zohaib Masood

I have been a lifelong coldplay fan. I listen to them when I am sad. I listen to them when I am happy. I listen to them when I have a crush on someone. In short, I listen to them all the time. Not a day goes by where I don’t listen to them. On August, 17, 2017, I was lucky enough to see them live at Soldier Field. I was blown away by their performance. It was the best night of my life. As a crazy fan, I reached the stadium by 6.30pm even though the show had to start at 7pm. At entering, we were given a watch like wristbands which are called Xyloband. They are a wristband which has LED lights inside and it changes colors according to the song and environment. The show started at

7pm sharp. There were two other performers who started the show. I don’t know them so I am not gonna write about them. Coldplay came at 9.15pm which was a wait of nearly 3 hours as I was there to see only them.

Coldplay started their concert with their hit song “A head full of dreams”. There were fireworks all over as it was the beginning. The lights on our Xylobands were changing continuously and it was one of the most beautiful sights I have ever witnessed. They performed their hit singles like, “Yellow”, “The scientist”, “Fix You” etc.

Unfortunately, it started raining in the middle of the show. It happened last year too when they had to cancel the show because it was raining like cats and dogs. Chris, who is the lead singer

of the band, jokingly said that they have performed all over the world but Chicago is the only place where it rains every time they perform. Luckily, the rain stopped and the show continued.

The most beautiful moment came when they performed their underrated song “Us against the world”. They announced that they are recording a video for this song and they will record it right here which was exciting. They performed an acoustic version of this song which itself is too romantic to handle. They started showing the couple on screen who were hugging each other and the crowd chanted for them as the couple waved on the camera.

They also performed their new hit song “Something just like this” which was the first time

they performed in Chicago since the release of this song. The crowd was going crazy for this song but it might be the only Coldplay song which I don’t like so I was not too excited for this song.

They ended the concert with their platinum rated song “Up & Up”. As the show was ending, Chris and the band thanked the crowd as they claimed that this show had one of the best audience they ever played in front of. Chris jokingly thanked God for stopping the rain as they could complete their concert this time. Fireworks started and the show ended.

For me this whole show was overwhelming and emotional as I couldn’t believe I was watching my favorite band perform live in front of me. The whole show was

entertaining and it was an experience I never had before. The guy sitting next to me said to me that he has seen more than hundred concerts and Chris is one of the best entertainer he had ever seen in his life. He claimed no one can handle and entertain a crowd of 45,000 people like Chris.





# Challenges For International Students In The United States

By Hiteshkumar Chaudhary

The U.S. is home to enormous number of the best colleges on the planet and gives many opportunities to research and other scholarly exercises. However, whether it is discovering international student aid, managing ethnic differences, or finding an answer for a scholarly issue, international student in the United States experiences many challenges. But they say, "Good times become good memories and bad times become good lessons in life". So with all these obstacles and challenges I have managed almost a 4 years long journey so far in East West University and all those challenges helped me to learn the lesson to survive in this country. So, being an international student, I am sharing some of the challenges we have to face and I hope that can help you to manage your way.

## Cultural Challenges

When you reach the United States, you will be acquainted with unexpected culture. Known as "culture shock," you may experience the intense feeling of homesickness when you are traveling to another country with the different language and traditions. American culture at eateries or restaurants, in the classroom, and in regular day to day existence can feel strange if you are used to another culture.

For instance, in Japan it is regular to bow when meeting another person, however in the U.S., this would be highly uncommon.

## Financial Challenges

College study in the United States is costly. Out-of-state educational at a state funded college costs "an arm and leg," and non-public schools cost is even more.

As indicated by CollegeData.com, a sensible spending plan for a private

college is \$47,831 every year. Even in the East West University (where I am doing my Bachelors in Computer Science) the annual cost of only tuition is approximately \$22,000. And the East West University is one of the least expensive Universities (EWU is awarded for second lowest debt per tuition per annum in USA in 2013). With this sort of cost, it was hard to arrange the educational fees and costs before I arrived here. Another money related challenge is Medical Services. Numerous global visitors to the United States don't expect the cost of medical coverage. There is no programmed, widespread protection for Americans or guests, so make sure to get health insurance through the University. Feel free to ask your International adviser (Mr. Rashed Jahangir), he can help you in this.

If the University does not give you a medical coverage, look into inter-

national student health insurance, for example StudentSecure from HCC Medical Insurance Services, to ensure you don't wind up paying huge doctor's bills in addition to your educational training, room, and other expenses.

## Social Challenges

Not only students and educators interact differently in the United States, but people communicate differently in routine social life also.

I remember those early days in The United states. In the beginning as a fresher in the course, abroad can feel scary and forlorn, so try to leave your comfort zone and endeavor to become more familiar with as many individuals as you can while you are getting comfortable with your new home for the term of your studies.

## Academic Challenges

With a lot going on, it can be very difficult to concentrate on everything, particularly your school work,

but remember that your academic experience is the thing that brought you to the United States.

While your studies should always come first, this can be a test if you feel that U.S. language and classroom culture is different compared to your back home.

Follow these clues, put emphasis on your studies, and embrace your new culture and qualities so you can have an educational, instructive, and satisfying experience after end of the course. And with the culture for all racial, ethnic and socio-economic group, it would be easier for you to explore and feel the new world in East West University.

Indeed, even in light of these difficulties, you can discover a way of your career that can lead you to the success.

**Good Luck!**

## Sailing Against The Winds

By Smita Rani

I made my first footsteps in the world in 1991, when Indian society was still under the culture of Female infanticide because of many difficulties involved in bringing up the female child. One of them is dowry: bride's parents needs to pay certain amount in the marriage to groom's family, is called dowry. How Much? It depends on the groom's job, a healthy marriage needs INR 50,000 - INR 700000 i.e USD 100,000. Another is education: education for girls was considered worthless, as tradition set out that woman, and her income after marriage was never a part of her biological parents. Moreover, weddings in India are always a big event and it's a big spending event for families and costs of wedding are borne by bride's family.

I grew up in very orthodox and

middle-class family and moreover in an extremely gender biased region, Hinduism, wherein Females are not provided with equal opportunity of education and prosperity by society. I was facing two hard elements of life: growing up in a culture with restriction on females and a family without mother, "A child without mother is like a tree without roots." My mother passed away when I was five years old.

However, I always believed in myself with a philosophy of "EVERY CLOUD HAS A SILVER LINING" and also turning difficulties into opportunity. I was firm in pursuing education and becoming self-dependent. But I overcame the hurdle convincing my family that I will bear all the cost associated with my education. I took educational bank loan for graduation. I was very lucky that my MBA college

allowed me to study without paying after considering my financial situation, but later on after I got the job, I have paid my fee to MBA college, named IIMHRD, SBES society, PUNE. I



struggled a lot to gain access to higher education in a different city, which was another hurdle to jump. From my birth place called Bhatona, I moved to Indore city, MP, then after graduation moved to Pune city, MH for my MBA. Time was changing for me at a slow pace but in a positive manner.

I have worked with several companies and gained numerous skills and good amount of money. I always had in mind to become an entrepreneur and was actively looking for a field wherein I can accommodate myself. With considerable research, I settled on starting a Travel company, SELESTA TRAVELLENCY in year 2014 with all the savings that I had saved so far, as there was no family support for me at all - it is usually the privilege for male children, in my culture.

With extreme hard work and networking skills that I acquired during the journey I sailed so far, I established myself and company in a travelling sector and having individual and corporate clients.

Optimum level of dissatisfaction always keeps the fire of progression alive in your soul. Likewise, I wanted to explore the world more and expand more "FEATH-

ERS INTO CAP". So I planned to move USA, states of prosperity, equality and freedom. I came here in year 2016 with an aim to achieve more and more technical skills and high potential to compete in upcoming future.

To sum up, I take pride of my success, not only because I could achieve my goals in life, but also, as the title "Sailing against Winds" says, because I sailed against all the odds of my culture, jumped all the hurdles and expanded all the boundaries.

Despite the many issues and struggles India faces, it's a nation with an incredible history. Part of the Indus Valley Civilization that began millennia ago, many historians call India "a cradle of civilization" where sophisticated societies flourish and contribute to art, music, astronomy and mathematics. However, India still faces issues with inequality, poor infrastructure and inflation.



# DC Extended Universe

By Zohaib Masood

DC comics is one of the biggest and oldest comic book publisher. They are known for their superheroes like Superman, Batman, Wonder Woman, Flash, Aquaman and the list goes on. They also have the best comic book villains including The Joker, Riddler, Lex Luthor, Doomsday, Deathstroke, Sinestro, Bane, Black Adam and the list goes on. It all started in 2013 when DC released "Man of Steel", a superhero movie based on the alpha of superheroes, Superman. They casted Henry Cavill as superman and Amy Adams as Lois Lane, the love interest of superman. The film was a massive hit despite facing criticism from critics and fans regarding the destruction shown in this movie. After the success of this movie, DCEU developed and warner brothers

announced that they will be making an extended universe where all upcoming DC movies will be connected and will be in the same universe.

The reason to start this universe is because of the success of MCU, Marvel Cinematic Universe. Marvel, who is the biggest rival of DC in comics was the first to start a comic book universe where all movies and characters are in the same universe. MCU was a big success and Marvel has made more than 12 Billion dollars till now from 16 movies. The only problem with Marvel is that they don't have rights to all their characters from comics. Some of their characters from comics are owned by Fox and Sony. Marvel can't include or even name these characters in their movies without permission. This is not the case with DC.

The second movie announced

for DCEU was Batman v Superman:Dawn of Justice. When this movie was announced, all DC fans included me, started drooling and jumping with happiness. This is the first time Superman and Batman were coming together in a live action movie. They have been best friends in comics and together they made a superhero team called "Justice League" But more on that later. Batman v Superman:Dawn of Justice was released and again it got mixed reviews from critics and fans. Comic nerd like me loved it. For us, it was a masterpiece. It had so many comic book references that we were amazed. Some people claim that the movie was too dark and it made it boring. The point I will mention is that it was showing too much Batman that it felt that it was a Batman movie featuring Superman.

Third movie of this universe was Suicide Squad. We all were excited because we were gonna see this group of villains for the first time in a live action movie. This movie did better than what we were expecting. We didn't have much hope for this movie. The best part of the movie was Harley Quinn. Harley Quinn is a super villain of Batman and this was the first time she appeared in a movie. Margot Robbie played this role and she did justice to the character. Jared Leto did a cameo as Joker in this movie. People were excited to see Jared as Joker after the last portrayal of the character by Legendary late artist Heath Ledger, won Oscar. Most people hated Leto's portrayal but I loved it. I want to see more of his portrayal in upcoming movies.

Fourth movie was Wonder Woman. Now this was the

first comic book movie ever to feature a superheroine without a superhero. Gal Gadot played the character and she nailed it. This movie turned out to be a huge critical and box office success, becoming the most successful and highest comic book character origins movie to date. DC's upcoming movie is Justice League which will feature 6 main superheroes from DC including Superman, Batman, Wonder woman, The Flash, Cyborg and Aquaman. I am excited for this movie as I am a super comic book fan and I am eagerly waiting to see Jason Mamoia as Aquaman. The movie will run in theatres in November, 2017 and is expected to be the biggest hit of 2017. I hope we will not be disappointed by DC this time and this movie will cover up whatever DC's other movies couldn't.

## Superhero Fashion

By Tiffany Mendez

Hello my name is Tiffany Mendez and I have an obsession with superhero based clothes (which is contradicting to my villain tattoo on my arm). My reason... the confidence they gave me and simply because they look good. I am a huge nerd and I am not afraid to say it, so why not let it show through my clothes. This is a part of me that I have embraced so I want to share my favorite superhero clothes with you, the students of East-West.

I have a range of shirts from sleeveless to long sleeve. So it only makes sense to start with the sleeveless. I have two sleeveless shirts from the Avengers collection as a group, not individually. The only ones I have individually

are Captain America, which to no surprise is my favorite.

The next collection I have is of t-shirts, because they're comfortable. Ironically I have a wide variety of Captain America shirts and I love them all. There is also the shirt with the Avengers symbol. The most commonly worn ones are Spider-man comic and Superman (with a cape).

The long sleeves are something I am not a fan of, and for that reason I only own one. That top I have is gray and light blue with a Superman symbol. There is one long sleeve with a hood that shouldn't count because it just has a star on it. But I love how it fits and it still represents a superhero.

Now I know this isn't a big amount of clothes because I build it up every month when I see something I like. For me this choice of fashion is amazing, superhero fashion will always be in. We are all guilty of sticking to our own form of fashion with confidence and that is something I think everybody should embrace.





# How to Enjoy A Weekend For Under \$20

By: Xavion Jackson

Do you enjoy having fun on weekends but not wish to spend over \$20? Well, you're in luck. My name is Xavion Jackson. And today, I will be providing a few useful tips about ways in which you can enjoy a joy-filled weekend without having to spend very much money (if any). Now, let's get started. One idea you can try is to read a book or more over the weekend. You could start by going to a nearby library or bookstore. Of course if you are able to find an intriguing book just lying around your own house, you're welcome to try that too. But if you do decide to go to a library or bookstore, you should begin to browse at all the books the facility has to offer. Then you must pick whatever

book suits your interests. If you like what you see, then you are ready to begin reading. You are free to continue reading your chosen book/s as much as you desire over the course of the weekend. Another idea you might want to try is hanging out with friends. Start by calling your friends over to your home or by going to any of their houses and arranging a get-together or party in which to hang out with them. Once the gang's complete you can do fun activities with them such as playing video-games. Watch a movie or to add some excitement to the mix. Try ordering a sizeable pizza or other meal to keep your bellies full as you have fun. There's also the option of simply having a nice conversation amongst your buddies. You can talk about how each

other's lives are going or express concerns about current developments. It could be interesting to listen to some of the things your friends have to say as well as offer your own opinions to get their perspectives on them. Another valuable idea for having an enjoyable weekend is to take some time to go outdoors and take advantage of all the possibilities for fun doing so gives you. Try taking a nice long, relaxing walk. It gives you time to think and reflect on all the things going on in your life. You may find it often relieves a nice heap of stress you may be carrying on your shoulders. It is also great exercise to take frequent walks. If you have a dog or other pet that you like to take for walks, then that can be enjoyable as well as it gives you a buddy to walk alongside you. You

can also plan out a destination for yourself to reach when going on your walk. Take a walk your nearest park for example. Have a picnic every once in awhile. Prepare some food and find a nice soft patch of grass to lay down in while you eat. Grab some friends to play sports or something else with while you're outside. Possibly find a wide grassy field to play in since that's the best place for it. One more great idea would be to go to your local pool and enjoy a nice refreshing swim. Not only is swimming fun and relaxing, it is also a great way to stay in shape. You may choose to dive around in the deeper areas of the pool or stay wading in the shallow areas. It would also be a great idea to invite friends and family along so that they can enjoy a nice day at the pool and keep you company

as well. This is an especially good idea for something to do during the warmer months since it helps to cool off. Now that I've given you these ideas, you are ready to have an enjoyable weekend for under \$20. Please note that all these things I have mentioned are but only a few options for enjoyable and cost-effective activities. You might have other things that you already like to do on weekends as well. For instance, you may have a hobby you love to do or perform a community service to help feel good about the way you choose to manage your free time. Whatever you decide, I hope you'll still take my ideas into consideration the next time you don't have anything better to do on the weekend. Well, goodbye for now and have a wonderful weekend.



*UIC Student Recreation Facility 737 S Halsted St, Chicago, IL 60607*



*Harold Washington Library  
400 S State St, Chicago, IL 60605*



*McCormick Bird Sanctuary  
2400 S Lake Shore Dr, Chicago, IL 60616*



**CIS TUTOR HOURS****FA-17****Diaz, Daniel****di19564@eastwest.edu****Monday and Wednesday****12:00 pm – 2:00 pm E214****2:00 pm – 4:00 pm****SLC406****Tuesday and Thursday****12:00 pm - 2:00 pm E214****2:00 pm – 4:00 pm E213****CIS TUTOR HOURS****FA-17****Vahora, Rahil****va19605@eastwest.edu****Monday and Wednesday****10:00 am – 12:00 pm E214****12:00 pm – 4:00 pm E213****Tuesday and Thursday****10:00 am - 12:00 pm E214****Biology, Chemistry  
& Physics at Tutoring****Center in SLC Hours:****Monday & Wednesday:****10:00 am-4:00****pm****Tuesday : 10:00 pm -****4:00 pm****Phone : 773-505-6928****Mathematics Tutoring SLC****Room 501****Tutors****Pitzele: Tuesday & Thursday****11:00AM-5:00PM****Kim: Monday & Wednesday****1:00PM-4:00PM****Smith: Monday & Wednesday****4:00PM-5:00PM****Math tutoring is open Monday through Thursday from****11:00AM to 5:00PM****Crazy Thinking**

By Arsalan Muhamad Khan

Thinking is something which always takes you to a new world. Thinking has no time, Thinking can be negative or positive. Most of the time over think and that leads them to negative thoughts there is a term for that which is “Self-fulfilling prophecy”. In my case I think a lot. Always wondering why do I think? Travelling somewhere and got spare time, I start thinking with my eyes wide open. I do visualize things only when I want to; how I will look in black pants and blue shirt or that beige rug will look good with red sofa and green walls. Other than that I just talk to myself. Make my own chapters. At time analyzing the situation and thinking have I done it the right way? If not what have I done better or should I keep on thinking for more options. Sometimes I have the ability to swing my mood through

thinking. If I am having bad time I can make my mood worse by going deeper and provoke negative thoughts or I can switch my mood and have good thoughts. A lot of times people think I am staring at them which really embarrasses me. I think anywhere especially in middle of the lectures, at work when idle. And I am lost in the thoughts carefree from surroundings. Thinking about different things which generate questions in my mind and then making answers to those unanswered questions is my favorite thing to do while I am lost. It has been happening since I was in school or may be before that. The first time I noticed was a few years ago. And I am confused if something is wrong with it? But still not doing anything about it. Why? If I stopped thinking what would I do? Again all this leaves me thinking forever. Even during lectures without knowing I get into my other world. It sounds funny; how can I be so lost.

Although I can hear external voices, but I am so focused in my thoughts that I don't even care what's happening around me. I try to focus on the things which I am doing instead of thinking. But after a while I lose focus and again lost in my thoughts. So don't you think I am a crazy thinker?



# In Memorial Of Rayel Jelani Kofi Jallah



a starving artist trying to make a rotary phone entertaining.”

“Technology was very important in the entertainment industry because without it we would still be watching live jousting meets for entertainment when we’re bored instead of playing video games or computer games.”

“I’m unsure at this moment whether it’s fortunate or unfortunate that Technology is growing so quickly. It could be a good thing if society would properly educate themselves on how to use the new technology, but there will always be that lazy few who don’t take the initiative to make sure they are utilizing such things for ethical reasons.”

“One way that teachers are harmed due to technology technology is when students/others think that because they read something on the web, that must be the correct thing. I can vouch because of where I work. More than 50% of GNC employees are uneducated when it comes to diet, training, and supplementation. Many employees just read the labels and try to seem smart. When it comes to my store, I make sure the customers are educated upon purchasing products. The stupidity occurs when I have dumb customers come in the store and tell me that Dr. Oz or some invalid TV personnel said that garcinia cambogia and/or green coffee bean makes you lose weight. There is 0 research and/or clinical studies done on any of these claims because they don’t actually do what they are promoted for. These are the same people who come in and tell me they don’t want to work out or change to a healthy diet but Dr. Oz said to take these things to lose weight. In this case, TV and the internet isn’t solving

any problems, it is making them worse. People are getting dumber because they don’t care to do their own research or even know what sources are credible. “An unexamined life is not worth living” – Socrates.”

“Discussing serious topics through texts and or social media is very unprofessional and childish.”

“I have a formula for how to increase how much weight I can bench press. My personal best was an increase of 10 lbs added each week. At times I will get stuck on a category for 3-4 workouts but I have creative strategies for how to get past those sticking points. I utilized the Creating

Mind by not only using the formula on myself but also on people I train and everyone that uses my program correctly and does what I tell them gets results.”

“A great example that Neil Postman brought up was sending a card vs. talking to the person. If your best friend’s mother just died, do you think it would be better to send a hallmark card or physically go and talk to him/her and comfort him/her? I’d hope we’d all pick physically talking to that person but maybe I expect too much from society.”

**Rayel, we will miss you.**

From Zohaib Masood: Rayel and I studied in three courses. He was a nice guy. I used to take body-building advice from him though I never use it. He was such a cool dude. May God Bless his soul and may he rest in peace.

From Mujtaba Hussain Mohammed: I still remember the day I met Rayel. It was in the gym. I didn’t know that he used to go to our school until I met him in one of the night classes of Dr. Kong. He was kinda famous in our class because he used to be late every single day, even on the day of Finals. We used to work out together at the Xsport Fitness sometimes and sometimes in school gym. He was a very nice guy and one of my good friends. When I first heard about his death I did not want to believe it

was him, it was so sad and heart-breaking. My condolence to his family members for losing such a gem. May his soul Rest In Peace.

From Dr. Maria Polski: Rayel was one of my best students. He was the first to laugh in class, always ready to make a joke and to understand a joke. He saw ironies in situations. Rayel could easily put his ideas in writing, and here are some quotes from his works:

“Technology is an Art in itself. The Programmer/IT guy is the artist[...] because it’s an art to create something such as a cellphone [...]; there is much more to that form of art besides the physical aspects of it. [...] someone has to design the themes/layouts, apps, games, circuitry etc., so without Technology this artist would be



Poetry Corner

## Too Many Not Enough

By Jazzie Steart

### Too Many, Not enough, Too Much

Too many wars  
 Not enough peace  
 Too many funeral  
 Not enough birthdays  
 Too many lies  
 Not enough truth  
 Too much corruptions  
 Not enough honesty  
 Too much hate  
 Not enough love