

ADVICE FOR NEW FRESHMEN

Jeasha Smith, Business Management

Stay focused!! Distractions will always be in your path, stay focused! Surround yourself with like minded, positive people, people that have a goal to pursue just like you. It's so easy to quit, don't give up until you are done! Keep fighting until you get the degree you came to get!! Good luck!!

Kassandra Owusu, BHS, class of 2019

Go to class! It is SO tempting to miss class and get another student's notes, but you'll definitely miss out.

Briana Lindsey, Business Administration, class of 2019

Face your challenges fearlessly. The first year of college is usually the most difficult time for any student. You struggle with adjusting to a new life away from your family, finding new friends and simply finding varies of yourself. Don't panic and fear the unexpected. In fact, don't have expectations and simply just go with the flow of things, because eventually things will work out better than you planned.

Next, exude confidence even in situations that make you feel shy or uncertain. If you are not sure what it is you want to with your life, become active in things that interest you whether it is school clubs, sports etc... If you are still uncertain after becoming a part of each of those things, start thinking if college is right for you now. You have to realize college isn't for everyone and that is okay. Success is not determined by your level of education, as it

is determined by your ability to simply work hard at whatever you do.

Third, be patient with life. Things will work out better than you planned for them too. Also, until you are able to reach that level of educational and career satisfaction, continuously surround yourself with positive, supportive people while you are on this journey. In college, you will inevitably learn more about yourself, which is a good thing because you are then able to realize the type of people who you want to be associated with.

Have fun. Be open to experiencing different things, and understand that you are young only once so live in it.

Dallas Hunt, Business administration, class of 2019

Weigh your options, make sure you are in a happy place no matter what school you are at. Don't rush decisions. For instance, if you do get put in an situation that you don't like, do well in it from the jump so what you are appealing to other universities and employers, and then you can end up somewhere that you are proud to be. Don't settle!

Timothy Bell, BHS, class of 2019

It seems like a week ago I was trying to find my classes, and now I'm almost done with them. I am graduating this year. Here is some friendly advice. Keep a planner for EACH YEAR that you are in college. Make sure that all of your classes count toward your "GRADUATION CREDITS". Shoot for A's - if you accept anything less, your professors will give you less. Show up to all classes on time, at least five min-

utes early, everyday. Have a good relationship with all your professors: it could make the difference between that A or B. NEVER PROCRASTINATE!!!! Follow all of these things and you WILL be fine at ANY University.

Moises Villanueva, Electronics Engineering Technology, class 2019.

The first year is always hard because you are still trying to get used to a new schedule and you're adjusting to the classes. All you have to do is show up to class and do your work. Have a great relationship will all your professors - it helps a lot in the long term.

Iyonna Williams, Behavioral social sciences, class of 2019

Make sure that being in college is right for you. If you are not going to be dedicated or put your all into your education, maybe college isn't for you. We all have to pay back loans and wasting money on a education you don't want can affect you and your credit in the future. Als,o if doing a group project, put the same effort as others within your group do, don't lack and get a good grade off of others' hard work.

Christian Simpson, English and Communications, class of 2019

My advice to first year freshmen that are on their way to college is to honesty take their time and not rush. In my opinion that is one of society's main issues, especially in metropolitan areas: the people are always hurried and stressed and don't take their time to finish things completely. I would highly suggest that fresh-

men take a year break to seek personal development and to also seek alternative programs that can give them job skills so that in case that they just want to work they will have skills to propel them to success. I would suggest that students read self development books as well to enhance anything within them. I also suggest that first time students start saving money and start a bank account too.

Daniel Diaz, Computer Science, class of 2019

As an incoming freshman I wish I'd known I didn't need to know everything! I was so wrapped up in the idea that I had to know my major, how to navigate campus and the social scene, even how to do laundry. Sometimes the beauty is in figuring these things out organically. To be a successful freshman, you just have to be willing to learn as you go. The first day of college I was a ball of nerves and I remember walking into my first class and running to the first seat I found, thinking everyone would be staring at me. But nobody seemed to notice and then it hit me: The fact that nobody knew me meant nobody would judge, which, upon reflection, was what I was scared of the most. I told myself to let go. Challenge yourself to try something new, something you couldn't have done in high school.

Dharti Patel, Biological Sciences, Class of 2019

My advice to all the new freshmen is never miss a single class. Try to concentrate on learning in class rather than recording lectures on your phone. Take notes. Don't procrastinate. Al-

ways keep backup of your papers and assignments. Get to know your professors.Be Confident. Be Professional. Try to play active role in all extracurricular activities. Try not to rely on too much caffeine. Have a good sleep. Relax and make some good memories with your friends. Focus and Work Hard.

Richard Asante, Electronics Engineering Technology, class of 2019

The biggest challenges to every Freshman at the College is the new environment and to adjust to the school schedule and how to be present in class. At college level students are responsible for their home and missing home works. As freshman, you must take class attendance seriously and submit your homework on time to get full credit as well as taking all quizzes seriously as well. Also as Freshman, always remember that a successful student is always punctual in class.

Swetha Paleti, Biology, Class of 2019

DON'T GIVE UP!!!

College isn't easy and can be super overwhelming, especially if you have other priorities such as family and work. There are days when you may just want to give up, every time this happens remember why you started in the first place. College isn't a race, so you don't have to rush through it. There have been many times when I wanted to stop going to school because it got really hard and frustrating and I did not want to go through it. I kept telling myself why I started and kept thinking of my end goal. "Don't give up", I believe that no one should give up on anything

they want to do. Anything can be possible if you put your mind to it, no one ever said it was going to be easy. Giving up is an easy thing to do depending on what it is. Just because it's an easy way out of things it may not get you anywhere.

Motivational Quotes:

"The best way out is always through." - Robert Frost

"It does not matter how slowly you go so long as you do not stop." Confucius

"Problems are not stop signs, they are guidelines" - Robert H. Schuller

"Don't let what you cannot do interfere with what you can do." - John Wooden

J How, Business administration, class of 2019

Remember who you are!!!

Going through the ranks of grade school, middle and high school, it is important to remember your journey. All of the ups and downs. Whether it be with coaches, friends, family, teachers or bullies. Learn from your success, as well as from your failures. Work hard. Stay committed to your craft or major. College is not the end all / be all in knowledge.

It is a small portion in life where you go from a young adult to a fully functioning one. You will have many experiences that will challenge your way of life, faith, wallet, health shelter etc. Know that your plan, may not always be the best plan. That the steps destined for you, will guide you to your true calling.

Try to remain steadfast and practice discernment. No matter what, don't give up. Keep the faith. At 17-19yrs old, or even older freshmen simply wanting a new take on life, remember to carry yourself accordingly and show love as often as you can. There exist too much negative energy in the world, resulting in bullying and violence. But if love is spread to everyone: from the most popular to the least popular person. It may be the only way to stop the violence. Honor/love your parents or guardians. Be thankful for what you have and be mindful of where you wanna go. Study. Lastly, respect yourself. No one will want you to succeed and be healthy more than yourself. Keep that in mind. Remember, people don't plan to fail, they fail to plan.

Registration for Winter 2018!

Frequently asked questions

1. Where can you find all the requirements for graduation?

a. Catalog p.53-89. On EWU website go to the tab "Academics", pick "Catalog" on the drop-down menu https://www.eastwest.edu/wp-content/uploads/2018/01/CATALOG.OK_.2017-2019-2.pdf

b. Program sheets on the web page for your major <https://www.eastwest.edu/tab/academics>, drop down to your program, e.g. Behavioral Sciences <https://www.eastwest.edu/wp-content/uploads/2016/09/BA-BHS-Program-Sheet-Updated-BS.pdf>; e.g. CIS <https://www.eastwest.edu/computer-and-information-science/academics-and-curriculum/>

c. Ask your program director for a paper copy of the program sheet

gram sheet

2. How many classes IN YOUR MAJOR do you need to pass in order to graduate with a Bachelor's degree?

Answer varies by program; usually 15-23 classes. Students should determine by reviewing the program sheets or the catalog.


3. What will be covered in the courses my advisor is recommending? Course descriptions are in the catalog, p.87-143

4. How many classes IN GENERAL EDUCATION do you need to pass in order to graduate with a Bachelor's degree? 16 (5 math/science, 5 Writing and Speech, 5 Humanities/BHS, 1 CI101)

5. Which of your required classes will be offered in the winter quarter? Course offerings for next quarter appear on the portal around midterm time, sometimes a little earlier. Make sure to change current term to Winter 2019 (top left)

6. What is an "elective" course? It is a class that is interesting for you, and is not required in your major; e.g. if you are a computer science major, but would like to take a Science Fiction class.

7. How many elective courses are you allowed to take? See your program sheet, differs by program. For example, 14 electives for English and Communications majors, 1 elective for Engineering majors.


EAST-WEST
UNIVERSITY

Maria Polski
 Current term: FA-18 (change)

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Faculty Portal

Home
 My Students
 My Schedule
 Registration
Course Offering

Course Offering				
	Instructor	Room	Days	Date
	Stevenson, Carolyn			Weekly
DM375LEC1	COMPUTER GAME DESIGNS		4	10/1/2018
	Instructor	Room	Days	Date
	Zhang, Julie	W312	TR	Weekly
DM490IND	MULTIMEDIA PORTFOLIO PRODUCTIONS		4	10/1/2018
	Instructor	Room	Days	Date
	Zhang, Julie			Weekly
EN125LEC1	COLLEGE PREPARATORY ENGLISH		4	10/1/2018
	Instructor	Room	Days	Date
	Ugg, Emmett	W412	MMW	Weekly

From USA to Palestine: My Journey

By Nedaa Zayed Class of 2005

Graduating with a bachelor's degree with honors in English and Communications I thought I had things planned out. Getting hired by NORC an affiliate of University of Chicago, the next stop would have been entering a Master's program. I applied to a few universities I received my acceptance letters and packed for what I thought would be a visit to my home country. Palestine. Thinking it would be a visit, I postponed any decision making till after my return. At the age of 22 going on 23, visiting Palestine would have been a first in 13 years for me. From city life, and freedom of movement, to villages and rolling countryside hills and conflict torn areas of Palestine was a huge leap. During my visit, I met and married my now husband. 12 years later, at the age of 35 I have a 9 year old son that enjoys tormenting me with intentional mispronunciation of

words with a mock thick accent. Also am currently enrolled in the Master's program at Bir Zeit University in Palestine majoring in Teaching English as a Foreign Language. During my time in Palestine I have tutored, taught in a private school, and volunteered when needed in my village library of Beit Ikka. I frequently visited Jordan, and during one visit was asked to volunteer to teach basic English conversation in Abu Hurrarra School for Orphans for a 1 month and a half course, which I gladly did. The shift from here in the U.S. to Palestine was a difficult change for me. From not being asked for ID unless entering secure locations, to being restricted in movement and limited to what roads, hospitals and schools could be accessed based on what my ID says. Imagine working on a paper while pulling an all nighter to only have your entire town plunged into darkness because the occupying force decided to. Lights out, internet

out, life grinding to a stop. No power also means no way to leave the village since the checkpoint at the entrance also has no power to open the gates. This experience has made me grow a lot, appreciate things more, and strive to do better not for myself, but for the future of my son as well.

My father studied at this university, I graduated, and my sister graduated as well. The funny thing is that now in Palestine, my son is studying at the same school my father went to as a child. Education seems to be part of our family history that we are building together. The diversity of East-West University helped me keep not only an open mind but also an open heart. I have met many lifelong friends that even with the

physical distance we remain close at heart. Being a student at this university gave me the opportunities to gain a unique chance to meet so many different people. Built up my self-esteem and social skills through being part and then heading MSA, tutoring others, and then being a student

assistant for the English Department. Visiting the new East-West University and walking the old halls and the new a sense of nostalgia and amazement at all the changes wash over me. I wouldn't trade my years at East-West nor the experiences for anything in the world.



Intercultural Exchange

By Vishal Joshi

Ganesh Chaturthi, also known as Vinayaka Chaturthi, is one

of the important Hindu public festivals. This day is celebrated as the birthday of Lord Ganesh,

son of Lord Shiva and Goddess Parvati. Lord Ganesh is the symbol of wisdom, success and good fortune. This festival is very important for students, they worship Lord Ganesh to light their minds.

Ganesh Chaturthi

generally in August and September. People take sculpture of Lord Ganesh to their homes and pray. The duration of this festival varies, depending on the place and tradition. On the last day of the festival, the idols are taken out in a colorful and musical procession and bathed traditionally in water.

As per Hindu mythology, Lord Ganesh has other names, e.g. Vighana Harta and Buddhi Pradaayaka. His birthday is mostly celebrated in the state of Maharashtra, but also in other parts of the country and abroad.

Ganesh Chaturthi is celebrated

The story behind this festival is when Lord Ganesh was given lineage by Goddess Parvati from the dirt. As per mythology, the goddess was taking a bath and

had created Lord Ganesh to guard the door so that no one enters the room. Her husband Lord Shiva, who was unaware of it, tried to enter, grew very angry seeing an unknown boy standing outside his wife's chamber. While he was trying to enter, Ganesh, as was instructed by the goddess, tried to stop him. Enraged by this, Lord Shiva severed Ganesh's head.

Then Goddess Parvati saw the headless Ganesh and explained everything. It was now not possible to join his original head back, so ahead of another living creature had to be used. In Ganesh's case, an elephant's head was used. The incident gave rise to the image of Lord Ganesh as we know him.



Techno Zombies

By Jeffrey Coffey

As I look around in 2018, I see a community of silent cries that are too locked in the mind to let out the physical. What I've noticed the most is that majority of humans use technology as a way to hide or "tune out" their issues. Don't get me wrong, technology is awesome when it's not abused. Sadly, it is abused and I'm 100% against it. I feel the smartphone dumbs down our brain in a sense where we forget that we can do certain things on our own instead of relying on technology as a solution.

Most times I go places without any GPS or no phone at all; just pure knowledge of where I'm going and the route that gets me there. If the phone I currently had didn't have a music option, I'm sure I would use it 60% less. Like the tech addicts I was too once addicted to a piece of technology myself. Around 1999, my uncle bought me a Sega Genesis with Sonic: The Hedgehog included and for what reason? I couldn't tell you. All I knew is it was mines and I get to explore it.

"Last month the Washington Post offered a fascinating look into what it's like to be a child in today's always-connected digital era. As I wrote back in April, society has changed dramatically over the last two decades to the point where practically every school child now has their own smartphone and dedicated Internet connection. Yet as we become ever more detached from the physical world what changes will this mobile addiction wreck on society as a whole?" (Leetaru)

I personally get a bad feeling when I see my younger cousins under 10 being so caught up in the tablet and smartphone world that they can't pay attention

to their surroundings or even worse; lose the want overall to pay attention at all. I've seen people give their children technology to calm them down when crying. The want for technology at such a young age can lead to tech addiction by the age of 13.

"For US households with children eight years old or younger: -98% have a television in the home -72% have access to a computer at home -67% own a video game system (24% own a portable video game system) -29% own an educational gaming system 42% have a television in their bedroom -2% own a cell phone -29% have a video player in their bedroom -11% have a video game system in their bedroom -4% have a computer in their bedroom -10% live in a home in which the television is left on all the time (29% live in a home in which the TV is on "most" of the time)" (Conrad)

Corporations have lost their need for human labor in certain areas. It could've been the curiosity for quicker results with robots or the free labor, or both. Companies are buying from or buying out robotic logistics to compete with other competitors that use robotic labor in warehouses. Eventually the need for human labor

in the warehouse world will be almost absolute. That thought of humans being replaced by robots is a step closer to being a reality. "In 2012 online retailer Amazon.com paid \$775 million for Kiva Systems, a little-known North Reading company that made robots that moved goods around in warehouses. It's since become an even bigger deal than anyone realized, for the global warehousing industry and the economy of Massachusetts.

Credit Amazon's decision to stop selling robots to Kiva's traditional customers, including rival retailers Walgreens, Staples, and The Gap. That move gave birth



to a new generation of robot makers scrambling to fill the vacuum. "Amazon has created an arms race," said Rick Faulk, chief executive of Locus Robotics, a Wilmington company founded by Quiet Logistics Inc. an eight-year-old warehouse operator in Devens that was left high and dry by the Kiva deal. And many of the key arms merchants are located in the Boston area." (Bray)

Mark Wahlberg once said in a commercial: "It's three things you need in life. That's food, water and internet." I was intrigued that internet was added as a

third to place technology in the category as a need for survival. If I have to pick a side, I choose the side where I'm able to operate the things around me mechanically. That is the natural side. The techno side is the machines you operate that do things you are sure you can't achieve alone in doubt.

All my life growing up in Chicago, I always lived close to the expressway. The Dan Ryan expressway is connected to the redline train which is connected to other lines like pink, blue, green and orange. What I've witnessed in the last couple years of using this transportation is truly gut-grip-

ping if you pay attention to the abusiveness of the smartphone. There were times where I wanted to speak to someone about

something I found intriguing about them, but the face-to-phone effect took away the eye-to-eye contact. That strips us of our natural abilities to notice things around us.

"One hundred seventy-six million individuals are in an exclusive, addictive relationship — with their smartphone. That's the number of people whom mobile analytics firm Flurry recently classified as "mobile addicts," which Flurry defines as those who launch smartphone apps more than 60 times a day — six times more than the average

smartphone user.

The number of mobile addicts has grown by 123 percent from 2013 to 2014, according to Flurry, which looks at data from 500,000 apps across 1.3 billion mobile devices. And, of course, the most addicted are teens and college students." (Fields)

I didn't even look at the statistics of how many people get pulled over for texting and driving. I've even seen footage of a woman falling into a hole at a construction site on the sidewalk because her focus was on her smartphone. I'm from an area where phones come second when you're out and about. Due to the fact that anything can happen, my awareness skills have to stay sharp.

Even though I may be heavily against the abuse of technology, there are people out here who see endless possibilities in the progression of technology. The counter-argument of the people who believe in the benefits of technology is, "Without my smartphone, I wouldn't have my GPS, Uber, Netflix and all the other smartphone apps that comfort me. Therefore, I find technology to be highly useful." Most people feel the attachment to the smartphone is a necessity.

In conclusion, technology is definitely winning in the war versus natural. Movies display a heavy format in the success of technology. All the new movies have graphics that you can't tell is real or fake. I admire the dedication, time and ambition of the people that birth these new gadgets, warehouse robots and smart home appliances. If society wasn't so abusive with how we treat technology it would actually be a nice blend in my opinion.

The Legend of Zelda: Twilight Princess

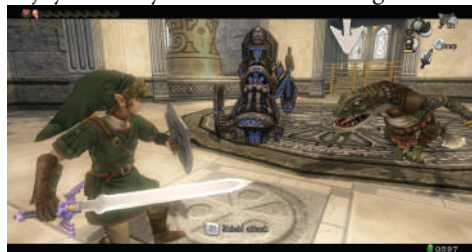
By Arsalan Poshni

The Legend of Zelda is a long running and successful video game series that goes all the way back to the 80's. I am going to review my favorite title in the series for the Nintendo Wii. Originally released in 2006, The Legend of Zelda: Twilight Princess is a classic game with great combat, puzzle-solving, and a massive world to explore. Although the graphics may be a little dated in comparison to current graphic standards, the art style and gameplay are the most important factors and hold up well.

The goal in Twilight Princess is the basic save the world from evil premise. The main character you play as is called Link, who is the protagonist who must save Princess Zelda from the clutches of the evil Zant who has covered the kingdom of Hyrule in a dark twilight. By exploring dungeons, facing enemies, and acquiring new gear, the player is constantly getting stronger until they are ready to face the final battle. You are guided by a small imp-like character named Midna who gives you advice and helps you throughout the game. When you enter the Twilight World, Link transforms into a Wolf until completing certain conditions allow him to freely transform between Human and

Wolf forms. Although I initially didn't care for this gimmick, it grew on me and won me over and isn't forced upon you as it's optional throughout most of the game.

This game in The Legend of Zelda series offered a different pace, story, environment, and atmosphere that altogether provided a top-notch gaming experience. The music really gives a mysterious vibe throughout the game. It is a lengthy quest however, one that will take 40-50 hours on average and depending if you fully explore and do the side quests or not. The Legend of Zelda is a beloved series and when this title came out, I was experiencing a gauntlet of milestones in my life. I finished high school, got my first girlfriend, moved out of the house, and purchased a new Nintendo system which right off the bat had a Zelda title available, which I considered the best in the series. This rainbow of emotions and nostalgia really stuck with me, and I highly recommend this game to anyone who enjoys Fantasy and the Adventure genre.



Gaming World

By:Alfredo Torres Jr

Video games have been around for years, takes you back to the 1970's where first generation consoles were re-released. In 1972, the original and famous game known as "Pong" was released for the "Odyssey game console" which was the first gaming console released. Before, gaming was just a 2-button layout, pressing A and B, nowadays you will see touch screen controllers, motion sensor a gaming camera that record your steps. As technology advanced, gaming was advancing as well, it first started with a joystick, paddle, now we have different ways to play video games, using Gaming Controllers, Gaming Wheel, mouse pad and keyboard, Motion Sensor receiver etc. Virtual reality is the next big thing in the video game world, being able to see yourself in a video game, and experience it. I've been a gamer since I was 6-7 years old, my first console to play was the Super Nintendo, had a lot of fun with it especially playing Mario. It's not just all fun and games in gaming, it can also be competitive. Nowadays tournaments are being organized to see who the best gamer is. Not only are tournaments on



gaming consoles, but also on PC (computer). Some competitive games I've played are League of Legends, which is a 5 on 5 team against the enemy team, work with your team in order to destroy the enemy's Crystal.

In the gaming world is not just playing games, but it brings a different community together, that's why I like about gaming. Based on experience I play Xbox Live, it's a community where everyone who plays Xbox can come together online and play with each other. Xbox live helped me communicate more with outside people and a new way to communicate. It helps me keep contact with old friends, especially the ones that are across states, also I've met people on Xbox, that I call my Xbox friends, and we actually hang out such as other people do.

The cons of using technology in the classrooms

By Shayan Feroz

In this 21st century, the use of technology in classrooms is becoming more predominant. Books are being replaced by tablets and students can research anything that they want through their smartphones and laptops. Over time the school syllabus has changed with the inclusion of online studies not just in universities but also in other levels of institutions. According to the Study by IT Trade Association CompTIA reports, 75% of educators are of the view that technology has a positive impact to the education system thus the need for students to expose themselves with it. (Janelle Clox, 24) This helps them to be fully equipped and prepared to enter the current job market. This is what Janelle Clox states in her article "Benefits of Technology

in the Classroom".

A coin has two sides, the head and the tail, so is the usage of technology in classrooms. Notwithstanding the advantages that have come with the usage of technology by both teachers and students in classes, there are problems which have come with it, and they cannot be assumed.

First, not all schools can keep up with the rapid changes in the field of technology. After being used for some time, technological equipment has to be upgraded. This is a cost on its own that most school cannot comfortably meet. Similarly, some parents find it hard to help their children with school assignments by being technologically challenged. Secondly, the introduced online schools do not offer equal social

benefits to the regular institutions. Without a chance of being in a classroom and enjoying the benefits of diversity in the face of every student, it is hard for online students to acquire the same social cues as the students in a regular classroom.

Thirdly is the distraction that comes with technology in the classrooms. Smartphone and tablets that have internet connectivity and can send and receive messages is a source of distraction in a classroom. The option that most schools undertake to implement is to filter the content to be accessed by the students, but it is also tricky when it comes to devices personally owned by the students. Fourthly is that technology has become a replacement for thinking by students. Most student use

technology as a crutch in their learning process. Such that, other than exercising power to think and analyse issues critically, they rely on technology. This applies in the circumstances where apps supplying quick and easily accessible answers are used by students to workout problem which need their in-depth thinking an application of ideas.

Lastly, in as much as technology advances the level of the student's creative thinking, most students are missing out on understanding the basic concepts which should be learnt at school. Apart from being a money generating source for schools, some schools which are fully equipped with the right equipment for the use of technology in classrooms suffer from low grades and per-

formance by the students. This standardized performance over time cannot be the best to gauge a student's level of intelligence or creativity in school. Considering the above reasons, it can be noted that children and adolescents are appealed by the usage of technology thus the need for schools to embrace the same. However, while advocating for the usage of technology, institutions should not be blinded to the pitfalls that it tags along. It is upon schools and the parent of the students to find a middle ground where the positive use of technology outweighs its pitfalls. Teachers should embrace technology having in mind their fundamental teaching principles while students should not misuse technology but be taught to have control over their addiction to devices.

Does Your Race Define You?

By Romani Rice

African American, Caucasian, Hispanic, Asian it doesn't matter what ethnicity you are, you will get looked at as an individual. Take a minute to think, does your race define who you are? Why and why not. When I think about this subject I start to ask myself more questions such as Does Race define the way you speak? Does the color of your skin matter? How does others perceive you, and how do you define yourself etc. we as people tend to put ourselves and others in a category based on the color of your skin. Such as a minority, or superior. This also goes along with first class, middle class, and lower class.

Furthermore, according to Bondy Dianne, the color of your skin does in fact matter. "People who say they don't see the color of people's skin are lying—mostly to themselves." That statement I feel is exceedingly legit, in my eyes seeing that when I look at people or anyone for that matter sees color. It may or may not be because of racism but because noticing someone's skin helps define who they are or who they may be. She also gets into detail about how gender and color will always matter because it's something that is ingrained in us, and it will always matter as well to other individuals. I understand what she means by that because we tend to put ourselves in a social group that we feel "fits our skin" and culture. For example, her as an African American woman she'd be more than likely to lean towards other African American individuals. Why is that? Because we typically gravitate towards people who look like us, act like us and come from where we may have come from. People find it easier that way because when it narrows down to communication, we can understand one another. Rather it's slang, proper English, bi lingual etc. We find it more beneficial to communicate with

someone who won't typically judge us for the way we speak and how we speak, or our actions. She also then gets specific about how many Disney movies are what we see in the real world. Colored people are typically ignored and frowned upon when it comes to any leading roles in any Disney movie. I can personally name one movie where an African American female was a princess, "princess and the frog." She tells how she will instill in her children that you are important, your skin does matter, and that diversity is important.

Meanwhile, Cassidy Evrod has a different story to share. He was bullied as a child and questioned into his adult years about why he talks "white". A lot of people may not understand what this means; to break it down more it generally means people are often put into a specific class by the way they communicate, such as white and black categories. Growing up he went to school around a lot of people who were his race, but since he didn't come from a "ghetto" home as the others did, he never heard such words as they were speaking to him and he got teased because of it. In his interview he said, "what is talking white? I don't know what that is". I'd figure he as well would say that your race doesn't define who you are because, he's a prime example. A lot of people are known for stereotyping others without even knowing it, it's just human nature. There are other individuals who are out there who are breaking the stereotypes about what people say about African Americans. It also can happen to someone who isn't black.

I personally have had been around numerous other races growing up, and one of my best friends was white, and she'd talk "black" because she hung out with a lot of African Americans. Did we make fun of her? No. Was she trying to do it purposely? No. It's

all based on who you were raised by and the environment around you. I even got made fun of when I was younger for talking "white" when I transferred to an all black school. It did hurt because I was only about 10 and I had no idea what talking white meant. They made me feel that because I did talk proper that I still wasn't African American. It's truly disgusting how others will make you feel like an outcast because you are different than them, I can relate to the things that Cassidy went through.

On the other hand, a story posted by Lisa Catto is interesting due to the fact she's a mixed race. She's both African American and white, so she explains how it is harder for her than other races. She doesn't define herself as a black nor a white girl because she's both and has experienced the heritage of both sides. "How other people view and label myself or my peers may not be accurate". She goes deeper into ethnicity, gender, and labels. She kind of sees herself as no ethnicity because she can't just choose one, which is totally understandable. Being mixed will put you in your own category than others. She then asks others a series of questions such as "are you ever hurt when people label you as something you're not?" "Do you feel comfortable correcting someone if they label you in a way you're uncomfortable with?" I think it was a cool idea because you also get to understand where others think as far as labeling and if they have ever been labeled as well.

Similarly, Jeffries Michael has a book "Paint the White House Black" He says "Paint the White House Black is not a reflection on the Obama presidency as the dawn of a post racial future. It discusses race, class, gender and sexual orientation. With ex president Obama being the first African American president the White House, there was a reconsideration amongst

racial reality. A lot of Caucasian individuals couldn't accept the fact that we had a African American president, his race definitely didn't define who he was and others hated it. He was very intelligent and very well mannered. You'd think because of that America would bury their racial problems and we'd all one day become equal but that wasn't the case, it may have made it worse. The book is more so focused on race than Obama himself. Obama's biracial mixed heritage didn't get recognized, which was sad. It's identical to Lisa Catto's story because they'd only see him as African American and not bi racial. It's sad how others typically will look past your real identity and will label you as something they'd prefer you to be.

Meanwhile, Twine France has a book called "Racing research researching race". It mostly discusses how Race corresponds with someone's nationality and gender. Such as do you act a certain way because of what race you are, or because of your gender. They reflect one another because for instance most African American males are likely to end up in prison because of poor choices in life, whereas a white male would more than likely turn out successful or if we go another route he'd also be in jail because of things like shootings in schools, church's etc. it's very stereotypical that most would find this accurate. It also depends on who you typically hang around, if you surround yourself with positive individuals no matter Race or gender you'd turn out to succeed.

In fact, I watched a great interview on YouTube called stereotypes – racial identity. The guy who was interviewing these individuals were all many races. He asked questions such as "what's your race?" "what's your background?" Etc. I found it interesting because he interviewed these people and everyone pretty much had the same response as to what being "white" is and "black". They

didn't understand what the guy meant by that, so they'd go deeper into what their actual race is. We typically call people who have fair skin "white" and those who have darker skin "black". To me it is ignorant after watching this video and made me open my eyes because a color doesn't define what your actual race is. A lot of individuals should stop judging one another and do more research, as the guy said in the video "no one is 100% anything." So, if we don't know someone personally and we're judging them based on skin color and looks, we're ignorant. It shouldn't have to be that way.

Finally, the last article that I've read is something more current and should be more eye opening to America. "From the violence in Ferguson, Missouri, to Baltimore, Maryland, our country has been plagued by conflict caused by racial discord." Reading deeper into this article they seem to believe that we as Americans have divided the country into two parts with the movements "black lives matter" and "white privilege". The irony is that the person who did write this article is neither, but Indian. He believes that both movements are ignorant and yet irrelevant. "a person's upbringing, experiences and interactions have the greatest impact on the way they look at others and I totally agree, how you were raised is how you are expected to act.

There are so many ways of how individuals view race, gender, ethnicity etc. I think it's very important to get someone else's perspective on serious things such as this. My personal opinion on this subject is a bit sensitive because it's sad to know that this is the way Americans think. They see you physically and suspect that that's how you are mentally, and emotionally. People should be more opened minded about other cultures and upbringings because not everyone's the same, but everyone should be equal.

Trends That Need To Stop In 2018

By: Tiffany Mendez

Some trends never die and I as a person can understand that but let's look at some trends that should definitely stop in 2018. A trend is a topic that is the subject of many posts on social media within a short period of time. Trends are things that come and go in society but some of them have overstayed their welcome. Let's start with some clothes trends that have outlived their time: sagging pants, jeans with huge holes in them (ripped jeans), and unicorn everything.

First the sagging pants, it was originally done for people to show they are not nerds and is said to be originated in prisons which kinda makes it ugly automatically. This suggestion adds to the fact that sagging pants make you look uneducated, lazy, and careless towards people who see you. I don't know if you notice this but you seem to walk funny when your pants are sagged down to your knees, just saying. If you do not already know this then let me say it for you: Nobody wants to see your underwear, shorts, or whatever you have on under your

pants...just pull them up, wear a belt and call it a day. Now correct me if I am wrong, but I don't ever think that sagging pants attracted women to men. And I don't know about you but I wasn't really friends with people who didn't like to wear a belt. Not only does it look bad, it can harm your health. According to some studies it has shown to cause erectile dysfunction, hip problems, and lower back issues. Now guys my point is sagging pants is an ugly trend that changes the way people look at you and it can damage your health if you continue. Society now a days is all about looking "cool" and saggy pants are not "cool". If those are not reason enough to stop than I don't know what is.

Let's move on, jeans with holes them as a design (holes I can make myself) that probably cost you a good amount of money. Formally known as ripped jeans, this fad seems to be quiet popular with both sexes and I do not see why. The style started in the late 1870s with the Levi denim brand and symbolizes rebellion against the norms of society. They came back in 2010 and they even have ripped maternity jeans as of last

year; now pregnant moms can look rebellious too. And guess what according to designers there are different types of rip jeans: a hole (which cuts right through the fabric), a shred (where threads remain, covering up the hole), and a scrape (a small abrasion on the surface). Not only that but it matters where the rip is when it comes to the fit of the jean, astounding. It must be nice to feel that breeze on your leg (or wherever the hole is) and pay extra for a pair of pants that could be made with scissors or your own hands. Did you know the process of making said pants puts factory workers at risk of something called silicosis. Silicosis happens when small particles of dust from the sand embed themselves in workers' lungs, it is incurable and in its acute form, fatal. Who knew making clothes could be so dangerous, might as well wear a full pair of jeans.

Final clothes trend that needs to end in 2018 is unicorn everything. Unicorns are beautiful mythical creatures with vibrant color palettes. It started with Starbucks available for limited time drink "Unicorn Frappe" that was pink and blue. There were

two more introduced after that one; unicorn lattes, and mermaid frappuccinos. These drinks did not get good reviews (correction they were overwhelmingly negative), but people still brought them because they were pretty... go figure people like pretty things. Nicki Minaj added to the fad by having a unicorn pool float, celebrities usually sell fads much faster don't they. Unicorn decor is such a big deal we now have a unicorn christmas trees (made by creative DIY bloggers) with a horn as the topper, isn't that magical. As quoted by Kat Haselkorn, writer for the Huffington Post, "There's no better way to pay homage to your favorite mythical creature than leaving a shimmering pink, blue, and gold tree in your living room year round". Well said Kat, but trends die out quicker than they start and I think this one has run its course.

I couldn't end this piece without mentioning the trend that hit us hard a while back, the Tide Pod challenge. This very dangerous trend started with a meme, of all things, just when you thought people could not get any weirder. It all began as a joke about "clean

eating"/"wanting to eat a tide pod" and took off from there but then it stopped being funny (to whoever thought it was funny in the first place) when people actually started eating them. Youtube fame is something young people crave, and the tide pod challenge served that purpose. Putting yourself and your health in danger is sure one way to do it. This whole crazy idea almost put the Tide brand out of business, which shows how much power social media has. Tide had to make a video stating that tide pods are not food and they are not in any way to be consumed. Poison Control Group has even issued a 'high alert' after noticing a spike with teens eating Tide Pods, which can cause seizures, respiratory arrest, and even death. Are people really willing to die over a stupid trend for their 15 minutes of fame? We live in a generation where we have to tell teenagers, and college students even, to not eat tide pods...Who would have thought it would come to this. Just based on the stupidity of this overly populated "trend" I think the world is officially broken and we don't know what to do.

Financial Planning In Schools

By Jesus Pacheco Jr.

I recently began working as a financial advisor to help families and companies prepare for their future financially. Everyday my company helps struggling individuals with debt who unaware of potential investment opportunities and afraid of what the future may hold because they lack the discipline and resources. When speaking to these people, the first thing they say is, "If only I learn the importance of saving at a younger age", "they don't teach you how to pay bill or prepare you for those sort of responsibilities", "If I would have been more disciplined at a young age then I would have been more

successful", "If only they taught me this stuff in school". With so many struggling with debt, I believe there is a need for financial planning in schools to better prepare future generations for endeavors we all undertake as an adult.

We always stress the need for higher education. Once we reach a certain age we are expected to step up and accept certain responsibilities that are expected from us as adults. To go out and live your dream! What we aren't given is knowledge or a method to accomplishing these goals. We hear stories of success but many of these resources that would allow someone to achieve

are relatively unknown by most individuals. Many suggest it is the responsibility of the parents, but many of those parents emigrated here from countries that don't provide similar policies or went to work straight from high school and work a 9-5 job as providers which limits the time they have to learn and teach this sort of discipline. If our youth is taught to be more responsible, have a budget, how to prepare a college fund, how to properly invest, get coverage for their health, how to save money in policies that will allow it to accumulate and how to secure assets and prepare for retirement then they will be better prepared to accomplish their goals and "live their dreams".

Simple solutions would be to have all children begin some sort of college and a simple saving with a reasonable interest as early as kindergarten or 1st grade. Prepare an individual through skills, concepts and understanding by making courses such as consumer education mandatory curriculum consider introducing it at a younger age. Have schools inform the youth about the importance of being properly insured and how to go about making appropriate decisions to suit their needs. Introduce courses that teach how to properly invest and exercise stock options. Schools can't be expected to completely patch up

all that's missing in family from a financial standpoint but I currently work for Transamerica and we provide financial advice and counseling as a free service. It is imperative that every individual are made aware of these services and take full advantage of these resources. Finally, teaching people how urgent it is to save for their retirement. It means the difference between retiring comfortably or working to the end of your days. The knowledge to succeed is out there and not only is it foolish not to provide those resources to all individuals, it hinders our advancement as a species but inhibits our evolutionary processes.

Best Weekend of My Life

By Ashley Lumpkin- Moss

During the Spring term of 2018, I went to my first Music festival with one of my best friends. It was the weekend before mid-terms and most people were at home studying. Not I, although I did study while I was away that weekend, but majority of



the time I was out at Spring Awakening Music Fest dancing to some famous DJ's and a few of them were my all-time favorites like Steve Aoki and Maxwell. Spring Awakening is a festival filled with EDM (Electronic dance Music), Dubstep, Hardcore and other types of music from different parts of the world. DJ'S come together and play some of their tracks and new songs that aren't out to the public yet.

The festival was located at a park near the Downtown Chicago area, so we stayed at a hostel named Hi Chicago. The room had an amazing view of the L, a king-sized bed that felt like you were sleeping on a cloud, and had free breakfast each morning. We stayed the whole weekend because the fest lasted three days, and we didn't

want to miss a thing. The layout of the fest was vast, with two main stages, one on each end of the festival, and two minor stages on the sides. There were also two more stages that were reserved for people age twenty-one and up.

James, a.k.a. my best friend, was the life of the festival. I can say that he danced the most out of everyone at the festival; he had a vast amount of energy that I couldn't keep up with at times. We would dance across the park to get to the other stages to see our favorite DJ's. When a set was finished, we would dance out the crowd and all the way to another stage to watch someone else's performance. Some people even stopped what they were doing and joined in dancing with us. On some occasions James would have a dance battle

with a stranger during a set, he always won. There was no hard feeling though, they would hug it out and then take a selfie together.

At the end of the fest each night both of our bodies were sore and aching from all the moving around, but it was all worth it. We'd caught a bus headed back towards the Hi Chicago, but before we went back James and I stopped at a Walgreens to grab dinner. We may have been Downtown but we were both on a budget. Finally back at the hostel, we headed to our room, took showers, then ate our food from Walgreens. In the morning we would get up, eat breakfast, then head towards the festival ready to do it all over again. That was our routine for the entire weekend: eat, sleep, party and repeat.

In between the time when we were in our room, and not the streets, I studied for midterms. The cycle we created was a good one, to say the least.

The last night of Spring Awakening was bitter sweet for both of us. After a weekend full of fun and laughter it was time for us the head back to our everyday lives. Monday morning came sooner than I anticipated. We went to the lodge where we had breakfast the whole weekend for the last time. I can still remember the waffles and grits I had that day. After eating we exited the lodge to our room and packed our things, stepped on the elevator and rode it to the first floor where the front desk was and turned in our door keys. It was by far the best experience I've ever had, and I can't wait till the next festival.

Feeling Peaceful by Observing Nature and the Sky

By Mayra Baez

Two weeks before I start my journey to continue my studies here at East-West University, I went to a town called Galena, Illinois. I was so excited to see how the scenery or place we were going to stay.



As we took the drive going over there my favorite parts were looking at nature and the sky. When we arrive to the Chestnut Mountain Resort and they assign us to our room what a beautiful view we had. For the following day, when the sunset was occurring I took several pictures to show my parents how I was amazed with the beauty I was seeing. One day someone told me "The people wait for an EXTRAORDINARY and MAJESTIC thing to happen but they don't realize that the little things and normal things are the EXTRAORDINARY and MAJESTIC." I took that to my life and appreciate even more since I hear that saying. I want to take the time to say THANK YOU

for making believe even more in that statement. The last day I was in the resort, we walked like 5-10 minutes in a nearby hill. It was a impressive place. I wanted to stay there and just watched the nature, the sky and clouds. It was a view to embrace and stay there for an hour or more if you like nature and sky. The previous sentence

is my opinion. That was a magnificent and peaceful view since the sunset I saw to the the near hill we went. To conclude, I said I really want to go back and explore more the places and nature I wasn't able to see because I love it so much.



How to stay organized in college?

By Mahek Anwar

As we all know, it is very challenging to balance school, work, and a social life all at the same time. The goal is to get the best education possible from these four years in the best way possible, and to enjoy the process. If you are prepared for it from the very beginning, then it may help to put you at ease of a new environment and ease from all the other stressors. Even if you have not tried a

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good routine yet, college is the most important time to start learning more in how to keep everything organized and grow in many ways.

I think one of the most important things to work on is to get enough sleep! Sleep is very important for every person as your body needs at least eight hours a day to get going again. To be able to grasp the material well, you need to have a fresh and alert mind, and if that is not there then you can't work too well in class.

Also make sure after getting the required sleep, you wake up on time and get to class on time because then you will not miss what is going on or miss an important assignment or quizzes. Believe me, this happens to all of us, I know it did to me.

When you do get to class make sure you turn off any type of distraction whether it is a phone, laptop, or etc. This will help you stay focused and finish what you need to do faster than you think. Also make sure to take notes,

it will help later on when you need to refresh what was taught or said.

Make Sure that when that is done, organize all your work by keeping them in the folder based on that certain subject so that you can have easy access instead of looking for them.

Make a schedule for after class, to ensure how you will have time to study, maybe work out, work, spend times for some friends. Last important tip, I can sug-

gest to have a planner in your smartphone or even a physical calendar to put dates of things you need to get done by a certain time, this will help you find obligations quicker and show you a glimpse of what that week or month will look like so you are prepared.

If you do this you will function better physically, emotionally, and etc. I know all these tips really did help me in becoming a better student, and I hope that many of you will also be able to use these techniques to do well!

IF— by Rudyard Kipling: Advice how to become a strong woman?

By Alexyss Wofford

The main theme of the poem If- by Rudyard Kipling, is about following certain guidelines on a path to becoming a “man”. It is a series of “if” statements that display elements of self-assurance, humbleness, fairness, and strength. All of these characteristics are viewed by the author as “manly” and what he hopes for his son to be. To me, this poem is about the hopes that a father has for his son, what he wants his son to be capable of.

In the beginning of the poem, Kipling says “Or being hated, don't give way to hating,” this line is implying that the correct way to go about receiving hate, is to not give hate back. The whole first stanza seems to be about how to resist difficult aspects of life and how to be a “man” in every situation. Another line, “If you can trust yourself when all men doubt you” is saying that if everyone else around you doubts you, but you can still trust your decision making and habits, then you hold the characteristics of a “man”.

The second paragraph talks more about happiness and mental health. “If you can dream- and not make dreams your master”

means if you can dream about things but not be consumed by these dreams, then you are on the right path to becoming a “man”. Another line, “If you can meet with triumph and disaster and treat those two imposters just the same” means to me that if you can accept disaster the same way that you accept your triumphs, you have a healthy mind. Once you start dwelling on these said disasters, then you start to lose who you are.

The third stanza is more about taking risks and being strong willed. Kipling implies that to be a “man” you need to be able to risk everything you've won and still understand that you might lose. That goes back to him saying that you should be able to build yourself back up after your disasters and triumphs.

The beginning of the last paragraph talks about how he should be humble. Kipling saying “Or walk with kings- nor lose the common touch,” implies that even if you walk with people of extreme value, never to lose sight of who or what helped you get to where you are. To end the poem he says, “Yours is the Earth and everything that's in it, And- which is more- you'll be a

Man, my son!” implying that if he follows these specific guidelines then he is sure to become a man or have everything that he wishes.

I do agree with some statements that Kipling makes, just not all of them. I don't believe that you shouldn't let your loved ones hurt you. Of course, being hurt isn't something you wish for your child, but I do believe that being hurt helps you become the person that you need to be. In my opinion, being hurt just means that you opened your heart to someone and allowed yourself to be vulnerable. Allowing yourself to be vulnerable to people is a huge part of becoming a “man” or any strong character.

Would Kipling have the same guidelines to becoming a strong woman? Is this concept universal? I do think that these guidelines could be considered gender neutral and that to be a strong, humbled woman that you need to follow along with these guidelines as well. Of course, not all of them, but whichever you agree with. I don't believe that if you can't relate to all these guidelines then you can't be considered a “man”. Some people just aren't capable of all the things that he

wishes for his son. Even though these are grand expectations, people could use these statements as tools to become a better person.

[armando, if there is white space on Poetry Corner page, maybe include Kipling's poem:]
If you can keep your head when all about you

Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,

But make allowance for their doubting too;
If you can wait and not be tired by waiting,

Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,

And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;

If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster

And treat those two impostors just the same;
If you can bear to hear the truth you've spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings

And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings

And never breathe a word about your loss;
If you can force your heart and nerve and sinew

To serve your turn long after they are gone,
And so hold on when there is nothing in you

Except the Will which says to them: ‘Hold on!’

If you can talk with crowds and keep your virtue,

Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,

If all men count with you, but none too much;
If you can fill the unforgiving minute

With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,

And—which is more—you'll be a Man, my son!

Judged by an appearance

By: Deandrea Raglin

On the outside there is a color,
In the inside there is a liquid,
They will never speak to you
because you have already,
been spoken to,
Just by one glance you have been
judged,
You sit in class the teacher
doesn't call you,
Because of your baggy clothing
and the dirt on your face,
The teacher's inside thought is
how are you here looking like a
disgrace,
The year ends you are the only
one who passes all the classes,
And you speak to your teachers
and tell them to adjust their
glasses,
Hearing the saying "Don't judge
a book by its cover",
Seems to be fading all over,
An appearance should not make
a title for you,
"Never judge a book by its cover"- There are those who are,
proud to be diverse but we as
society don't look at it as,
being something pleasing
but go ahead and laugh and
tease
you won't get away with it that
easy.

Haiku

by the Speech class (instructor)

Dr. Bonnie Jean Adams)
Love love

In life, love can leave,
To love, you must love yourself,
When love leaves, just live.

Spooky

Black cats and spiders,
Pumpkin faces in the cold,
Fall winds bring in ghosts,
Screams from haunted house,
Little monsters demand treats,
Skeletons dancing.

Judged by an appearance

By: Deandrea Raglin

On the outside there is a color,
In the inside there is a liquid,
They will never speak to you
because you have already,
been spoken to,
Just by one glance you have
been judged,
You sit in class the teacher
doesn't call you,
Because of your baggy clothing
and the dirt on your face,
The teacher's inside thought is
how are you here looking like
a disgrace,
The year ends you are the only
one who passes all the classes,

And you speak to your teachers
and tell them to adjust
their glasses,
Hearing the saying "Don't
judge a book by its cover",
Seems to be fading all over,
An appearance should not
make a title for you,
"Never judge a book by its
cover"- There are those who
are,
proud to be diverse but we as
society don't look at it as,
being something pleasing
but go ahead and laugh and
tease
you won't get away with it that
easy.

Elephant Gallery Field trip

By Dr. Bonnie Jean Adams

During the summer term, Dr. Adams' Senior Seminar Class visited The Elephant Room Gallery, an art gallery showing works by new and emerging Chicago artists. Their visit included a question and answer session with Gallery Co-Owner, Director and Curator, Kim Atwood, who explained the evolution of art in the technological age. The gallery is located at 704 South Wabash, just down the street from East-West University, and is open by appointment. It's definitely worth a visit. Call or email Kim. Let her know you're from East-West University. (312) 361- 0281 or kim@elephantroomgallery.com.

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Free resources available for students:

Writing help

DR. BONNIE JEAN ADAMS

Room 408 West Building HOURS: Monday/Wednesday 10 AM – 2 PM
Tuesday 9 AM – 3 PM

BRAINSTORM IDEAS – BEGIN A ROUGH DRAFT – PROOFREAD/EDIT

RESEARCH

EWU Student Success Center

Monday through Thursday 9 a.m. - 5 p.m.

Stress relief, study skills, time management techniques, therapy, wellness, learning disability testing
FREE

Rm W319 Walk-ins are welcome

Fall 2018 Mathematics Tutoring Schedule Student Life Center Room 501

Math tutoring is open 11AM to 5PM on MW, 12PM to 5PM on TR

Tutor	Monday	Tuesday	Wednesday	Thursday
Kim	11am-2pm		11am-2pm	
Pitzele	2pm-5pm	12pm-5pm	2pm-5pm	12pm-5pm
Office Closed	5:00pm	5:00pm	5:00pm	5:00pm

CIS TUTOR HOURS FA-18

Tutor	Monday	Tuesday	Wednesday	Thursday
Daniel Diaz di19564@eastwest.edu	10am -12pm E214 2:00pm-4pm SLC406	10am-2pm E214	10am -12pm E214 2:00pm-4pm SLC406	10am-2pm E214

Guest Speakers of Fall 2018

Monday, October 29th: Jonny Imerman
Co-founder of Imerman Angels – created to provide 1on1 peer cancer mentor support, non for profit, free; and CLOZ-TALK – created to drive AWARENESS for ALL awesome non for profits with real impact--through the power of quality apparel

After being diagnosed with testicular cancer at the age of 26, Jonny co-founded Imerman An-

gels, a non-profit organization, which carefully matches a person touched by cancer (a cancer fighter or survivor) with someone who has fought and survived the same type of cancer (a Mentor Angel). Imerman Angels now has more than 8,000 Mentor Angels in its network with over 34,000 fighters, survivors and caregivers matched to date.

Jonny co-founded CLOZTALK in 2017. CLOZ-TALK designs and produces premium apparel for nonprofits,

charities, and socially minded for-profits in order to help these great organizations brand themselves and get their word out to more people! CLOZTALK partners with 60+ charities so far, donates 20% of net profit to the charities, and all apparel is available at CLOZTALK.com.

Jonny has been featured by dozens of news organizations including The Wall Street Journal, Harpo Radio's "Oprah and Friends" with Dr. Oz, CNN, TEDx, The Huffington Post,

Men's Health, National Public Radio (NPR), Sirius XM Satellite Radio's "Doctor Radio" - Channel 81, NBC5 Chicago, CBS2 Chicago, ABC7 Chicago, ESPN Radio Chicago, Chicago Tribune, etc.

Jonny grew up in Bloomfield Hills, MI and currently resides in Chicago.



Review on Brotherly Love

By: Evelyn Castillo

Brotherly love is a life learning lesson movie that can be compared to some people's lives who grew up in dangerous neighborhoods such as I. June is the big brother who watched over his family the much he could. He was up and down hustling to keep a roof upon his family and food on the table. Throughout the movie I asked myself why couldn't he just get a real part-time or full-time job? He sells drugs, guns etc. Anything illegal

you name it. The problem was the "street influence" the streets June and his siblings were raised in impacted their lives from violence, drugs, and ignorance. It seems that June was making dirty money from being dragged into gang violence.

People like June and his homies have expectations that no one will hire them because of the way they present themselves followed by the way they behave as human beings we need to react and have morals. His neighborhood was a place where he was

able to hustle and make more money than any regular employee who gets minimum wage and gets taxes taken away. This situation occurs to many people who are influenced in these gangs from making dirty money instead of getting a real job. A part of the movie that stood out to me was when Jackie, June's sister fell for a bad boy from uphill.

Although, he didn't truly love her, what Chris only wanted was revenge from her brother June. But what outcome did he make from this revenge?

Nothing, then to just be locked behind bars and know how guilty he feels that Jackie will live with that painful feeling her whole life. I know how it feels to be betrayed by the one you thought was perfect in your eyes but in your heart a true follower like the rest of the thugs. I felt all her emotions as soon as Chris got locked up for killing her brother.

Jackie learned her lesson from falling in love with a bad boy who didn't stay true to her. I always wished to have a big brother to protect me and show

me the love no other man will. Brotherly love touched my heart from being able to relate growing up in the hood lost as a girl I had to stand up for my sister and myself and learned how to be brave. Because everything a brother didn't show me I learned myself from just observing the streets everyday which means to be aware or conscious. Jackie's meaning meant so much to me at the ending and it's also very true. "We all make choices we know aren't right. But we do it anyway... and live with the consequences." - Jackie

What kills relationships

By Nayef Mohammed

They say, 'few things aren't always meant to be, but just meant to happen.' I refer these few things as relationships, and how they fail to succeed in many cases. In my opinion, many relationships fail because, firstly, there is involvement of selfishness and ego. Secondly, it is the outgrowth of not forgiving that leads to the failure of relationships. Lastly, it is the consequence of not having control over annoyance. Starting with the most powerful cause, that is the involvement of selfishness and ego.

Selfishness can take a toll on our relationships when

we are constantly focusing on our own needs and wants. This results in the slow cutting out of the joy from the relationship. This mindset forces you to think that you should be served and loved more. The selfish partner also dominates by the needs and wants and burdens the other partner with loads of expectations. If the partner doesn't fulfill the expectations of the selfish partner, then the selfish partner immediately gets his/her heart wounded and begins to push the other partner away. On the other hand, ego is another dangerous path to choose in a relationship. Whenever a couple gets involved in an argument, the egoistic partner will always defend him/her-

self and eventually stop listening to the other partner. The egoistic partner will never accept his/her mistake and will not apologize for it, this will make a controlling and assertive impression on the other person and will eventually backfire. Forgiveness, on the other hand, is as important to be in as it is for the ego and selfishness to move out.

Two good forgivers make the best relationship, and one with no forgiveness will break the relationship. Any person can make himself better if he gets another chance. There is going to be numberless times that require you to forgive your partner. If a person feels that he isn't being forgiven then

eventually he will lose faith in his partner or feel that he isn't worth it. This will cause a person to end the relationship as the person feels that he is hurting his partner. Unforgiveness creates a wall with one brick at a time, and over a period of time it will get so high that the intimacy of the relationship is lost. The more we don't forgive the more our hearts get bitter, which will ultimately let it chuck away our partner. Not forgiving will subsequently lead to annoyance, which is discussed in the next passage.

When a partner is angry, he/she lashes out at the other in an attempt to avoid facing his/her real feelings. The person who is angry is quite unconscious and

isn't aware of what they have said. This will eventually lead to blaming and criticizing, which will furthermore lead to a lack of intimacy and even more conflicts. Living with such partner will make the other person feel his/her value being crushed and feel disrespected. Anger undoubtedly is the most harmful emotion to any relationship, both physically and emotionally.

On the whole, we can see how harmful selfishness/ego, not forgiving and anger are, which leads to failure of relationship. One must know how to get control over these three emotions. If isn't handled appropriately, it will certainly have destructive results.