

Phantom

SEPT
2021

EAST/WEST
UNIVERSITY

PRESS | INDEPENDENT STUDENT NEWSPAPER

2021 SEPTEMBER EDITION

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color the mandala owl

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A mandala's purpose is to help transform ordinary minds into enlightened ones and to assist with healing, relaxation, meditation and focus

SEPTEMBER 2021 featured edited mandala original artist unknown

Newspaper Design- Iva M. Brooks
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Graduation Ceremony Coverage By Cristian Calderon and Arely Palomino



On Friday June 18, EWU class of 2021 graduated. There was a ceremony on the 17th floor of our school. We had the honor of listening to some great speeches including the valedictorian's, Ester Jimenez elocation. Her speech was very inspiring because she acknowledged all the obstacles the COVID-19 pandemic made us face in order to graduate. After the ceremony ended, the staff prepared refreshments for us and we took lots of pictures and talked about what we wanted to happen next. It was a great way to end our school year.



**Dr. Terrence Wandtke
2021 keynote address**



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DIVERSITY & INCLUSION

by Iva M. Brooks

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FILM REVIEW



Family dynamics have a large impact and influence on the way children view themselves and the world around them as they begin to grow. The documentary, *Three Identical Strangers*, describes the lives of triplets adopted in different families, with the consequences of growing up in different living environments. Each of their separate homes had different structure, values, and roles that impacted them individually.

The film expresses how each of the boys relationships were with their fathers. These relationships subsequently determined how the absence or presence of a father figure positively or negatively affect their child's development. In the film, it stated that David's father was a proud father; no matter what his son did he was acknowledging him. On the other hand, Bobby's father was a busy doctor which meant he was absent in his life most of the time. Eddy's father was more strict; he stated that he disciplined him occasionally and they also describe him as having had a strong militaristic approach to life. David seemed to have lived with the most loving, nurtured, and structured family and that shows why he always tried to keep his brothers together when drifting away. Eddy's family had made him feel like he didn't belong with them and he always felt that he was never in the right place. The father also mentioned that Eddy never discussed his problems, they were more of a quiet family who didn't share their problems with one another which seemingly had been very unhealthy mentally and emotionally.

Children growing up in a dysfunc-

tional family are innocent and have absolutely no control over their toxic life environment; they grew up with multiple emotional scars caused by repeated trauma and pain from their parents' actions, words, and attitudes. Ultimately, they will have a different growth and nurture of their individual self. The influence of individuals will resume various parenting roles rather than enjoying their childhood, vital parts of their childhood are missing, which will eventually have a harmful effect that extends to their adult life. This could have been one of the many reasons that Eddy had been through mental institutions during his teenage years feeling out of place with his family, and these emotions and problems later transitioned with him to his adult life causing him to commit suicide. The absence of a father can have emotional and social consequences in a child's development.

Children manifest problematic behaviors including depression, aggression, delinquency, and/or early role difficulties. Robert's family was not together; he barely saw his father because of his job, which as an absent father, contributed to his rage and unhealthy development as a child and later adult years. During Robert's teenage years, he had been into a mental institute as well, which could have been triggered from not having a father around actively. Research shows that when a child is raised in a father-absent home, he or she is more likely to be affected by drug and alcohol abuse and behavioral problems.

All three of the triplets suffered

from mental issues and they all smoked cigarettes which could have correlated to their families and the type of relationships they grew up within. Researchers also have conducted tests that showed that emotionally unavailable fathers were just as identical to those whose father was physically absent. An absent father or emotionally unavailable father contribute to five times the normal rate for higher chances of suicide, increase rates of social and mental behavior issues, and dramatically increased rates of depression and/or anxiety. One of the triplets found out he was suffering from serious depression and had gone into an institute for three weeks. This was also the triplet who had a present father but there was no connection between them. So this research is a proven fact that a present father that cannot emotionally connect to his child has just as bad of an impact on their child's development as a father that is absent. He still later committed suicide.

According to Basem Abbas Al Ubaidi, a family physician and professor at Arabian Gulf University, "Frequently, healthy families tend to return to their normal functioning after the life family crisis passes. Conversely, in a dysfunctional family, problems tend to be long-lasting typically because children do not meet their previous needs; therefore the negative, pathological parental behavior tends to be dominant even in their adult's lives".



documentary "Three Identical Strangers"
film review: by Dekyla Walker

League of Legends By Mohamed Jannedi

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Over my middle school years, I happened to be very close with my new best friend who happens to be in love with video games. Luckily for me, I was too. One day, we started sharing different experiences in different games. Until he got to this game, called League of Legends. League of Legends, also known as LOL, is an online multiplayer online battle arena 2D game. Where players battle each other using in-game champions. With hundreds of different champions available in the game, players must work together as a team of five players, with their teammates to defeat the other team.

I unconsciously got attracted to this game. My best friend came over to my house and started playing it in front of me, while I was just watching him and admiring how good of a game it was, and still is. Fortunately for me, I used to have a decent laptop that can handle such a modern video game as League. And that was the main reason that encouraged me on downloading it with no hesitation. And that how my obsession with League of Legends started without even knowing.

The objective of this game is to get stronger throughout the game. Gold can be gained by killing minions and/or monsters, and enemy players, especially

if they are strong and there is a bounty set on them when you shut them down. And by gaining the gold, you can get to spend it in the shop that is located in the base fountain, and by doing that, you can buy and sell items with gold. And by simply doing that, you get to the point where you are now ahead of your opponents.

I, myself, am a pretty competitive person in real life and gaming. Therefore, my beginning



was getting trashed on by other experts at the game, but that only made me play it more. To the point that each free time in my day I would spend it on this game, not realizing how much time I am spending on a video game. But I did not see that at that time. However, it only got worse over time. However, on the positive side of this, I did get better at this

game. Although, it was more of an addiction to me without realizing it, I was enjoying playing each bit of it.

Years pass on, and I am still playing this video game. However, thankfully my basketball and school were there for me to take my daytime where I cannot play this game. And over time, I matured. I had my first job at the age of 15, and that kept me busy with other things that forced

me to decide when to play and I learned to prioritize life first before anything else so I can move forward and get better.

I do not regret my experience with a video game and managed to make me go through all of this. It taught me a lesson that anyone else, i.e., my mom that always tells me to stop playing would never embed that in me. I am currently 23 years old; I still have League of Legends on my laptop, and I happened to spend perhaps a couple of hours a week on it. And lots of time, I don't even bother to check it out when I'm free or bored.

In conclusion, I feel like others telling us what to do is always a good sign that they care for us, that they are trying to guide us towards the right path. However, nothing would do it better than yourself, to have the experience by yourself. To acknowledge what you have been doing, and how to move on from it for the best of your true self is the true way of going through obstacles that shape our lives differently from others.



SUMMER FIELD TRIPS

HM279 Signature Course in Summer 2021 went on a field trip to the Elephant Room Gallery on Wabash Ave. We thank the gallery owner for her explanations of the exhibits, and for opening for us during her time off!



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Hurdles after high school

By Jada Woodley

Two years ago, I graduated high school on May 19. My whole life, people told me about that moment after you graduate. How will I be going through dramatic changes? Some may lose friends you thought you'd have forever, maybe even lost family members, and are now free of teachers, exams, tests, etc. However, once high school is complete, you'll have to figure out life, transitioning from youth to adulthood.

I've only been going through these changes for two years now. It hasn't been the most difficult but, I have had some hurdles. Throughout my story, I'm learning to keep going no matter what and don't give up, because time will never stop. Once you are discouraged, you may even feel defeated and still get up as long as you still have air to breathe, you can continue to lead.

Once I graduated from high school, which many people thought I wouldn't be able to do, I was rewarded with a 2019 Mitsubishi car. One month later, my boyfriend crashed my car. Long story short, it needed a whole new engine. I was devastated emotionally and also financially. My car crashed in October 2019, not repaired until April 2020. Throughout those six months, I struggled and wanted to give up, but I didn't. Continuing to work and go to school, pay my car note, and also pay for the

Ubers I needed because I was out of transportation. These months I struggled and decided to NEVER give up. I never really was good at saving, so I'd send my money to my grandmother so she could hold it for me. My boyfriend of course helped. My family watched me stay motivated, so my aunt said she would pay to get it fixed and I would have to give her the rest once we received the stimulus check. Right out of high school my



first issue in life.

Then here comes this virus called COVID -19, a virus that changed The United States. COVID-19 hit the same year I graduated. Not only am I going through me trying to go from youth to adulthood. The adulthood known after high school is now totally different due to COVID -19.

Being a part of Generation Z we take in a lot of changes. Generation Z is constantly evolving with starting technology. Living in this time you have to be able to adapt to change and to keep going and never give up.

Why I left My Hometown and Family

By Bilal Baig Mirza

It was a hard decision for me to leave my family and hometown, and shift to the US for higher studies. But, when I joined the college, all these thoughts vanished with the overwhelming support I received from my classmates and Professors. Somewhere deep in my heart, I miss my family and hometown every-day.

Through this article let me take the opportunity to introduce you to the rich legacy and cultural heritage of my



hometown 'Hyderabad City'. It is also known as 'the city of Nizams or the city of Pearls', the capital of Telangana State in India. As stated by my grandfather, that Hyderabad was founded by the great ruler Mohammed Quli Qutub Shah in 1591 on the banks of the River Musi. Many childhood memories linger



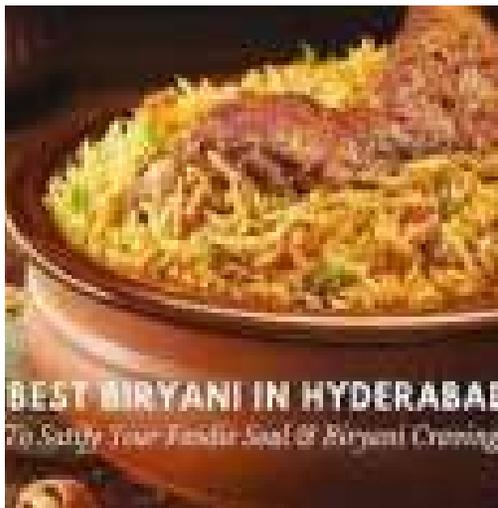
in my mind when our entire family used to visit the famous historical monuments of Hyderabad, the Charminar, Golconda Fort, Falaknuma Palace, Chowmahalla Palace and Makkah Masjid on holidays. Our family used to live in a locali-

ty which is an exemplary model that depicts 'Unity in Diversity' as you will find people of different religions the Muslims, the Hindus, the Christians and other religions living together with brotherhood.



Talking about my family, it's a typical, traditional, well-grounded family that gives utmost importance to values in life. They have always supported me to pursue what I aspire for, I feel to a great extent my virtuous and broad-minded upbringing has helped me to achieve my dreams.

Other than this, what I miss the lip-smacking Biryani and Haleem, these cuisines of Hyderabad are famous all over the world. The city has a well-balanced culture, besides



CULTURE

following the customs of their ancestors religiously even in present days, its people are also significantly contributing to the rapid growth and development in dif-



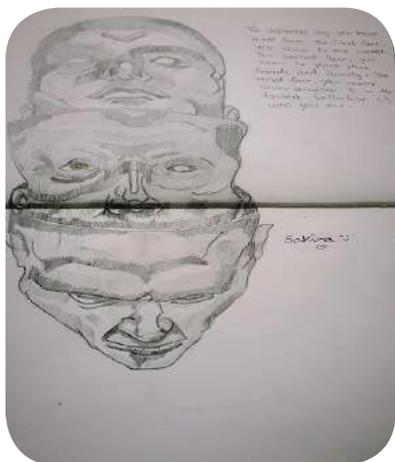
ferent sectors of technology, agriculture, education, medical field etc. The city has become the hub of trade and commerce and an international center for information and technology. Its pharmaceuticals, textiles, gems and exquisite jewellery, handlooms, handicrafts are exported to different countries of the world. I miss



the time spent together with my family and friends on festivals, outings, watching movies and matches. Just like Hollywood, Hyderabad is the homeland to one The biggest entertainment industry is 'Tollywood'. Hyderabad has produced sportsmen like Sania Mirza of Tennis and Sania Nehwal of Badminton who have brought laurels to India and created a niche in the sports world.

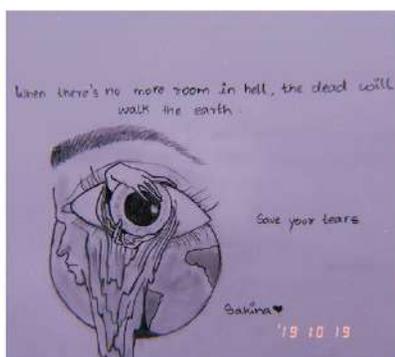
This reminiscence makes me reflect on my purpose of coming to the US and motivates me to be a pearl of my family and play a prominent role to enhance the rich legacy of my city of pearls.

ARTIST'S CORNER



THREE FACES:

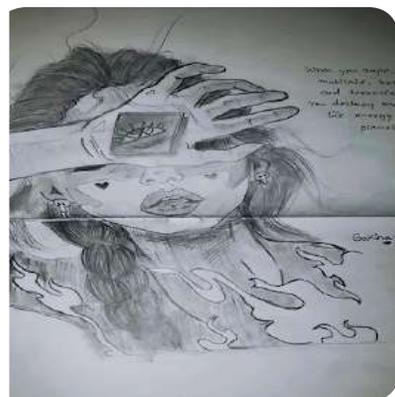
Raoul Peck says: "It's not about the past, it's about knowing your history so that you can fight in the present. Otherwise you don't know who the real enemy is, what the real issue is, because it had been covered by many layers of bad information, lies, and manipulation."



ALONE

"The most frightening monsters are the ones that exist in our minds."

INTEL-
LECTUAL
PROPERTY



SURVIVOR

This sketch illustrates a story on social media: "I can explain myself: if you want to be safe, walk in the middle of the street. I'm not joking. You've Been Told you look both ways before crossing the street, and the sidewalk is your friend, right? wrong. I've spent years walking sidewalks at night. I've looked around me when it was dark, when there were men following me, creeping out of alleyways, attempting to goad me into speaking to them and shouting obscenities when I wouldn't and I suddenly realized that the only place left to go was the middle of street. but why would I risk it? Because the odds are in my favor. In the states, someone is killed in a car accident on average every 12.5 minutes, while someone is raped on average every 2.5 minutes even when factoring in that, one, I am generously including all car related accidents and not just those involving accidents, and two, that the vast majority of rapes still go unreported and, thus, this is now the way I live my life: out in the open, in the middle of everything, because the middle of the street is actually the safest place to walk.



PSYCHOTICALLY DEPRESSED:

David Foster Wallace says: "The so-called "psychotically depressed" person who tries to kill herself doesn't do so out of 'hopelessness' or any abstract conviction that life's assets and debits do not square. And surely not because death seems suddenly appealing. The person in whom it's invisible agony reaches a certain unendurable level will kill herself the same way a trapped person will eventually jump from the window of a burning high-rise. Make no mistake about people who leap from burning windows. Their terror of falling from a great height is still just as great as it would be for you checking out the view; i.e, the fear of falling remains constant. And yet nobody down on the sidewalk, looking up and yelling 'Don't!' and 'Hang on!', can understand the jump. Not really. You'd have to have personally been trapped and felt flames to really understand the terror way beyond falling.



HOT SUMMER'S DAY

This sketch illustrates the lyrics of the song Garmi Di Tu by Sanam Puri: You are like a cool breezy sway on a hot summer's day, coming and soothing the fire of strife as I wandered through meaningless life. My very breath gains meaning, you being or are the answer to my prayers of yearning. As from you to me, blows a cool wafting breeze, lending wings to my dreams. From sorrows making me free, joyously I fly into a fanciful flight. Our souls becomes one, turning all darkness into blissful light. Like a cool breezy sway on a hot summer's day.



PAIN

Artwork by Dean's list CIS major
Sakina Khan

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Love Laced By Shawnice Scott

It never hurts to check in. When we think of our daily lives, we tend to get caught up in our own world. They talk about self-anxiety in society as if it is nothing but a temp job. We grow up not realizing what woes await us in the world. I know for me I would have never thought before I experience a midlife crisis I would be finding my birth family and saying goodbye to my adoptive parents all together. Don't worry, I'm coping, but it wasn't easy.

I found out I was adopted when I was 12 but it won't till I was in my 20's would I branch off into wanting to find my family. Growing up I had elderly parents and I never felt as if I was any different but I knew sooner or later while I still young I'd have to say my goodbyes to them. My father was in his 70's and my mom was in her 60's when they were raising me, of course it wasn't a conventional childhood. On top of that I was an ill child and an even more ill adult.

Fast forward to my 20s and I had to take on care of my parents, one became bedridden and the other started down the round of dementia. As one got better, the other got worse and at that point I had to give up on school and most of my life. I never regret the choice I made because I loved them but things weren't easy. My Adoptive brother destroyed everything in his path including my parents' marriage, and they say drugs make you do the unthinkable.

Watching someone who could give a hoot or hell for his parents made me curious about my birth parents. The day my adoptive father's last sister passed away, I stumbled upon my adoption paperwork and began my research.

I always wondered if I had siblings and in that instant I found the woman who adopted my older sister and decided to show up to her house for info. She wasn't home but her husband was and so was my sister's biological dad who recognized me in a heartbeat. He begins to tell me they've been searching for me for years and calls my sister and from that call came calls from my biological aunt and that night my first hug from my grandmother. It would be weeks but I would meet my bio mom and find out in the end I wasn't a truly wanted child but I didn't have hard feelings towards a woman I didn't know.

It would be the following year, when things would fall apart for me. My dad, who was my knight in shining armor, would pass away in his sleep at 90 yrs. old. I was crushed and wasn't ready to be responsible for planning his funeral but I did and had no time to mourn because my dementia ridden mom needed me. I would have never predicted that, that following Monday after his funeral my birth father would find me and want to build a bond. I know at that moment you would think I'd be at ease but that Christmas eve of that same year. my childhood home and all the memories of my father were gone up in flames. After

losing her husband, her house, herself in ways, my mother went on her journey that following year Easter day to join my father in heaven. And once again there I was planning a funeral unprepared.

I'm telling you my story so you, you all understand that life for everyone around you no matter

their age, can become full of grief. Make sure you are checking on your loved ones, your strong friend, because even if they seem good, we all need help through.

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When I Think of Death by Maya Angelou

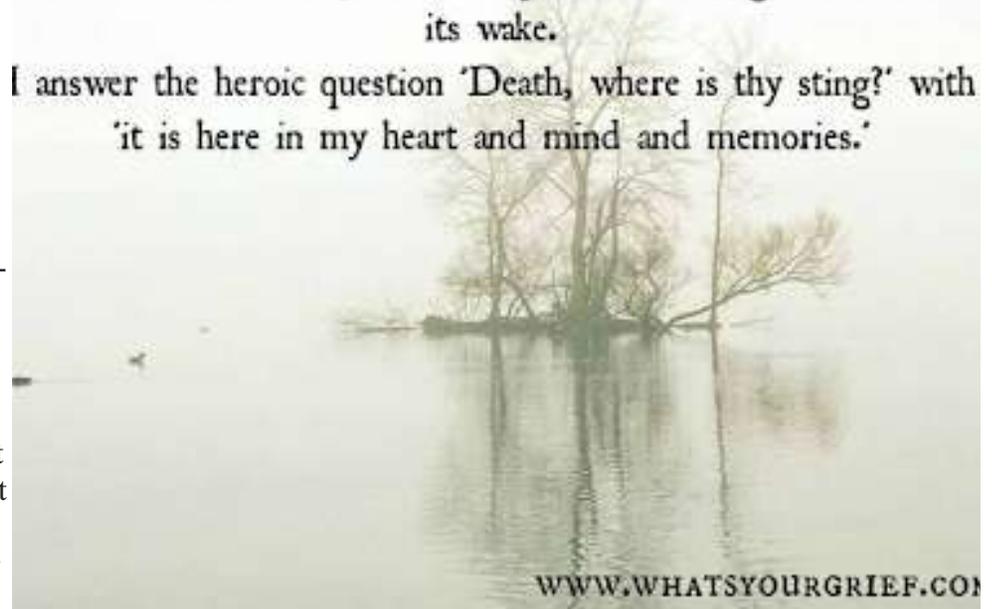
When I think of death, and of late the idea has come with alarming frequency, I seem at peace with the idea that a day will dawn when I will no longer be among those living in this valley of strange humors.

I can accept the idea of my own demise, but I am unable to accept the death of anyone else.

I find it impossible to let a friend or relative go into that country of no return.

Disbelief becomes my close companion, and anger follows in its wake.

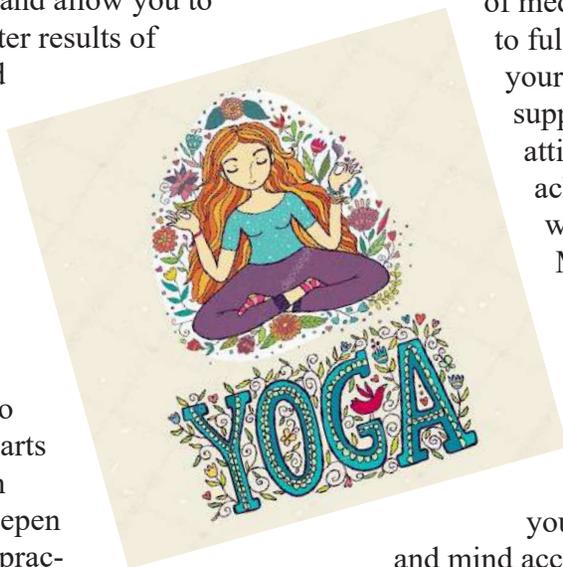
I answer the heroic question 'Death, where is thy sting?' with 'it is here in my heart and mind and memories.'



The yoga adventure By Joanna Luchowska

Many people who start their adventure with yoga treat it as ordinary gymnastic exercises aimed at improving the appearance, a new shapely buttocks or a muscular abdomen. Yoga practiced in this way becomes extremely superficial and devoid of its first function, any meditation. First of all, yoga and meditation complement each other and allow you to achieve both better results of the exercises and find inner balance and harmony. When learning yoga, we primarily learn how to loosen up, relax and concentrate. But these are also very important parts of the meditation itself. So let's deepen your meditation practice to achieve a state of total awareness. People who have not dealt with meditation before should start by focusing on some specific thing. Most often it is the process of breathing, but it could well be washing dishes or staring at a burning candle. You can also try a mantra technique that allows you to enter a state of meditation by saying a specific word or formula on a regular basis. You can also close your eyes and imagine some character or thing that looks good. The most important thing in all this, however, is to concentrate as much as possible. Remember that meditation should take place every day. If your work

does not allow it, try to meditate at least several times a week. You need to motivate yourself, not to be discouraged. Thinking in terms of "I don't feel like it today" or assuming that meditation is an unpleasant duty is wrong. Don't try to find a specific goal of meditation, such as health. The main and most important purpose of meditation is to fully accept yourself and to support your attitude and achievements with others. Meditate at the same time and in the same place. Get your body and mind accustomed to the place and time of meditation. Mind and body are the slaves of habits and habits, after a few successful meditation sessions this way it will be much easier for you to re-enter meditation. Remember about correct posture during meditation. You must have your back and spine straightened, and your chest pushed forward. You cannot bend over or lie down during meditation. Maintain the same position all the time. Also, do not meditate in your bed, because you will just fall asleep - your mind and body will associate this place only with sleep, and meditation is about something completely different.



Friendship By Ivey Deer

Friendship is an important gift of life and the most valuable. Friendship is one of the most valuable relationships. People who have good friends are the most enjoyable in life. True friendship is based on loyalty and support. A good friend is someone to be with you in difficult times. Friends are special people you can rely on to celebrate special moments. Friendship is an asset of life and can lead us to success. It all depends on how we choose our friends.

The quality of friendship is essential to happiness. The benefits of healthy friendship are long-lasting. Also, having a strong friend circle will improve your confidence. Because of our strong relationships, we receive a lot of emotional support during bad times. True friendship is a feeling of love care.

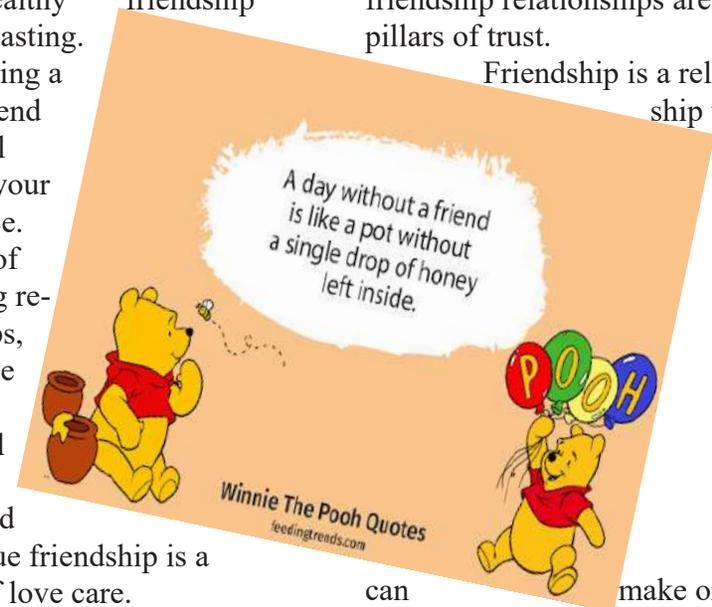
True friendship cannot be built within limited limits such as caste or beliefs. Someone needs us and gives the impression that we are not alone. Indeed, humans cannot live alone. You need a sincere friend at every stage of your life to survive. True friends, both old and young, are okay. However, we generally believe in making friends with people of the same age as us. Anything of the same

age group is free to share.

It's hard to choose a true friend. We need to choose our friends carefully. Friends can come. They are to make you laugh and cry. If selected correctly, various problems can occur. In the modern world, many young people are a social nuisance. The reason behind that is wrong & bad friendship.

But if we can choose the right person as our friend, our lives will be easier. It doesn't matter who you are or what kind of clothes you are wearing. The most important thing is trust because friendship relationships are on the pillars of trust.

Friendship is a relationship that



can make or break us at every stage of life. So friendship is a really valuable asset. Maintaining friendship is not easy either. It takes time and effort. In the end, it is difficult to find true friendship, but if you succeed in your work, you will have a wonderful time. In return, friends only need valuable time and trust.



Good Old Movie Review— Despicable Me

By Era Durmishi

Stories about an evil genius can hardly be funnier than this one. Gru, dreaming to become the most famous criminal, is burning with jealousy caused by the success of his opponent Vector—a young, dull man—who managed to steal the pyramid of Cheops, and substitute it with a dummy. Gru decides to steal the Moon; for such a grand crime, he needs money. The Bank of Super Villains refuses to provide Gru with a loan, since he does not own a shrinking device needed to make the Moon small enough for theft. Gru manages to steal it from the military, but Vector steals the shrinker. Gru cannot sneak into Vector's fortress; however, he notices that the access to the compound is opened for three little girls from a local hospice who sell cookies for charity. So, Gru adopts three girls hoping to use them for his plan to get the shrinker. He does not know that this will change his entire evil genius career.

“Despicable Me” is hilarious from the beginning and until the ending credits. The creators managed to create credible and convex character types: a nasty-looking but kind Gru; open-hearted and clever girls Margo, Edith, and Agnes; sinister mister Perkins, the head of the Bank of Super Villains; the silly but impudent Vector; Dr. Nefario delved in his research; and of course the minions. Though the plot is rather predictable, watching “Despicable Me” is still interesting.

The most remarkable characters in this movie are neither Gru, nor

the girls (though there are many funny moments with them as well) but the minions—small yellow creatures artificially created by Gru as his personal servants and army. They are hardworking, totally devoted to their master, and incredibly funny to watch. Perhaps the majority of the funniest moments in “Despicable Me” are connected to minions. Technically, the movie is superb. The graphics and animation are of high quality, all characters and

“Despicable Me” is a perfect example of a family comedy animation. It tells the story of a villain's gradual transformation into a loving father (well, even though Gru is just pretending to be evil), and even despite the fact the plot is secondary, it is still interesting to watch due to high quality humor, convex characters, and beautiful computer graphics and effects. And, of course, the minions!



objects are superbly detailed; it is noticeable that the designers and animators worked hard. Gru's vehicle, which he uses both for ground transportation and as an aircraft, is among the most remarkable objects in the movie for me. The sound and voiceovers are perfect; I especially liked Gru's weird accent—something in the middle between German and Russian.



An Interview: Esmeralda Govea, Financial Aid Officer. Class of 2020, Business Administration major By Arely Palomino

EWU
Phantom Sports
with Coach Tommy Posley

Q: What is your Position title?
A: Esmeralda is a Financial Aid Officer. Many students have seen her!
Q: How long have you been

A: Esmeralda didn't know she was going to work for East-West University. But she wanted to work for East-West University. Esmeralda said that she was rec-



working for EWU?

A: Esmeralda has been working at EWU for 1 year (Anniversary in July)

Q: Did worker work as a work-study student?

A: Yes, Esmeralda worked for a teacher that is no longer here but is well known to a lot of BHS students, Dr. Wilkie. Esmeralda worked for him for a year.

Q: What was the degree?

A: Bachelors of Business Administration.

Q: When had degree been completed?

A: March 2020 (Winter Semester) and the Ceremony was August 2020 due to Covid Pandemic.

Q: Had EWU been a planned career?

ommended by a teacher.

Q: Is the career choice enjoyed?

A: Esmeralda said that no she doesn't like it.... She loves it! She enjoys seeing incoming students and helping them out and giving out advice to them.

Q: What was your dream job?

A: Esmeralda has an interesting dream job. She would like to work for hospital administration.

Q: What is something you like to do?

A: Esmeralda enjoys her job and wants to do her job. Esmeralda said that she enjoys helping people with what they need.

Q: What is your favorite food?

A: Esmeralda is like everyone else! Who doesn't like Pizza! She enjoys a piece of pepperoni pizza.

Q: If you had to choose a restaurant here in downtown to go eat, where would you choose?

A: Esmeralda said that she really doesn't know what to choose. There are so many restaurants downtown that it is hard for her to decide.

Q: What is your favorite place in EWU?

A: When Esmeralda was a student here at East-West University she enjoyed going to the 3rd floor in the west building lounge.

Q: What advice would you give current students?

A: Esmeralda said that the number one advice that she would give the student entering the University would be to start paying your loans while you are still in school. Esmeralda said to not wait till you graduate. The sooner you start paying, the sooner you'll pay it off.

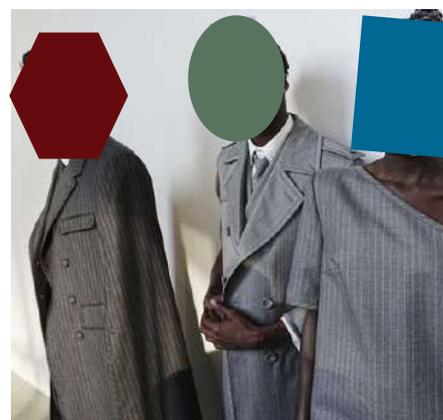
SPORTS NEWS

The 2021-2022 basketball season begins with the Phantoms vs Jaguars at Governors State University Oct 22 at 7pmCST.

Seniors Luis Baez, Toraze Dobbs, and Kaleb Thomas lead this season's Phantom line-up with veteran point guard De'Quaniis Jackson, amongst other rookie and freshman players. EWU is currently interviewing recruits for the tentative 2022-2023 women's basketball team and very excited about possibilities of many new recruits from around the country while scouting international talent to join the EWU sports department.



STYLE & APPROPRIATE DRESS ATTIRE



Many back-to-school trends for the 2021-2022 academic year have commenced. Remember, classic styles are always in style. Appropriate dress attire with your own personal flare is welcomed; however be mindful of others and when in doubt refer to the dress code. While accessorizing with the latest fashion bags, bangles, & blazers to compliment a stylish look, be sure to wear an appropriate nose/mouth covering exercising, smart health protocol safety precautions of the COVID-19 virus and variants. As flu season approaches, stay stylish, stay appropriate, and stay safe.