EASTWEST PRESS INDEPENDENT STUDENT NEWSPAPER



EAST-WEST UNIVERSITY BATTLE OF THE MAJORS

r. Injoo Jeong, Director of CIS, the winning program

The Battle of the Majors is an important event for the academic community at East-West
University. As the Program Director for Computer and Information Science, I am very proud of our two students (Mr. Alexander Ramirez and Mr. Chris Jamison) who took first and second place in the competition. We were able to win the trophy due to their excellent performance. Although I would like to see CIS defend the title, I am also excited to see students from other departments challenge us for the trophy!

Newspaper Design - Iva Brooks Faculty Advisor - Dr. Maria Polski Writers: EWU students

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BATTLE OF THE MAJORS WINNERS

Alex Ramirez, 1st place winner:

For me it was a rather fun experience! I enjoy taking tests and finding the limits of my knowledge. Case in point, I need to read up on biology and literature.

I have quite a bit of expe-

rience in both electronic



The Battle of the Majors was pretty fun. It's good to test my knowledge about different subjects. I also learned some things in the process. As a Computer Science major, I know most of the questions involving



engineering and computer science, so those topics were rather easy and gave me an edge. My suggestion to anyone that wants to win next time; take electives in courses outside of your major! A broad range of knowledge is good and never a waste of time! I'm not sure if I'll be around for the next BOTM, but if I am, I'll do even better, muahahaha! Good luck ya' all!

that and I am also good in mathematics which really helped as well. I most certainly had to comeback from being in 20th place to placing 2nd, but next time I'm going for the crown!!!!

Hibret Deres, 3d place winner:

The battle of majors was a great experience for me and it was really helpful to self assess how much I've retained from the courses that I have taken. In fact, the Electronics and computer



questions were straightforward and easy for me since I am an EET student. The literature and other questions were kind of tough for me, so the BOTM experience would be a good experience in order to focus and in chosing other courses. Thanks to Dr. Polski and others who organized this program.

EWUWellness care

The Student Success Center at EWU is available for counseling. Also, if in need of pandemic relief inquire to the Illinois Department of Human Services at https://abe.illinois.gov/abe/access/, the City of Chicago web page at www.Chicago.gov/RentHelp or your local municipal offices.

Winter events at EWU

The Winter 2022 quarter brought some fun, educational, and emotional activities to the East-West community:

Black History Trivia Contest; Spoken Word performance Blaq Ice Live;
Letters from Anne and
Martin performance and
discussion Valentine's Day
candy gram;
Battle of the majors

A wonderful intercultural day

Wednesday, March 9,2022 students of the Group Dynamics class held an intercultural day event in the L-Lounge. It was a packed house from the time

it began to the time it ended. The Intercultural Day had a spread of different foods from countries like India (courtesy of

Dr. Neetu Tewari), Russia (courtesy of Dr. Maria Polski), Korea (courtesy of Dr. Haemoon Kim), Israel (courtesy of Dr. Nadia

Hallak), China (courtesy of Dr. Julie Zhang), and Harold's Fried Chicken brought by East West Business Director Reginald Lomax.

The Intercultural Day
Event brought the best
out of the University. This
event
had a family oriented vibe.
Students from India taught

had a family oriented vibe. Students from India taught others their traditional dance, which was interesting to see. Some of the students were doing the cha cha slide toward the end of the event. Students, staff and faculty marked their heritage places on the map of the world. The room decorated by flags and festoons, and music from different cultures played

throughout the event.
East-West Chancellor Dr. Khan attended, as well as Provost Dr.
Madhu Jain, and the Financial Aid Director Cesar Campos.

The organizers would like to thank everyone who participated in the event. We would also like to thank everyone who helped with

planning the event. A special thanks to Dr. Maria Polski for her hard work and generosity to the committee as a whole. We would like to thank Dr. Nadia

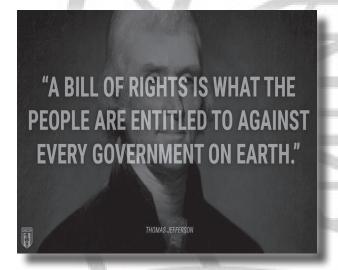
Hallak for her donating the space, food, and time - we couldn't have done this without you. Thank you to Dr. Injoo and Dr. Zhang. Thank you to Reginald Lomax for that wonderful Harold's Fried Chicken. A big thank you to my group mates for their hard work and dedication.



INTERCULTURAL DAY



THE BILL OF RIGHTS The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution | The First Ten Amendments to the U.S. Constitution





THE BILL OF RIGHTS

Bill of rights Shawnise Scott

Society has set laws for and against people time and time again throughout decades. I say that to say that laws are but mere social contracts in which we sacrifice something to feel as if we will be able to progress as time passes. To get a piece of the pie as may would say , you have to be willing to be a team player. That's not even just when it comes to race nor sex, and I feel as if it all began with the bill of rights. Not down playing all the great that the amendments has done, but with bad comes the good.

I feel as if our forefathers didn't take into accountability that the amendments would need to be revised as times went on. Many of them leave many people to be slaves or victims of the system. And those who impose these rules tend to not truly understand when and which ones need or not apply in certain situations. We do tend to take some of the ones that are in our favor regularly for granted, leaving many to suffer consequences that are only their own fault. Not saying that they are old fashioned, but being of original language, many of us still to this day do not comprehend what each amendment stands for.

Being in high school and having to take the constitution test, I only learned them to pass the test, not truly learning them to apply them. Because of that many of us forget what rights we truly have and when we need to remember they will apply. Example, many of us end up in trouble with the law that may not be our fault but allow ourselves to be incriminated to admit to a crime that amendments like amendment V that protect us.

I feel as if they don't serve the purpose they use too because the law doesn't help educate us and we decide not to truly educate ourselves. Its as if they lose there law power because our ignorance to turn a blind eye to stop the chain of being our leaders in life. Many of us rally that the man is out to get us and suppress us but what if we are suppressing ourselves. We can learn behaviors, how to do wrongs but not these amendments that are here to remind us of the freedom we choose not to have.

Social contracts have been around a long time, and I'm not saying the amendments are perfect but they do have guidelines meant to help society. I don't know personally for me what effects it can have to assist me in life yet, but my first step is learning them so I know what is for me. Our first step is understanding the language of these amendments, the clauses and the low points that aren't fully for us. Breaking each amendment down into parts, and analyings what events occur in our current times to know which amendments don't play a part and those can assist in many times better. We base it and all our troubles on laws that are not for the people, and I feel as if the people have yet to remember to reeducate themselves on our bill of rights. The days of rioting, social equality are in affect again but we have begun a social reset on not understanding how to fight for our causes compared to how it was decades ago. Many of our political figures understood to know how to fight your battle you need to use all the weapons you can and most of those were using laws against the man to prove your point, unlike now we rely on doing the wrong thing and expect privilege, money, or race as the constant calling card to excuse our behavior.

Valentine's Day Candy Grams **By Lonnie Reaves**

For my Groups Dynamics class, my team and I came up with an idea to sell and deliver candy grams to students. All proceeds will be donated to a scholarship fund specifically for students who have exhausted their tuition financial assistance. On February 14th, we delivered to student recipients and everyone was surprised to get their gifts. Many people wondered where they came from and the energy around campus was great.

Students, faculty and staff loved the idea and invested time and money to see the project through. It was by definition one of the best times we've seen on campus since the pandemic. The EWU community came together for a great cause in a very creative way.

By Alexandra Magallanes

My experience working on the EWU Valentine's day event was very exciting but full of ups and downs. I feel like we all contributed in a helpful way to help the event be an EWU successful event. We managed to collect orders and recipients information, receive deliveries of Valentine's Day flowers in time, and created hand-written notes for every single name on little cards. This project took lots of collaboration and effective communication. Not only were we able to carry out the final event, but we also gathered a decent amount of money toward scholarship funds for a good cause. I made new acquaintances in the process, for which I am also very thankful.

CHEER TRYOUTS

Are you ready to become a phantom knight, here's your chance Cheerleading tryouts begin soon and we need you to show us what you're made of!





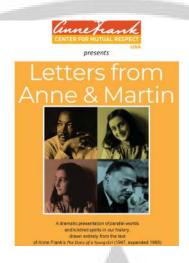






photo of Sharon Lewis





Letters from Anne Frank And MLK **By Jesse Martines** What I thought of the performances:

Both of the Actors and their performance of historical people were great. Sitting in the front row was great because I could better hear and see them. Their acting was great. I felt I was watching a movie, hearing each of them read out the lines of Anne Frank's diary and Martin Luther King's letter.

You know what I took from the performance? It's how both the Jews and African American people were oppressed and discriminated against. How the Jews were hunted. How they both lived in times of discrimination. And both Anne Frank and MLK wrote their experience in writing. And how they were both great people. And also how we can be better people and learn from history and learn from mistakes.

Black History Trivia By Del Hale **Image by Teandra Jackson**

To celebrate Black History Month, the students of East-West University participated in the first-ever Black History Trivia, curated by students Del Hale and Teandra Jackson who came up with the idea. Every single Thursday in February, the students were urged to take a quiz on Black culture in America in hopes to win 1st, 2nd and 3rd place on a \$50 dollar gift card funded by MERCO's Sharon Lewis.

The winner was announced on the last day of Black History Month. Coming in hot in the first place, we crowned our winner Kyla Flowers! Congratulations! Just as promised, we crowned our 2nd and 3rd place winners Tyan Walker and Dristy Patel. Both of these winners won \$30 and \$20 dollar gift cards!

Thank you all for celebrating with us, and we hope to bring this context back next year. For us, by us. Don't miss out!

TIME & MONEY SAVING REMINDERS =

TIME & MONEY SAVING REMINDERS

CLEP proficency

EWU proficency
inquire to your program advisor for more information

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Black History Trivia continued

Black History Trivia – thank you to our sponsor! Sharon Lewis, East-West alumna, is the founder and Executive Director of Meadows Eastside Community Resource Organization. She is a social & environmental justice advocate as well as an experienced public speaker and communicator. An honors graduate of East-West University with a BA in English & Communications, she served as Editor of The Phantom Press News, English Tutor, and EWU Alumna Com-

That
Black

Historian

Throughout the month of February, we are hosting a Trivia competition where you come and answer a few black history questions.

On February 28th we'll tally up your score.

The winners get gift cards.

The trivia contest will be hosted in W401 at 3:30pm every Thursday starting Feb 10, 2022 & Mon-Wed we will be stopping by classes Prizes

1st place \$50 2nd place \$30 3rd place \$20

visory Council, former Steering Committee Chair -South Chicago Neighborhood Network, and served as an Executive Board Member for Center for Community Advocacy. Sharon has received numerous certificates, academic honors, and accommodations for her community services. A Chicago park's advocate, she is a lifetime Hyde Park/South Shore resident and continues to live, work and serve on Chicago's Southeast Lakefront and for her city at large. You can learn more about her current mission at https://meadowseastside.org.

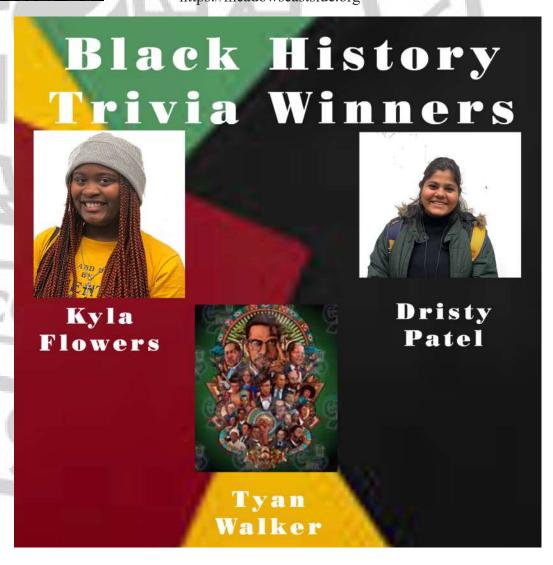
Meadows Eastside Community Resource Organization 2734 East 79th Street Chicago, IL 60649 773-307-2189 773-540-8659 sylewis@meadowseastside.org https://meadowseastside.org

mencement Speaker. Sharon also completed successful internships, with the Chicago Defender and Clear Channel Media.

After completing an externship with The Chicago Defender News, she went on to consult for several non-profits before beginning a career in education. In 2018 Sharon completed DePaul University's Value-Centered Leadership Program and a fall Fellowship with Organizing for Action/OFA, an organization founded by former first lady Michelle Obama and Jim Messina. Her capstone project: "Sharon Lewis for 7th Ward Alderman, A Choice For Real Change" was a run for local political office in the Ward where she lives and serves.

Sharon's passionate dedication to service is displayed in her volunteer work. She is as a graduate of the City of Chicago Citizens Police Academy, former 4th Police District Beat Facilitator, Chicago's Community Emergency Response Team Member/CERT, previous Board-Vice Chair-University of Illinois Extension Program Advisory Council, Transportation Chair -Jackson Park Advisory Council, Volunteer Coordinator -South Shore Cultural Center Park Advisory Council, former Vice President

- Don Nash Community Center Advisory Council. Volunteer Board Member-United States Federal Selective Service, One of the Founding Members of-South Side Neighbors 4Hope, former President- Bessemer Park Ad-













Angelica Ballesteros From brokenness to beauty Spoken Word Poem

I've had enough
I wanna give up
Tired of being alone
No place to call home



Spoken:

What's wrong with her?

A question that is asked without care which isn't really a question.

She is the one Who locks her door so she doesn't have to deal with her mother's screams.

From the hands of her daddy blowing off stream.

She Who cries a knife to her stomach hoping that one day she'll be

PRETTY!

You got a place to go You can call us home Don't you be afraid Everything will be OK

Spoken:

I know people that thought of haters

They've shown me their scars that tell stories written across one's wrist.

Their tears show what it's like for them to fit in.

I know girls that throw up their food because they hear the word "Fat"

Not knowing that inner beauty is the best beauty of all Instead they see "self image"

So they practically live in a bathroom stall.

I know boys that are too scared to cry in front of their mother. Boys that define love as sexual relations to release tension of hatred.

Not knowing that their are dumb damage to themselves.

Blaq Ice and

P.

0.

E.

T.

People of Extraordinary Talent



Esmeralda Salinas Poem inspired by Blaq Ice

Where Do I Go?

Lord where do I go?

For I know you knit me in my mother's womb yet I ask
Where do I go?

Do I walk that way

Or do I walk that other way

The paths are narrow and wide yet again my vision is blurred

Where do I go?

Is this job right for me?

Is this school right for me?

Is this man right for me?

Where do I go?

What if I disappoint you

what if I disappoint my loved ones?

What if I mess up?

Where do I go?

You lead me to peace and an abundant life

I go where life goes

Life resides in you so I go with you

Though the path is dark and scary

You still lead me

I go where life goes

You remind me of your goodness

The blessing it is to have you in my life

You remind me that you sustain me

You sustain a broken heart

You sustain me through my shortcomings

I go where life goes

Though the voices outside of your presence are great

Your grace is greater

What more should I ask?

Where do I go?

I simply go where life goes.

continued on page 9

After so many years of working day to day, you would think that you would lose the spark and passion that first encouraged you to start your career to begin with. You can't help but wonder, what's my purpose? Why am I still here? While it may be unclear to many, for Dr. Maria Polski, the answer

is as clear as day. "It's you guys. I just love being with you guys, talking about intellectual subjects and getting your opinions and observing how you guys change your mind." After twenty-one years of being a teacher and then a program director of the English and Communications department at East West University, her love and passion is still as much as a prevalent part of her life from the moment that she started her first day.

Along with becoming a wife and a mother of three children, Dr. Polski still managed to continue on with her quest for better education and earn her Ph.D in Linguistics all while studying abroad at Moscow Lomonosov University. According to Dr. Polski, the university was founded by Mikhail Lomonosov, a Russian polymath, scientist, as well as writer who helped shaped the very foundations of science as we know it. He's responsible for finding the atmosphere of Venus and the law of conversation of mass in chemical reactions. He was alive during the 17th century where he was raised in poverty. Despite his harsh upbringing, he never felt discouraged. He was a genius who walked from Siberia all the way to Moscow just to pursue his dreams. He got himself into university and the studied abroad for a few years then came back to start his very own Russian Academy of Sciences, which went on to become Russia's very first University.



Dr. Polski's teaching philosophy is that the "interest of students should come first." While it may have to include

"tough love" which often takes the form of extra homework to the dismay of some students, it is a principle that she stands by and also has taught by. As a student of hers for the past three years, I can personally attest to this fact that I believe that many teachers should take on the same ideologies as her, due to the fact that I believe she has helped me increase my skills as a critical thinker and to go on and try to see the world in a different light. There is more to things than what has been placed in front of me, and this need to see beyond surface value has greatly encouraged me to take my education more seriously than ever before. Her other students can agree as well.

Dr. Polski comes from a lineage of educators, she is a third-generation teacher. According to her, her grandmother, mother and father were all educators. Despite the legacy her family has for being educators, her mother actually disagreed with her following in everyone's footsteps. Her mother wanted her to go on a career path where her income would be guaranteed, such as a cosmetologist or an economist. But Polski went with her a passion as opposed to a career that would guarantee her money. While it may have been easier for a livelihood, what was the point if her heart was not in

"I can talk to adults, where we can discuss intellectually and interesting things." She mentioned as she was asked why she chose to teach higher education as opposed to an elementary or high school teacher.

Research Poster Conference









photos from left to right: Mohmadalfaj Vahora, Professor Lomax and visitor Anna Polski with Olena Yelshina and Yulia Sokolova, Fahad Sadar, Brandon Compton and Samra Saleem, and Odaliz Galeana

Senior Seminar has held its traditional Research Poster Conference, on the theme of Technology and Humans. The topics ranged from Virtual Reality to the end of the world! The guests of the conference also acted as judges. And the winners are...

Gold medal: Samra Saleem, Biology major, class of 2022, Is Social Media Making Us Lonely?

Silver medal: Jay Patel, Computer Information Science Major, class of 2022, Do we live at the edge of a lethal cyberattack? Bronze medal: Olena Yelshyna, Computer Information Science major, class of 2023, Does Money Bring Happiness?

She By Jennifer Morales

WRITER'S NOTES



She is now a young adult who is a go-getter and no one can stop her. I met an old friend years ago, where she showed me her deepest secrets and thoughts. Sure we all have them, but she was a very special kind of person to me. She had a difficult time developing into a young woman since she was deeply hurt by her family. Her family as in her mother. Google's definition of a "Mother' is, "a woman in relation to her child or children" (Google search). Scientifically and physically, she was her mother, however, mentally and emotionally, she was a stranger. From using manipulation tactics, to gaslighting, to judging her child, she drove her to be a cold, lonely yet empathic young woman. Most mothers today do not know how to express their emotions to their child because of their childhood. You ask every parent what they don't want to do as a parent and it's "I don't ever want my child to suffer. I want them to have everything I never had." The irony in this is, some mothers bring suffering upon their child. Some are intentional some aren't, she suffered unintentionally. Her mother didn't even know she was hurting her, until she said something. After that, not another word was said.



She found it hard to bring up how she was feeling to her mother because of the fear of being shut out. She did it often, especially when she was in high school. When a girl enters high school, she turns into a young woman who is exposed to people older than her. She hears new slang, she sees different kinds of people

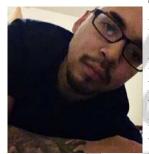
young woman who is exposed to people older than her. She hears new slang, she sees different kinds of people, how they dress and talk. A girl starts to see her first crush, you get your first period (she got hers a little older). You're really transitioning into a mature woman. Mothers give their daughters "the talk", use protection, and be careful. She didn't know any of this. She didn't know what to expect, instead she cried herself to sleep every night and had boy troubles, typical. She became depressed behind closed doors. She always put a strong front on, so she wouldn't have to concern her mother, so she wouldn't ask. It got her nowhere, she just became a bitter and closed off person. You couldn't even say anything to her. She didn't like to be around her family, even the additional three to her home. Originally it was only her sister, parents and her. Just a small family of four who had weekend outings every week, ate dinner together, and hung out until she was 12 years old.

One day her mother came home with one random woman, then two years later another woman, then a year later a young man. They were a group of siblings who moved into their home. They were working to bring their family to the states. Their home happens to be the spot to stay at. Each time someone new came to move in, her mother never told her anything until they arrived. She never asked her "how do you feel about strangers who are your cousins but you don't know them, living here". She told her it was only for a few months, until it was 5 years later. It was until one night her mother asked her "Am I a good mother?" She froze. She didn't know what to say. It was a heart dropping moment. She got the chills on her back. She began to sweat. She didn't want to hurt her mothers feelings, but her long silence was all she needed. It was that night that her mother finally decided to ask her, "How do you feel?". It was her time to speak her mind, say what she truly feels. Truth is, she had nothing nice to say. She just wanted to scream, "you ruined my life".

Inside her heart, she felt so much anger towards her mother. She felt bitter. Everyday waking up to her heart being heavy, feeling nauseous at the thought of maybe she'll actually have to talk to her. Walking in the same room as her, avoiding eye contact, not wanting to sit next to her. She physically couldn't do it. It was pain and emotions being held in for years. The state of mind she was in, she was lonely all the time. She never felt her mother was going to understand her, and she didn't. From being misunderstood and judged all the time, she felt it was best to keep everything to herself. It really just pushed her farther and farther away from her. She was at the point in her life where she wanted nothing to do with her. She had been through everything in her life by herself. She didn't need anyone, not even her mother. Reason being she was so cold to her mother, because she left her out. She forgot about her. In the midst of taking care of her older sister with mental health issues and the three other children she took in, she forgot about her. Her excuse was "I thought you were okay. You made it seem like you were." Maybe she was right. At the end of the day, she somehow, someway still found a way to be okay. Perhaps it's because that's how she forced herself too. It still didn't justify the emotional neglect. No child should ever feel shut off in their own home, with their own family. A mother is supposed to protect and love their child unconditionally. She continued to do the total opposite. Her mother would sometimes try, only for a week. She was just so tired of it. Her mother always wonders why she is the way she is but in reality she is turning into a young woman just like her mother. Everyday it scares her because when she looks in the mirror she sees her.

The following morning, it was even more awkward than what it usually is with her mother and my friend. They'd cross paths in the house, wait for their coffee to be brewed, eat breakfast together as a big family, but she'd go back to her room as she was done. Her room was her safe space. She spent so much time there crying, praying, thinking, crying some more. She knew she could always go to her room. However, her mother decided

'She' page 8 continued to go to her room. It was another heart dropping, fast-beating moment for her. She heard her footsteps coming up to the door, then she knocked. She said, "Come in". Her mother walked in with watery and glossy eyes. She stared at her until the first drop of tear fell from her eyes. She was stiff and cold. She just looked at her. Her eyes told it all. Her mother said, "I'm sorry. I cannot do anything to reverse this. I thought I was doing the right thing at the moment. I'm sorry." What was the "thing"? She knew exactly what it was. The moment she decided to bring these siblings into their home was the moment she lost her daughter. She didn't have anything to say to her but "it's okay". It wasn't okay though, but she made it okay. She continued to try to find herself, she's trying to heal. She wants to move on from this. She doesn't want to repeat any of this to her children, if she ever has any. This situation really helped her into the woman she is today. She is going after everything she wants and no one is standing in the way of that. She plans to be a remarkable woman to every person she encounters and make a change in her family and generations to come. This is a story of a woman who isn't afraid of anything anymore. She is me.



Testimonial By, Jorge Hernandez

I remember the day when I first entered the doors into the winter quarter at EWU. I'll never forget the ongoing support and warm kindness given to me by both students and teachers. There has never been a chance for

neglect: as if neglect had a chance. EWU may seem unheard of to many. But it is its own gem among the surrounding campuses of colorless stones. The students and teachers are radiant beyond measure. I am blessed to have been given the opportunity to attend a college where I can transform with an after-glow of intelligence. EWU will always be the first stone to the foundation of my excellence. I won't stop until the pyramid of excellence reaches its point: or else, what's the point? Being a Latin American, I had very few chances to prosper. EWU has given me a chance to make a difference in my life. I will be the first of my family of many generations to receive a Bachelor's Degree — my chance prospers. To all attending students and future students of EWU— may you seize the chance of excellence so radiant that you glow at the point of your pyramid among the colorless stones.

People of Extraordinary Talent page 6 continued By Abigail Camargo

When Blaq Ice and the Poets came to our school, this was my first time seeing them perform. They really pour their hearts into their poems. When they are performing, you really don't just hear their stories but you feel it. You feel their passion and hurt

Blaq Ice and the P.O.E.T.: through their voices. Poems are made from experiences that life throws at you and allows you to express yourself to others so they can be in your shoes. I really felt like I was in their a good life lesson or bad, shoes from the way they expressed their life experiences. Blaq Ice knows how to make sure the crowd is engaged. I believe that Blaq Ice should continue coming to the school because it allows other

Thank you from the graduate of 2021! **By Camille Harper**

Eastwest University has been essential to my personal growth and to me becoming the person I am. At East-West University, everyone is so helpful, whether it comes to academic advice, financial advice, or even dealing with your own life circumstances, someone is always willing to help. At Eastwest, I was given the opportunity to build real relationships with professors who actually care, who pay attention to who you are beyond the classroom.



As a first generation, black minority, I feared coming to Eastwest and experiencing the same discrimination as I did at my previous university. However, I found out that East West University is made for people like me. The professor and staff are culturally aware and are very fair, understanding, and reasonable people. Here, I found a home, and made lifelong connections with professors that I truly admire and respect. This school has changed my life and helped me grow as a professional and human. There are endless amounts of help, scholarship

opportunities, and a lot of room to grow. If I could go back and do one thing over, it would be starting at East-West University from the very beginning!

Thank you for including me!

students an opportunity to open up through expressing themselves. Blaq Ice really inspired me and other students to open up and tell their stories, whether it's through creative writing.





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Is it too soon for the early 2000s to be considered nostalgia? By Tyàn Walker

Well not according to The Millennium Tour. The Millennium Tour is a concert tour that was originally headlined by the 2000's R&B group B2k (Boys of the New Millennium) in 2019. B2k were nominated for the top R&B tour at the 2020 Billboard Music Awards. The tour consisted of R&B singers and rappers who were popularized in the early 2000's such as Chingy, Pretty Ricky, Lloyd, Mario and The Ying Yang Twins. This tour was sponsored by G-Squared Events. This tour was 2019's most successful concert grossing over \$28 million.

To make you understand why this concert is a deal for millennials. From 2001-2004 B2k reigned as one of the most sought-after group. Their self-time and the latter of the the

tled debut album was released on March 12 th, 2002 and peaked #1 on the U.S R&B albums chart. But in 2000 13-year-old rapper under the mentorship of super producer Jermaine Dupri, Bow Wow became one of the most popular artists in the hip hop and rap era. In 2002 he made his introduction to film as he starred in Like Mike In 2020, The concert new headliner was Omarion (B2k's lead singer) while the rest of his group were taken out the lineup due to personal problems amongst the group. It was announced that Omarion would continue the tour with rapper and actor Bow Wow as the new co-headliner. With other acts including Ashanti, Sammie and Soulja Boy being added to the roster as the

opening acts. Unfortunate-Covid-19. In 2021 plans October 1 st. Those who the pandemic, their tickconcert date and fans were their tickets. But on threatened to quit the tour where he expressed "I've suggested that there was announcing in a tweet that also expressed that there perform on tour. He later continues the tour if he in a Instastory he apoloutburst. On October 29 here in Chicago at The



ly, the tour was postponed due to were set to continued dates starting purchased their tickets prior to ets were still honored at the new encouraged to hold onto October 16 th, 2021, Bow Wow in a series of social media rants had enough" the former child star too much "complaining" before "This might be my last show". He wasn't enough time for him to expressed that the only way he does a full concert. But a day later ogized to his tour mates for the th, 2021, the concert took place Wintrust Arena (The Home of the

WNBA Team the Chicago Sky). Despite being in the middle of a pandemic, The Wintrust Arena did not require Covid Vaccinations or Temperature Checks for the 10,000 concert attendees. Despite Safety concerns everyone was mandated to wear a face mask.

The Concert started off with childhood heartthrob Sammie who dedicated his performance to his Uncle Chris who passed away a month prior. The Concert was also hosted by comedian Gary "G. Thang" Johnson where he bragged about the artist performing. He also hosted a talented show while we were on intermission from the show. Lloyd performed his many hits, but the highlight of his show was when he brought out his guest Rooga where he performed a snippet of his song "GD Anthem". The crowd went wild, while smoke and cell phone lights were in the air. Honestly the crowd went even wilder once Chicago Native Soulja Boy performed his many hits such as "Donk" and "Crank that" he

were in the air. Honestly the crowd went even wilder once Chicago Native Soulja Boy performed his many hits such as "Donk" and "Crank that" he even performed other nostalgic songs such as "Swag Surfin" who it was originally performed by F.L.Y. The stage was filled with many members of his entourage.

Headliner Omarion performed his many hits as well as many B2k's songs as well. He also brought out Marlene, the fan who posted his viral dance challenge on stage. Marlene uploaded a clip of Omarion where she attended a 2015 Verizon concert of his. Omarion gifted her his red jacket from the video as well as front-row seats to the concert as a gift of appreciation. He also retired the challenge that same night. Bow Wow finished the concert with literally a 15-minute show, his many snippets made the crowd went wild with excitement and joy. He also brought out Chicago native Chance the Rapper who performed his hit song "No problem". This concert was pure joy, it did not seem like four hours at all. It felt like I was in time machine filled with great old and new memories filled in one. Following the concert in Chicago, Soulja Boy was dropped from the tour after rapper Young Dolph was shot and killed on November 17 th, 2021. Prior to the rapper's death, Soulja Boy went on Instagram live and offered to put a \$100,000 bounty on the rapper's head. Which was a few days before Dolph's death. The two rappers were beefing over social media regarding their careers.



An Interview with Head Chef of Giordano's By Dimpy Shah

Giordano's has been serving Chicago's famous deep dish pizza since 1974 with more than 50 locations nationwide! This restaurant is very popular among the foodie people. Here the credit goes to the Chef who makes such yummy dishes that gives visitors an unforgettable experience. Let's hear from the Head Chef "Mr. Rogelio" about his journey so far. Rogelio says," You know, talking about me, well, I have passion for cooking, I started my career as a chef working in a very small food place. People appreciated the taste in my dishes which inspired me to work even more hard. I am a very dedicated and enthusiastic

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chef. I gained experience in working in all types of kitchens, small to big ones. Nothing stopped me ever and my dedication grew more

and more. One day I got an offer to work in Giordano's. I accepted that offer and it's now 20 years since I am working here as a chef. It's my passion to make good food. I know what people like and how to satisfy their taste buds. I like to make a variety of pizzas and experiment with various toppings and some out of box combinations. I never hesitate to learn new things, even after so much experience, I still feel I have a lot to learn. I read cooking books in my free time and some food blogs too. I am highly inspired by Noah Sandoval who is an award winning chef channelling his culinary passion and skill into perfecting pizza."

It has been a curiosity why he has been working here for 20 years, indeed, a very long time to work at the same place. Rogelio says, "I always wanted to work in a restaurant that prides themselves on creativity, quality ingredients and room for training and growth. Making pizzas is my specialty, I had a desire to work in a restaurant that has pizza as its main cuisine and this restaurant provides that all, so I would never change it unless I start my own restaurant then it's a different story."

Visitors to this restaurant want to know what chef likes to cook the most nature dish. Rogelio says," I like to cook Mexican food the most because don't have to put much effort to learn new dishes as I am already acknowl-Cuisine and spices used in it. My signature dish is "Carne Asada". It is beef, usually marinated first then grilled, it tastes so good, I can't tell you, try it once.

"Normally, pizza lovers often prefer some wine to pair it with their favouthe perfect choice of wine is not always easy. Rogelio says, "There's no

and wine makes a perfect couple. What

and what's his sig-I am Mexican and I edged with Mexican grilled and sliced you should definitely

rite pizza but to make denying that pizza kind of wine goes



photo of Dimpy Shah

with a pizza depends on what kind of pizza you ordered. Here are a few suggestions – cheese pizza tastes best with acidic red wine, extra meat pizza combines well with sweet red wine, extra veggies pizza with pinot noir, margherita pizza with dry wine and Hawaiian pizza with rose wine. Wine can be a little more acidic or sweeter but should have the same flavour like the food. Red wine generally goes well with red meats. One can prefer white wines with fish or light meats."

Food experts have raised their brows to know what measures a restaurant is taking to maintain hygiene standards in this covid time. Rogelio says," Kitchen is very important. Even a little careless approach can make someone sick. I am very well trained in the matter of cleanliness. For me I see no difference in my home kitchen or my restaurant kitchen, cleanliness is mandatory. Good and hygienic food is a key to success for any restaurant business."

Opinions from EWU Students on the Crisis in the Ukraine

With the crisis in the Ukraine as their starting point, each student chose an area of research: Professor Wandtke stated, "I felt it was very important that students treat this issue like an in-depth feature piece, like something you'd read in Time magazine or watch on 60 Minutes. In times of war, it's too easy to look for the hero and villain. The truth that we seek in journalism is hardly ever that simple. It's too easy to miss the complexity of history and the individual human stories in its midst."

The following are opinions from students in the class:

I don't I don't know how to feel. It's not like I know people from either side: from Russia or Ukraine. I don't know how to process it, there's so much suffering. Just yesterday I saw the video footage of two victims, pretty much cut off in a shooting related to this. And yeah, someone died in

POLAND
LURAS OF SUNTONINE SUNTONINE

that footage. It was pretty intense and emotional. I just hope it ends and that other people don't suffer. I just can't believe it's real.—Xochitl Nepomuceno

What I don't understand is why Russia is committing these types of acts against Ukraine. I suppose Russia used to own Ukraine. But what I worried about was the countless lives of people who will be in a lot of fear: with this war and the kind of life that is being taken away from the kids, the adults, the grandparents. I find that bizarre and I hope everything gets better. We think about the gas prices, not only because of the impact that it's having on Ukraine. I feel

like that's probably what we have to take, all of this cutting off to get from Russia. I feel like that shows our loyalty and our love.—Mateo Watson

I think that the Ukraine and Russia war has some sort of effect on the US inflation, especially on gas. And with the oil sanctions, I definitely felt a heavy connection with that, but I don't fully understand what exactly is going on with the past history; it all comes back to the same thing about the past of how it started. I just worry about if the war will somehow affect the US, because I know that the US is a heavy ally. Russia could try to get revenge on us. Being that we support Ukraine with funds and certain things they may get vindictive and try to harm us. I just hope that it will fade away. I just hope it doesn't blow up to be anything bigger than what it is. So I pray for Ukraine.—Asha Thompson

The catastrophes that are happening in Ukraine are immature on both parties in both countries, Russia and Ukraine. Many things everybody may not know is that the problem doesn't just end with Russia and Ukraine with more factors detrimental to both countries. But it is sad that this has to come to death mainly towards young, young men and Ukrainians themselves. I hope it can be settled sooner than later. In a whole other country, in the United States, with social media, there is kind of a lot of confusion. The people of the United States make a lot of jokes and make a mockery of it but I don't see it as funny because if it was happening around in the United States, it would be another story. Everybody needs to be logical and have morals and ethics. If you can do something like this that's vulgar, you have no type of sympathy for life.—Devin Green

The war between Russia and Ukraine is very traumatic. It's a war that should not be happening because clearly a lot of people are dying. It is history repeating itself, which is scary because that's something we want to avoid. However, I hope that they will overcome this and hopefully not see this happen again. I send a lot of prayers so those countries.—Jennifer Morales

Russia is erasing Ukraine's history. And I don't really understand why they are discrediting this independent state. I hope that they understand and worry about the weight that that has on the country. And what did the UN expect? Honestly, nothing but worse things will happen through this. As I was reading through [Ukraine history], I noticed that that during World War II, Ukrainian nationalists saw Nazis as liberators from the Soviet oppression. And now, Russia is using that to paint Ukraine as a Nazi nation at the moment. This is really screwed up and twisted: to completely erase and demonize something that they've done themselves.—Del Hale

I know that Ukraine and Russia are basically trying to attack each other. They have a conflict on a lot of things. And it's bad for everyone but important for everyone to understand what's going on. That's my point of view. I never heard of this before, invasion and war you know, this is my first time seeing it, on the news and all over social media. I want everybody to react to it. I want everybody to know what is going on.—Tyrone Hunter

