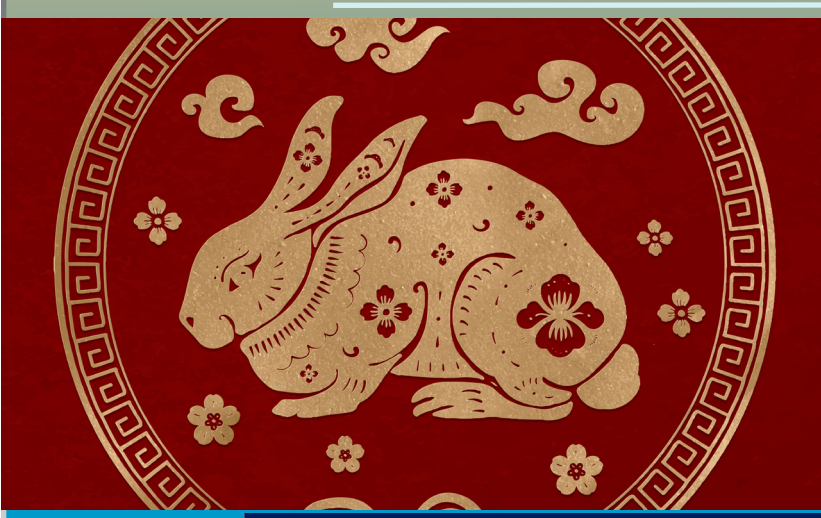


What wonderful events happen
throughout Fall!!



And Many more events to come in
December!!



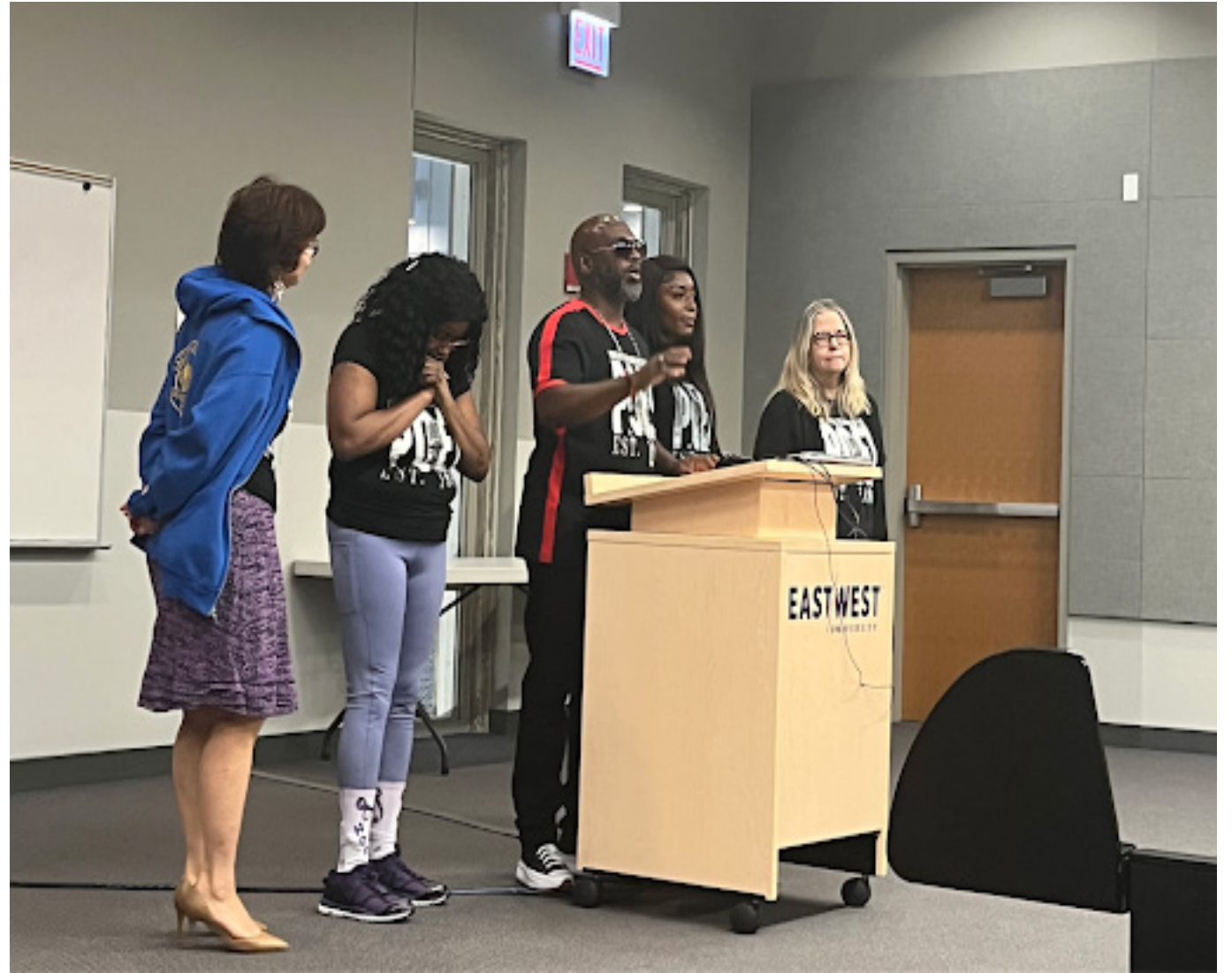
P.O.E.T. and Blaq Ice – poetry workshop October 26, 2022

Milagros Ramirez-Reyes:

I enjoy poetry in general, I like to read poetry. It gives me a sense of peace in a sense. This for me was the second time I saw P.O.E.T and they do in fact have extraordinary talent. Each person that was present this time was my first time hearing them other than the first poet. They have a way of expressing themselves through poetry that just makes you listen with extra caution and see how everything in their poetry connects to either themselves or others. My favorite poet was Nina Purple Rain, my favorite color is also purple but now with her story it gives me a new reason on why I like that color so much. The color has a very deep importance to others and the battles that they have been through. I hope they return soon so we can see more of how talented they are, and enjoy more of their inspirational poetry.

Keonte Space:

The poetry session was really a relief for me. That day in particular, I felt like I needed a kickstart or some added motivation. Each Individual poet had their own unique stories and their own unique ways of telling their stories. Nina Purple Rain was my favorite poet of them all. The adversity that she has faced and overcome throughout life is very inspirational. Also I admire her for her courage to write about all of the tragic and horrific events that have taken place in her life. Overall the poetry session was very well enjoyed and well needed. I think that everyone who was involved gained something from being present that day.



Del Hale:

While watching the P.O.E.T, I am stunned and amazed at how vulnerable and beautiful the pieces left the hush of the poets' voices. Spreading love while speaking from pain and anguish. Living up to a bigger and brighter day. From stories of domestic violence, homelessness, and the steep pain of Chicago woes like gun violence, loved ones dying left and right, even to Kanye West. The tears of the audience scream louder than bombs. It was a really vulnerable moment to share with everyone at East-West, and it was a pleasure to feel the heart and soul that weighs on the world.

Alfonso Navarro:



I went into the P.O.E.T workshop without knowing exactly what to expect. I was very pleasantly surprised at the type and quality of poetry that was performed. All of the poems were heartfelt and very passionate. The poems that Janine Hall performed were striking and unexpected. She shared very intense and hard times in her life, which for many people would be so hard to do, especially to a bunch of strangers. She shows great strength and I am very grateful that I was able to hear her perform. I now follow P.O.E.T. on social media and hope to be able to attend a future poetry workshop event.

Alure Porter:

Black Ice is a very familiar poet for me. From me hearing him last year when he came and from me following him on his social media platforms. I love to hear him speak and perform. It's very inspiring for me because I am a poet and he's



doing something that I want to do. Which is to travel with and perform my poetry but also inspire and put an impact on people with my poetry. I spoke with him before and he's very humble and encouraging. I love that because as a writer sometimes we get a little discouraged about ourselves and our pieces, so I am very thankful to run into someone like Blaq Ice.

Aryana Faraji:

So during the black ice poetry performance Purple Rain had a very sad story about what happened to her and what the details were. But when she was talking about her life I was in her shoes once when she was abused because it happened to me on my 17th birthday . But i would say that she was a brave speaker to talk about her life and what happened to her because someone like her is very strong and marvelous just to speak the truth because i wouldn't be that brave to tell the truth in what happened

Shyann Prince:

The poet performance from Blaq Ice was very emotional and comforting to me. It covered so much about domestic violence, violence in Chicago, losing loved ones, and how your life can change dramatically. I loved how the Blaq Ice crew comforted and opened up to us students about their situations in life that many of us can relate to. They showed dignity and how strong they're to inspire us to be the same. My favorite part was when Purple Rain read her poetry about her domestic abuse and how she overcame it. She

showed emotion and was very supportive of the students in the crowd.

Joshua Bengochea:

During the P.O.E.T performance it has always been a good and emotional experience every time I come to see them. I really like that they brought some new faces from their group to express their view on Chicago violence and violence in their own lives. Also how they connect to the audience as well, especially the ones who are touched with the performance of the individual expressing their poem in a powerful and creative way. This shows me that everyone goes through tough times no matter if it is small or big. Everyone wants to have a voice so the way to express it is through poetry. The P.O.E.T group goal is to help others going through tough times such as violence, losing a loved one, or just struggling in life by connecting with them and being supportive since Chicago violence affects our community.



Jederit Carrera:

Seeing Blaq Ice for the second time during their P.O.E.T performance is still so surreal for me; as a poet or inspiring one that writes mostly as a hobby, it's quite enjoyable to see the passion these poets can create. During the first performance I've seen, I was in amazement due to how powerful they were and their creativity coming to life. So much so that embarrassingly I did shed a tear. Even for the second time I'm still so moved to see that they are able to connect with their audience on such a level that even they acknowledge it. One of my favorite parts of the whole entire performance is when 'Purple Rain', a black female artist/poet was courageous enough to speak upon her domestic abuse with an ex and how she was able to get out his clutches. After her performance I can tell how awestruck the audience was and how others were able to come forward as well with their own stories similar to hers. It was all quite an extraordinarily beautiful performance and sight to see the audience become a community as others were able to come forward unashamed and comforted at the same time.

Guest speaker East-West Alumna Ms. Carol Pinkston, JD

Ellie Chounlasa-Valdez

Carol Pinkston is a very good speaker, she started her speech about herself and what she does and throughout her speech she engaged with each one of us and told us her struggles of being the "outcast" by her own family and being a young teenage mom and having to work and do school at the same time. Her escape was books and reading and she found what she wanted to do by helping out at a law administrative office and going through files and learning about the law and engaging with people at the office and making connections. She came to East-West, while her son dropped out of high school, she told him to have a plan and have goals, he decided to go to the military and even though he scored one of the highest scores, he started at the bottom because he felt it was unfair to be on top instead of not working to be on the top. How she went through her struggles and went for her pals and made a plan, her kids followed and they're all doing great things and doing what they love.

Esmeralda Desantiago

I learned a lot from Ms. Pinkston. I can tell she's a very strong person and I admire that greatly. The story she told about her life and kids was actually super



*Miss pinkston's children
Andrew and Victoria*

interesting to listen to. I hope to persevere as much as she has in her life until now and teach it to my kids like she did. She made me feel like I could accomplish whatever I put my mind to as long as I made the right connections and put myself out there. I have a hard time doing that and she gave me a push I knew I needed.

Salma Maldonado

Carol Pinkston gave a speech to the class about putting your foot through the door and chasing what you want the most. She enlightened the class on how it is never too late to pursue your fullest potential and gain the most out of your intelligence. She spoke about how her son became a lawyer and how he did not give up or take no for an answer. Honestly, hearing this is really refreshing because oftentimes i feel like i am running out of time, when in reality everyone goes at their own pace. I wish to hear from more motivational speakers in the future.



Avin Patel

Hi, I am Avin Patel, and I attend East-West University in Chicago right now. A few days prior, Ms.Carol Pinkston, a guest speaker in our class, discussed her struggles. Currently a lawyer, Ms. Pinkston grew up with her mother's sisters and had many difficulties at a young age. She should be our role model since she never gave up, no matter what the circumstances.

Harsh Patel

Today I am going to talk about what I learned from speaker Carol Pinkston. Few weeks ago Carol came to our class and told us her past; she talked about growing up without a mother and how to never give up. So this line is important for me: I have a dream that one day I will be a successful engineer; I love computers and technology and always try to learn something, so I learn from her that she never gives up, she always tries and she one day succeeds, so this is my thinking.

Abigail Camargo

I want to thank Ms. Carol Pinkston for coming and sharing her story about her and her family. Her speech was very motivational because of how each issue each of her family members were going through no matter how big or little it was, her family volunteered to go through it together. They helped each other to resolve their differences and learned a new thing for each other. Also I am so thankful for her understanding of her children. For me personally it's different from how my parents would react to a certain issue I was going through. I appreciate she was able to let that be the smaller problem and work on what mattered the most which was their happiness.

Day of the Dead – Guest speaker, November 2, 2022



Mr. Gilberto Sandoval, from the National Museum of Mexican Art, came to East-West to talk about the religious and artistic traditions which combined to create Dias de los Muertos.

Hibret Deres

My impressions from the guest speaker on Day of the Dead was that the people of Mexico who believe in this tradition has possessed a great deal of dedication to preserve and pass it to the future generation. The believers are voluntarily motivated and sacrifice



their lives and maintain the existence of others. In addition, they set up a particular place inside their home and gather the materials, what they loved when they were alive such as, drinks, foods, flowers, artifacts, and others to remember the dead family members. The surprising part was that some of them buried their loved ones inside the house and they take out from the grave and brush their hair, clean and place it back whenever they need. It was really strange for me that I never heard about this tradition in such far detailed. My emotion was a huge shock when I heard about the tradition of some people performing that bring the dead body out from the grave even without completely decomposed and laid down on the table, then surrounded everything what he used to love and eat their food while remembering the deceased person. It is also extremely impressive that people collected and preserve the skulls after people made scarification to their belief and tradition. I am able to learn a new and strange tradition that I never knew before this day.

Dristy Patel

Dia de muertos means day of the Dead. It's not a horrible thing but most people in Mexico celebrate this day as a good day. It's good that they remember their ancestors and try to make them happy so they give their blessings to them. So basically on this day women make a lot of varieties of food and also they decorate with flowers, candles and all other things. And also In Albuquerque's south valley the Marigold parade. Marigold and burning copal fragrances are said to be most liked by the souls of the deceased, inviting them back home. There are some events arranged. And they also prefer alcoholic beverages so as per my view, I feel good because it's very good that we remember our loved ones who passed away by celebrating what great time they spent together. Also I believe that if we cry or make ourselves sad behind that person that the person who passed also he / she felt sad and your loved ones always want to see happiness and remember them with happy faces. This is the way to make their traditional thing forward to new generations of children or youth.



Tania Ortega

I learned interesting new things from the guest speaker on the Dia de los muertos. I didn't know and thought it was interesting that the Aztecs believed that when their people saw an eagle eating a serpent on a cactus would be their "promised land." The Mexican flag in the middle has an image of the eagle, serpent, and cactus. I always wondered what that meant but now I know. Nowadays that "promised land" is referred to as Mexico City and that since the land was mostly water they built the city on top of it. I thought that was shocking, like how can you build a city on top of water. Which is why there are a lot of earthquakes around that region. I also learned that the Aztecs believe there are 3 souls: the brain, heart, and kidney. They are sacred because without the brain you can't think, without the heart you can't feel, and without the kidney you can't balance the body. I thought that was a logical way to think about it because without those three things you cannot function. I learned that an ofrenda (altar) has elements of water, fire, air and earth involved. For example, fire represents lit candles so their family members can find their way, water is to quench their thirst, earth is food, and paper banners represent wind. What I already knew from this day is that people make altars to commemorate a lost loved one and when the Spanish came to Mexico in 1519 they brought Catholicism with that All Saints Day and the Day of the Dead. The most mind-blowing thing that the guest speaker talked about was that people would dig up the bones of their deceased loved ones, clean it, then place it on the altar to remember/celebrate them.

Jeovana Roman

What I liked about the guest speaker's speech I enjoyed when he went into detail about the elements from water, fire, earth, and wind. As a hispanic I know a lot about this topic and how we used to worship more than one god. There was a god for every element. I enjoy how he also went over a lot of traditions about the dead, how we make altars for the ones we lost, how we celebrate the life that they once used to have and how they won't be forgotten. At my home we don't set up altars; instead we would visit the cemetery and leave our loved once favorite foods, deserts, or even toys if they were young. The day of the dead is something that not many people know about except the mexican community, and I feel that more people should consider making something similar to it because it's something that could help others cope with and it helps others remember those that have been lost. They do say that once those that have passed and have been forgotten might never be remembered over time and soon after are just forgotten and never mentioned.

Erika Ruiz

Today, we learned a bit more about the celebration that is the Day of the Dead. Also known as Dia de los Muertos in Spanish, the holiday is made up of Mesoamerican & Spanish catholicism culture, which I knew but wondered how MUCH of Day of the Dead depended on either mesoamerican or spanish catholicism culture. It is well known that indigenuous communities would have human sacrifices for their gods but I didn't know they had something called "tzompantli" which is a wall of skulls of human skulls to display. I was shocked that they would not only have these skulls on display back then, but that you can actually still see these structures today. I was also surprised about the human sacrifice parallels between catholicism and indigenous beliefs which lead to the conversion of indigenous people to catholicism.

It was also shocking (and a bit grossed out) to hear stories about people finding human remains under their homes in Mexico because you wouldn't really find any here, like it's rare, but in Mexico is actually common.

Shawnise Scott

Growing up Halloween was one of my favorite holidays and I learned that it has a far deeper meaning. I enjoyed learning more about the day of the dead yesterday. I was unaware of people taking the bones of their loved ones and cleaning them. I enjoyed all of the colorful and beautiful artwork. I feel as if the bright colored representation for the day of the dead gives it less of a sad feeling and more about celebrating your loved ones. I had been to the museum in the past and this made me want to revisit and see all the new murals and artwork they may have added. I commend those who stay in the cemetery and visit, and I saw a video earlier this week of a family of another ethnicity whom had stayed a night in their family mausoleum. It was beautiful and I know now that it is a part of many peoples culture to pay homage to their lost loved ones and show remembrance.

Lydia Basanes

The concept of making Dia De Los Muertos a national holiday for a specific culture to honor those that have passed away, is incredible. For me, that shows



someone cared enough to educate their own people on values, and enforce them. Especially being in America it can be easy to forget your own traditions and culture and be subjected to western ideologies. Growing up in a multicultural background, I've been fortunate enough to be accustomed to unique morals, values, and beliefs that I hold dear to me. One thing that caught my attention was the tradition of Bone Washing. I don't find it to be that strange, but I can understand how sacred it is. In parts of Asia, they store bodies of those who passed away in a box, and stuff them. They keep the bodies in their homes, as opposed to having an altar like Dia De Los Muertos.

Yvonne Benjamin

I really enjoyed the guest speaker a lot, because i have lots of Hispanic friends, but i have never asked them what was this holiday for them nor have they ever talked to me about Dia De Los Muertos (A National Holiday for the spanish culture also known as “The Day Of The Dead”). I never understood what they were doing by having a ritual or a small ceremony; such as having the deceased’s remains in the house. I feel like it’s okay to want to celebrate the family that has died, by cooking their favorite foods and putting flowers out and some special things that belong to them. My

emotions are very different when you would have to brush the dead family members’ hair and just bother a dead corpse. If I were Hispanic i really don’t think i would participate because i feel like when a person is buried, just leave them alone. We can honor and celebrate them without removing the body from one’s grave. On other thought, who knows if I was Hispanic i probably would participate. The guest speaker really gave me some good information about what the day of the dead stands for and I’m glad I understand why they celebrate this day. I think it’s cool to keep these dead family members remembered by all happy thoughts, not sad. I always thought this was a spooky day.. Now that I have a better understanding of this holiday for them, I will join my friends and celebrate with their family members next year.

Jeel Patel

First off, It was good to hear about the tradition of mexican people because I wasn’t aware of that at all. So, Mexican people celebrate this as a festival and it’s not a one day festival it is a two day festival celebration that is traditionally observed on November 1 and 2. It is a national holiday in Mexico, but it is also celebrated throughout Latin America, Spain, and parts of the United States. The celebration is believed to be a pre-Hispanic tradition that came from Indigenous communities dating back thousands of years. Where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drinks and even toys at altars, all of which serve to entice the souls on holiday to visit. It is marked as a celebration rather than a somber affair, a time when the living and the dead are believed to connect. “This is a celebration. The sadness is there when our relatives die, but during this day, we have to show them that we remember them with happiness,” Yoroslay Delgado.

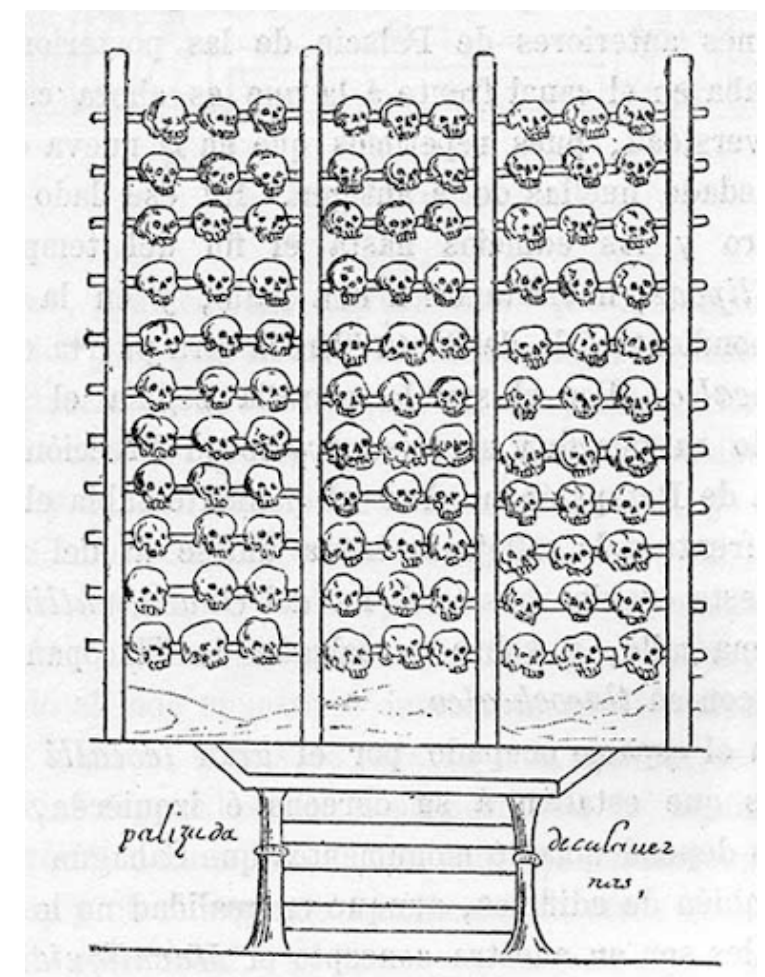
In many parts of Mexico, families will spend November 1 remembering the children, often referred to as “angelitos” (little angels), decorating their gravesites with toys and balloons. On November 2, they will celebrate All Souls day, dedicated to adults who have died. Families create “ofrendas” (altars) on the graves of their loved ones. They also use flowers (marigolds), as these are believed to help lead spirits back from the cemetery to their family’s homes.

Diego Weng Liang

Our guest speaker talked about several things that happen in Mexico and with some Mexican families anywhere around the world, those traditions and decorations I knew about before. However, after the presentation, in the classroom a classmate surprised me with a fact of Day of the Dead: there are places where a family around the table will have lunch or dinner with the corpse of their loved one in the middle of the table. It kind of freaks me out a little, but that’s what impacted me the most.

Keonte Space

The Day of the Dead guest speaker was very informative and very interesting. In my culture, which is African American culture, we celebrate death completely differently. The amount of love and respect that is shown for the deceased on Day of the Dead is certainly commendable. Usually when people transition from this world into the next, people tend to forget about the deceased. Celebrating the dead and making sure their eternal rest is assured is a holiday that I think all cultures should think about adopting.



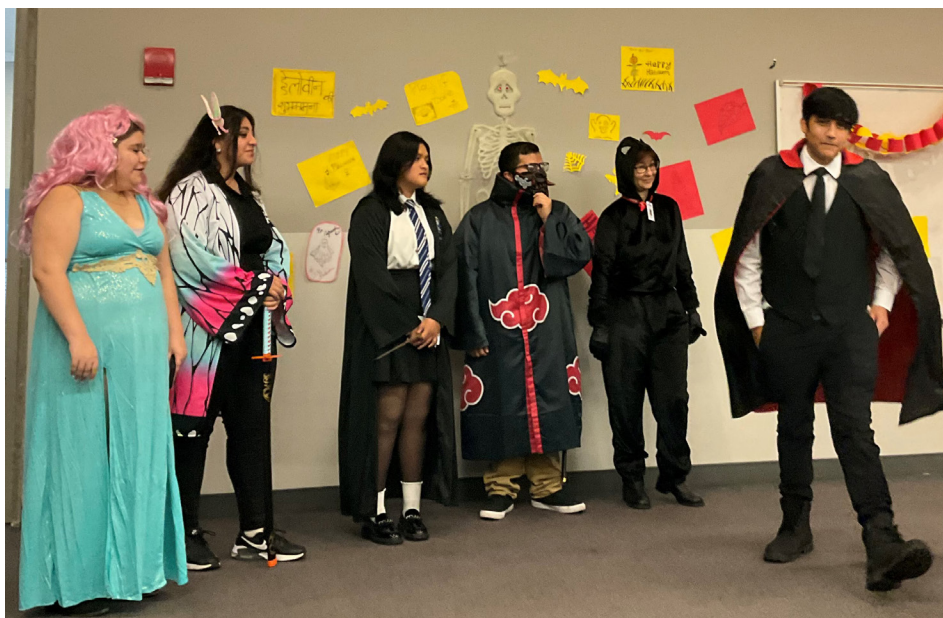
A tzompantli, illustrated in the 16th-century Aztec manuscript, the Durán Codex.
(Public Domain)

East-West Talent Show – Halloween 2022!

Milagros Ramirez-Reyes: The talent show was short but entertaining, it was great to see the different acts and talents. I felt like this year there were more baked goods than performers, but it was still a good talent show. I wished it had more artwork like last year's, as well as more performers, but it was still overall entertaining and interesting. I found it fun that they had a guessing game with the jar of candy, as well as masks; but I think that it should be talked about more in classes when it is coming up because I had only heard about it in one of my classes.

Aryana Faraji - I didn't like the way Devon Sago was rapping because it was inappropriate and it wasn't good to say during the talent show. But anyways I love everyone's costume and the team spirit, and I'm glad everyone enjoyed my mom's cooking and my baked goods. Also the way the student sang the song it felt like he was singing the song to his crush or the person he's in love with; it was a great performance. My wig looked embarrassing but my costume looked like princess jasmine costume but anyways it was fun!

Shyann Prince: The talent show was fast but it was nice to see each student showing their talents and what they're capable of doing. My favorite part of the talent show was when the student sang his favorite song. It was on point and well performed. I also enjoyed seeing everyone's outstanding costumes. I'm hoping that East-West can do this again next year!



Keonte Space: The talent show was very peculiar to say the least. It was nice to see most of the participants overcome the fears of nervousness. Also the energy in the room was great, I feel as if everyone who attended gave their undivided attention and full support. My favorite part was the young man who sang a nice song. There was also another young man who performed a rap that I think left us all speechless. Hopefully as time goes on, more talent will emerge.



On love and sacrifice By Naila Khan

There was a blind girl named Ally who hated herself just because she was blind. She hated everyone, except her loving boyfriend, David. who was always there for her and loved her unconditionally. Once, Ally said that if she could only see the world, she would marry her boyfriend.

One fine day, someone donated a pair of eyes to her and then she could see everything, including her boyfriend. Her boyfriend asked her, "Now that you can see the world, will you marry me?" The girl was shocked when she saw that her boyfriend David was blind too, and refused to marry him. Her boyfriend walked away in tears, their paths separated and Ally was enjoying her new world.

A few days later Ally gets a letter from David in which he praises her beauty, expresses his admiration towards her..remembering her little things....and so on.... at the end he writes:

" TAKE CARE OF MY EYES, DEAR."

MORAL LESSON:

This is how the human brain changes when the status changes. Only few remember what life was before, and who's always been there even in the most painful situations.

God taught us to use things and to love people,
But in today's world we are loving things and using people.
Please do value your loved ones, especially your parents.



Guest speaker Mr. Delano Lee

By Ellie Chounlasa-Valdez

Mr. Lee talked about journey from working a job to wanting to do more with himself, so he decided to join a university and to get a bachelor's of Business. Not only did he get his bachelor's, he also made a club at East-West that would help future freshmen and their struggles with starting school and time management, a healthy mental life and balancing life taks. After accomplishing school, he made a business, Wecycle, with a close friend with the knowledge he learned from school.

Avin Patel

I am Avin Patel, and I attend East-West University in Chicago right now. A few days prior, in our class, Mr. Delano Lee, a former student of East-West University who graduated in 2016, spoke as our guest speaker. He is the owner of the Wecycle company, which works to recycle things and offers a variety of public services, including grass cutting, trash collection, snow removal, and many others. He took the chance to establish his own business after working for a while after graduation, and although it was difficult at first, he persisted and is now in a fantastic position.



Esmeralda Desantiago

Mr. Delano Lee is an inspiration. He's an epitome of someone who didn't care how old he was to start something new. I liked his story about having a sort of epiphany in the middle of cleaning and thinking that wasn't what he was supposed to be doing in life. I had a similar moment, thankfully while still in high school. You really can teach an old dog new tricks, not that he's that old. It's cool how he uses the company he runs with his family members to beautify places that others don't think of beautifying. It made me feel confident in my city that I reside in because they constantly work to keep it clean.

Salma Maldonado

Our guest speaker, Mr. Delano Lee shared his struggle that came before his success. He was open with why he was able to overcome the state of being unmotivated and how he turned his circumstances around in his favor. I really resonated with this because there have been many times I have felt stuck in the same spot and given up on my goals and aspirations. However, his story gave me the perspective that this happens to everyone and he was able to come out of this even stronger.

Abigail Camargo

Mr. Delano Lee has shared with us about his current success with his company. He shared such an inspirational speech to express him overcoming the hurdles he went through in the upbringing of his new company. I really enjoyed him talking to us because it allowed me to have an open mind for myself. There's times I want to stop and give up but continue on because you want better for yourself. He went through a lot for his company and now it's flourishing which is all the success I want if I decide to own up my company.

Harsh Patel

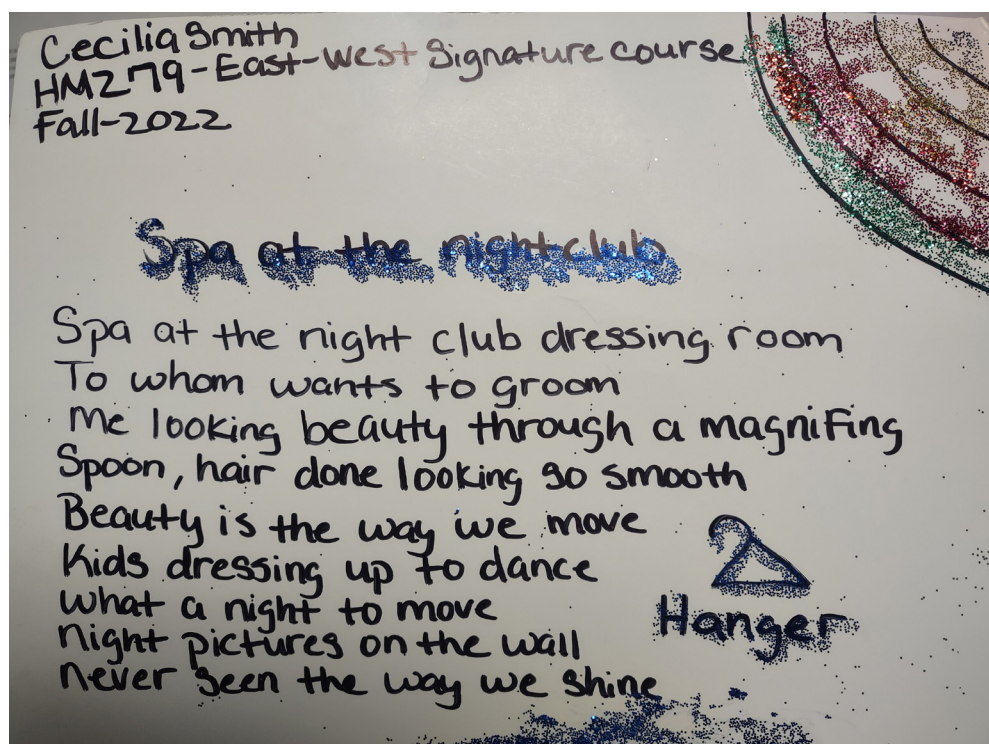
Mr. Delano Lee came to my class a few weeks ago. He is also be student in East-West University so he come for a talk about his past – and also his mom came with him, Ms. Beverly Lee. He started his speech with lots of energy and the best part was how he started his own company. He told what problems were in starting, but he also never gave up.



Wrong Turn By Alure Porter

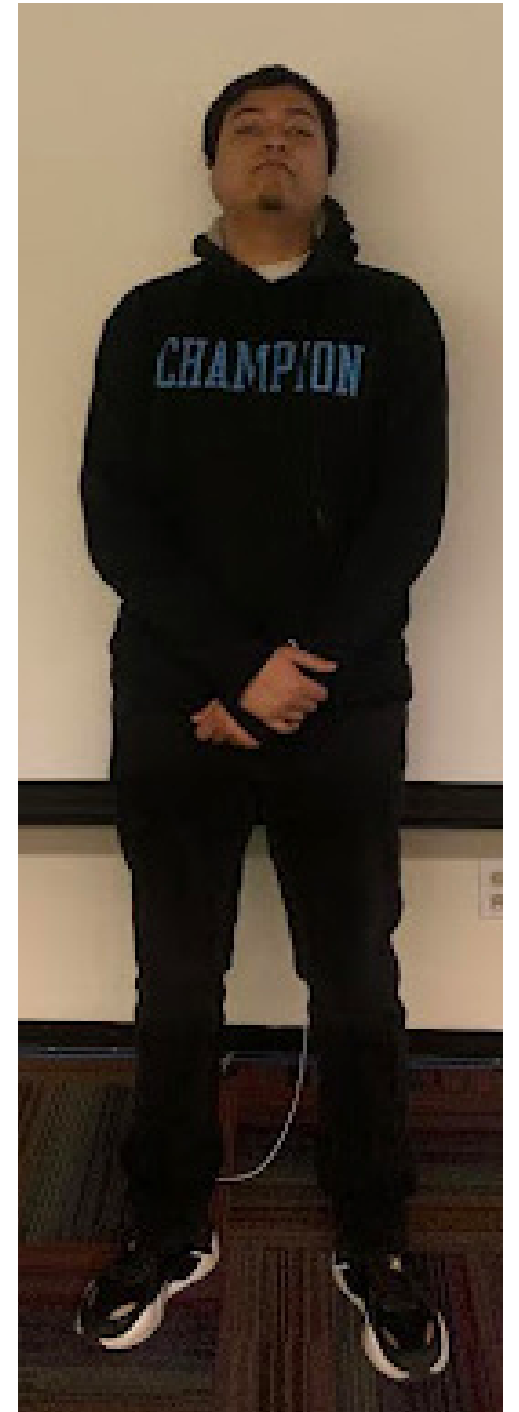
So I woke up this morning and decided to do this mind blowing activity
I decided to knock down the wall that kept me away from all you dogs
I decided to try break the chain of letting y'all break me
So I decided to let you in
I decided that it was okay for you to step your grimmy feet into my well polished house
So now you coming in here taring curtains down
Flipping chairs around
See what you not gone do is come break my peace just because you dungeon is tore down
Because you can get a 2 day notice in 1 day
You don't want that eviction cause baby I'm different
I ain't yo mama but handle me with the same posture
I ain't bathed you but I showered you with love
But why even bother
You ain't love how you said you love you a whole imposter
Poor me because who would have known that putting her love out there would cost her
I prayed for ya every-time you walked out that door
But baby prayers couldn't work when your mind is battling a Cold War
And every shot and grenade terrorized your core
You not a man you a little a** boy
You not happy in her house so don't come lay in mines
I told you I don't want this a thousand times
But this time I'm serious
So bye bye to the 24 hour arguments
Bye to the verbal abuse
And the BS excuses
Bye to the self hate
And you being my personal cell mate
I'll be my own Prince and save my own day

This poem was created in the midst of a heartbreak for me. As you can see at the beginning of the poem I talked about having my guard up with people and once I decided to bring that guard down someone showed me the exact reason I have it up. But I didn't let it continue, I cut everything off once I saw it's not good for my peace and happiness. So I turn my heartbreaks into poetry. I hope you guys enjoy.



This Week in Sports By Aldo Garcia

We're in the middle of October, and things have been turning up in all kinds of sports. Now, I don't want to bore you with talking about baseball, even with baseball currently in its playoff stage. Instead, I want to shed some light on the worlds of the three sports I enjoy the most. Firstly, I'm going to try and get the most 'boring' one out of the way, soccer. I've had some bias toward soccer since I was raised to watch it, but I know most casual American sports fans have a distaste for it, for some reason or another. In the English Premier League, you've got the usual suspects, Manchester City, in second currently, but surprisingly in first, it's Arsenal, the team who last season finished fifth after the season before finishing in eighth for the first time in ages, so as someone who tends to root for the underdogs, I'd be perfectly okay with them winning the league. In the Spanish league, LaLiga, things have been pretty stagnant for the past decade, the same three teams always win (Barcelona, Real Madrid, and Atletico Madrid). However, this season has seen the re-emergence of the two Basque region teams, Real Sociedad and Athletic Bilbao. Now when it comes to underdogs, Athletic Bilbao has always been up there for the simple fact that the team has the policy to sign only players from the Basque area of Spain, which when competing with internationally famous teams like Barcelona and Real Madrid, makes things pretty hard. I'm going to go ahead and skip the French and the German leagues since they've both been dominated for the past decade by two teams: PSG and Bayern Munich, so for any French or Germans reading this I'm sorry that I've left your leagues out. Finally, we've got the league that I currently see as the most competitive, and that's the Serie A, which has six teams that I think could make their case for winning the league this year.



For a while, the league was dominated by Juventus, but recently both Milan teams and Napoli and Roma have stepped up to them, so we'll have to see how the season ends. Now when it comes to basketball, with the season just starting last night, and the preseason not being that too important, there's little you can make out of it, however, I love to make hasty predictions. First of all, this is extremely biased coming from a Celtics fan, but if the Boston Celtics don't make it back to the Finals this year, which I believe they will, then I consider this season a failure. Then when it comes to the ones who beat the Celtics last year in the Finals, the Golden State Warriors, I sadly have to admit that I think they're going to be very good again, even with the backstage drama they've recently had between their players. The Lakers, on the other hand, are most likely going to be extremely mediocre again, which makes me very happy. All in all, I view this season as a

transitional one, and I think most of the teams who were good last season are going to be good this season and vice versa. Lastly, I want to talk about a sport that I feel gets underappreciated sometimes, and that's mixed martial arts. More specifically, I want to talk about the UFC, which is the leading organization in the sport. Last Saturday, we had a decent Fight Night card, which is nothing special, but for an avid fan, it still does the trick. However, this upcoming Saturday we have an actual pay-per-view event taking place. With it taking place in Abu Dhabi, the capital of the UAE, you're going to have to get up a bit early if you want to catch it from the start, with the preliminary fights starting at nine in the morning. Nonetheless, I believe it's going to be worth it, hell if you want to skip the prelim fights and just wait for the main card(which starts at 1 pm), that's fine, even though I think there are some sneakily good fights on the prelims. Either way, I'm sure if you tune in you're bound to watch at least one fight that makes you excited.

Plan for your trip abroad!

Sign up now for 2024 trip to receive a discount

In May 2024 you as a student from East West University will be offered the opportunity to experience an exciting visit to London, Paris, and Amsterdam. Be part of the tour learning about the black culture within each of these cities. We will experience little Africa, ride the Eurostar Train under the English Channel, and will be welcomed to start our tour in one of the most colorful countries on earth to enjoy our ten day tour.

We will leave from O'Hare airport in mid May and fly overnight to London. Once we check into the hotel, we will have a walking tour of London finding out how the London black community compares to what we have in the United States.

After the tour, you will have some time to experience London on your own. Take this time to see the London Eye, their concept of what we have at Navy Pier or the Tower Bridge.

In the evening, we will be having a welcoming dinner and after dinner you once again will have free time to explore London at night. Use the fabulous London Underground you can go to Covent Garden Market and see the displays outside or check out the night life at Piccadilly Circus.

In the morning we start our day by a visit with the Black Curriculum, an organization focused on delivering Black British history all across the UK. You will learn how the black communities started and how they have built a thriving community.

On day four, we tour Brixton. This is an Afro-Caribbean cultural hub in London that embodies both the change and continuity, with an expert local guide. This includes a visit to the Black Cultural Archives Heritage Center, an organization dedicated to collecting, preserving and celebrating the histories of African and Caribbean people in Britain.

Day five we will travel by Eurostar train to Paris. When we get there we will see Paris through the lens of the Black experience in France on a walking tour led by your Tour Director. We will also visit the Arc de Triomphe, a monument honoring those who fought for France in the French Revolutionary and Napoleonic Wars.

You will have time to enjoy dinner in Paris and take in the night life. Maybe attend a Jazz evening which will continue your learning about the black life in London.

Day six We will continue our Cultural engagement: Discover how diverse African communities express their identity within Paris with a visit to Little Africa, a vibrant neighborhood with African markets, cuisine, fashion, and more. Then enjoy lunch with your group in Little Africa.

On day seven in Paris, we will visit the Louvre with an expert guide to learn about artifacts and collections from a perspective of Black history and experience. You will have the rest of the day to continue exploring over 35,000 objects including Leonardo da Vinci's masterpiece, the Mona Lisa. After you complete your time at the museum, you will have independent time to continue your exploring in Paris.

This will be your last opportunity to enjoy the food and nightlife in Paris before we prepare for our next city.

Day 8: Travel by train to Amsterdam, the largest city and the capital of the Netherlands. We will have a guided learning experience to see Amsterdam through the lens of the Black experience in the Netherlands. We will end the day with a boat cruise.

On day nine we will participate in an activity facilitated by the Anne Frank House and aimed at broadening your understanding of, and engagement with, diversity, equity, inclusion and belonging. This should allow you to reflect on themes that range from conflicting fundamental and human rights, to discrimination, and more.

You will be given one last time to explore Amsterdam on your own before enjoying a last dinner in Amsterdam as a group.

We leave for home on day 10.

Meet East-West Freshmen



MY NAME: - Avin Hareshkumar Patel

MY MAJOR: - BUSINESS ADMINISTRATION

I am an international student from India. My dream is to be a successful businessman my passion is to collect watches, my favorite subject is math, and I like to make new friends.



My name is Tomas Teklegergis. My love for basketball amuses me all the time! But I wasn't always into basketball. I was born in Eritrea, a small country east of Africa. Soccer is a huge sport there, that's all me and my friends knew growing up. Furthermore, once I moved to America I was introduced to an orange ball that bounces back to you as soon as you let it go; and gives you a satisfying sound while it goes through the hoop.

My answer to what inspires me to continue playing is, working extremely hard to see the result you expected, being able to control your body while dribbling a ball, and last but not least the competitive edge that the game provides, which is teaching your mind to think and be creative to WIN!



Get To Know Me!

Kireona Robinson

Hello, my name is Kireona Robinson. I am a sophomore here at East West. I recently transferred here from Southern Illinois University of Carbondale to finish my minor classes. I plan on studying Neurology and business administration to open my own clinic. Growing up I always wanted to study the human body because it always caught my eye. I played with toys and

treated them as if they were my patients who were sick. I also was inspired by my grandmother because she was a nurse and loved helping others. Helping others has always been my passion and has always been a major part of my life.

Name:- Mohammad Shoaib Vahora

Major:- Biological Sciences

About Me: Opinionated, competitive, and a learner.

3 KEY ILLUSTRATION

On my very first day in the USA; I observed a dynamic change in comparison to my country. The place where I do come from is filled with cultures and warmth; I was worried about this sudden new change that I'm going to deal with. But I was flattered by this place; on my first day this country has taken my heart away with 3 spectacular observations.

Number 1 was DISCIPLINE; When they started making queues at the bus stops; in India, we used to bump the buses and trains as soon as they arrived; they were super crowded because we also rank among the most populated countries.

Number 2 was this country will make you INDEPENDENT and STRONG so you can survive on your own till you die. I was at Burlington to buy some sweatshirts and what I saw was so motivating and heart-wrenching at the same time. A differently-abled lady in her late 70s drove out from her car in an armchair; she did shopping on her own and drove herself back; at this age and in this condition is so inspiring. Last but not least number 3 would be a review that, here; EQUALITY has a stage, and DISCRIMINATION is a phase. When I saw a lady dressed for a party sitting beside a construction worker on a train; that showed equality and there have been no differences in caste, creed, or color which is very common where do I come from? This has been a lesson for a lifetime; this can be just my observations; may not be the truth, just a perspective.

Hello everyone my name is Abigail Camargo. I am currently a certified nursing assistant. My goal is to become a registered nurse considering that I am a biology student here at East West. I am getting my bachelors and after that I am done. I want to pursue my nursing degree as a registered nurse. Along with my busy schedule I



am a private family nanny. I currently take care of an eleven month old. I also play in a soccer league on

Fnu Laiba

Major: Biological sciences

I came from Pakistan as an international student. I love exploring new things, places and also people's stories from different backgrounds. It gives me an experience And with experience I've become more and more humble to people and nature.



Mr. Robert Milstein

Meet East-West Teacher!

Over the years, I have worked as a Radio DJ (NBC), News Reporter KUAT NPR, Customer Service Director (McMillan McGraw Hill), a fundraiser for Prevent Child Abuse America and the American Cancer Society...but I found my calling fourteen years ago at NW College, Coyne College and now EWU...the classroom is where I felt I could contribute, and I could help others fulfill their dreams.

My academic background: U of Arizona BA Ed. , Arizona State MA Communication, and what I like to call my I wish I’d done the dissertation time at U of Tennessee.

Public Service: Village Trustee Oak Park, Chair Community Relation Commission, Citizens Police Oversight Commissioner, Diversity Task Force Member, Citizen of the Year, and a member of numerous activist groups (Hope Dies Last).

In 1966, I was at Atlantic College in Wales. I served in the Mountain Rescue Unit, and was involved in rescue efforts off the Bristol Channel. One major effort was the tragedy at Aberfan, see The Crown, where a generation of children died. It was where I found that life’s value was real, that life is not guaranteed, and we must “see” everyone, engage them and get to know them.

I have been married for 41 years; have two daughters and a dog named Patch. Hobbies: gym rat; reading everything can; museums

Favorite quote “Listen to the silence”. (Miles Davis)




Academic Calendar 2022-2023

Fall Quarter 2022	September 26 - December 8
New Student Orientation	Wednesday, September 21
Last day to withdraw without penalty	Friday, September 23
Last day for proficiency testing	Friday, September 23
Classes begin	Monday, September 26
Late registration	Monday, September 26 - Friday, September 30
Last day to change schedule	Friday, September 30
Midterms	Wednesday, October 26 - Thursday, October 27
Last day to withdraw from a class (W grade recorded)	Friday, November 11
Thanksgiving break (University closed)	Thursday, November 24 - Sunday, November 27
Final examination period	Wednesday, December 7 - Thursday, December 8
Winter break (for students)	Saturday, December 10 - Sunday, January 8
Winter break for staff (University closed)	Monday, December 19 - Friday, December 30
Winter Quarter 2023	January 9 - March 23
New Student Orientation	Friday, January 6
Last day to withdraw without penalty	Friday, January 6
Last day for proficiency testing	Friday, January 6
Classes begin	Monday, January 9
Late registration	Monday, January 9 - Friday, January 13
Last day to change schedule	Friday, January 13
Martin Luther King Jr. Day (University closed)	Monday, January 16
Midterms	Wednesday, February 8 - Thursday, February 9
Last day to withdraw from a class (W grade recorded)	Friday, February 24
Final examination period	Wednesday, March 22 - Thursday, March 23
Spring break (for students)	Saturday, March 25 - Sunday, April 2
Spring Quarter 2023	April 3 - June 15
New Student Orientation	Friday, March 31
Last day to withdraw without penalty	Friday, March 31
Last day for proficiency testing	Friday, March 31
Classes begin	Monday, April 3
Late registration	Monday, April 3 - Friday, April 7
Good Friday	Friday, March 31
Last day to change schedule	Friday, April 7
Midterms	Wednesday, May 3 - Thursday, May 4
Apply for graduation	Monday, May 8 - Friday, May 12
Last day to withdraw from a class (W grade recorded)	Friday, May 19
Major Field assessment test (required for all seniors and optional for juniors) -	Friday, May 19
Memorial Day (University closed)	Monday, May 29
Final examination period	Wednesday, June 14- Thursday, June 15
Graduation ceremony	Saturday, June 17
Juneteenth (University closed)	Monday, June 19
Summer break (for students)	Saturday, June 17 – Tuesday, July 4
Summer Quarter 2023	July 3 - August 24
Last day to withdraw without penalty	Friday, June 30
Classes begin	Monday, July 3
Independence Day (University closed)	Tuesday, July 4
Late registration	Wednesday, July 3 - Thursday, July 6
Last day to change schedule	Friday, July 7
Midterms	Wednesday, July 26 - Thursday, July 27
Last day to withdraw from a class (W grade recorded)	Friday, August 11
Final examination period	Wednesday, August 23 - Thursday, August 24

Avoid late fees -- register for Winter 2023, see you advisor!

Best of luck on your finals from the Phantom press team!!!



Newspaper Developer - Joshua Bengochea	East/West University and the Phantom Press, encourages its readers to express their views in letters to us. All letters must include the writer’s full name, complete address and telephone number. The selection letters may be edited and shortened. Letters may be published or distributed in print, electronic or other forms.
Faculty Advisor - Dr. Maria Polski	
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