

## Black History Month and Womens History Month



Through the months of February and March we celebrate Black History Month and Womens History, we decided to shine some light and import Black women in history



**Marie Van Brittan Brown** was born on October 30, 1922 in Queens, New York. She was a nurse and an inventor along with her husband she invented the first video home security system in 1966. Her design involved three different peepholes pertaining to the size of adult or child. A camera would move up and down between the peepholes, that camera would then display on a monitor any where throughout the house of the individual.



**Josephine Baker** was born on June 3, 1906 in St. Louis Missouri. She was a very successful dancer and took her success to France. Other than being a successful dancer, during World War II she became a spy for the French resistance, she would inform them with valuable Nazi information to aid the war effort.



**Valerie Thomas** was born on February 8, 1943 in Baltimore, Maryland. She is a scientist and inventor who worked for NASA. She invented a form to transmit 3D images and/or holograms. She also helped develop software to convert scientific data that is captured by satellites. She was one of two women who worked at NASA at the time. She retired from NASA in 1985 and later on went on to earn her doctorate in 2004. NASA continued to use the technology for satellite applications



**Shirley Chisholm** was born November 30, 1924 in Brooklyn New York. She was an American politician and was the first Black woman to be elected to the United States Congress. She also became the first Black candidate for a major-party nomination for President of the United States. She served seven terms in Congress



**Alice H. Parker** was born in 1895 in Morristown, New Jersey. Her invention was the gas furnace in December of 1919. Her design involved cool air entering the furnace and then conveyed through a heat exchanger which then released warm air through the ducts of each room. Alice's design was unique because it used natural gases instead of wood or coal which was what had been previously used for central heating.

# EAST WEST SPORTS 2024:BasketBall



**Coach Posley** East West is known for our basketball team, but East West has not always had a basketball team. When Coach Posley came to East West 10 years ago, he recruited players to create a team. The first East West basketball team's record was 18-1, with them only losing one game. Coach Posley has coached for over 20 years and all levels of basketball, and has played basketball himself. Coach states that a lot of what he learned about the sport he learned on his own. Basketball is muscle memory, practice is everything, learning from mistakes and correcting them is what makes you better. Coach Posley describes the team as young with lots of potential, lots of the players are great students and work hard both on and off the court. Practice and Games can be different, but as Coach Posley states, "the way you practice is the way you play", which can be applied to more than just basketball. Through the season the players work hard, there is a notable difference between the first game and the last game, demonstrating progress throughout the season. Coach makes the players watch film of the game so the players can physically see how they played as well as what they did right and what they did wrong. Coach Posley believes in his team and

their capabilities. The East West basketball team is great, has great players. The team takes the sport seriously and you can tell the passion they have for the sport as well as their want to be better and to grow. In addition to Basketball and Volleyball Coach Posley is looking to expand our athletic department by adding to the East West sport such as Football, Bowling, E-sports, Cross Country, and Track.



**Vasean Daniels Jr.** is currently a freshman here at East West, he heard about the schools basketball team and that is what peaked his intrested to become a student here. Prior to East West, Vasean used to do highschool track and as much as he enjoyed it he decided to also join his schools basketball team his junior year. Vasean enjoys basketball because it is more of a "hands on" sport, with track he says it has different type of a mental toughness to it than basketball. With basketball you can be more engaged, "there is more of a vision and goal" it's right in front of you and you have to act quick. Vasean did have his experience with basketball playing when he was younger with his friends, but never on a school team until his junior year of high school, Collge basketball is defiently mor efast paced then high school. When you practice hard enough it transite to the game is what Vasean says .Pressure is something that comes along with the game, Vasean says that he adapting to this new pressure of the sport.The first game is always some what nerveracking with new players coming in such as Vasean as well as dealing with the pressure of trying to prove yourself and your abilities or trying to prove that your still capable of those abilities. Throught the season Vasean says that the nerves have gone down and the players have come more together as a team.



**Marco Brown** is also a freshman here at East West, similar to Vasean the basketball team is what peaked his intrest in becoming a student here at East West. Marco has had experience with basketball, he has played for roughly four years and decided to keep going with basketball. Marco previously had played football. Compared to football, Marco prefers basketball, basketball is a lot less physical then football. When playing football he would get injured a lot and that would interfere with playing his sport. Basketball like with many sports comes with a lot of pressure with playing, the difference between practice and games is that in practice you can make mistakes and learn from them in that moment. With games, you can make a mistake but you can't learn from them while playing , you have to keep going with the game. Marco just plays through the pressure knowing that he's doing the best while playing the game. In the begining of the season there was a lot of pressure and some players were nervous being in the new enviornmnet of college sports.With the face pace compared to highschool baskbetball, but progress was made and players are confident with the progress and new things they've learned throughout the season.

# EAST WEST SPORTS 2024: Basketball Alumni



**Luiz Baez** is a East West Alumni, he discusses his college experience at other colleges as well as here at East West University and how that effected his basketball experiences. “My college experience started off super rocky and was deemed ineligible. My freshman year didn’t get much play in my sophomore year due to problems with the coaching staff. Transferring in the middle of the pandemic was another roller coaster due to players getting that extra year and schools possibly not having a season to land at East-West with Coach Playing for Coach Posley was one of the best decisions I made due to the fact that he was always straight-forward with me, but most importantly, he kept his word. He believed in me and let me be me on the court. Coach and I would have our ups and downs; he would get on me sometimes, even at 4 a.m., but at the same time, he always encouraged me to be better. Now I’m playing professional basketball overseas, currently in the Dominican Republic. New challenges come with that because now I start from zero again and work my way up in the ranks, but that’s nothing. I’m enjoying the process of staying humble and ready for whatever comes my way.”



**Brandon Daughtry** is also a East West Alumni, he enjoyed his time here at East West. Brandon currently plays professionally in China. The game is similar yet different at the same time. The game is overall the same, the difference is the small techniques that have been learned, as well as the pace. He is currently in this third season, second year of playing professionally. A difficulty that he has had is mainly learning the new language. Brandon says it was difficult but once being around it so long it becomes easier to understand. Brandon says he's made a lot of progress from his first year compared to now, when he started playing professionally he was averaging 28, and now being more experienced within the professional game he is averaging 40. What he has learned from Coach Posley is a lot, he has the similar mentality to treat practice just as it were a game. As well as Coach's technique to film games and make the players watch the game to learn from the mistakes. Brandon believes that this is a good technique because in the moment of the game you may not realize that the mistakes that you make and when you watch it over again you can correct yourself. While playing in China, Brandon has had many successes. Himself and his team have won 13 championships, he has won two gold medals, and currently has his own signature shoe. Brandon feels that since playing profes-

sionally he has become smarter, and he is making lots of progress throughout his career.

## Let's Go East West Phantoms



# EAST WEST SPORTS 2024: VolleyBall

This quarter East West welcomes our first official coed volleyball team that currently has 12 players. Other than basketball the other official sport that we have is volleyball. The East West volleyball team started by Coach Posley he introduced the idea of a volleyball team. The idea then went on as a petition by students, posting flyers during the fall quarter collecting signatures. Towards the end of the fall quarter, new flyers were posted about try-outs and even their first game. Coach Posley who is the head coach of the Basketball team here at East West, started coaching the team to at first give it structure, while they figured out in which direction this new addition to the phantoms sports would go. He saw the dedication of the team and saw how hard they were working. The team was skeptical at first if they would become an official team of East West. Their head coach Ms. Willis gave them confidence and support, she told them that she would take them all the way, to have faith in her and she would make sure that it would be accomplished. Coach Willis has had a passion for volleyball since she was in middle school, she even received a full scholarship for college to play. She has coached other volleyball teams as well. Coach Wilis originally would just help the team out, and would later on assist practices. When Coach Posley announced that she would be head coach, she was surprised, she believed that she was going to be the assistant coach. The majority of the original team is still a part of the official team, as Coach Willis states the team is a family, they are comfortable with each other, and respectful to each other as well as their coach. The volleyball team is still accepting players and plans to do another set of tryouts later on. The team's first game went well. Despite the loss, the team won the first game, and lost the second by only four.

In the context of leading a volleyball team, effective leadership involves not only demonstrating strong technical skills but also embodying qualities such as communication, empathy, and resilience. As a leader within the volleyball team, I strive to set a positive example both on and off the court. This includes maintaining a positive attitude, communicating openly and effectively with team members, and actively listening to their perspectives and concerns. I aim to create a supportive and inclusive environment where every member feels valued and empowered to contribute their best. Furthermore, I emphasize the importance of teamwork and encourage collaboration among players. By fostering a sense of camaraderie and mutual respect, I believe we can achieve greater success as a team. Additionally, I am committed to continually learning and growing as a leader, seeking feedback from both coaches and teammates to improve my leadership skills and adapt to the evolving needs of the team. Overall, my approach to leadership within the volleyball team centers around fostering a culture of excellence, teamwork, and continuous improvement, ultimately striving to empower each member to reach their full potential both as athletes and individuals. - **Latricia Thomas, EWU Women Volleyball Captain**



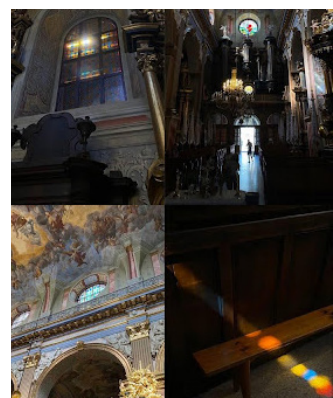
As we celebrate Womens History Month, we proudly honor our first women college volleyball team. The Lady Phantoms are breaking barriers as these remarkable student-athletes have paved the way for future generations of female competitors at East-West University. Individual players helped organize, recruit team players, and create an environment for women athletes to showcase their talents through the support and efforts of their head coach, Arrayona Willis. With their passion for the sport and commitment to teamwork, they are prepared to redefine our school

# Theres No Place Like Home by East West Students



**My Home India (Gujarat) by Asma Vhora** I am from India. I came here 3 years ago with my sisters Afrin Vhora and Asra Vhora after my Dad passed away. I grew up in India and completed my highschool in India (Gujarat) in Saraswati Shishukunj School (Borsad) then me and my other sister Asra Vhora enrolled here at East West University Chicago. And I am in Second year of college. I miss my Home country my highschool and Especially my mom who is in India. I have lots of friends in High School. I studied till 12 at Saraswati Shishukunj (Borsad). And it was lots of fun in highschool we had many friends and good times with each other. I gained lots of knowledge with my High School Teachers especially in subjects like Maths and English literature. So because of High level of study in India we are getting an easy way here in the US. Because it was noted that compared to here the education system is more harder in India because their education system runs on Boards exams and usually it is harder than here. Not only in studies but they keep other curriculum

activities like Annual Day, Rifle Shooting, other activities like chess etc. I enjoyed my school Days as specially with my friends. Me and my sister Asra Vhora grew up together till now. I miss my Teachers especially my math teacher "Aashish Patel" and my Biology teacher "Nilay Patel". I am so blessed to have them because we are here because education is easier and we already learn these basic things in my hometown school. We were having such a refreshing campus and in winter we could do Exercise on the ground. I completed from lower studies to Higher studies till 12 grade. I participate in many other activities too like chess, Rifle shooting, Dancing etc. So these were about my School stuff and my High School life. Now I would like to share about my Sweet Home and some memories with my Dad and with my Family. I am second oldest daughter in my family I have 5 sisters and 1 brother they are older than me but we all stayed different till life time like my 2 sisters get married early my brother was here from his childhood and me and my other sister Afrin Vhora and Asra Vhora were with my Dad and mom in India my big Sister Afrin Vhora completed his study in India and me and my sister Asra Vhora are studying here at East West University. My Home is situated near Borsad Town (Anand)(Gujarat). We were having our own private property of my Dad he was Businessman and he build his own empire by Doing hard work Day and Night we were so blessed having Dad like him after he passed away his hard work saw up we were getting income and food to eat because he earn lots of things for us and that get to see after he left us. He built his own gas Station and other shops so that his family didn't have a hard time surviving. He was our superhero and I am so blessed to have a father like him. I miss him every day and Night after coming here I see how hard it is to get without parents because father is our main pillar especially for girls. I miss my mom who recently went Back due to some reason. But I hope she comes back soon with us. We had a good time with my father and mother in India and also with my grandparents and with my special sister Afrin Vhora. I miss my hometown India because there was less stress and an enjoyable life because there we know if something happens my dad will handle all situations but here we think many times to do something like even small small things. We were having a very private and good life there but now we have to start a new life so it seems we are struggling. But after some time we will get used to it. We are blessed to attend East West University. They welcome all international students with love and support.



**My hometown smells like coffee and good people. Lviv, Ukraine. By Sofiya Mariya Lelyk.**

I'm Sofiya, and I'm from Lviv, Ukraine. My hometown has a very ancient history; the first mention of it dates back to 1256. The architecture of the old city has preserved many styles, starting from the Byzantine-Romanesque style through the Gothic, Renaissance, Baroque, Rococo, Neoclassical, Empire, Neo-Romanesque styles to Vienna Secession, Modernist, and Modern styles. One of my favorite places is the "Veronika" bakery and confectionery. It has been open for 24 years and has the reputation of the "sweet business card of Lviv". I always buy the spinach and shrimp roll there because it reminds me of my childhood, when my father would take me there for lunch. Another sacred place for me is the Greek-Catholic Church of St. Andrew, the former monastery of the Bernardines, where I was baptized. The church was built in the first half of the 17th century in the style of Italian-Dutch mannerism. I always go there when I have a heavy heart, and I need to think. Lviv has one interesting architectural feature: balconies. If you walk through the old city, you can see a lot of different balconies, each one like a work of art. My city is famous for many cultural sights; it has the title of the cultural capital of Ukraine. Many tourists come to us every year, even during a full-scale war, because there is so much to see. The atmosphere of the city forces you to slow down and just enjoy the moment.

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## My Home by Vency Patel

My hometown is Ahmedabad also known as “Amdavad” is the heart of Gujarat . Having a population of around 74 lakhs people , it is the largest city in the state of Gujarat and the seventh largest urban agglomeration in India. The city is alongside the Sabarmati River. The Sabarmati River was the site of Sultan Ahmed Shah’s 15th-century founding of the city, which functioned as the capital of the Gujarat Sultanate. Ahmedabads’ given the name “Heritage city”. Ahmedabad was once a small town with not many places to explore other than its heritage sites. But today it is a mega city which has developed in all the sectors knowledge, lifestyle and culture. People are called as “Amdavadis” are majorly businessman, youngsters are food lovers , they believe in having “Maja Ni Life”. It has a lot of beautiful places to visit such as Kankaria lake which has a zoo located nearby , Vastrapur lake for small park fun , Parimal Garden , sidi saiyyad mosque riverfront for those beautiful sunset views with river walk , and many more. Along with this there are some famous pilgrimage temples such as the ISKCON Temple, Vaisnavdevi Temple, Swaminarayan Akshardham Gandhinagar , The Sola Bhagwat Vidhyapith, etc. My city is too lively, it has many cultures residing in it and so people celebrate varied cultural festivals together .it is famous for its local rides called Rickshaws , famous food like Fafda Jalebi , Dhokhla , Khaman , Thepla , and countless other dishes. My Amdavad is famous for its luminous garba nights during the festival of Navratri .It is also famous for the international kite festival at Sabarmati Riverfront along with a prominent flower show at Ellisbridge Ahmedabad .I was born and brought up in Ahmedabad .We are a family of five , My parents are also from here. My siblings were born and brought up here too. My neighborhood is in Nana chiloda We live in Vraj Residency society where we have a luxurious 3bhk house . It is quiet and beautiful with less hustle bustle .My school name is Bright International School which is located in karai gam nana chiloda. My school was just 10 min by drive from my home. I had my elementary , middle and high school in the same school only . Living in Ahmedabad is so convenient because we had all our relatives residing there , so commuting to their house for occasions and festivals was easier and time saving at the same time. My village was just a 3 hour drive from my home , so it became easier for us to commute there during holidays and vacations.

## Lviv My City by Ulyana Lelyk

I come from a very beautiful city with a long history – Lviv, Ukraine. The first historical mention of the city dates to 1256. Since the end of the 1990s, Lviv has been included in the UNESCO World Heritage List, the city has preserved the largest number of historical and architectural monuments in Ukraine (more than 55%) - 2,500 and you can visit as many as 60 museums on various topics. Lviv is also home to one of the most beautiful opera and ballet theaters in Ukraine and Europe, which you must visit while in the city. There are a lot of students in Lviv, because there are 26 universities in the city, and a good infrastructure has been built for them. The city has several streets named after famous American people: George Washington Street, Lincoln Street, John Lennon Street. Today, Lviv has the reputation of the largest community of IT companies in Ukraine. It is also very interesting that Lviv has its own Statue of Liberty, only she is sitting. And she looks like an American statue with a “thrif” tiara on her head and a torch in her hand - a symbol of free trade (although the book in her left hand is missing). The statue was created just 4 years after the opening of the Statue of Liberty in New York Harbor in October 1886. With great pain, now there is a war in Ukraine, war missiles have repeatedly flown into the city, parts of the district have been damaged. Today, the city received an extraordinary number of refugees from the East of the country, where the fighting is most intense. The city is very hospitable and continues to receive many tourists and has the reputation of the most touristic city of Ukraine. The city center is the historical part, but all the suburbs are inhabited by townspeople. I also lived on the outskirts of the city, my apartment is near the forest and there is a great view from my window.



# Theres No Place Like Home by East West Students

## My Hometown by Mahammaduzer Vahora

My hometown name is Aanad which is located at the center of Gujarat, India. My city is also known as Milk City because it has Asia's largest dairy which is Amul dairy, and in the south side of my hometown there is the area called Vallabh vidya nagar in which someone can get an education from Junior KG to graduation that's why people also called that city to vidya nagar(City of education) This city also has a memorial of Sardar Vallabh bhai Patel who was a freedom fighter of India I have huge respect for him because he made India by convincing and fighting with 362 kingdoms.About my neighborhoodI belong to a middle-class family and my neighborhood wasn't that filled with amenities but it had lots of services it was fun over there because I played lots of games in the playground with my friends and the most important thing is that by getting the little amount of money from my parents I was going to one restaurant with my friends and I had enjoyed that time a lot.



**Oran or “Wahren” by Mehdi, Zmali-Meftah** Oran: A Jewel of the Mediterranean,Oran is a beautiful city in Algeria, located by the sea in the northwest part of the country. It's like a hidden gem that's full of interesting things to see and do. When you walk around Oran, you'll notice lots of different styles of buildings influenced by the French, Spanish, and Turkish cultures that used to be here. There are also busy markets selling all kinds of goods, and you can smell delicious local foods cooking. The best part about Oran is its coastline along the Mediterranean Sea. It's absolutely stunning! You can see the blue water sparkling in the sun and relax on the peaceful beaches. Even though the city is lively and bustling, the coastline offers a nice place to unwind and enjoy nature.Oran has lots of cool places to visit, like the Santa Cruz Fort, which is very old and has an interesting history. The city's main squares are always full of activity, with people chatting, shopping, and enjoying life. Oran is a mix of old traditions and new ideas, making it a perfect place for adventure and discovery. In Oran, Algeria, lies the vibrant neighborhood of Les Castors. It's a place where different cultures mix together, blending old customs with new ideas. In the heart of Les Castors, you'll find Mustapha Hadem High School. a beacon of education that shapes the future leaders of our city. Les Castors, or “la rose” as the locals fondly call it, is a neighborhood full of narrow streets lined with vibrant buildings and busy markets. In this lively area, you'll find the Zmali family's home. Their cozy villa is always filled with the delicious smell of homemade couscous, Shakshuka, Tajine ... and the sound of laughter from family get-togethers. The Zmalis are lucky to have wonderful neighbors who care for each other unconditionally . Next to Les Cas-

tors is Mustapha Hadem High School, a place committed to giving the young people of Oran a great education. It's one of the oldest and finest high schools in the city. At Mustapha Hadem, students like Mehdi (that's me!) have access to challenging classes and lots of activities outside of regular schoolwork. The school helps students like Mehdi reach their goals and make a difference in their community. They offer a wide range of extracurricular activities, including music classes where students can learn to play instruments like the piano and guitar. Sports are also a big part of life at Mustapha, Hadem, with soccer and football being among the most popular choices. Through these activities, students not only excel academically but also develop important skills like teamwork, discipline, and leadership. For Mehdi (which is me! : ) ), a hardworking student at Mustapha Hadem High School, every day starts with his grandma and mom's smiles, and his sisters' laughter. As he walks to school through the lively streets of Les Castors, he enjoys the vibrant atmosphere around him.He hears music playing from shops and sometimes sees people dancing, adding to the lively scene. These moments remind Mehdi of the rich culture of Oran.Even though the streets are busy, Mehdi likes feeling connected to his neighborhood. At Mustapha Hadem High School, he gets to explore his interests in music and dance through clubs and activities and also sports. As the sun goes down in Les Castors, Mehdi comes back home after playing soccer. When he gets home, he feels the energy of Oran all around him. He can hear the sweet sounds of traditional music and smell the delicious scent of fresh bread baking nearby. Oran's culture is everywhere you look, making life in the city exciting and vibrant for everyone who lives there.In Oran, tradition and modernity blend seamlessly, offering residents and visitors a unique experience. Mustapha Hadem High School and the vibrant streets of Les Castors exemplify this harmony, showcasing Oran as a cultural hub. The school not only provides academic education but also fosters values of community engagement. Meanwhile, Les Castors reflects the city's rich heritage through its bustling markets and traditional music. Together, they symbolize Oran's resilience and spirit, making it a vibrant and dynamic place to live and visit.

# Theres No Place Like Home by East West Students



**Journey to The U.S by Saniya Siddiqui** Life doesn't always go as planned. It can be hard, stressful, and even frustrating, but sometimes unplanned decisions turn out to be the best decisions of our lives. This is what happened to me, coming to the United States was something I would never think about, but here I am completing a year in the United States and all I can say is that this has been the best decision of my life. It took a while for me to settle in a foreign country where I had no one it was terrifying at first, but I am proud of myself to have come this far. All thanks to my dad, who has been my supporter since day one and encouraged me to take this step. It's his dream to see me graduate with a degree from a prestigious university in the United States. This is Saniya Siddiqui, and here's my story. I was born in Hyderabad, Telangana, a southern state in India. I came to the United States in December 2022. I first landed in Tennessee to start my journey as a biological science student, but destiny had different plans, and I had to take a transfer to East West University. Here I met Kate Petek, who is the DSO for international students at this university, who helped me with my transfer process, during this process I missed some of my classes as I registered a bit late, but all thanks to Dr. Neetu and Dr. Reddy Gurrarakonda, who not only

helped me to cover up my missed classes but also inspired me to continue along with the syllabus. I never thought that I could make it this far, but all thanks to my professors and my fellow friends, who were always there to support me and make me feel welcomed. I always wanted to make a career in the medical field, and that's why I chose biological science as my major. Getting this degree will help me achieve my goal and will make a good career path for me to enter the health department. I am excited to see what the future holds for me, and I am pretty sure that I am going to achieve my dreams and make my parents and professors proud. I will always be thankful for the entire staff of East West University for always helping students achieve their goals. For my fellow mates, I want to say that there will be days where we think that things won't work out the way we want them to, but I want you to know that there will always be a ray of hope and that things will turn out way more beautiful than we've ever thought. So, just don't give up, keep believing in yourself, and always stay kind to others because you never know what someone is going through, and your one kind act might help them and make their day.

## My Home By Eulises Campos

I lived almost my entire life in a town in the northwest suburbs called Mount Prospect until the age of 20. Mount Prospect was originally settled for the first time around the 1830's by "Yankees". Although they had cleared most of the land and established farms, most of them left around the 1850's. The second group to come settle in Mount Prospect were German immigrants. Mount Prospect eventually got its name around the 1870's and is influenced by the fact that Mount Prospect was settled in some of the highest elevated land in the county. Mount Prospect currently has a population of 55,000 and its current high school is within the top 30 high schools in the state according to US News and World Report. Through my time in Mount Prospect, I primarily lived in two locations. One being the Cottonwood apartments where I grew through my elementary school - junior high days. The other location is the Huntington apartments, where I grew up through the rest of highschool. Both of these locations were based in south Mt. Prospect. In our area, there was a big minority population which defined a huge part of my childhood. This defined my life growing up. The area I lived in comprised of 4 apartment complexes, Cottonwood; Huntington; Pickwick; and Birch Manor; separated by a big open green field and trail path. The main pass-time back then was playing soccer every day after school in the open field separating us. Most of us went to the same high school which was Prospect High School and after most days of school, we would have regular games. A lot of these games would include apartment complex versus apartment complex, or Mexican versus Polish since the population in these apartments consisted mostly of Mexican and Polish kids. To this day I am still very good friends with the people I grew up playing soccer with. I definitely can not say that I had a bad/boring childhood. I grew up around many friends and cultures and I don't believe that I would trade growing up anywhere else.



# DEAN LIST FALL 2023 and HONOR'S LIST FALL

## DEAN LIST FALL 2023

Wasey Mohammed Abdul  
Mazidatou Abogourin  
Fhernando Aviles  
Cesar Baltazar  
Sufyan Bin Abdat  
Gulnaz Burinova  
Srushtiben Chaudhari  
Brandon Compton  
Gisselle Conejo  
Hatim Dahodwala  
Hibret Deres  
Aiman Fatima  
Elvis Gosnet  
Chris Jamison  
Khushi Jani  
Naila Khan  
Hanan Mohammed Khan  
Marina Morcillo Martinez  
Mordecai Martinez-Mayer  
Abigail Mata

Kimberly Medina  
Mehdi Zmali Meftah  
Natalie Morales  
Adrian Morales  
Mary Nassuuna  
Emily Nemecio  
Tania Ortega  
Cristopher Padilla  
RaVikumar Patel  
Vishrutiben Patel  
Dristy Patel  
Virang Patel  
Milagros Ramirez-Reyes  
Carlos Trejo  
Maurice Truss  
Arsilbhai Vahora  
Joey Vanga  
Asra Vhora  
Raymond Zhen

## HONOR'S LIST FALL 2023

Destyne Adell-Nealis  
Rafay Ahmed  
Eraj Ansari  
Eulises Campos  
Diamond Diaz  
Adam Finnigan  
Dishaben Gajjar  
Tayler Harper  
Alexzandria Jarmon  
Muhammad Rizwan  
Khan  
Tybrys Lamb  
Alexandra Magallanes  
Zuriel Margil  
Geancarlo Medina  
Matthew Miller  
Aaron Morales  
Muhummad Nadeem  
Abhishek Patel

Naiyaben Patel  
Bushra Syeda  
Bhumi Thakkar  
Lesli Vences  
Asmaben Vhora  
Dekyla Walker  
Tianna Walker

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**East-West  
University**

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# Chicago Police Department and Violence

As violence increases in our communities with gangs and police brutality students gathered information on how a Chicago police officer perceives violent occurrences and the effect it has on citizens while on duty. The officer under questioning will remain anonymous. The students who led the interview were **Giancarlo Medina, Ulises Viramontes, Mario Guzman, Angel Sierra, and Mario Bernal**. The questions and responses are as follows...

**Question:** As a police officer working in Chicago what has been one of the biggest misconceptions about gang violence that you have seen in the media?

**Response:** That most gangbangers are misguided youth. Instead they're a well organized group that includes a well established structure including leadership, management and enforcers.

**Question:** Do you believe cutting funds out of the police department and putting the budget towards community based programs would help lower gang violence?

**Response:** no, from my experiences I haven't seen any type of community engagement or organizations that can affect any of the troubled. If these troubled kids can be influenced

At home it would be difficult for an outsider organizer to have any effect on them long term. Defunding the police will only affect the law abiding citizens who seek the police, not the arrest rate.

**Question:** As a working police officer in Chicago did you ever experience gang violence while growing up, if so did that affect your decision to pursue a career?

**Response:** Yes as a teenager I was chased in my vehicle several times. I can't say if they thought I was apart of a different gang or they were trying to rob me either way I feared for my life. I also lost a very close friend and that affected my choice of career. I felt that having this career would bring me closer to the family of my friend.

**Question:** Based off the experiences of your career, have you ever had any near death experiences due to gang violence and can you elaborate on that?

**Response:** I have not in relation to gang violence most of my experiences have dealt with gun violence. There are gun offenders who would rather be caught with a gun than without in fear of falling victim to gang violence. This becomes a safety risk for them and myself while I chase them while I'm guarding a firearm.

**Question:** Based on your experiences have you seen children witness Gang violence? What is the most uncomfortable thing you have seen do they go through?

**Response:** Any day you can watch city cameras and see kids running for their lives as they dodge bullets its a very sad event to witness. I personally witnessed a young boy get gunned down while being in the back seat of his mother's car and there to see him be taken to a hospital for treatment. Fortunately he made it that night but im unaware if he had long term effects. Word was that his mother was involving with gangs which took a toll on her child.

**Question:** If possible would you be able to answer what would solve Gang violence in a city like Chicago?

**Response:** I believe there is no way to get rid of gangs and gang violence. This is a working class city unless parents dont go to work and supervise their children 24/7, the youth will seek things to do with their friends.

**Question:** Do you have any old friends that became gang members and if so did you keep in touch with them and did they feel some way about your career?

**Response:** As stated before losing a close friend took a toll on me. I don't keep in contact with people who indulge in gang activity.

**Question:** Do you have any sympathy for those who were born into gangs?

**Response:** yes, i took part in a search warrant where several firearms were discovered and a 15 year old boy was taken into custody and he called his father on speaker phone to tell him he was arrested for a gun charge. His father's response was take it for the nation, meaning do it for the gang and stay quiet.

**Question:** Moving on from police work you have also worked with canine. What was your role and your experience with CTA in various locations in which the trains would stop at?

**Response:** We were placed on the redline and mainly worked the redline, orange line, and green line. We were there because of gang activity and violence and majority of robberies were gang related. So my role was to prevent or deter those criminal individuals from committing such acts on the platform.

**Question:** What was the most common age range of the criminals or gangbangers you saw while working the CTA platforms?

**Response:** Majority were young and some with their parents. They'll be blowing me off calling me names at a young age. They don't see us

**Question:** What do you think can be done so that the police can have a better image to those who view you as enemies?

**Response:** The first thing would be the media and how they show us. They never show the good but only the bad so they have a story. We try to get officers more involved by doing activities with the kids sometimes.

**Question:** What do you think music has to do with gang violence?

**Response:** I believe music has to do alot with sending a message. If you grow up listening to a certain message by a artist you look up to the youth can be influenced. **Question:** Are there any other thoughts you would like to share on gang violence?

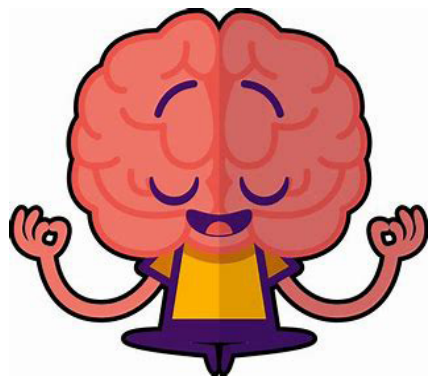
**Response:** The education starts at home. The parents have to discipline its not the teachers job to mold the kids its to educate.



# Let's Talk Mental Health!

## Forms of Mental Health

In college, bad mental health can take many forms. The obstacles and hardships of college may not only take a mental toll, but also a physical and emotional one as well. Here are some mental health problems that we should be more aware of that may be affecting college students day by day. - **Marquis Williams**



## Mental Health Act

In regards to ensuring the mental health of students Illinois passed the Mental Health Early Action on Campus Act on August 9, 2019. The act requires both public colleges and universities to (a) to provide training and resources and peer support services to students regarding mental illnesses (b)to create collaborations with local mental health providers to increase services to students. Effective July 1, 2022 the MHEAC act provides that the General Assembly shall appropriate \$19,000,000 in Fiscal year 2023 for the purposes of this act, and the funds shall be distributed to the public colleges and universities. So what about private colleges and universities? -**Ulyana Lelyk**

## Counseling

Counselors advise all students struggling with a healthy mindset to take advantage of free counseling in schools as well as not being afraid to speak up about your mental issues and to find hobbies and coping strategies that ease your stress levels. Based on research, students concluded 5 ways that schools could make reaching out more comforting and easy to do (1)ensuring confidentiality and varying gender options of the counselor (2)advertise free trips (3)putting up posters and flyers with websites and hotlines to access outside counseling (4)a poster filled with anonymous inspirational notes for other students (5) add coun-



In Prof. Milstein's class, students conducted research on important social issues regarding the mental health of college students. Their studies found a variety of ways

## Online Resource

Mental Health Learning Collaborative Resource Guide free online resource for Illinois colleges and universities that would like advice, insights, tools, and more as they enhance their campus mental health supports for students. META-teletherapy mobile application designed to connect college students to mental health professionals. But why students do not know about this online resources? -**Ulyana Lelyk**

## Mental Health Stages

There are three stages of mental health (1)Eating disorder such as anorexia, bulimia, or binge eating disorders to name a few. 4 out of every 10 college students may have a eating disorder or have experienced a eating disorder in their college life. (2) Anxiety makes a person very worried and it affects their everyday life. This is the most common disorder for most people with around 3 million people suffering from anxiety with numbers increasing every year. (3)Bipolar disorder arises in the form of heavy mood swings. Some days it may very happy and cheerful and others it may have a person in a very sad or depressive state - **Marquis Williams**

## Private Schools

Changes in the private education sector at legislative level are difficult to implement due to funding -**Sofiya Mariya Lelyk**

## Statistics

Statistics showed that out of 54,000 surveyed students 77% were experiencing moderate to serious psychological distress. Studies also found that 50% of students who dropout of college did not access mental health services and that 64% quit their studies because of mental health disorders. -**Sofiya Mariya Lelyk**

## International Students

Mental health for international students are affected a little differently than your regular college attendee. International student's visas do not allow them to have jobs unless they are co-sponsored by their college or university. Many international students feel extra pressure to excel academically. One of the most profound problems for internationals students is language and money. This is compounded by academic, social, cultural, and financial pressures all potentially resulting in excessive stress, anxiety, and depression. Many international students do not seek mental health services. This is often due to stigma, as mental health concerns can be incongruent with their cultural norms and expectations. -**Akshabanu Mahmadaarif Ghanchi**

**TAKING CARE OF YOUR MENTAL HEALTH IS AN ACT OF SELF-LOVE**



**Tyan Walker English and Communication Class of 2024** As I reflect on my time at East-West University, I am overwhelmed with emotions a mix of pride, gratitude, and nostalgia. My journey as a graduating senior has been filled with challenges, growth, and moments of profound connection. From overcoming personal obstacles to finding a supportive community, my experience at East-West University has transformed me in ways I never thought possible. Returning to school in the spring of 2019 was a decision fueled by determination and a desire for a better future. The unwavering support of my mother, who motivated and encouraged me throughout this journey, has been my guiding light. Together, we faced financial struggles, personal loss, and health challenges, yet we persevered with unwavering resolve. The strength of our bond and our shared dream of education have been the driving forces behind my accomplishments.

At East-West University, the support of Dr. Maria Polski, my program director, has been nothing short of transformative. During a time of personal crisis and academic hurdles, her advocacy and mentorship were instrumental in my success. Her unwavering belief in my potential and her commitment to empowering students created a nurturing environment that allowed me to thrive. The COVID-19 pandemic brought unprecedented challenges, and the loss of my mother was a heartbreaking blow. However, amidst adversity, I achieved straight As, a testament to my resilience and unwavering dedication to my academic pursuits. The supportive community here provided solace and strength during these trying times, demonstrating the power of solidarity and compassion. Engaging with the EWU community has been a rich and fulfilling experience. Making lasting friendships and assuming the role of a teacher assistant for freshman English courses allowed me to contribute to

the growth and learning of my peers. Stepping out of my comfort zone, I found a sense of purpose in supporting and guiding fellow students, fostering a spirit of collaboration and empowerment within the university. My time has been defined by academic achievements and personal growth. The programs, professors, and opportunities at this institution have played a pivotal role in shaping my journey. The genuine connections I've formed and the supportive environment have nurtured my academic pursuits and personal development, allowing me to embrace new perspectives and dreams for the future. As I embark on the next chapter of my life, I carry with me the lessons and experiences that East-West University has bestowed upon me. The unwavering support, mentorship, and sense of community have equipped me for what lies ahead. My time at this institution has not only broadened my intellectual horizons but has also shaped my character and instilled in me profound appreciation for the transformative power of education. As I bid farewell, I carry the indelible mark of this institution in my heart. With gratitude for the past and hope for the future, I step into the world, ready to make my mark and carry forward the spirit of resilience, growth, and community that has defined my time at East-West University.



**Dekyla Walker Behavioral and Social Science Class of 2024:** My college experience has been filled with tough hurdles, starting with the sudden impact of COVID-19, which led to the switch to online classes in my second quarter as a freshman. Learning remotely was a different experience, posing challenges to maintaining organization and concentration. Throughout this journey, I have maintained the mindset that "Quitters never win, and winners never quit I am here to say that I am a winner! I faced the tragic loss of many loved ones and friends. In my four years of college, I have lost a total of eleven family members and friends. After dealing with the consecutive deaths of loved ones, I lost my home in a fire. However, I managed to show up every day and continue to push myself. The nature of the negative events that occurred began to impact me mentally, emotionally, and academically. I ended up on academic probation. Special thanks to Dr. Polski for pushing me towards therapy and the student success center to help cope. My last two years of college began to shift back into a positive space. Earning academic honors consistently throughout my junior and senior years has provided me with a profound understanding of my capabilities and inner strength. This transformative journey has facilitated my personal growth and equipped me with the skills to navigate life the obstacles encountered, this journey has taught me the invaluable lesson that life persists and that I am capable of persevering and thriving in adversity. I admire the consistency of this journey and look forward to being the

first college graduate in my family. I'd like to extend my heartfelt gratitude to the behavioral social science instructors: Dr. Beverly Carnes, Mr. Carl Cooper, Dr. Stefan Griffin, and Dr. Kristen Grant. They have been remarkable mentors, educators, and supporters, but they have also imparted invaluable knowledge that will significantly influence my future path. Looking ahead, my post-graduate plans involve working in the field of behavioral social science, where I aspire to make a positive impact on the lives of young people.



**Briana Bate Behavioral and Social Science Class of 2024:** Wrapping up my college journey is a bittersweet symphony of hard work and unforgettable memories. It's like closing the final pages of an epic novel, filled with late-night study sessions, laughter with friends, and the thrill of learning. I've turned the tassel, but the stories and experiences I have collected will be a part of my life's narrative forever. Here's to new beginnings and the exciting sequel that awaits me! I am grateful for what East-West has taught me. Being a part of this community has shown me that I can do so much and that one day I will do something so impactful.