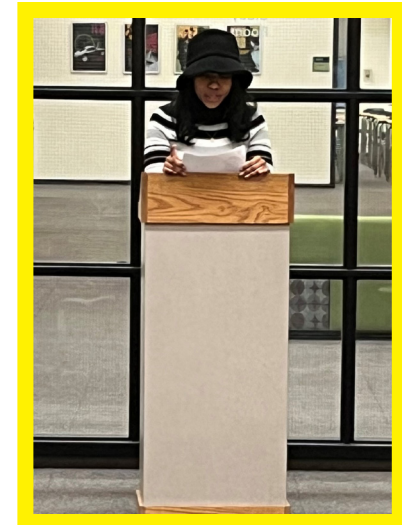
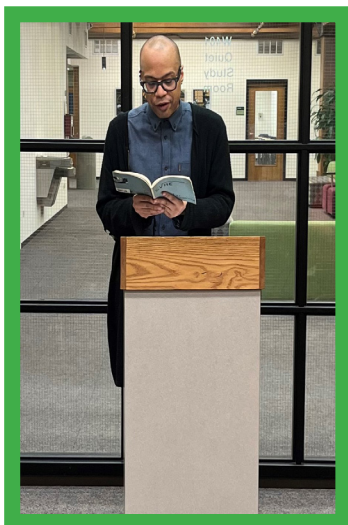


Black History Month Celebration: Poetry Readings

By Charles Hopkins



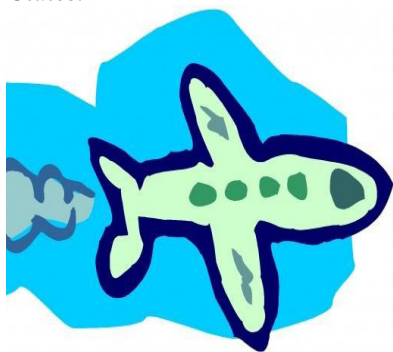
On Thursday, February 16, East West University hosted a poetry reading for Black History Month at 4pm in the West building, room 401. Many people attended the event which had been posted in different places around the school. Students, faculty and beyond came to hear some amazing poems being read, both classical and original. People sat at the round tables throughout the room in the African American Literature Class; the energy of the atmosphere was both academic and playful. Everyone listened with anticipation and excitement as Ayana Higgins took the stand to read “What Do Women Want?” by Kim Addonizio, followed by Malissa Lewis who recited “Phenomenal Woman” by Maya Angelou. Charles Hopkins read “The Road Not Taken” by Robert Frost. The event was wonderful as the audience engaged, sometimes cheering, laughing and reacting to the poems. There was an overall atmosphere of acceptance wherein the creative process was valued, respected and appreciated among participants and viewers. Other great performances include Lydia Basanes who read Still I Rise by Maya Angelou, and Dr. Polski reciting “The Way We Be” by Loretta Hawkins, as well as Roxana Sudderth who read “Hey, Black Child” by Useni Eugene Perkins; Dekyla Walker read her own poem which was received with the loudest applause. The event provided a safe place for individuals to express themselves, communicate about social and political issues such as current events, race, gender, and sexuality, find support for creative self-expression, as well as to celebrate the rich heritage of black history and the art of poetry.





PLAN For your Trip ABROAD! SIGN UP Now For 2024 Trip To Receive a Discount

Students from East West University will have the chance to take an amazing trip to London, Paris, and Amsterdam in May 2024. Join the journey to discover more about the black cultures that exist in each of these places. We'll visit a small portion of Africa, travel on the Eurostar Train under the English Channel, and then be welcomed to begin our ten-day journey in one of the world's most colorful nations. In the middle of May, we will fly overnight from O'Hare to London. Following hotel check-in, we'll go on a walking tour of London to learn how the black community there differs from the one 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.



After our welcome supper in the evening, you will once more have time to yourself to explore London at night. Take the amazing London Underground to visit Piccadilly Circus for a night out or Covent Garden Market to enjoy the outdoor decorations. 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. We toured Brixton on day four. A skilled local guide is available at this London-based Afro-Caribbean cultural center, which represents both change and continuity. This involves going to the Black Cultural Archives Heritage Center, a business devoted to gathering, conserving, and commemorating the histories of African and Caribbean people in Britain.



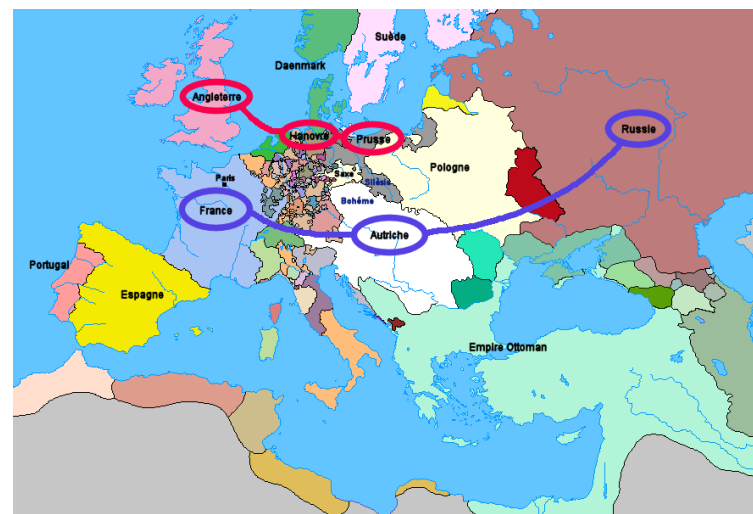
On the fifth day, we'll take the Eurostar train to Paris. When we arrive, your tour director will take us on a walking tour of Paris to show us the city through the perspective of the Black experience in France.

We'll also go to the Arc de Triomphe, a memorial to French soldiers who fought in the Napoleonic and French Revolutionary 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 Sixth day Our cultural engagement will continue as we visit Little Africa, a lively neighborhood with African markets, cuisine, fashion, and more. Here, we will learn about the various ways that African populations in Paris express their identities. Take your friends to Little Africa for lunch after that. On our seventh day in Paris, we'll have a guided



tour of the Louvre to learn more about the artifacts and collections from the standpoint of Black history and experience

The Mona Lisa, a masterpiece by Leonardo da Vinci, is among the 35,000 objects you have the remainder of the day to explore. You will have some free time to continue your exploration



of Paris when your time at the museum comes to an end. 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. The Anne Frank House will lead an activity on day nine that will help you get a deeper understanding of and appreciation for diversity, equity, inclusion, and belonging. You should be able to think about issues like conflicting fundamental rights and human rights, discrimination, and more as a result. 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.

So how are you funding this trip? You can take advantage of a discount on the trip's price by signing up in November. You can also apply for one or more of their scholarships. Three distinct scholarships are provided by EF College Study Tours. Three are based on merit, financial necessity, and diversity and equity, correspondingly. You will have time to read about the scholarships, gather the necessary materials, and submit an application before they open, at which point the funds will be credited to the cost of your trip.

Visit the following website to find out more information and to register for the trip.

www.efcollegestudytours.com/2500172ns

Additionally, you can speak with Mr. Carl Cooper, in room E315.



Entrepreneur Jeni Cohen Speaks To East-West Students

Jeni Cohen is co-founder of Flame Princess Confection which produces high end infused products for the grown up cannabis enthusiast. Their artisan treats are made from scratch, using only the best ingredients. Their products include cookies, candies & gummies, chocolate, sauces, spreads & jams, and savory packaged goods (<https://www.flameprincessconfections.com>). Jeni is the definition of an entrepreneur. She has owned a restaurant in Chicago, and a catering business for musicians. Active in the Chicago community and nationally, she is a knowledgeable and interesting person to learn from. This is what our students say about her visit.

By Erika Ruiz,

“What I learned from attending Jeni Cohen’s presentation was that she expressed how much she loved working for herself rather than for someone else. She talked about the risks that come from trying something new, which was, in

a way, really inspiring. I think it’s really cool that she has catered for tv shows which goes to show that her taking that risk to work for herself, really paid off. Even though she risked not having a typical 9 to 5 job, she stated that she benefited from all the positive memories and feedback she received from her job. One thing I really liked that she said, was that people that are early in the business, such as marijuana, need to be the change so that the people on top, are not the people we hate. Not only that, but she talked about how a lot of people, mostly people of color, are incarcerated for possession of marijuana, while others, mostly white people, benefit from the new market that marijuana has opened up for them. Cohen saying this made me want to listen to her because she didn’t hide the fact that while some benefit, others get harmed”. **Shawnise Scott,** “I truly enjoyed listening to her speak on the dynamics of being part of the cannabis industry leg

alone being an entrepreneur. She started off as a tamale brand that in a small amount of time became a small restaurant on the rise. I never knew that anyone with a cannabis conviction automatically qualifies for a social equity license through the lottery for dispensary (MSO organization). That they give out up to 186 licenses within 180 days, 6-9 months and 169 new locations. After expressing that she talked about how her business has participated in Coachella, Lollapalooza, Taste of Chicago, started as a caterer and progressed into a vendor. Started with 3 people and expanded, and that she is nothing without her team. She even spoke on how inflation has hit that industry hard from food cost (8% but feels like 20%), to glass and cans (CAN- cannabis beverage brand). Her business doesn’t supply the cannabis but will infuse products for you once you supply it to her. I learned more about this business than I thought I would and truly enjoyed the info.”

By Vishrutiben Patel

“On 23rd November, the guest speaker Jeni Cohen arrived as an entrepreneur speaker on the topic of cannabis/marijuana. The speaker shared her own story of her journey from the worker to the owner with lots of struggle as well as a business about cannabis. When she started her career at a small bakery at that time she faced a lot of problems and struggles but she won’t change her decision and now she is an owner of a restaurant. I learned so many things from her speech about struggle, hardwork and passion.

She told us that, you will surely fail at some point, but if we are confident about our work and ourselves then you know that you will come back, too. She was in the cannabis business, and because of that, so many people were trying to put her down by saying bad words and judging her. Still, she never gave up on that and said that at every step of life toxic people will come to your life but never feel down, instead of that take it as a toxic positivity. When she shared about failure, she gave us the advice that it is not possible that every time you need an exact plan all the time to do something, sometimes plans can be changed in the end time to get success. As per her professional experience she shared that, being an entrepreneur is not easy but when you love your passion, it’s easy to get into it, it’s always encouraging you to do your best. He also told us about the cannabis business that is highly sold in Florida because the cannabis and tourism business is like jelly in rebuilding Florida. By attending this seminar, I learned so many things which motivated me to do hard work as well as get a lot of important information about the cannabis business, too. The most important thing I learned from her is that we all have bad days and good days both, and so many people change their paths but we don’t have to do it, we just have to focus on our goal and go for our path with full of passion and hard work.”

By Allure Porter,

“I really enjoyed the guest speaker Jenny today about cannabis. The part that I can relate to the most is when she talked about how she was the only person

out her friend group that finished school and hung in there because of the fact that she wasn’t a drinker. I can totally relate to that because I am the only friend out of my friend group attending school, thanks to cannabis. I felt like I could relate to her so much especially when she said people use it for different reasons. Because personally, I use it a lot to help calm my anxiety. I have really bad anxiety and that would help calm my nerves and my fear. For example, this year was my first time ever getting on a plane and I was terrified out of my mind, but thanks to my friend cannabis I was okay the entire flight. I love her energy and spirit so much because she was humble. Like stated you can’t be judgmental about someone using cannabis because you don’t know what they are using for. I love that she’s working in a field that deals with someone I actually love. She gave me a lot of hope in making a difference in that industry even if I am majoring in Behavioral Science. I love them. She is humble enough to admit sometimes she doesn’t know what she’s doing and is scared sometimes because I’m actually scared a lot because I feel I don’t have all the information I think I should. Hopefully I will run into her in the future and ask her more questions. Overall I really enjoyed the session”.

By Keonte Space

“Jenny Cohen was a great guest speaker, and I would love to have her visit East West whenever she’s available. Her knowledge of the cannabis industry is very immense and impressive. I personally connect with her because I don’t drink alcohol. She really inspired me to pursue my goal of becoming an entrepreneur in the cannabis industry, despite all the hardship that may come with it overall.

"City Internship" - Scam Or Legit? Is It Worth Signing up?

By Mateo Watson

Reading reviews may not always be helpful but it can give you insight in what you're getting yourself into. City Internship claims to give people opportunities and stated on their website that "CI alumni secure meaningful employment three-times faster with starting salaries 30% higher than their peers." Could there be truth to that? Their youtube page has not been touched since 4 years ago, which is too long for a world we live in. Media is a big thing and some that will help us get better insight on what a person might take part of. When scrolling through their instagram I found it was repetitive; when clicked on a picture first thing I noticed was "How do I know this is not a scam"; another comment was followed up with "can you just do the right thing and refund the money that I paid". But to be thorough I scrolled down to about 3 years to see people who commented. Some profiles can be seen as photoshop, and some were actually legit. I went on to Yelp reviews and saw a comment of someone who attended the City Internship program. She said she was given wrong and insufficient information; she had to pay 3500 dollars for her apartment and she will live with 3 other people. Said she had been told she would be in Manhattan but was placed in Brooklyn Heights.

Kelle also said "anything they say on the site or over the phone is a lie. These people belong in JAIL!!!" Such an amount of tense anger coming from something that should provide you comfort for the decision you make for your future not negligence... Based on my research I would not recommend City Internships.

Grief

By Alexis Johnson

Grief is different for everyone, it's still destroying me. I discovered grief at an early age, five years old to be exact. Throughout the years I have experienced this more than twenty times. The loss that really affected me the most was when my boyfriend was murdered in 2016. It has been six years and I have not accepted the fact that he has died, I still bargain with god. I have accepted other losses that I have taken. Grief is nothing you can rush, everyone's pain is not the same. Some days I can't even breathe correctly because my heart aches. Grief is something I know, something I experience; I want to help others and understand their grief and why they grieve. Listening to someone can help them in so many ways.

What is Grief

Grief is a part of life. "... It is a natural part of loss. It's the emotional suffering you feel when something or someone is taken away from you" (Coping With Grief and Loss, n.d). The pain of loss can be very unbearable. Losing someone you loved and cared about will have you thinking about so many things all at once.

Everyone's grief is never the same, some are harder than others. Your grief will entail mourning, mourning is a huge part of the process. Not only will you grieve and mourn the person you lost; but you will mourn the person they could have been, their dreams, the dreams you both had together. You will also grieve and mourn their smile and laugh. Grief is very chaotic. Grief does have a series of steps, sometimes the steps don't go in order. Many times the steps can last longer than you expected. Other times the steps can last for a short amount of time. Depending on the person.



Five Stages Of Grief

Grief comes in many different steps, five to be exact. First stage of grief is the **Denial**. "With the denial stage, it is very difficult to believe that the loved one has died" (Gold & Adamec, 2016). The first stage is very normal for someone who is experiencing so much grief. Denial gives the mind a chance to deal with the enormity of the loved ones death. Usually when someone is going through this stage,

they begin to tell stories about their loved one. The story is usually about how they lost their loved one such as a friend, family member or a lover. This is one way that their mind can deal with trauma, this is how their mind copes with the trauma. When denial starts to disappear it is replaced with the reality of the loss. The second stage of grief is **Anger**. The anger stage can become a huge weight for the mind. When you are going through this stage, many times your mind is having some many emotions. You become angry at the world but most of all you become angry at the loved one you lost. Many times you become angry at yourself as well. You become angry/mad at the deceased for not taking better care of themselves, you become angry at the doctors for not saving their lives. You become angry with yourself for not going to see them more often or for not even calling more. Everyone has to die, dying is not caused by good or bad behavior. "Kubler-Ross and Kessler say that grieving individuals should not let others criticize them for their anger and neither should they criticize themselves for their own anger" (Gold & Adamec, 2016). The third stage is **Bargaining**. When a person is going through this particular stage, it becomes a heavy weight on their shoulders. They start asking the universe or the god that they believe in for deals. What I mean by this is, they will ask for their loved one back by trying to make a trade. The trade can be a life for a life. Example, If you give me my loved one back, I will go to church everyday or if you give me my loved one back I will donate to a charity every year. The fourth stage is **Depression**. When you are going through this, nothing matters to you. You don't eat nor sleep. Sometimes it can be the other way around where you sleep and eat too much.

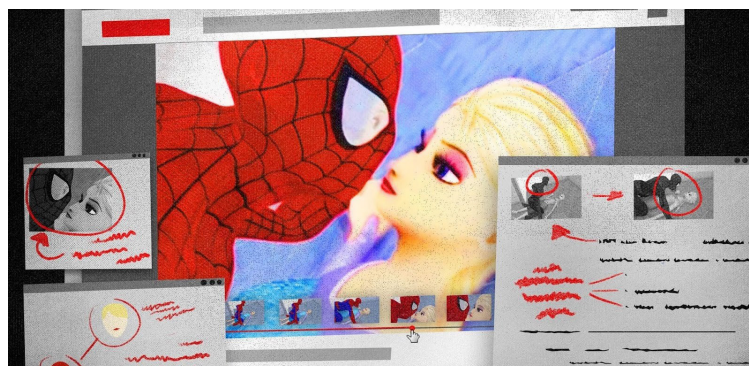
Depression is more about the sadness a person is feeling. Sometimes depression can go into major depression meaning getting treatment and therapy. You have to remember that extreme sadness is part of the process of grieving. The only way to get over the sadness is to go through it. "Yet this sadness after a loss is a normal state of mind in most cases and it would be abnormal for a person to 'snap back' within days or weeks after a loved one has died" (Gold & Adamec, 2016). The last stage of the grieving process is Acceptance. When people hear acceptance they think they will forget their loved one's memory. When you begin to accept the loss, it doesn't mean that the person is okay with the loss.. This means that you are ready to accept that death did occur. Having acceptance means you are now starting to have more good than bad days. "As we begin to live again and enjoy our life, we often feel that in doing so, we are betraying our loved one" Instead of denying acceptance you should start listening to your needs. You can grow, you can move on and you can evolve. Accept death but never forget the good memories. Grief is something that the world may never be able to cope with. People may never truly understand why loss has to happen. Many believe death is an illusion, and believe that none of this is real. Grief does come in five stages; denial, anger, bargaining, depression and acceptance. You can sometimes be in a stage longer than you realize. Make sure you move at your pace, because going through this is a challenge. Remember that it is normal; don't be ashamed to grieve someone you loved. (continued p . 5)

.Remember the good times, their smiles and their laugh. A recent population-based study revealed almost all adults (96%) have felt grief over the death of a loved one at least once in their lives, with five the median number ([33]). Although grief may be a common life experience; it remains a very difficult one. People tend to grieve for up to two years after the death of a loved one; until the impacts of grief and loss such as heartache, sleeplessness, anxiety, and loneliness substantially subside or are no longer present ([34]; [38]). However, some people experience extremely severe and long-lasting, if not permanent, grief ([10]). Although severe and prolonged grief may have been noticed for centuries, Freud appears to be the first to distinguish normal grief from “melancholia” in 1917. His view may explain why depression became a commonly applied diagnosis for severely-impacted mourners ([6]; [7]). “Complicated” is another label that has often been used to designate intense, incapacitating, and long-lasting grief ([8]) (Wilson et al., 2020). This is my GRIEF! This is my PAIN!.

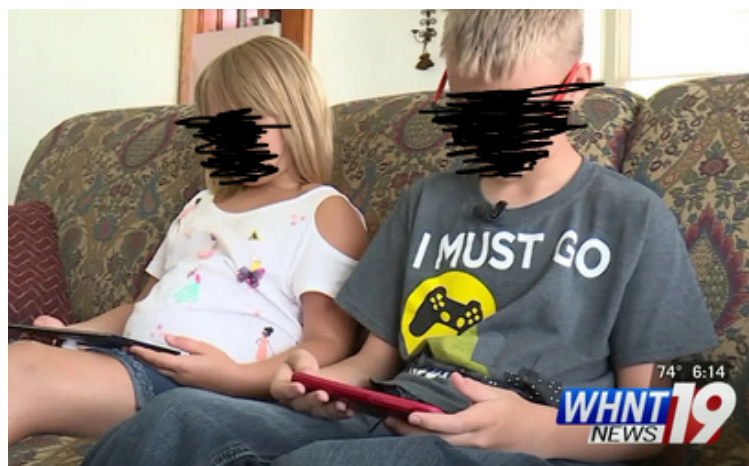
Kids Are Not Safe On Youtube

By Xochitl Nepomuceno

YouTube is one of the largest platforms out there used by many for entertainment and educational purposes. But now, in this day and age, it's used as a distraction tool for kids, replacing toys with screens to calm them down

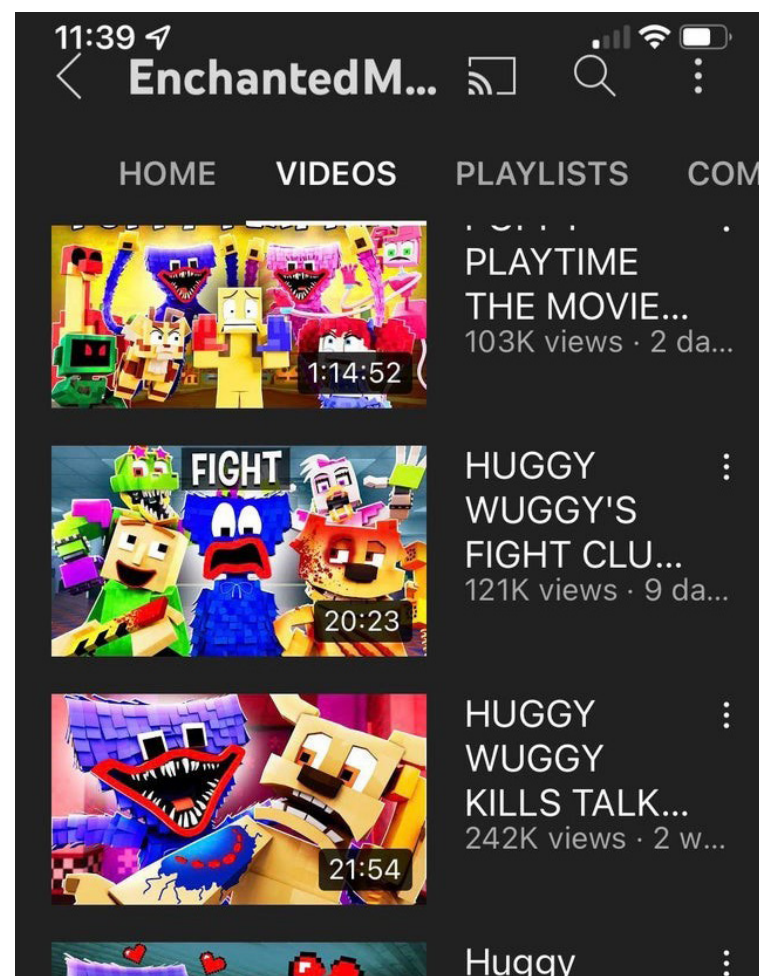


while their parents are busy or tired. It is not necessarily a bad thing, but neither is it good since the internet is a dangerous place and children don't know any better, they need to be monitored since there are always nefarious users finding loopholes in the system to reach children to influence them.



Back in November 2017, there was a phenomenon called Elsagate, where YouTube and YouTube Kids were infested with videos targeted toward children that were often misleading and inappropriate for minors. These videos ranged from graphic violence, sexual situations, and nudity, to fetishes and drug abuse. The name Elsagate comes from the then-popular Disney character, Elsa, from the film Frozen, which was often used in these videos that were targeting children. An effort was made on YouTube's part to stop these videos from reaching kids. They've demonetized and turned comments off of videos featuring kids content or targeted toward kids.

However, this attempt hasn't stopped disturbed individuals from finding loopholes in the system to reach young audiences. As of recently, around October of 2022, Elsagate has made a return, but in a different format. It now uses prominent characters from recent kids media, and it's being marketed towards them using the same type of inappropriate subjects



A couple of things parents and guardians can do to keep their kids safe are; monitoring their screens, making playlists, creating a separate account with restrictions, and manually subscribing to trusted kids channels. There is no guarantee that bad actors won't sneak past the system and make their way into the suggestion page, even with the YouTube Kids app, so the safest thing would be to avoid YouTube altogether and use streaming services, again, with a personalized profile specialized for them. Some suggestions would be Netflix, PBS Kids App, Kiddytube, and Jellies. Help your kids or younger siblings maintain their childhood, and spread awareness to save them from any mental scarring that will affect them in the long run.

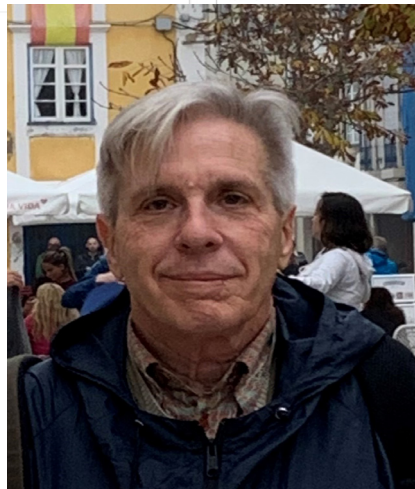
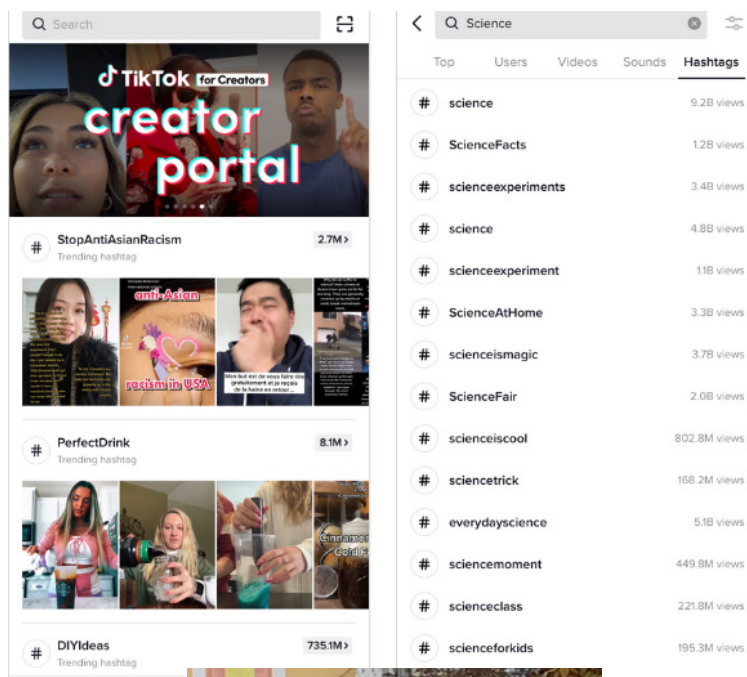
Why Credit?

Do you have credit? Do you know what a credit score is? You can begin a credit line by opening a credit card. If you are a first time credit user, it is best to get a Discover credit card. They have a line just for students! You are able to receive cash back, and are able to get the student discounts. But... why credit? Credit is what you need to start building in order for you to buy a car, or for you to buy a house. Did you know that if you have student loans, or medical debt, it's counted towards your credit? It's always best to pay off this debt as soon as you can!!!. Some tips for obtaining the maximum credit you are able to have are: is; keeping your credit balance below 30% of your available credit limit; paying your credit card on the 1st, and 15th of every month, and never missing a payment. All of these tips are for you to be able to use your credit later on in life. If you challenge yourself to getting more than a 700 credit score, you are above average. You will be seen as someone who can pay off their debt fairly well, and will be more than likely to be approved for (almost) anything you would want!

My Favorite Social Media App

By Abigail Matta

My favorite social media app is tik tok. I use it everyday, especially when I am bored. I like it because although you can add friends on it and you can see their videos, the videos are mostly from random people all over the world. I don't post on my account but I still find the app very entertaining and useful. Here are my pros: the app is easy to use. You can filter out content you don't want to see. You can create videos that express your creativity. If you have enough followers and you post videos that get a lot of views, you can make money off of them. The algorithm will create a feed of videos you may be interested in. You can find tutorials on how to cook, exercise, dance, and make things, etc. People can use it to spread awareness of what is going on in their communities. You can turn off your comments if you don't want to see negative criticism on your videos. You can make your account public or private. You can report videos that you see are unsafe or inappropriate. Here are some cons: the videos you post may get negative comments. It may be harmful to your privacy. It is easy to get sucked in and you may stay on the app for hours at a time. Some videos may be false or what is considered "fake news". It has been used to start trends that have been negative like vandalism in school bathrooms. You may get inappropriate videos on your feed. It is easy to get canceled. People sometimes investigate others and they find out where they work, go to school, and even where they live; that can be very unsafe. With all being said, I still think tik tok is a good social media app to use. I think it is up to us to decide how long we spend on the app, how safe we want to be, what we want to see, and how to stay kind to each other.



Poetry For Public Speaking - Workshop For East-West Students

Mr. Mark Fishbein, poet and educator, the host of DC Poetry Workshop, spoke with East-West students about poetic devices which can enhance any verbal presentation, be it a speech in the workplace, family events, the podium, etc. Students discussed how to use the sound of poetry and the "poetry voice" within a speech to make it special and memorable. Students read sections of speeches - by Lincoln, Martin Luther King, Malcolm X, John Kennedy - speeches that use a lot of poetic devices, and to show the similarities of good practice in both reading poetry aloud and prose (speeches). Here are reflections of some students on this workshop:

By Gulmaz Burinova, Poetry certainly is an art, which permeates everyone's soul and heart. Mr. Mark Fishbein is a talented, well educated person. Firstly, I would like to point out the way he started his speech. He started it with a poem that he wrote. It immediately attracted everyone's attention. The poem was about cell phones and could be applied to each of us. Having finished the poem, he asked us to put our phones aside, so we do not get distracted during his speech.

This is a great way to politely and respectfully ask people to focus their attention on what is really important. Secondly, his speech was well-prepared. He covered all the main things about poetry. The speech was informative, beautiful and interesting. He kept eye contact with us, he changed his voice tone depending on what he was saying, he used gestures. He also interacted with an audience, which made other students more involved. Lastly, Mr. Fishbein ended the speech the way that we were taught to. He encouraged us to try to get closer to poetry, he advised us to search poems on the internet or libraries. Finally, he said that we will definitely find something that is close to us. In conclusion, as a person who admires poetry, who writes poems, who reads a lot of poems, I can say that this event inspired me as the more you learn from people who are better and know more in a certain field, the better you get.

By Nirvana Guzman

I was really impressed by Mr. Fishbein's way of speaking to the class. The way he had his speech organized in a portfolio made him seem very professional from the beginning. His hand outs kept the audience engaged with his words as well as backed up every point he was trying to make. I've always liked poetry and sometimes I've even thought about writing my own book. So I knew a lot of things he talked about already, such as figurative language, assonance, consonance etc. I wish more people paid attention to poetry. Recently I've been into reading Arabic poetry. There is something so beautiful about people describing their passions and loves in forms other than essays. Poetry is so much more personal, and that's what I love about it. Books take you into the story, poetry takes you into the poet.

By Emily Nemicio

It was a very pleasant event, surprisingly so. I am used to being disappointed by seminars on subjects I am actually interested in but this was wonderful to me. I enjoy writing in many formats (journaling, poetry, and short stories) but I only just write without fully knowing what I am doing per say.

I've been told by friends and family that I write well, along with some teachers, but I think this will definitely help me feel more confident in my writing because I had someone lay out the "rules" of writing poetry in a simple way that didn't actually confine me to something. I know writing is a way of expression but sometimes with all the English rules to follow I begin to dislike it and this was the complete opposite, it felt like someone telling me hey you can write and it's ok to do it your way. It felt really good to read out loud in class (though I wish I had had time to ask Mr. Fishbein how my speaking was) because I didn't feel like doing it for some recognition, actually it felt like the poem was calling out to me to read because I needed to find it. Other than my joyous emotions I did actually learn some things about how speaking and writing changes from person to person and language to language. The comment that great writing and great speaking aren't always in the same person was comforting to know: sometimes you compare yourself to the greats, but even they have flaws, which we tend to forget.

By Aaliyah Riley

It has always been an interest of mine to read or make poetry. Since I was young I enjoyed the way people speak in patterns and rhymes either in their music or in their writing. Since I was always surrounded by music, music has been an important inspiration for me. As my siblings and I loved music, I was interested in learning more about the meaning and lyrics of the songs. When I was young I would listen to the lyrics and resonate with them and even try to make my own interpretations and imitations. At this time, I never realized this was poetry. When I got older I realized that poetry is everywhere and it is such an underappreciated form of art. As Mr. Fishbein was speaking it almost felt like he was reading a poem and it had such an artistic feeling to his words. That is what I believe is the beauty of poetry.

Walking Away From Toxicity

By Salma Maldonado

Review of Hardin, Garrett. "Lifeboat Ethics: The Case Against Helping the Poor." 1974. *Advanced Composition and Critical Thinking Course Reader: War and Peace*. Comp. Jason Wohlstadt. Modesto Junior College, 2012. 66-73. Print.

Everyone develops their moral values during their upbringing and based on previous experiences they have been involved in. These morals and ethics determine what type of person someone is and how they will go about situations they are put in. This all weighs down to what a person has been through in their life to shape their beliefs and decisions and what one person may view as ethical, another may not. Conflict arises when an individual makes a decision for themselves that may not have been what someone close to them would have done. I can personally relate to an ethical dilemma that ultimately interfered with a close relationship I had with one of my friends at the time. One of the hardest parts of a friendship is loving every part of your friend, including their flaws. If you cannot handle them and their flaws they should not be your friend. In this situation, I relate to the short stories *The lifeboat Situation* by Garrett Hardin, which discusses the dilemma of whether people on a lifeboat should allow swimmers onto the boat given the circumstances, and *The Ones Who Walk Away from Omelas* by Ursula Le Guin, which goes into depth of how happiness is not possible if there is no suffering and what extent society will accept suffering in order to sustain a sense of eternal liberty. These stories both projected into my life because I had to either stay and put up with a friend who constantly put me down or I choose myself and never look back. The telling difference between *The lifeboat Situation* and *The Ones Who Walk Away from Omelas* is that in the lifeboat it is a decision between staying in a life-threatening situation and saving other people or saving yourself before allowing other people onto the boat.

Whereas, in *The Ones Who Walk Away from Omelas*, the decision is up to the citizens if they want to live in a utopian society amid a child getting tortured under their knowledge or leave the society with no knowledge of what is out in the unknown. Although one short story is a life-or-death situation while the other is about choosing a lavish lifestyle to sacrifice someone else's well-being, both share the same concept of choosing what is morally right for an individual. The stories leave room for no wrong answers because they are opinion-based and give a perspective on morality in fictional situations. In my situation specifically, I met my current best friend in my Nursing Assistant class. We immediately clicked and it almost seemed like fate that we were assigned to sit right next to each other on the first day of class. Then came along another girl, named Valerie, who tried to work her way into our conversations it initially bothered me at the start, but she eventually grew on me. Society says trios never work, and in this case, I should have turned my hearing on and listened to society for once. We were all inseparable and did everything together and even worked at Olive Garden with each other. I could not fathom that I was allowing myself to not like someone based on a vibe I got from them with the first initial encounters. However, as time progressed, as well as our friendships, I began to question how much Valerie valued me as a person and as a friend. She would make small backhanded comments and display them as jokes, which in the moment did not rub me the wrong way until I came home and reflected on everything we talked about that day. She also hypocritically forgave men that did her wrong but go on and on

about how foolish I was when I would be in similar situations. All this pent-up frustration made me upset because I had nothing but love for her, but it was beginning to be hard to love myself when every move I made was criticized or trampled with advice that was not warranted. If I left the friendship with her I was fearful that my relationship with my best friend would be tainted because of the dysfunctional dynamic that became our friend group. One day, with the grace of the universe we were all put in a situation that ended up involving her mother. Valerie had gotten into some issues with her parents for the past couple of weeks and as her friends, we told her to lay low until her parents trusted her again. However, she continued to push her limits until one day we were all hanging out together, her mom tracked her location and found us at the park. She was screaming at Valerie and began to start yelling at us over stuff we were not even involved in. The final straw was when her mother started digging into wounds that have not been healed yet and telling us that we were all accomplices to each other and needed help. This is just a surface-level explanation of the depth of the situation but essentially I had to pick continuing to put up with the rollercoaster of a friendship or simply run away. In the end, my best friend and I did just that, run. It was the hardest, yet most freeing decision I have made and I am blessed that I did not have to go through it alone. This experience was the first thing that popped into my head when we began discussing ethical dilemmas because many people would go about my situation differently. I took it as a sign that this was the only escape from the toxicity but others may view it as giving up on someone because of their family, which they have no control over. Morally, I feel justified for cutting off the friendship but in her perspective, I understand that she may have felt that I was not authentic for leaving as soon as life hit us. In *The Ones Who Walk Away from Omelas*, the utopian

society seems perfect on the outer surface, but when digging deep into the foundation of it, the perfection crumbles because of the underlying virulence of it all, which is how I perceived the structure to our friendship. I had to essentially jump on my own lifeboat and leave the bond we built to protect myself and my sanity. To this day, I think about her a lot. I contemplate my mortality and why I did what I did and what I could have done better. My story, however, does not give room to analyze what to do with morality or ethics like *The lifeboat Situation* and *The Ones Who Walk Away from Omelas* since it already happened. Both short stories dissect the concept of what people believe is the right or wrong decision when it is all up for interpretation of the reader. My situation tested what I valued as a person and both short stories allowed me to reflect on myself and had me question if I was a morally righteous person.

Why Does Rideshare Cause Traffic Problems

By Muhammad Nadeem

A few years ago, when rideshare companies were introduced in the US market, traveling changed. With a few taps on the phone a person can order uber to go anywhere. A person shouldn't have to wait for public transportation hours and hours to arrive. Similarly, anyone with a smartphone and a car can join rideshare and can be their own boss to drive around and make some extra money. So this huge investment from rideshare companies changed the traveling style. But when there is a huge advantage there is always a disadvantage. When there are lots of cars everyone wants to drive for extra money. So people started joining these rideshare groups which started with a great problem of traffic flow. Especially in the rush hour when there is a huge advantage there is always



a disadvantage. When there are lots of cars everyone wants to drive for extra money. So people started joining these rideshare groups which started with a great problem of traffic flow. Especially in the rush hour when there is a huge traffic on the road obviously people who are driving for rideshare companies will be in that pile but they are looking for the customers. There are many people who don't want to go by public transportation and use rideshare to save time waiting for the train or buses to arrive. So these rideshare drivers majority of the time wait by double parking on the road creating huge traffic jams especially in the rush hour is just crazy. According to the policy of rideshare they have to wait for at least 3 minutes for the passenger to come then they are able to cancel the ride and get paid for that no show passenger ride. So obviously if a driver is traveling for that passenger and if the passenger doesn't show up they won't just leave they will wait for that certain amount of money to come by which they are creating a lot of traffic problems. Almost 80% of the cars on the roads are registered with rideshare companies. From this you can guess how much traffic will be created. Although, rideshare drivers may use unoptimized routes which may also cause congestion to traffic. City wide the speed limits have decreased because of this problem which also gives an impact to traffic. Since there are a lot of rideshare cars on the roads, there are some sedans, suvs and minivans. So if one person is ordering a ride and if the suv comes there is still 3 to 5 people space in that vehicle, so instead of taking (continue p.8)



1 person in the car they can also take others to the same or almost the same location which may help traffic flow. There will be less traffic and fewer cars on the roads which will be good for the people as well as the environment. Since, there is a huge traffic created in the city by this ride-share they may also be risking someone's life by blocking the traffic flow. If there is traffic on a one way street and the emergency services want to go through that street they may not be able to reach the destination on time and someone can be losing their life. However, this is a great invention in the market but there are still some improvements which have to be done in order to make people's life easier and better. In conclusion, I'm not against rideshare companies but they need to improve themselves by educating drivers and reducing waiting times for passengers on the roads and not to double park. Also they should think about alternatives to how to improve traffic flow and not create traffic

Atamjit Singh's Work And His Talk To East-west Students

By Charles Hopkins

Atamjit Singh; A famed playwright throughout India and beyond, has had no issues sharing his insights about the world through writing, lecturing, and public speaking. He is renowned not only for his ingenious plays but also for his ability to open our minds through the examination of them.

Now at east West University, Atamjit expounds upon his motivation and process as an artist by discussing his play inspired by the First World War which he solemnly called "the great war" because of its impact on humanity. Atamjit is no stranger to the pains of the world, yet what separates him as a creative is his desire to transmute this pain into wisdom. When speaking of "The Great War," Atamjit says "in war nobody wins" his work explores the devastating impact of the First World War on humanity as a totality, delving into the psychological and emotional toll it took on soldiers and civilians alike. He masterfully weaves together multiple perspectives and experiences, providing a nuanced and multifaceted portrayal of the war and its aftermath. Atamjit's use of imagery and symbolism adds depth and meaning to his work, as he employs them to convey the horrors and atrocities of war, as well as the resilience and humanity of those affected by it. His writing is both raw and poetic, evoking a range of emotions in the audience and leaving a lasting impact. One of the most striking elements of Atamjit's work is his use of rhetorical devices such as metaphor, irony, and satire, which he employs to challenge dominant narratives and ideologies. He encourages the audience to question the status quo, a visionary, His plays often delve into the complexities of human relations and societal issues, challenging the audience to question their own perspectives and beliefs. Trans-disciplinary in his approach, Atamjit seamlessly blends the past and present,

the historical and contemporary, to create a narrative that is both relatable and thought-provoking. Furthermore, Atamjit is known for creating characters that are relatable, complex, and multidimensional, that can evoke empathy and understanding in the audience. He explores the human condition and our shared humanity, highlighting the universal themes of love, loss, and hope. He uses his work to unite us all. Through his plays, Atamjit invites the audience to engage in a dialogue with him, to question and reflect on their own experiences and beliefs. He challenges us to see the world from different perspectives and to strive for a more just and equitable society. Atamjit's work is not only a reflection of his own insights and experiences, but also a call to action for us to actively engage in the world around us. In conclusion, Atamjit Singh is a truly remarkable playwright whose work has the power to open our minds and hearts, to challenge dominant narratives and ideologies, and to inspire us to strive for a better world. His work is a testament to the power of art as a tool for social change. He uses his platform as a playwright to educate and inspire change in society. His ability to transmit complex ideas and emotions through his writing is a true testament to his skill and artistry as a playwright. He has undoubtedly left a lasting impact on the world of theater and on the hearts and minds of his audience.



Burger Alley - New Restaurant In EWU Lobby!

Review by Brianna Jones

Chicago Burger Alley opened last winter of 2022, working out of the East--West University building. Alley is open to anyone, teachers, students, and residents. The company goes by the name of Alley because It plans on having a chain of Chicago alleys; another one, Barbecue Alley, will be opening somewhere soon. At the East-West location, Shaggy is one of the amazing employees who works for Chicago Burger Alley. During our visit, he was kind enough to answer our questions about the company and the food. The restaurant setting is of vibrant colors as well as dark colors which give it a nice touch. Street lights, as well as led lights hanging above the ceiling keep the theme of a street alleyway. A balcony is planned for the summer. I decided to try their menu, ordering a variety of items under \$30 dollars, such as the Alley Bird. This crispy chicken sandwich is cooked well, and served on a butter bun. The Impossible Burger is plant based which is good for those who eat healthy. The fries are very salty, but enjoyable. Jeff's chocolate chip cookie is made with sea salt; very moist in the middle and not too rich of a chocolate. The chocolate milkshake has real fudge inside, and is made of oat milk. Burger Alley only sells burgers and sides, and I'm really not a big fan of burgers. The food presentation was great. People who are vegan will probably enjoy the lettuce wraps, the plant based burger, as well as the oat milk milkshakes. Burger Alley has been open for about two and a half months, doing well so far as getting customers, and planning on building another business within a year. (continue p.9)



Burger Alley offers their No Moo shakes which come in all flavors from strawberry to banana and are made with oat milk, and lactose free. They are delicious, and an excellent addition to any meal. If you are looking for a wonderful burger joint that offers outstanding service with a health-conscious menu, look no further than Burger Alley. I was impressed by their hospitality and dedication to customer satisfaction as well as by their openness and impressive tasting food. I highly recommend it to anyone strolling down Wabash looking for a quick and amazingly prepared meal, made with you in mind.



Review By Jayvon Hatton

Burger Alley, the restaurant located in the lobby of East West is a great place to enjoy high-quality burgers and other delicious food. The owners of Burger alley are Jeffery Benzons, Jiwon McCartney, and Sandy Kim. The chefs at Burger Alley previously worked under Gordon Ramsey, a famous chef and food critic. The menu also has a variety of different savory food selections ranging from Burgers; the Single Alley Burger and the Double Alley Burger, a chicken sandwich. The Alley Bird, and food for vegetarians; the Impossible Burger. They also have two excellent sides; Alley fries and Jeff's cookies, both made fresh and crispy. Along with great food, Burger Alley has a great selection of beverages to choose from with No Moo shakes, made with oat milk and

The overall environment within the restaurant was just a warm good feeling. The red and gray walls within the restaurant just make you want to develop an appetite to eat. Also, they have great music playing along with funny entertaining videos playing throughout the day which is great for background entertainment while enjoying some high-quality food. Burger Alley employees are very friendly and kind when dealing with customers and answering any questions you may have. So, the next time that you're hungry and need some good food, along with some entertainment in a great environment; to destress away from classes and anything else, come to Burger Alley. Last but not least, they will soon offer a student discount for all East-West university students and even include a reward membership for loyal customers who love and enjoy the food.

Mental Healh On College Campuses

By Maria Ozuna

The first year of college after high school graduation is an exciting time for young adults as many view it as an opportunity to party, make new friends, discover themselves, and enjoy the freedom high school didn't allow. But depression can get in the way Since the start of the COVID-19 pandemic, depression and anxiety symptoms have increased dramatically among the population, but especially young students. A study conducted by the Mayo Clinic found that 1 in 3 college students have experienced symptoms of depression and anxiety.

These symptoms can include:

- Difficulty in completing school work on time or at all
- Loss of pleasure in activities once enjoyed
- Changes in sleep or eating patterns
- Lack of energy
- Thoughts of self harm

While it is important to know the symptoms to be able to offer resources, it is even more important to understand why young adults feel this way. This leads back as early as middle school and high school due to the early morning and late afternoon schedules schools imposed on students when rivaling against education administrators. The goal was to fill student schedules with clubs and extracurricular activities in order to receive more funding and overall better ratings among other school districts. Hyper-achievement. Pushing students to their absolute limit. This puts an unrealistic amount of pressure and expectations on students that are still learning basic life skills such as cooking, doing laundry, learning how to drive, etc; on top of everything else they're expected to do. These skill deficits follow them into college as this is the first time most students are away from home and are to cook their own meals, figure out their own transportation, manage money, balance clubs and classes; basically left to figure it out. It is imperative for parents to teach their children school-life balance with some parents even letting their child take a "mental health day".

Some Tips For Parents:

- Introducing life skills at an early age, chores.
 - Setting realistic goals and expectations
 - Freetime for hobbies and interests
- Risk factors include:
- Being female
 - Low income•Being a person of color
 - STudents who are LGBTQ+
 - Students that are caregivers
 - Family history of depression
- (Continue p.10)

Review By Demia Owens

My class took a trip to Burger Alley. The theme is literally an alley; its vibe with the lights and the music makes you feel like you are in a real alley. We reviewed the Single Alley Burger, the Impossible Burger, and the Alley Bird chicken sandwich. The Single Alley is an original burger with the chef's secret sauce. It was juicy and delicious. The Impossible Burger is made with soybeans, but it was ok for a veggie burger. The Alley Bird is a fried chicken sandwich. It was crispy and seasoned. You can also get grilled chicken. We also had the Alley Fries and Jeff's Cookies, the chef's special recipe of sea salt chocolate chip cookies. They were crispy and fresh. The Burger Alley is open Mondays, 11 AM - 5 PM, Tuesdays - Saturdays, 11 AM - 10 PM, and closed on Sundays. Come on by and try the food. You won't regret it. Burger Alley is located in the lobby of the East Building at East-West University, so just come downstairs, for dine in or take out service. Burger Alley also delivers.

Review By Charles Hopkins

Burger Alley adds a glorious Chicago spin to the average burger joint; it already boasts 50 to 100 customers a day and it only opened two months ago. It was founded by owners Jeffrey Benzo, the chef who has worked under Gordon Ramsey, Jiwon McCartney, and Sandy Kim. Its attraction is due to its welcoming energy and delightful ambiance which instantly pulls you in. The atmosphere is brightly colored and exciting, inviting the curious. As soon as I walked in, I instantly noticed the playful energy of the place. With lights hung about and long spacious tables which encourage conversation. Catering to students of East-West University and residential customers alike, Burger Alley is an excellent choice for a fast, delicious meal. When I walked in, I was greeted by one of the most hospitable hosts ever, by the name of Shaggy. He was so friendly, and willing to offer suggestions for meals he thought I would love, even going so far as to tell me about his personal favorites. He offered a sample of the Jeff Cookie, which is the personal recipe of the chef. The cookies were warm, and sea salted for a savory, memorable taste. There are many food choices for and fun. Oh, and did I mention, the butter buns are gluten free!

WHY SPORTS SHOULD ALLOW DOPING

he works at the library committing his time there to help around on and off the court, he is being the best version of himself. Kurtis Shannon is another player I had the opportunity to interview for this article! A lot of you may know him around the school with him being a very well-known person, so does this one even need an introduction? MW: What made you wanna join East-West? Kurtis: When I was getting recruited, I looked at coach Posley as a father figure. He told me the truth that I was gonna come in and play and get my chance to shine, that was icing on the cake for me. MW: How has East-west impacted your basketball career and future as a student? Kurtis: It helps me travel and being able to be seen by bigger schools and get my name out there as a basketball player. As a student, I'm here to graduate and play basketball. This a somebody who knows what he wants and is ready to go out there and get it at any means.

Let's go, Phantoms! We have amazing players coming into this school, let's start celebrating and cheering them on, and bring back the spirit and joy to the team and to the school! Phantoms are on the rise and we as the school have the entire team's back.

MLB in the '90s, NFL in the '80s, and Pride FC in the early 2000s: most people consider these periods to be the golden eras of their respective sports. What did all these periods have in common: rampant drug usage and very lenient regulations. As someone who doesn't currently and never has watched baseball, I can say that even without being a fan, I've heard so much about the electricity surrounding baseball during the '90s when almost every major superstar in the sport was using some form of steroid. Now compare it to the state the MLB is in now, a shell of its former self. Now look at how the NFL was in the '80s, the defense was at an all-time high, and the grittiness of the game was at its peak, spearheaded by superstar Lawrence Taylor who was eventually busted for cocaine usage twice in 1987 and 1988. Compare that to how the NFL is run now, with a whistle being blown every two seconds, and tell me what you as a fan would rather see. Then there's MMA and more specifically the Pride FC organization in Japan, Asian countries have a longstanding history of having very lenient drug policies regarding MMA, and Pride FC was not an exception to it. In a span of seven years, Pride FC had six out of seven Fight of the Year awarded matches. The lenient drug policies aren't just restricted to Pride FC though, as the UFC itself up until 2015 didn't drug test as much as they should have, and while they still drug tested periodically, fighters still had loopholes such as testosterone replacement therapy, a method that fighters would use to boost their testosterone, thus being able to put out more volume in their fights. As someone who understands where casual fans are coming from whenever they call any of these three sports boring, one of the major ways these sports could bounce back is to not enforce doping, but to at least allow it, especially due to the dying viewership numbers of not just sports, but television in general. With television executives always willing to do whatever to attract more viewers, why would you turn your head away from this?



Congratulations!

Fall 2022 Dean's List Students

Vanga, Joey	Vhora, Asmaben
Lee, Adrian	Vhora, Asra
Ruiz, Kira	Khan, Hanan Mohammed
Williams, Bryce	Gupta, Nagesh
Tinoco, Piero	Patel, Avin
Bolanos, Judith	Ameen, Meisha
Yacoubou, Mujahid Dine	Syed, Shamsuddin
Alonso, Cindy	Conejo, Gisselle
Morales Gonzalez, Jhair	Zhen, Raymond
Salinas, Dafne	Khan, Naila
Velazquez, Jocelyn	Jalal, Fariha
Teklegergis, Tomas	Khambhadiya, Sanket
Ortiz, Andreus	Gosnet, Elvis
Gonzalez, Carlos	Ortega, Tania
Gonzalez, Arli	Vahora, Safa Sidikbhai
Laiba, Fnu	Torres, Xareni
Vahora, Mohammad, Shoaib	Patel, Dristy
Parveen, Ayesha	Gomez, Hannah
Chavez-Parra, Judith	Mata, Abigail
Aviles, Fhernando	Biaggi Rossi, Dario
Medina, Geancarlo	Medina, Kimberly
Corpus, Gabriela	Bernal, Mario
Araujo, Crystal	Jamison, Chris
Ahmend, Sabeen	Sokolova, Yuliia
Chaudhari, Diya	Yelshyna, Olena
Chaudhari, Srushtiben	Nemecio, Emily
Aguilera, Bryan	Trejo, Carlos
Patel, Meet	Godinez, Jose
Vahora, Mahammaduzer	Ramirez-Reyes, Milagros
Patel, Mahir	Padilla, Cristopher
Patel, Mihir	Baltazar, Cesar
Mirza, Abdul	Jani, Khushi
Hardman, Maxine	Morcillo Martinez, Marina
McGee, Shantera	Italiya, Dhavalkumar
Patel, Virang	Weng Liang, Diego
Patel, Vishrutiben	Compton, Brandon
Salman, Berha	Morales, Natalie
Truss, Maurice	Deres, Htbret
Morales, Adrian	
Ruiz, Erika	
McNulty, Alexis	
Lopez, Christian	

Fall 2022 Honors Students

Khoda, Bhavya Vijaykumar	Hernandez, Arly
Arshia, Noori	Nassuuna, Mary
Mohammed, Hannan Shareef	Guzman, Omar
Soni, Viren Nimeshbhai	Zendejas, Yesenia
Pesina, April	Cook, Khysiera
Aguilar, Allen	Zavala, Natalie
Paniagua, Carlos	Hargrays, Kwyanna
Wright, Whitney	Petties-Bass, Nadine
Aguilar, Guadalupe	Taylor, Phillip
Marchan, Amanda	Scott, Shawnise
Hernandez, Joshua	Delarosa, Angel
Salinas, Esmeralda	

INTERNATIONAL WOMEN'S Day

*To all the wonderful
and strong women.
You make the world
such a better place to
live in.*



Free help available!

Come visit the Student Success Center at EWU.

- Do you need help with managing stress and anxiety?
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Stop by room 319W or email us at studentsuccessctr@eastwest.edu to set up an appointment.

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