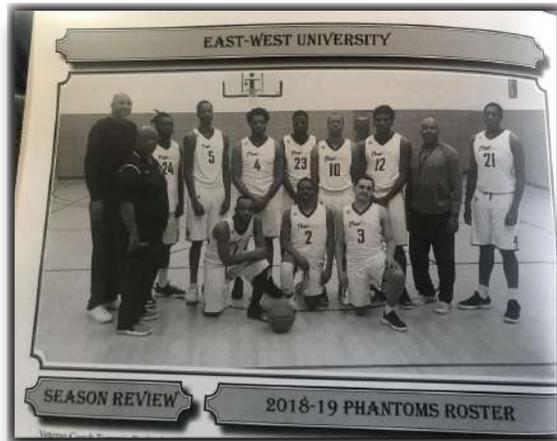


East-West University Men's Basketball Team Makes History!

By: Isaiah Grace



For the first time in EWU Men's basketball history, we were a part of a national tournament. The event was a Christian College National Invitational Tournament in Oakland City, IN. Oakland City University was the host and there were eight teams competing in total. The other six teams were; Campbellsville University-Harrodsburg, Campbellsville University-Somerset, Johnson University-Florida, Rhema College, Southeastern Baptist College, and Wilberforce which was the defending champs. The tournament was held on March 7th-10th so it was an exciting week for the basketball fans in Gibson County.



The EWU Phantoms after the team's banquet.

As all the teams arrived on March 7th the first event that took place later that night was the team banquet. At the banquet the host gave knowledge on the history of basketball and of the tournament itself. The coaches of each team were able to talk a little about their teams and acknowledge certain players. The players go a chance to enjoy a nice dinner, bond with their teammates, and meet players from the opposing teams. On March 8th East-West opened their first game with the defending champions which was Wilberforce. EWU came short five points which resulted in a loss. The next day, March 9th EWU had a chance to bounce back with a win against Rhema college and so they did! They won by a blowout. On the last day of the tournament March 10th, EWU was match up to play Johnson University-Florida for 5th place. East-West university won by a large margin, and for the first time they placed in a tournament!



Senior, Isaiah Grace Farewells to college basketball.

Even though the EWU Phantoms didn't not take home first they still enjoyed the trip. Bonds became stronger, they gained memories that would last forever and brought home a 5th place trophy from a national tournament. I have a feeling that that was the first of many to come in the future of the Phantoms. EWU had a bumpy season, but they seen a lot of competition and didn't back down. Next year I'm sure they will bring first place home!



Congratulations to Guillermo Rodriguez

By Christian Simpson



CONGRATULATIONS!!!! To Guillermo Rodriguez for being selected and attending The Lincoln Academy of Illinois for student laureates.

in Illinois is awarded the Abraham Lincoln Civic Engagement Award. The Governor bestows the awards.

They become Student Laureate of



He worked really hard for this honor and he described the experience as being "surreal", in his own words. The honor is given to outstanding students for the work they do at school and in their communities. According to the Lincoln Academy website, "Each fall, an outstanding senior from each of the four-year degree-granting institutions of higher learning

The Lincoln Academy of Illinois. In the spirit of Lincoln, Student Laureates are honored for their leadership and service in the pursuit of the betterment of humanity and for overall excellence in curricular and extracurricular activities". Selected students travel to Springfield, meet with the Governor of Illinois, and attend a meet and greet lunch.



The
Lincoln Academy
of Illinois

Medical Internship in Greece

By: Calvin Jackson



I was blessed this past December to have the opportunity to study abroad. I got accepted through the Atlantis Project Fellowship to shadow and observe surgeries



in Thessaloniki, Greece. I didn't know what to expect but I was excited to meet 13 other students from around the country. There were students from California, Washington, Maryland, Tennessee, Massachusetts, Georgia and all over. I was proud to be the only one representing from Illinois. Everyday we left out at 7am and took the bus together to Papanagorgiou Hospital. The first day we stood in a group in our white coats not knowing what to expect. She then called out my name which was the first to be called and told me that I was assigned

to cardiothoracic surgery with the cardiology team. My heart started beating fast when she said that. She escorted me to the men's locker room where I had to change into scrubs and get geared up before entering the OR. This became routine for all ten days I was there. The first two days I was inches away from two separate open heart surgeries. I saw them crack the sternum and I looked down into the aortic arch of the heart as they scraped out rock-like calcification from inside. The next two days I was with the orthopedic surgery team. With them I saw two hip replacements. This was so different because it wasn't as delicate as the cardio team. They used hammers

and drills and saws. These surgeons were the best though. They quizzed us asking questions about anatomy and let us get up close and personal. On day two he even asked me repeatedly if I wanted to scrub up with him but I refused because of the Atlantis Project rules. The last two days I was with the E.N.T surgery team. When she assigned me to this I wasn't too happy because I had no idea what it was. This department turned out to be my favorite. E.N.T stands for ear, neck, and throat. On day one I saw a cochlear implant on a 4-year-old girl. Everyone watched on a

TV screen as the surgeon tried to attach the cable to the cochlear nerve of the little girl. After about 45 minutes of trying he finally got it and everyone in the OR cheered out of relief. After that surgery I observe a throat cancer removal. They cut a man's neck and removed the cancer. This was very delicate and time-consuming because of all of the nerves and arteries in the neck. It was really cool to see all the tools they used for this surgery like a nerve finder. It would buzz like an operation if they hit a nerve telling them to mark it so they won't damage it. On day two of E.N.T we made rounds through the department with the head of ENT. We saw the patients from the surgery the day before. I was in a group of about 10 doctors and surgeons as they gave updates on the patients like how they do on TV.



It was an amazing experience and the food and culture was breathtaking. I made friends that I will stay in touch with throughout my journey to medical school. I have many pictures and videos if you are interested find me and I will show you. Also, if you are interested in studying abroad for the summer I have a list of awesome countries that will be hosting the Atlantis Project and people I can get you in touch with!

What Does Health, Change & Success Have In Common? YOU.

By: Cherqura J. Wilson



What is the key to life? Some may say that it's happiness, maybe even peace, and on that point I think they are correct! However, I believe one of the greatest keys to life is one's health. Good Health.

Taking a step back, health is the condition of a person, whether it's good or bad, internally. Being

healthy is feeling and being at your optimum, (physically, emotionally, and mentally), at all times.

Obtaining good health doesn't just come overnight, like everything else in life, it must be achieved. If

your current state of health isn't where you'd like it to be then change. If you don't enjoy being overweight, change. Additionally, if you have anger issues and lash out at people unexpectedly, change or get help. Often times we want to change when we realize a problem, but because of pride or

whatever other reasons, we don't ask or seek the assistance needed. When it comes to self progression

we cannot be ashamed to express ourselves and open up to people that can aid our struggle.

Change because you want it and you have a desire to be great. Stop waiting for negative situations in

your life to occur to then change. It helps, however, be strong enough and have the willpower to not just want better in your journey, but to actually produce

greatness.

Success is dependant on your health; when you feel good, in particular mentally, there is nothing

you're not able to execute. Being healthy is a great start to gaining a better self esteem and self image. There's an old saying, "when you know better, you do better". So, if you're not sure where to begin to attain a healthier life and merely want change, below are a few simple tips to help!



1. Drink Water
2. Take a walk outside
3. Think about the things you're grateful for or moments when you were happy
4. Take deep breaths throughout your day
5. Stop talking about your problems and start finding solutions to them
6. Go visit your Doctor for a health update
7. Hang around positive people
8. Join a gym to help release stress
9. Engage in conversations that uplift you & don't leave you feeling melancholy
10. Do something good for someone

Hope you all enjoy these tips I personally apply to my life that help me in so many ways!

Cherqura Jamila.

Fashion/Vintage Clothing Collaborations

By Tajee Crawford

I chose fashion because I'm into vintage clothing and I like to also design and distress certain t-shirts and jeans.



"James Jebbia"

The brands I like the most are Supreme, Thrasher, VLONE, Stussy, Polo, Guess and Y8. What I know and understand is that creativity comes from within and tons of fashion designers come up with great ideas for their clothing and how they market their brand. After I discovered the research of these different clothing brands the new things learned was how they market their brand through the

internet exclusively and through social media with their products and how particular brands collab to make their clothing more unique. I think that is cool.



Q: Why do brands like Supreme and Thrasher collab with big time clothing brands?

A: A\$AP Bari "expanded his brand (Supreme) to other stock markets around the world for their streetwear to be relevant and popular". Supreme (brand) claims that "its headline-grabbing collaborations, cult-like following and consistent sell-out products, Supreme might be one of the biggest brands in the

world right now". What I learned about vintage clothing and its collaborations is the style of their clothing is different and very creative and top sellers for streetwear around the world are interested, so that people can spend big money on vintage high-end clothing. Brands collab with brands like Supreme and Thrasher because of the partnerships they have with each other and to me, it makes both brands more interesting and cool. Also, they do it to make more profit off each collab they partner with.



"A\$AP Bari"

Return My Tall Tree

By Deandra Raglin

You are older than me by 2 years
Protected me so I would have nothing to fear
No one knew of my pain because you were my tall tree
Every inch of you hovered over me for 15 years
When I had nightmares of my tragedy you reassured me you were near

I felt her slipping from me each day, until the time was here
My Tall Tree no longer stands in front of me
My pain is written on my arms, in my eyes, and within my life

I need my Tall Tree to shield me once again
Anger is growing inside, spreading hatred through my veins

She was light, and I am darkness
I learned to cope within her shadows

Mother and father are unproud of me, I am not the daughter they thought I would be

My dear Tall tree I have tasted the light now please come back to me

I understand that she has made some mistakes

BUT, the biggest mistake was leaving me to break

Questions about my visible pain rises from mothers' mouth
Mother has no clue what happen to her little girl she once knew all about

Father is worn out from keeping the breath inside me, he never liked the color black so why blame thee

Brothers and sisters think that I'm utterly crazy, but they just don't understand, and I can live with that You standing guard being my visible shield was something I loved, I'm not ready for the help I need so Tall Tree come back to ME PLEASE

Stress Immunization

By Monika Dowlaszewicz



Imagine how nice it would be if by one simple injection we could get immunized to stress. Think of being able to isolate the good, motivating stress from the long

term one which affects our health. It would seem that relaxation is very simple. Why then do we have such problems with natural relaxation?

Perhaps it is because we rarely saw our parents resting, or maybe because we are constantly postponing relaxation and trying to deserve it. Some of us know very well why we do not relax according to our needs but we don't think about it very often. We are back from work and we are getting to work, we still have another job planned in our heads. The constant worries sit not only in our heads, they lie on the liver, they block our heart and affect our overall health. How much more will you endure?

In ancient times, man reacted to stress in two ways: by fighting or running. Regardless of which option he chose, his muscles worked. Nowadays, fear is over-

whelming our mind just as it did centuries ago, only the reaction is completely different. We fight using words, not muscles, usually sitting - not running away. So what happens when cell memory causes our muscles to stretch in stressful reactions? They get stretched and it stays like that. Muscle tension doesn't go away. It affects our health and well-being. Without finding another outlet, the bad energy turns against us. It takes on a variety of forms: from insomnia, depression, irritable bowel syndrome and ending with a heart attack.

There are many forms of relaxation such as exercising, deep breathing, yoga, massage, aromatherapy, autogenic relaxation

or visualization. It doesn't matter which relaxation technique you choose. What matters is that you try to practice it regularly. We have to remember that relaxation techniques are skills. As with any skill, your ability to relax needs practice. We should be patient with ourselves. We cannot let the effort to practice relaxation techniques become another stressor. At the end of the day we all deserve more than just a moment for ourselves. Finding your way to relax might be a key to your success and happiness. Don't just imagine. Immunize yourself today.

Am I Arabic or not?

By Yasmine Sbabou



I am originally from Morocco, a country located in North Africa, bordering the Atlantic Ocean and Mediterranean Sea. It is distinguished by its Berber, Arabian and European cultural influences. I consider myself to be Arabic, not Berber since I do not speak the language and my parents never said that we had any ancestors who are. Since coming to the US, I've met a lot of Arabs from the Middle East and they always tell me the same thing "Are you Arabic or Berber?" I always answer that I am in fact Arabic and then they start talking to me in Arabic but I answer in English and that seems to bother them. Their argument is always "How come you're Arabic but don't speak it?" And to that I respond that I do speak Arabic hence how I am able to understand you, but if I try and talk to you, you won't understand me.

In Morocco, we speak 'DARIJA' which is a dialect infused with Arabic, French, Spanish and Berber languages. If you're not from the Maghrebi Arabic area then you'll have a hard time understanding the language, which is why I just speak English to them. But then they get offended sometimes and say if you are Arabic then speak the language no matter what, but they don't want me to speak my mother tongue, they want me to speak their language. I find that very disrespectful. How come I should change the way I speak a language I learned since birth just so you'd be appeased? Why don't YOU learn a bit of Darija and talk to me with it?

A few weeks back, I was at work talking to customers who were from the Middle East, they asked me where I'm from, I said Morocco, and then they said "oh so you're not Arabic." I just smiled and said nothing. By now I'm used to these comments and don't really pay any attention to them. I am proud to be Moroccan and come from a country that is open to different cultures and languages. Now whenever someone asks what I am, I just say MOROCCAN.

Love for a Pet

Bryan Allen

To start off, My experience of owning a pet can be considered one of the greatest experiences a human can witness during a lifetime. Being the owner of a pit bull, 4 bettas and a gecko, I've found that when you are able to own a pet, a friendship is inevitable. However friendship is not the only thing you get when owning a pet. You get this new found love of the world and everything in it. You get a connection to nature and the animals that occupy it. You get a loving friend who always looks forward to your

arrival and dreads your departure. You get something to look forward to each and every day, especially when you've had your worst. You get a hobby that occupies your time in the good kind of way. You get new knowledge with the knowhow and responsibility of caring for an animal. You get a developed sense of a discipline and the importance of consistency. Ultimately pets are an opportunity for genuine friendship, while also teaching the habit of selflessness.

Summer Internships and How to Land One

By Moustafa Almaliki



With the winter quarter behind us and the spring quarter ahead, we are all excited for the end of the school year and the beginning of summer. While summer vacations are a relaxing way to recharge for the upcoming school year, you might want to spend your summer doing something more productive and more applicable to your future career in the form of internships. Internships are an excellent way to get your foot into the door of your chosen field and to develop and hone the skill set necessary to succeed. They also look great on your resumes and can set you apart from other job candidates.

First off, you should start your search for your internship early.

Sites like LinkedIn, Glassdoor, indeed.com, and internships.com are a great springboard. Next, you need to narrow your choices down to internships you qualify for, internships you like, and internships you can apply to in a feasible manner. Some internships are unpaid but there are a plethora of paid internships you can find if you search hard. What's better than getting paid while also gaining experience?

The next step in securing an internship is to complete the application process, which usually consists of a personal statement, resume, and letters of recommendation. Make sure to notify your professors and letter writers at least 4 weeks in advance of the in-

ternship deadline so that they can write your letter of recommendation in a timely manner. Have someone besides yourself read and edit your personal statement so it's polished; an English professor would make an excellent editor for your paper. Lastly, ensure that your resume is well formatted and clear. Don't use funny fonts. Have a professional sounding email. Don't use color or big fonts. It needs to be clean and simple. Have the registrar send your transcripts over if need be.

Finally, the most important step is to get all the application material in before or on the deadline so that your application can be considered. The earlier, the better so you get top consideration. After your material is submitted, you will hear back from the institution or organization. Some places will have you do an interview as a final screening step, in which case be well prepared and study the organization's mission and vision beforehand. Good luck to all East West university students and may you all spend your summers beefing up your resumes!

Why is the Bears Kicker a Bum?

By William Perkins



12-4 was the record the Bears ended their season off with after the very upsetting loss to the Philadelphia Eagles in the wild card game two weeks ago. The Bears came into this game with a hot hand, yes they struggled in this game, but the Bears are the better team hands down. Cody Parkey, the kicker the Bears are paying so much money to have is not delivering like he should be, he missed the game winning field goal for the Bears, he let the team and the

city down. The Bears pay this man to do ONE job that's his only job on the face of the planet and you couldn't delivered. It makes me sick to my stomach because the eagles didn't deserve to move on, they didn't want it as bad as we

did. Let's recap I think the Bears should fire him hands down, during the Detroit Lions Parkey missed 4 field goals, some were for extra points and some were for 3 points but he missed 4 of those, they still won the game yes but that's not the point for this. The Bears need a better kicker who doesn't crack under pressure if they ever want to take their team all the way then they gonna need some changes.

College isn't a Race

By Marcus Wheat



When you're at the end of your high school career and you begin to prepare for your post high school plans, there are always a lot of people trying their best to give you advice. Mainly, things like choosing whether you want to get a job, attend college, enlist into the military, or do several of those. Someone will always try their best to help you make your decision, but sometimes that becomes a problem. I know people personally who have gotten pushed into post high school

plans that they didn't really think fit them but it was because of those same type of people who called themselves trying to "help you" make decisions but were making them for you in reality. This brings me to a lesson that can be learned and applied to college as well as in life: don't try too hard to live up to anyone else's expectations for you, feel you need to be in competition with anyone, or keep up with anyone else. College is not like high school, it's a different experience altogether including your workload, scheduling, maybe being away from your family for the first time and just the new level of freedom in general. Everyone adjusts to new things differently. Some take

things better than others but just because you didn't get it as easily or as quickly as your peers doesn't mean you should get dejected and defeated. Don't spend your energy thinking about what your friends and family will say if you stumble a little, because this is a new experience for you and it also isn't a race. When you make mistakes you're supposed to learn from them. Don't sit and harp on things; it's important to remember that the most important thing in these life changing experiences is make sure that you're doing this to better your future. Keep in mind: people progress at different paces, and it's ok to go a little slower than your peers if needed to make sure you get things right.

My Daughter's 1st Birthday Party

By Eleanor Douglas

My daughter is currently 10 months old. I am throwing her a party for 1st Birthday. Most parents in my society just take their child to Chuckie Cheese and call it a day. No, not me! I wanted more for my daughter; I want her day to be very special and she won't even remember it.

I have convinced myself to throw her a Dora the Explorer theme party. Now let me tell you about my journey of finding Dora the Explorer party decor. It was very hectic and stressful. I went to 4 stores looking for Dora and only found things that I wasn't even supposed to buy. "Hey it be like that sometimes" anyways; I went to 5 and Below first to search for Dora tablecloth, paper plates, games, and toys. Guess what I left out of there with? Nothing but napkins, plates and a bunch of prizes for 2 games. The total of the items where 200 bucks. Too much money right, I know, but it's my daughter's first birthday

party. Then I proceeded to go to Party City. I'm still on the hunt of finding Doorrrraaa.

I WONDER IF DORA WILL LET ME BORROW HER MAP TO FIND HER BECAUSE SHE'S NOWHERE TO BE FOUND.

Ok so in party city I found the little toys that go inside the candy bags, a Dora puzzle, a tutu, 2 shaws, a yard sign that says My first birthday. Not what I came in the store for at all. While at the cash register I asked the cashier why don't they have anything Dora? She says oh Dora doesn't sell anymore, they discontinued her. You can imagine the look on my face. Right! Like the OMG EMOJI. Out of every store I could think of I just knew Party City was going to have everything that I needed. Now I'm out of 200 more bucks; but it's my daughter first birthday.

Next 2 stores I went to were Family Dollar and Dollar General. I went there to see if they would have anything Dora. Nope, they didn't! So now I'm thinking "let me just go on Amazon". Amazon had everything I needed and more for my baby party. I was out of way more money but it was all worth it because it's my baby 1st Birthday. After awhile I got to thinking Chuckie Cheese doesn't sound too bad after all.

THE POINT I'M TRYING TO MAKE IS YOUR CHILD'S FIRST BIRTHDAY WILL BE STRESSFUL NO MATTER WHERE OR WHAT YOU ARE TRYING TO DO BECAUSE IT'S YOUR BABY FIRST BIRTHDAY!

I GUESS DORA LET ME BORROW HER MAP AND SHE LED ME TO AMAZON! THANKS, DORA.

Public transportation in Chicago needs work

By Kelly Cryer



Chicago is a world class city with a third class transportation system. Chicago is a city where services are cut at the same time as fares are increased. The City then closes or limits access in neighborhoods where the economics afford the residents few other options, while increasing access in so called high class areas. The theory being that residents who have no choice will remain customers regardless of how antiquated, unreliable or disgusting the system is. Whereas those with other means must be given an incentive to choose public transportation. Therefore, it is generally acceptable among the decision makers to create new stops and redundant stations in those areas at the

cost of billions of dollars while simultaneously outright closing stations in already underserved neighborhoods. Meanwhile, as we wonder why some stations smell like human waste and others do not, perhaps we should wonder why some stations have restrooms and others do not. Perhaps we should wonder why some commutes take 30 minutes while a commute from the same linear distance can take up to two hours counting wait time based solely on the point of origin. This is immoral and unethical. This is why we must call 311 and wait with patience to be transferred to 836-7000 to express our displeasure. That is, if you haven't been disconnected first.

Working at a bar

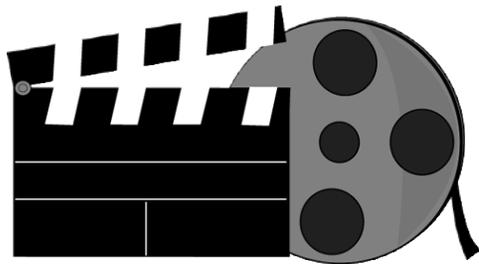
By Daisy Quintero

I've been working at a bar for three years. It can be stressful at times because of how busy it can get. Working in the industry has taught me a lot about alcoholic drinks, from different beers to liquor. Also I've learned the ways of customers... some can be extremely nice, others can be REALLY rude. I started working as a host, moved up to being a server and to being a bartender as well. All it takes is the wanting to learn new stuff and looking at the bright

side. Moving up can be more money. But as I became a server and a bartender, that has made my working hours much longer since bars do close till 2 a.m or even 3a.m. It does get stressful, especially if the next day you have a morning class and still have to do errands before you head to school. I wouldn't say I hate my job, I actually enjoy working there and I feel like we have strong employees since we are willing to help each other if we need it.

Review On Surviving R. Kelly

By: Ashieka Dyce



Great documentary about a very dangerous sociopath and the violence and devastation he can create when the society refuses to stop him just because he is a celebrity. I think R. Kelly should be buried underneath a prison and should NEVER be allowed to roam free for what he has done to dozens of young girls (ages 12 - 17), mainly black, and their poor families. The idea that he assaulted, manipulated, abused and degraded all of these 12 to 17 year old little girls and taped his crimes, and is still walking free and doing the same thing as we speak????!!!! It is Heinous (odious, wicked, evil, atrocious, monstrous, disgraceful, horrible, horrific, horrifying, terrible, awful, abhorrent, loathsome, terrible,

outrageous, shocking, shameful, hideous, unspeakable, unpardonable, villainous, inexcusable, execrable, ghastly, iniquitous and unforgivable)!!!!

I have realized, if something keeps occurring over and over, there has to be a shred of truth to it. After watching this entire docu-series I now have one question. Why is R. Kelly a free man? Why? Someone tell me why isn't he in prison where he belongs? It is so scary that a person this dangerous, that has hurt so many people is allowed to be free to victimize more people. How many lives does he have to destroy before he is held accountable for his actions and locked away? My mind is absolutely blown!

Dangerous street, Dangerous road and Disastrous Avenue:

How I got shot
By Michael Adeboyejo

There were 39,773 gun related death in the country in 2017. This number is alarming and disturbing. Children have been shot on school campuses across the country. Forty nine percent of adult household population possess weapon. Men thirty five percent and women fifteen percent, they both claim for self defense.

The purpose of this article is to educate and to make people more vigilant of their surroundings on their daily commute, beware of any strange activities around them. There are a lot disgruntled individuals on the road and that can result in an accident easily. Based on my personal experience, I learned how significant it is to be careful and vigilant on the road.

It was on Sunday evening in the fall of 2017 that decided to walk to the train station going downtown from the southside of Chicago. I have done this several times and consider myself and experienced walker. I walk about three to five miles daily, it feels good and I enjoy doing it, it is good form of exercise.

I started after my afternoon volunteer shift and as I was walking down the sidewalk from Western Avenue heading east to the Red Line train Station, about one mile into my trip on 89th and Halsted street, I stopped and waited for the pedestrian light to change to walk across the street to continue my journey. As I was waiting for light to change, couple of cars drove by me.

I saw a limousine drive by and someone rolled down the window. I saw an unrecognizable person in the backseat. Soon, a gold car drove up close to the sidewalk where i was standing. The next thing I knew, I heard a couple of shots fired in my direction and I was hit in the the face. I was shocked and stunned, I did not know what had happened to me. I covered my face with my hand and felt the area and I felt blood on my face. I yelled, screamed out loud for help trying to alert all motorists on the road; some looked on and continued driving and some slowed down.

I fell on the ground and reached

for my phone to call for help, an ambulance. I was on the phone with 911 trying to give the dispatcher/ police the description of the car and driver that shot me, but another lady had already called the police. It took paramedics and police maybe ten-fifteen minutes to respond but it felt like forty-five minutes before they arrived and saw me on ground. I was terrified and scared to death that day, so the paramedics checked me out and said "you have been hit with rubber bullet, you are a lucky guy". Had it been a real weapon, I would not be able to talk. Thank God, it wasn't the real thing. I was treated on the scene, bloody and swollen face, but i thank God that I am alive.

Motorists and pedestrians must be vigilant and cautious on and off the road. The gun violence must be addressed urgently, this is great concern to me. We need good comprehensive legislative solution to minimize or control this violence across the country.

My first travel experience to USA

By Pratik Patel



I remember my first day in America like it just happened yesterday. I moved to America from India when I was just 22-year-old. When I started my journey to America, I was getting mixed feel-

ings, one side I was excited to go to but on the other side I was feeling sad about leaving behind my friends and family and place I was born and spent my childhood.

I will never forget my first day in the United States. I was so excited to come here. My friend Kiran and I had a long trip to Chicago. We arrived at the O'Hare airport at 9 AM. We found our school send someone, who was supposed to meet us at the international terminal, and we headed into the city. Chicago is an amazing city, especially at night when it is sparkling with lights all around. And

we went to my university International Students' Office and we met with my counselor and some other staff members who working there. They were very nice people and they tried to help us in many ways.

So far, I have found that people living in the US are very friendly and communicative. What is immediately notable is that everyone is smiling to you, saying "hi," wishing you to have a good day and asking if you need help (especially in stores and markets). I like being in such a friendly atmosphere very much.

Life

By Kenneth King



Views from the black man
In this dangerous world
These vicious situations
With these dangerous girls

From bill kelly to R. Cosby
I'm still the world's greatest.
I'm black and my family is proud
Even though I can be obnoxious
And my cologne is loud.

What you see can be fear
But what we fear can bring the
best out of all of us.
I see why I'm feared
I see why I'm a target
Views from the black man
Without a bargain.

Why there needs to be a balance of Holistic and Western Medicine?

By Stanesha Adams



The Eastern Practice of Medicine is called Holistic Health. Holistic Health uses natural herb remedies to cure illnesses in the body. Let be through food, rubs, smells, rubs, yoga, prayer, or even meditation. The practitioners of this medicine believe in healing the body with the least amount of chemical interaction as possible. Western medicine is basically the use of pharmaceutical drugs and surgeries to treat patients. While some doctors do look at some health changes in the natural way such as diet changes or advising to get more exercises, they heavily rely on chemical drugs.

Now that we know what these two practices are, let's talk about why they're even brought up!

As we can see these two things are total opposites and in the medical world you can pretty much guys that these different doctors feud often. The western medicine doctors believe that drugs and surgery heal the body more. They believe that when different aren't an option then surgery is the way to go. The problem with this is there are drug encounters that harm the body more. Such as Antibiotics. Too much Antibiotics and you can be immune to the drug and can't fight off any invaders. Painkillers while it takes the pain

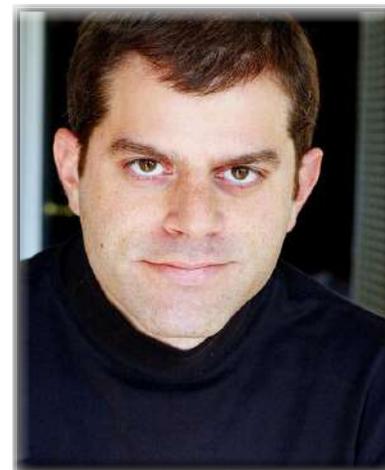
away, it eats away at your stomach lining and you can become addicted to it.

The Eastern Medicine falters by letting things fester. Natural is good at drawing some things out but not everything. The longer you let inflammation sit the worse you will become. There's oh some much dieting can do. If you have diabetes you need another source of insulin to counteract the glycogen in your bloodstream, your pancreas has given up. Eating healthy is a beautiful thing to do, it'll help but you need that chemical insulin.

Alright now that we have this discussed, what point am I getting at? THERE NEEDS TO BE A BALANCE OF THE TWO!!!! I believe there's beauty in both. As a future surgeon I want to incorporate both into my practice. Instead telling my patients to take antacids to help with the ulcers or irritation in their stomachs, I will tell them to consume Aloe Vera. The natural healing properties will soothing the stomach. But if the person has a cancerous tumor I wouldn't use herbs. I would chemo and possibly surgery to tumor that tumor as fast as possible. Each practice can help the other, we just have to stop thinking one is greater and untie the two.

What's the point of college?

By Mike Bromberg



I teach a speech class where I have had students write and perform speeches that, how do I put it delicately, just don't really matter. Doing a speech about kittens might be delightful, but what can we gain from it as a class (as members of the academic community)?

I encourage my students, ad nauseam, to feel free to talk about the bigger issues. Would you rather hear a speech about pasta or about capital punishment? As profound a topic as pasta often is, most students will agree on the latter.

Let me take a step back on this to give a bit of context: Bigger issues can be anything that can add value; we take it in, we react, and we discuss. Perhaps we come away with views we never had before? That's crazy, right?

When I look at the bigger issues I always examine them from both sides, and frankly as time goes on and life seemingly gets more politically charged, I see people do this less and less. Sometimes I ask a big question in my class and it gets people talking, and different viewpoints come about—which is bloody fantastic, for a teacher.

Ok, let me take an even larger step back: All the time I read news stories on how universities are increasingly getting politicized--this is the topic for another article, but for now I bring it up because it makes me sad about the damage this can do to the academic community. Students and faculty should be able to engage in current events no matter what part of the political spectrum because then, ideally, we could do what we SHOULD do in college which is to have discourse. You

It's easy to get stuck only in the world of Fox News or only in the world of the New York Times—two very different worlds of current events information.

In class, I'll get some Fox News students and I'll get some NYT students and honestly, they both can provide value to others, again the beauty of coming together in class and hashing things out.

On the other hand, if we avoid the big issue stuff and just talk about kittens the whole time, then what value can anyone get from anybody? I hope all students, faculty and even admin that are reading this can remember what the point of college is in the first place as it sometimes can get lost in all the noise.



see people protesting and shutting down speakers and various members of the academic community (maybe journalists or authors invited to the university) who should be able to do their thing.

Now getting back to my class, where I encourage big issues to hopefully promote discourse. Talking about kittens is no risk and no reward. Talking about big issue stuff is high risk and high reward. The risk is people might feel uncomfortable and the reward is you might come away with a new view on something you, your whole life, had a preconceived notion about—because all your friends and your parents believed a certain way and you were always part of that community so how could you possibly differ?

Ah, that's where college can be beautiful! Engage in the sometimes ugly but life changing world of discourse.

I have taught myself to do this as much as I can, not just in class. For the news, I read and watch and listen to sources from both sides of the aisle, and it can make for some extremely different news cycles, but otherwise, in my view, you only get one side of the story.

I shed an academic tear when I, more and more, read about fine institutions of higher learning that are wildly straying away from the point: they have traded the pursuit of knowledge (growth) with ideology. Learning should be about growth and engaging others (left wing, right wing, gay, straight, white, black, Christian, Jewish, whatever). Those that do not do this, and many schools surprisingly don't, is nothing short of intellectual and educational dishonesty.

Physician Shadowing Experience at Peterson Urgent Care and Occupational Health

By Islam Barakat



"The good physician treats the disease; the great physician treats the patient who has the disease." — William Osler

Being able to shadow a doctor made me understand that I can do

this. I can be a doctor and it motivated me to achieve my goals. I shadowed Dr. Senno for thirteen hours and I will be shadowing him for the rest of the month. I learned how to do vitals and patient history. Dr. Senno is one of the most intelligent people I have ever seen in my life. He helped me go through the process really easily. He taught me how to conduct basic vitals including vision and hearing test, weight, the temperature of the patient. On a typical day, I sign into the building, I get prepared to see the patients with my white coat on, I enter the room and greet the patient and

ask him\her why she is here today, after that I check his\her pulse, temperature, his\her blood pressure and I note everything down. The doctor sees 25-30 patients in the urgent care room daily except Sundays because the clinic closes earlier. Dr. Senno has been a physician for more than 40 years. Dr. Senno is so very organized in everything and sometimes he deals with people who are trying to get medication that they do not need, he also deals with patients refusing to answer his questions on what is wrong with them or what is hurting them the most so he could help.

Being a physician is very challenging, most physicians choose health care as a career for altruistic reasons. They dedicate years to arduous training, making personal and financial sacrifices to serve, heal and otherwise help others. They looked forward to being rewarded accordingly, and feel privileged to be able to build long-lasting relationships with patients and experience a level of trust and respect that, among human interactions, remains unique.

Technology is a field where innovation plays a crucial role in sustaining health. Technolo-

gy also evolved from introducing doctors to new equipments and helping them figure what is wrong with the patients. Dr. Senno allowed too many students to shadow him and learn from him, he also motivates the students to be proud of who they are and achieve their goals.

Lastly, it is a great thing to help people. Also, I learned something new every time I walked into the room with the doctor. Dr. Senno will give the chance to students from college to shadow him and take them through the process where the student can understand and help the patient.

Equal Rights for Everyone

By Monica Vazquez

People tend to judge others without knowing them. Others think that they are better than the rest which they aren't. For example LGBT people they have the same rights as everyone because they aren't different, we are all the same (no discrimination). These groups of people are afraid to show what they are because they are getting threatened, beaten up, murdered, name called nicknames. Sometimes it's hard for them to look for a job because of their sexual orientation, the way they define themselves, and their sex expression like their clothing. Or make-up/hair. People are the ignorants that don't accept them because they choose to be what they want. At least they are brave enough to accept who they are. After the law of same sex marriage was passed there's been more marriages within the same sex. Everyone should be happy with who they are and whom they love. People should understand that there's nothing

wrong with others choosing their preference and ignore the stereotypes about them. No one can decide over others' lives. It's sad knowing that people are attacking and destroying each other. Sometimes LGBTQ people take their own lives because they can't deal with others' critiques, making fun of them, and being accepted in society

While others try to start a movement and stand up for themselves, they end up being murdered because of people with close-minded ideas. People should stop interfering with this group because they haven't done anything wrong to anyone. If we think about it, somehow there's more opportunities for them like jobs accepting them and society accepting them little by little.

The ones that judge the most are the ones with more problems and they have to bother others in order for them to feel better.

Congratulations to Biology students

By Dr. Karishman Mukherji



Biology Program is pleased to announce that 5 of our students from Biology got CPR certified by the American Heart Association.

In addition, they made EWU proud by being well prepared for the session, asking intelligent and relevant questions, volunteering for the session and excelling in the after-test with most of them getting a score of 100/100.



In the words of their instructor, "I didn't know about East-West University until now... but now won't forget about your university"

Congrats

Congratulations to:

Chelsea Williams
Enxhi Uzheir
Islam Barakat
Kavan Prajapati
Parth Patel
Vanessa Lewis

Thank you for putting EWU on the map- you make us proud!

Newspaper Developer - Juan Rocha
Faculty Advisor - Dr. Maria Polski



East West University, 816 S. Michigan Ave.
Chicago, IL 60609 (312) 939 -0111

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How To Destress and Tackle Finals

By Moustafa Almaliki

It's that dreaded time of the year again-finals season. The Phantom Press is here to offer some perspective and tips so that you don't hyperventilate the day of your final.

I wish, I wish, with all my heart, that I can get through these next few weeks without falling apart



1. Relax: Take a deep breath. Everything is going to be alright; you have worked so hard all semester and you're almost to the finish line. At this point, it might seem like everything is crashing down on you or that professors have all conspired to turn your last weeks into hell with all the projects, presentations, exams, etc they assigned but I promise that's not the case. Your professors will only assign workload that's manageable and can be tackled over the allotted time period so relax and try to remove some of the anxious thoughts roaming in your head. Go out for a walk to clear your head. Jam out to your favorite tunes. Do what you can to destress and take a small mental break.

When your teacher won't round your 39% to an A



2. Prioritize: Not all classes are created equal. Your 200level class requires more effort than say your 100 level class or your 5 credit class needs more attention than your 3 credit class. You're going to need to gauge and break down the difficulty of each class based on the content and also on how well you're doing in said class. Classes you're struggling in or classes where your grade is on the border are, of course, going to require more of your focus. This is going to be the hard part but you also need to be realistic. Chances are that C+ isn't going to turn itself into an A- but that B+ could very well be an A-. You need to approach studying sort of like how economists approaches stocks. You need to evaluate your possible returns (the grade) against your costs (hours studying). Classes where you can feasibly get higher returns (read: higher grades) without spending a really high amount of time studying are the classes you should laser in on.

When deadlines are killing you but you haven't got time to die as you have too much work to do



3. Plan: Plan, plan, plan! Get a student planner and record all the assignments and exams you have coming up. That way a major assignment won't just sneak up on you much like a heart attack. Planning also reduces the chance of your life collapsing because your final exam happens to be on the same day that your 27 page research paper is due. Plan ahead and plan wisely. If you have a not

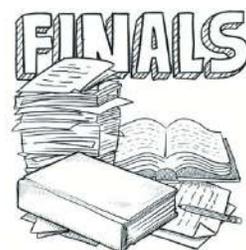
so busy week, use that to your advantage and get a headstart on assignments due later in the semester.

4. Study: Try your best to rid yourself of distractions and actually study. It might be very tempting to binge watch Grey's Anatomy on Hulu but Grey's Anatomy will still be available after finals, your chance of salvaging your grade not so much. Turn off your phone or at least put it away. Create a quiet, and organized space for you to study and study a little bit everyday instead of all at once. Don't go overboard and try to study for 7 hours straight. Take little breaks every 30 minutes and have snacks nearby to motivate you.

"How's studying for finals going?"

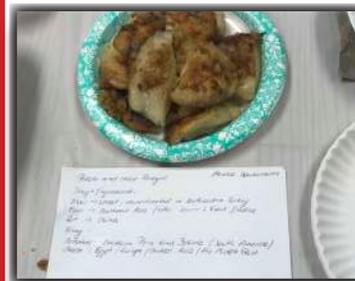


5. Be Confident: Not to sound like a self-help book, but your mindset is a key factor in your success. You need to be confident in your abilities so that you don't go into your final doubting yourself and undermining how smart you are. You have done all you can up to this point. Now all that's left is for you to go in and use your knowledge. No use stressing about finals now that you are at this point.



International food competition

By HM279 Signature Course



On March 6th Signature Course students treated the East-West community to an international feast. We thank our guests the registrar Ms. Asma Adnan, Financial Aid director Mr. Cesar Campos, Facilities Director Mr. Tasleem Raja, Dr. Bonnie Jean Adams, and other guests, for visiting and helping us judge the competition.

The winners are: Asheika Dyce, Jamaican saltfish; Monica Dowlaszewicz, Polish potato and cheese dumplings, and Stephanie Starks, American peach cobbler with ice cream.

Honorable mentions go to:

- Mexican tamales, cooked and presented by Andres Carbajal,
- Mongolian beef dumplings, cooked and presented by Chingis Battsengel
- African plantains, cooked and presented by Mael Houndjahoue,
- Chinese dumplings, cooked and presented by Ziyang Xiang,
- American Fried Chicken, presented by Jo'Shona Wimbish
- Greek lamb with pita bread, presented by Marcus Wheat



Good Grief

By Nicholas Torres

People come and go in our lives but sometimes we lose people that we love. Losing loved ones to illness or some tragedy can be devastating. For people who have never experienced grief, just know - it is not a walk in the park. Grief is a process that everyone will go through and everyone will experience it differently. There are five stages of grief: Denial, Anger, Bargaining, Depression, and Acceptance. Honestly, not everyone will go through all of these stages and something to understand is that, that is fine. We are all different as individuals and some are stronger minded than others; however, that doesn't necessarily

mean that a particular person will not go through grief at all. In addition, that means that a person still can hurt no matter how tough someone might be. Last summer I started working on a music project and I was wondering what the subject or theme I should focus on. I sat in a studio by myself a lot of days trying to hammer away at this. Then it finally came to me: I wanted to talk about something that many people don't like to talk about. In the span about 4 different songs each covering a different stage, I had the opportunity to create something out of a very difficult subject to talk about.

Senior Seminar Poster Competition

By Maria Polski



Congratulations to Joshua Bengoshea, EET major, on earning the first place with his informative poster about nuclear fusion and nuclear fission. Students presented interesting and original ideas, and shared the knowledge they have been gaining in other classes. Honorable mentions go to:

- Kiran Patel and Pratik Patel, CIS majors, for the poster about artificial intelligence. Did you know that robots have to obey criminal laws of the country?
- Ali Rizvi and Juan Rocha, CIS majors, for an informative poster about Luminosity, the video game to train your brain. Thank you for letting the guest play!
- Nabeel Athar, EET major, for bringing up the environmental concerns
- Bryan Allen, EET major, and O'shea Rogers, Business Administration major for a thoughtful



poster about the secular meaning of life,

- Nomin Uuganbayar, Biology major, and Nomundari Uuganbayar, Business Administration major, for Nuclear Fusion poster
- Kenneth King, BHS major, for a well researched and objective poster about parenting. Did you know that on average, parents now spend more time with their children than parents in 1960ies?
- Yasmine Sbabou, Business Administration major, for a colorful analysis of complexity in Guardians of the Galaxy.
- Jose Tellez and Melissa Pena, BHS majors, for a thorough review of the course material - the statistics of improvements in human life brought to us by technological developments.

Psychedelics instead of depression medications

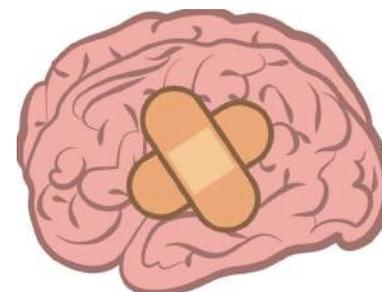
By Jorge Hernandez



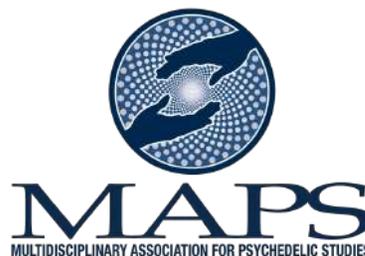
Psychedelics are substances that can enable profound hallucinatory effects. The origin of the word psychedelics is Greek - psyche(-mind) and delos (clear, manifest). So etymologically psychedelics allow for a clear state of mind.

Consumption of LSD causes visual distortion as well as influential insight within oneself (drugabuse.gov). The visual perception from hallucinogens presents a very liquid-like view through the eyes. Aldous Huxley, the author of Doors of Perception, expresses the visual aesthetic when induced with LSD as "what Adam had

seen on the morning of creation." It is a very fresh like perception as if you are seeing everything for the first time. 'Know thyself' a phrase coined by Socrates. Under the influence of LSD your mind doesn't filter out useless information but processes every stimulus, and regions of the brain that normally do not communicate begin to share information with each region of the brain.



more information, see the website of MAPS - Multidisciplinary Association for Psychedelic Studies). The healing properties of such chemicals are astonishing in a way that psychedelics for some people can replace modern medication that treats mental disorders. Acknowledgment and widespread use of psychedelics could shift the perception of human life into a rationalized logical society.



Psychedelics have a bad reputation, having been placed as a Schedule 1 drug. Possession of these substances is illegal. Though illegal, it enlightens and cleanses the mind and soul of the human body. Studies have shown it has significant healing powers for sufferers of PTSD, anxiety, depression, and suicidal urges (for



Piano Concert at the Chicago Cultural Center

By Jessica Shields



Dame Myra Hess concerts are held at Chicago Cultural Center every Wednesday. I attended a piano concert with my English class. The pianist Michael Noble displayed a fine technical command of music. The results were enchanting. He covered several different musical pieces from Johannes Brahms (1833-1897), Franz Schubert (1797-1828), Franz Liszt (1811-1886) and Al-

exander Scriabin (1817-1915). Being able to experience such a young talented expert, who demanded the hall to be in complete silence as he took us on a journey of romance, sensuality and rapture through music, was magnificent. The beautiful hall, which he performed in, helps create the wonderful expects of the music almost as much as the pianist himself. I personally would rec-

ommend everyone to experience the performances for themselves because the music seemed to unravel the more you appreciate it, just like a lot of things in life.



What should General Education include?

By East-West Seniors

Crystal Marshall, CIS: The goal of general education should be to give the students useful techniques and skills that will help them achieve success once they finish college and step into their work field. I also like the current mission of the program at East-West, which is “to provide students with the skills and knowledge they will need to participate fully in the contemporary world, exercise civic responsibility, advance in their work and careers”. With that in mind, EN152 Writing from Sources, EN157 Practical Research Writing, EN166 Speech, and EN491 Senior Seminar should be required classes within general education. I picked those four classes because everyone should know the basic formats of writing a paper and know what to do and what not to do when giving a speech. The most important skill needed to get a job is knowing how to give a proper speech; all jobs pay close attention to the way a person speaks and their body language while in an interview. These skills will also be needed when you have to give a major speech or run a major meeting at work or at a important event.

Nabeel Athar, EET: The classes I remember from my general education are Introduction to American Government, Humanities, East-West Signature course, English, Senior Seminar, Sociology. Of them Introduction to American Government was the most useful class because it gave me an insight into the US government and how it works. In the country where I am from there is a Parliament, and learning about US government clarified a lot and gave me a better picture. Besides, Sociology that helped me understand cultures and values across the borders. Suggestions: Music should also be required with gen-

eral education classes because it is the best way to vent out your emotions when you are stressed by studies or any other matter in your life. Seminar topics should be Climate change as it's the controversial issue along with clean energy because our earth is dying and only us humans can put it on the right track.

Juan Rocha, CIS: The classes most useful for me were Brain Health and Macroeconomics. Brain Health helped me learn more about how the brain works and how to identify that something might be wrong with your body. To me it was very interesting because sometimes we forget about our health. In macroeconomics we learned about things that could help us in the real world. I think the goal for general education classes should be to provide us with enough knowledge and skill to be able to survive in the real world, but not just after college. Suggestion: maybe adding some courses that would teach the students how to survive college both economically and academically.

Joshua Bengoshea, EET: We need computer application class to be a general education requirement for all, so students could get more hands on with computer applications and learn how they work.

Kiran Patel, CIS: For some students general education is a kind of laundry list that they just have to go through. Others see it as an opportunity to explore new subjects. However, it is still enforced and there is no other path to skip it. The classes I took it for General Education are Speech, General Education Math, Holistic Health, Principles of Macroeconomics, College Algebra, Introduction to Business, Introduction to Sociology, Environmental Science,

Practical Research Writing, Business Calculus, Statistics, etc. Most of general education classes are really important to complete along with the major classes. It will help you to develop critical thinking skills and self-improvement, which will help you solve complex problems. In future those skills can be passed over into your professional work zone. The American system really enables students to develop their skills in one subject deeply and have a broad overview across the general education. Suggestion: the topics of discussion seminars should be “Environmental Problem” and “Education System”.

Bryan Allen, EET: courses having to do with composition/writing were most useful to me. As I had little skill as a writer, I was able to absorb more new information in these courses because I had much room for improvement. The goal of general education should be developing each person as a well-rounded individual, so students should take what they're not so good at and improve upon that subject. If a student is a phenomenal writer but holds mediocre mathematic skills, the general education they need really would be the math. Determining what subject a student needs improvement in can be assessed by general education enrollment tests. The subjects for general education should deal with the core practices of education, especially reading and writing, because these subjects are involved in nearly every course you take in college. There is always something to read about in order to gather information, and the information found must always be expressed in writing to verify that the information has been understood, and to record new found valuable information. The third and final subject of general education needs to be

focused on the idea of problem solving. Mathematics is good start for students solving problems and is an important skill to master being that mathematics is often used in businesses ethics and is needed for simply running a business. But math is not the only problem one would need to find a solution to in the real world. The essence of problem solving is being able to recognize the dilemma, understand the environment given all variables, and from there put ideas together to find a solution. This is what a problem-solving course should consist of.

Pratik Patel, CIS: First of all, every country has different education system. If you study in India, you do not have to take general education classes. Before came to USA for further studies I had no idea I have to take any. During my college time I have taken Senior Seminar, Biology, Electronics. I really enjoyed all of these classes, but most of all I liked Senior Seminar just because I realized how important this subject is to me. If you take this class you learn so many new things: you read new books, and you develop skills to work in a group, you learn how to talk with persons when you attend a conference, how to discuss in a group discussion, how to represent professional level presentation. After graduation if students go for a job or start a business, they will have a basic knowledge of all subjects. And I personally see the difference if you have a basic knowledge of electronic, biology, business, computers, how your life is changed and becomes easy. And yes, that kind of education is provided by East-West University.

Yasmine Sbabou, Business Administration: Holistic Health was very useful because the professor made it interesting and she spoke about topics that affect our health

nowadays and how to improve it. However, many students are not given a choice of which gen-ed classes to take and end up with the most boring ones. It is a waste of time to study for something you are not interested in and often times people fail these classes and have to take them again. In my opinion, the English classes that teach how to formally write an essay or an annotated bibliography are quite helpful because as a foreigner I have trouble constructing them. Suggestions: a class on how to write your resume or how to act during an interview will be useful. The goal of general education in college should be to help students with their lives after college. I don't want to study about a topic that happened years ago, I want something current and that can affect my life in the near future. The topics of discussion seminars should be about current matters such as the U.S. elections or should colleges/universities be free.

O'Shea Rogers, Business Administration: the goal of general education is to prepare you not for a job but for your career. Look at it as getting long term skills. The courses are to broaden knowledge beyond what's required in your field; you are able to learn a variety of perspectives. I believe there should be 16 classes because you are in college for four years and you should have at least 4 general education classes per year, 16 in total by the end of your senior year of college. Students just need to realize how skills learned in one class can apply to an entirely different subject and, furthermore, situations that could be encountered during their career.