

HAPPY NEW YEAR!



Chicago Adventure Therapy
 By Dr. Bonnie-Jean Adams



Andrea Knepper, Founder & Executive Director of Chicago Adventure Therapy was invited by the English Department to be a guest speaker. Chicago Adventure Therapy (CAT) helps underserved youth in Chicago have a lasting positive impact on their communities and become healthy adults by teaching effective social skills and strong leadership skills, increasing participants' sense of possibility, and fostering a sense of empowerment and personal

responsibility. Following their participation with CAT, youth experienced increases in tolerance and optimism, felt more securely connected to the people around them, and were better able to maintain an even keel when emotionally aroused". Andrea spent an entire day talking to English Classes about her organization and her entrepreneurial experience. Then she posed a challenge. Design some public relations material that would appeal to the public while empowering her clients. East-West students were up for the challenge. This is a quote from Chicago Adventure Therapy's Facebook Page: "Andrea went back to East West University, where she spoke with students the week before. Students from Dr. Adams' English classes presented their assignments about CAT. Students cre-

ated PR pieces, elevator speeches, created fundraising appeals and Adventure Therapy to Do Manuals. Here's the social media piece that one group created. Thanks to Monica, the student whose idea this was and who sent it to us!" And in Andrea's words: *"Sometimes students surprise you. I think this is delightful."*

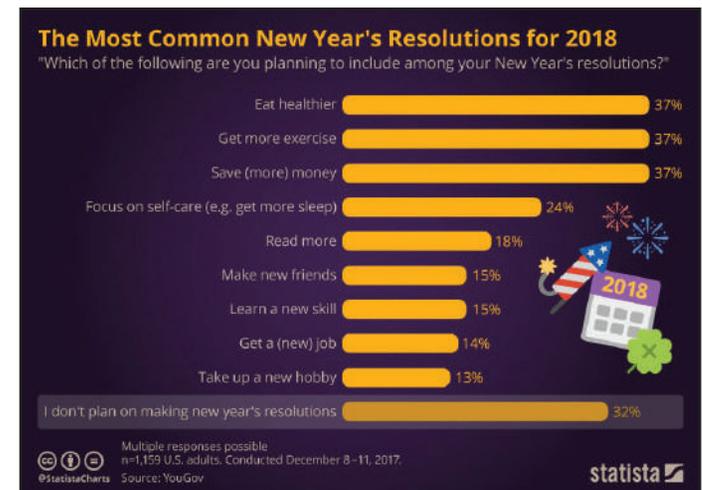


New Year's Resolutions
 By Amar Patel

My New Year's resolution is to help all my friends gain ten pounds so I look skinnier. Widespread research from studies show that the majority of people who set New Year resolutions fail, even those who are confident in their success. To most people a New Year's resolution is something that goes in one year and out the other. I and many others seem to believe New Years can be a life-changing event, but it only takes me until January 2nd to realize if my life sucked last year, it's probably going to still suck tomorrow!

If you made resolutions for last New Year, you can check yourself in this graph:

try to lose just a pound a week, or sometimes just reduce your dinner plate in small increments. As for exercise, instead of implementing a full regimen which seems implausible, if you sit down for 8 hours a day try to take a break every 1 hour or so and walk for 5 minutes. These are easier goals to achieve in a practical circumstance. But mostly people make a resolution after too many tequila shots at a New Year's party. Who are we kidding? It can be difficult to conquer goals, and many of us lack motivation and accountability despite best intentions. Although New Year's has its roots in history and religion, today many people around the

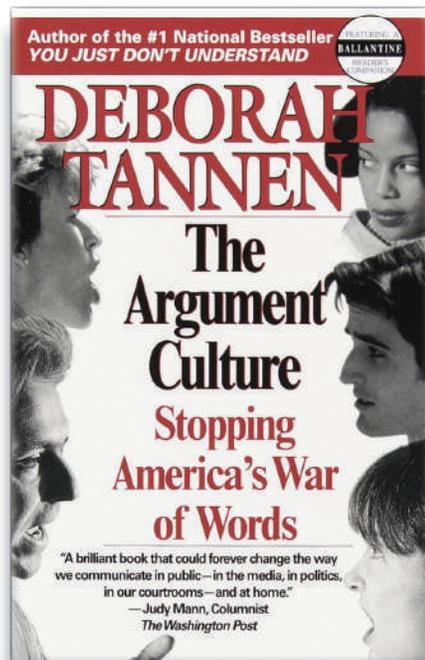


I found that it is better to set up resolutions that are small and seem measurable, instead of goals that are impossible to reach. Some of our most common goals are eat healthier, get more exercise, or to save money, very few of us realize New Year's resolutions are like babies... fun to make, difficult to maintain. Instead of this trying to lose weight generally people can

world in secular societies practice and celebrate New year's eve and make resolutions for the year that is coming. Even though only 8 percent or less have claimed to achieve their resolutions people will continue to disregard the terrible record and probably won't stop from making resolutions anytime soon, we have had 4,000 years of practice.

The Spirit of Debate is Bad for Us

By Khysiera Cook



and arguments that either this side or that side will win. This is because arguments and negative news stories in general are known to capture attention. I believe that this is what opened the floodgates for argument culture.

It is clear in the text that Deborah Tannen is aware that disagreement and opposition are unavoidable. What she is suggesting is that we work on our desire for these things to solve every issue. She wants us to no longer automatically refer to fighting and arguing as a way to express our ideas. She offers suggestions on how this can be done, or at least a step in the right direction.

Have you ever heard the phrase “sticks and stones may break my bones, but words will never hurt me”? This phrase couldn’t be farther from the truth. Words matter, and the way we use our words are important. One of Tannen’s suggestions is to stop using what she refers to as war metaphors. These are words that have a negative connotation, but we are so accustomed to using them that we don’t even notice. An example of these war metaphors would be saying something like “every day is an uphill battle”, “he is under-fire for his recent comment”, “she is a ticking time-bomb”, and the list goes on. We use these types of phrases so commonly that we don’t even realize we are actually comparing ourselves to something of such violent nature. Tannen suggests that we experiment with other types of language to express ourselves. Our words alter our perception and if we talk about something negatively, that is how we will think of it. In a sense, we have become desensitized to the element of war because of our overuse of these terms.

Moreover, we should realize that there are usually more than two sides to every story. Our focus on

getting the answers or getting to the truth causes us to automatically create a battle. This side versus that side, but often there are more sides to be considered. Our tendency to create opposing sides and let them defend their standpoints, in hopes that the truth will come out, is not by any means effective. We are closing our minds to the possible contributions that could contribute to the truth. Tannen says that instead of looking at an issue as being two-sided, we should imagine it to be like a crystal that has many sides (Tannen, 1998).

Additionally, Tannen suggests that we change our perception of the word debate. She claims the word debate implies a one-on-one argument, and only one person can be right. I must say that I agree with her in this claim. Before having read the book, I had never paid attention to the way we tend to set up issues as arguments. It had also never crossed my mind to think of a debate as anything other than an argument. When I think of the word debate, a very clear image of two people, face-to-face, standing behind podiums, ready to chew each other’s faces off, pops into my mind. Right now, debate is equivalent to opposition in many of our minds, and this is because we have been conditioned to see it that way. Tannen says that this is unhealthy because if we default to believing there should be two sides to any issue, if it is not clear, then we will create the other side. She believes that if we think of the word debate differently, and we think of dialogue when hear the word debate instead of argument, we could finally shake our desires for argument.

I am of two minds. On the one hand, I believe that the suggestions Tannen has made in order to change the way we go about public discourse are both simple and achievable. There is no hard work that has to go into changing our

perspectives, other than the re-wiring of our minds. On the other hand, judging by the fact that her ideas were proposed about twenty years ago, and this argument culture has only seemed to have gotten worse, I can’t say with absolute conviction that her solutions will work. The tone of media coverage today is still negative, and still values controversy over concurrence. There is hardly anything good in the media because negativity draws more attention, and as long as people we consume this negativity, it will continue to be produced.

We, as a society, have a problem, and it does need to be addressed. We tend to misuse electronic media. I think that we have been conditioned to towards hostility and negativity in the news, and what we need to do is stop focusing on trying to out-do other news sources and promoting our own hidden agendas and focus on reporting the truth. I do strongly believe that if we all listened to what Deborah Tannen is trying to get us to understand about ourselves, and at least give her proposed solutions a chance, society could indeed influence what is portrayed in the media. All we have to do is not react to it. If we focus on the good, all of the negative topics will be forced to die off, as reporters and news outlets try to “give the people what they want.”

By now, it is no secret that the types of news we see influence our thoughts and beliefs about the world we live in, but just as there are multiple side to any issue, there are multiple sides to the world we live in. It is possible for us to push away the negative and stop letting it change our perspectives. We should include positive news stories to balance out the inevitable negative stories, and let people decide for themselves how they feel about this world we live in.

Deborah Tannen, a professor of linguistics at Georgetown University, wrote a book titled “The Argument Culture”. In this well-known book, Tannen elaborates on her belief that we have developed a learned and normalized behavior of approaching every day public dialogue as if it were a battle. We tend to gravitate towards looking at issues that arise from a very narrow and close-minded point of view, suggesting there are likely two sides to every story and only one side has the truth. In the book Tannen suggests that this has become our default behavior, and while a little bit of controversy has been proven to be good for us, it has become enormously exaggerated and oftentimes stands in between us and the solutions to our problems.

This belief that opposition is the key to finding solutions is not all bad; however, it can lead us to omit possible other sides of an issue, which in turn alters the truth. It helps to look at it as a math problem. If you are asked to find the sum of a group of numbers,

the sum being equivalent to the truth in an issue, and you only add two of the four numbers, your answer would be incorrect. Just the same, if you only listen to this side of an argument versus that side of the argument, but there are other sides to be considered, you don’t actually have the full truth.

Tannen’s idea of the argument culture elaborates on the paradigm shift introduced within what McLuhan referred to as the electronic age. As new modes of communication arose, such as digital media, blogs, online news articles, and social media, communication became more superficial and impersonal, and so did we. In the absence of face-to-face, or oral communication, and even printed communication, people are free to comment and say whatever they want, without regard for facts. In addition to this, the news being reported via electronic communication is plentiful. Every hour there is a new headline from a new source, so in order to stay on top, reporters get lazy and pose issues as debates

How Mass Media Can Be Useful

By Juan Rocha

Media are often seen as having a negative impact. This negative impact is not always a bad thing. Negativity can be useful to fix things that we think are wrong, by using the media. Not all negativity should be used to bring down others or harm people personally. Instead negativity or criticism should be used for good.

Deborah Tannen, Linguistics professor of Georgetown University, suggests several solutions to the hostile tone of the public discourse. One is that the media should assume a different 'mode'. She explains that the press is always in attack dog mode, and that they should instead assume the watchdog mode. What this means

is that instead of the press attacking people over anything, they should use the power they have to expose the wrongdoings of the government. The following is another solution that Tannen presents. She says that people should not be allowed to make negative comments anonymously. The final solution she provides is that journalist should hold meetings to get a more accurate view of public life and discuss what they should use or what they cannot use against politicians.

In my opinion, Tannen's solutions might work but it might take time to transition. I think not everyone would approve Tannen's solutions obviously, but slowly if it is im-

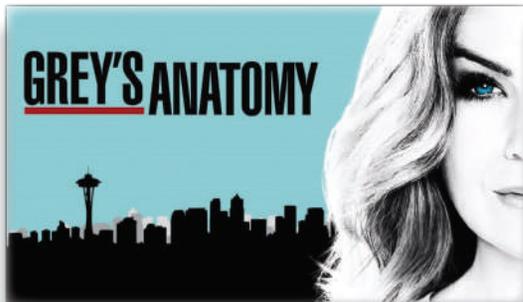
plemented by some journalist it might be able to work; it would just take time. I think there is a big problem with the media now since I agree with Tannen that the media only looks at the negativity and it's probably even getting worse. This issue has already been brought up, people already know what's going on.

I think the issue will not be resolved any time soon because our new generations are not really that interested in the news for the simple fact that the headlines are always the same, and only negativity is being shared with the public.

Grey's Anatomy is a Smart Show

For Smart People

By: Andriana Howard



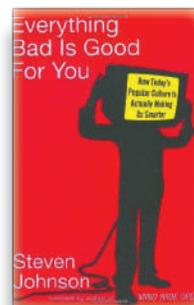
According to Steven Johnson, "We are a problem-solving species, and when we confront situations where information needs to be filled in, or where a puzzle needs to be untangled, our minds compulsively ruminate on the problem until we've figured it out." (Page 181). We enjoy solving problems, and untangling puzzles. This is why I enjoy my favorite show Grey's Anatomy.

Grey's Anatomy is a medical drama series that is focused on a group of young doctors at Seattle Grace Mercy West Hospital, who

starting careers at this hospital as interns. There are currently fifteen seasons of Grey's Anatomy. Grey's Anatomy has many characters, and they almost all relate to each other somehow. There is a complex web of relationships in this show. There are many threads in each episode, and many stories take place at the same time. Scenes are fast and unpredictable. Challenges and complications keep us watching.

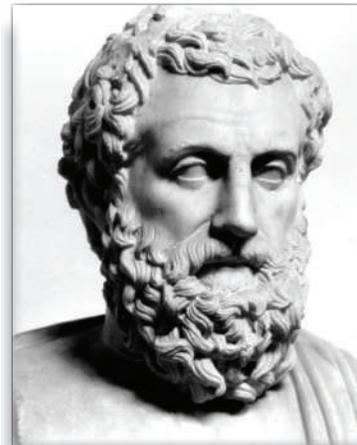
Economics is pushing the complexity. More people are purchasing Netflix subscriptions, because

there are repeat viewings of TV shows. The economy makes more money off of dvd's and companies. The original work must be complicated for people to watch it over and over again. Does Grey's Anatomy make me smarter or do I like Grey's Anatomy because I'm smart? My answer is both. Grey's Anatomy is making me smarter by their large medical vocabulary and the situations the characters go through on the show, and I believe I like the show because I am smart.



Can Excellence Be a Habit?

By Naef Mohammed

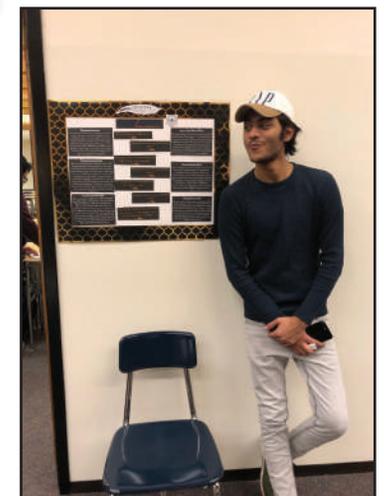


"We are what we repeatedly do. Excellence, then, is not an act but a habit," says Aristotle. We all have heard this at least once in our lifetime and appreciate that habit of excellence is stupendous. Practically, do we actually have knowledge about the causes behind the habit of excellence? There are certain aspects it's comprised of, a force expended to produce it, a type of shape/form it has, and the main purpose.

Therefore, let's first enter upon the materials it's comprised of, that is, aim, determination, and focus. The first cause is the material which is necessary to mix up for the habit of excellence. Firstly, it's the aim, if we don't have it then it's like we are playing a soccer match without a goal. Secondly, we should understand how to establish something exactly how we want by proper research and this is called determination. Lastly, it's the focus which we must have in order to be distracted from the distractions.

The secondary cause is efficient, which is the force expended to produce a habit of excellence. The force here is the ultimate hard work which has to be produced without any alibi.

Conductive to display excellent hard work, we must also practice over and over again. Excellence doesn't come if we practice one thousand techniques but each technique one thousand times. The third cause, on the other hand, is formal, which is the shape and form. Here it's the consistency and the recapitulation of all the excellent work we do. One must schedule to finish a certain amount of work repeatedly, without failure in any circumstance.



The final cause is the purpose one has back in his head by the habit of excellence. The principal purpose of the habit of excellence is to be the best or the foremost. If a person is performing all the above aspects, then it must be to be something outstanding. On the whole, we see that aim, determination and focus with hard work, consistency and purpose will eventually lead us to the habit of excellence. If one fails to perform anyone cause, then its highly impossible to develop excellence as a habit. One should continue doing these things no matter what, after all, it's hard to be a diamond in a rhinestone world.

How to Relieve Stress

By Mahek Anwar

We have all been there! At any given point in our lives, College can be very stressful as no one is immune to it. When we step into college, that alone comes with a fairly large amount of changes that we probably were not use to. This is your first time out as an adult and how you do in college can have a huge impact on how your future might look. Which can definitely be stressful to anyone! But even though stress is unavoidable and totally normal, it is also something that you can control. There are many ways someone can cope with stress.

First don't be stressed about being stressed and by that I meant don't be too hard on yourself as it is totally normal to deal with especially in a college setting. So causing more stress than you already have is not good for you, if you are stressed just take that time out to see how you can deal with it or make it better. Also get some good night sleep, and this is always important. You might think who has time for sleeping when

your in college, but that's where you fit in a quick nap or stick to a strict sleeping schedule. This is because sleeping will help you recharge and finish what you need to.

Healthy food is also a necessity as you are not fueling your body appropriately which can lead to physical stress. Getting some social time is also necessary, after all your brain also needs a break sometimes. So do not just keep studying, give yourself some time whether to be alone or to be around people.

Lastly, try to keep 20 minutes to exercise, because physical activity can reduce stress. Enjoy doing a certain workout, so you are able to keep coming back to it. Be able to also go to a friend, counselor, or even family to vent your frustrations so that will empty the tension that has been held in. All of these things and more are ways that can help you go through your college life smoothly and stress free.

Things to Know Before Going to an EDM Festival.

By: Swetha Paleti



Below is a list of some things to know for a non-camping music festival:

1. READ and FOLLOW the rules and regulations of the festival you're going to attending.
2. Eat before you go to a festival- if you don't want to spend an outrageous amount on food.
3. Invest in a portable charger and a camelbak, so you can just refill it instead of buying bottles of water.
4. Make sure you have your ticket & a valid government issued ID- otherwise, they won't let you in because most of these festivals are 18+.

5. Wear a lot of sunscreen and deodorant, please- you don't want to be THAT person.

6. Wear a fanny pack so, there's a higher chance for you not to lose anything when compared to putting your items in your pockets.
7. Budget down for how much you're going to spend- there were times where I spent a lot more than I should've at a festival, I've learned the hard way that I need to budget and bring in only a certain amount.

8. Make sure you wear shoes and not flip-flops because I guarantee you that people will accidentally step on your feet while dancing.

9. Go into the festival with good and positive vibes- no one wants to deal with a negative person because festivals tend to be a happy place for most people.

10. Make sure you have a safe way to get back to wherever you're going after- do not drive under the influence and don't let anyone you know either.

11. Stay safe & hydrated- most of all, have the greatest time of your life. :)

Bad and Good Ways to Stay Busy

By Daisy Quintero



Maintaining yourself busy isn't hard but sometimes it isn't good for your health I would say. Many people have a lot of going on in their lives that sometimes it causes lack of sleep and motivation. I

have that problem. There's different ways in maintaining yourself busy. The healthy way would be exercise daily, try to avoid multitasking, manage your expectations, practice self-care and asking for help won't hurt. I do not do any of these as I should because I have other things in mind and I like everything to turn out my way. And there's where I might be wrong and don't manage my expectations the way I should. Always be positive and don't look down, that's the only way how to move on.

Playing with the Phantoms

By Kaleb Thomas



Something about the phantoms others don't know may not know is that we are stronger than most. These struggles makes us who we are. Who said the journey was going to be easy? As a team our eyes are forward, heads are up and backs against the wall. We go through our journey together, so the ones who can't go anymore will go. All for one, One for all.

When I joined this I felt a vibe with everyone, they welcomed me here. There was no hate in the air. Everyone has the same goal on the team. We will not speak on it until it is achieved. There's

a process with everything and we understand and we accept our mistakes. My job on the team is to keep confidence and faith in my team. I am the negativity, I have to make sure my voice is heard. I

know I was annoying at one point but that comes with being a leader. They accept me having that role. Everyone's job is to play their role the best they can.

We have played 25 games most teams play 25-30 games a season. It doesn't seem like its been that much. The season is going by so fast, so far it's been fun traveling together. We have fun doing everything together. Road trips are when we bond. No matter how the game goes, we still make the most of our time together, laughing, crying, arguing, singing. We do what real families do.

In Memoriam for Our Friend

Khabab Ali

By Anne-Louise Schellenberg



I can still hear Ali say, “That don’t make sense!”. We were doing a ‘critical thinking’ exercise on the ‘list of the most violent cities’ in the country, during our English class with Ms. Polski “Chicago IS the most violent city! Look at all the crime here!”. One of the only times I saw Ali lose his phlegm... I was focused on data and percentage, but Ali who was coming from a country at war knew that two death are greater than one no matter the size, population, crime rate of a city.

I met Ali over the summer during our Speech class with Ms. K. One day I was late for class and sat at the last row right when I entered

the room, next to Dejjay, inseparable of Ali, who was sitting on the other side. We had to write an outline. He was being so helpful to Dejjay. His generosity is what I saw first. He would force me to eat his flaming hot chips! Of course, since it was a speech class, we were sharing, commenting and talking...Ever since then we have sat together in all our classes. We always worked well together. He was very calm, thoughtful, focused, organized...the opposite of me! He had 2 quarters left before getting his associate degree...

Khabab was his first name but he made it easier for Americans by being called by his last name, Ali. We were both immigrants and talked a lot about this experience. We had planned to go to Sudan together in 2020. He knew I loved to travel. He traveled a lot too, having his family split all over Europe because of the war. He had Family in France, where I am from. Haha, He didn’t like French food that much! We agreed that Italy was the best country for food. He was so positive about everything in the sense that he knew what really mattered.

I didn’t want to ask him too many questions about his past back

home, but I knew he had lost family members because of the war. He made two of his Speech presentations on Peace. The first one was for the demonstration speech: how to say Peace in Arabic, and the second one was for the persuasion speech: Why is peace necessary. Obviously, it was something important to him. I hear gunshots at night, but I never thought it would touch someone so dear to me. My generous, smart, beautiful friend is gone. I think you are right Ali, the city that has the most violent crimes is the most violent. Today I find Chicago to be the most violent city because I lost you my friend. You lost your life, and that is the only thing that matters. Much more than data .



By Ali Hassaan Rizvi

Khabab Ali was a very beautiful soul I met him 4 years ago when I moved to United States. He was my first neighborhood friend I used to hangout with, and I can proudly say I brought Khabab Ali to East-West university! It took me an year to convince him that he should start school again. I still remember his reply: “yeah dude I need to start back at school and complete it, then I will leave



and go back home, I don't like it here in America.” khabab Ali was planning to go back home next year as he was waiting for his citizenship. May your soul rest in peace, brother, you will be always missed, my friend. I have so many memories with you. Thanks for always helping me out in my tough times. Rest in Heaven, big brother.

Never will you fade

By Deandrea Raglin

Ali Khabab was a true friend, who always was helping someone even when he had problems of his own. I remember the first day I meet Ali and why I stayed friends with him since: I was crying, and I felt as if my pain will never go away, and Ali stated this very statement: “Pain will only stumble and fall down if you are willing to let your loved ones comfort you.” If you knew Ali, then you may have heard this statement before.

Never will you fade

There are tears falling because
your feet no longer touch earth
Pain rising because your loved
ones can't hear you voice, touch
you, or even see you face to face
But your absence doesn't mean

that you will not be remembered
Ali came here to have a better life
Providing for his family so they
could sleep safe at night
My dear friend when those are
down you lifted them up
Told them to stop crying and stay
tough
I hear your laughter when class is
in session
Why did it have to be your life
taken, to most we can't see the
connection
Friends, and Family screaming
because your missing
In the hearts of those who love
you your never fading
Every foot, yard, and mile
Your love ones will remember
how to smile
As of now they will feel pain
running through their veins
NEVER will you fade

Mirrors

By Jorge Hernandez

The mirror I look into is snapped and broken into a billion diamond shaped triangles. A billion microscopic perceptions. Of all the scattered pieces, two have pierced me the most. At my fingertips the first piece I hold and lock eyes into is a needle-like memory. Myself positioned in a delicately vulnerable and non threatening state. Threatened by an end of conversation during my cries for patronizing guidance. All because my voice happened to be at a higher tone than usual. That higher than usual tone was necessary for the weeping vocalization of mine and ultimately, to be understood with verbal clarity. The next shattered fragment of perception I plucked from the floor and peer into with dark brown eyes, is a reflection of a time when I seemed to have been perceived as a child. This razor sharp glass atom I held in-

creased the flow of crimson discharge that covered my fingers the most. Could this be the reason why I don't get approached or responses to conversation? When I do conversate, I'm given a strange look. Maybe the way you see me is how others perceive me. Struggling to understand a person's perception of me is an internal riot. From what I observed, I've recognized the differences. When I had finished iop I was given a kind and cold speech with an emotionless expression. For others, the emotion-filled-words you used and the expression of tears being held back; conveyed the warmth and extreme difference. I've trapped myself in a mute nocturnal corner. With bloody hands and shattered serrated fragments of myself searching for meaning in this suffering.

Have you seen the new Netflix series called “YOU”?

By: Raquel Lazaro



“YOU” is a new Netflix show about a young graduate and aspiring writer named Guinevere Beck (Elizabeth Lail) and a Bookstore manager named Joe Goldberg (Penn Badgley). Joe obsess with Beck at first sight. When Beck becomes Joe’s new obsession, he uses social media and the internet to find everything about Beck. Soon he discovers what is keeping her from becoming the best writer, and gets rid of it as well as anything from holding her to love him as much as he loves her. He goes out of his way to keep Beck focused on her writing and their love, and will destroy anything that gets between Beck and him.

Netflix’s latest original YOU, an American psychological thriller. Based on a self-titled book by Caroline Kepnes, ticks all the right boxes. Gregory Berlanti (Arrow, Riverdale, and Chilling Adventures of Sabrina) and Sera Gamble (Supernatural) developed this series; YOU keeps the audience interested through the ten epi-

sodes of its first season. The dark yet enjoyable plot grabs you by the neck and makes you nervous with its unclear shocking subject that has a shy bookstore manager, Joe Goldberg, played naturally by Penn Badgley who falls in love with one of his customers, Guinevere Beck (Elizabeth Lail).

I think this show was great it was a very well written script in my opinion, as well as a great actor. This thriller series is perfect for someone that is into suspense, but also realistic set. The way this series is build up makes you interested as well as attached to keep watching. It teaches many things to this generation especially to those who post everything about their lives on social media. It’s an excellent show for all the book readers. I mean who will know more about a book than a bookstore manager (and that is how Beck was trapped). It’s a show that has a variety of life choices an think that what people like. This show not only is about a bookstore manager that is in love and stalker of his clients it more than that. I don’t want to get into details so that i won’t spoil a good series, but I recommend it. Let me know if you like this show as much as I did.

Government Shutdown

By: Andres Carbajal



Ever since the shutdown of the government, there’s been major issues throughout the country af-

fecting a lot of U.S. citizens. Some people who work for the federal government aren’t getting their paychecks. People have mandatory bills to pay such as rent, utilities, mortgages, insurance, credit card bills, loans. Also they need groceries to buy to feed their family and accessories for school or in general.

I work in the International ter-



Caution: CONTAINS SPOILERS

The movie began with an explosion, happening late at night aboard a ship. My mind instantly began racing with a million questions. Who blew up the ship? Why does the killer have such a nice watch? Why did the killer bow up the ship after killing someone he knew? Detective Kujan and I were both determined to find out exactly what happened. Detective Kujan spend a good majority of the movie talking to a cripple man named Verbal, one of the only living witnesses, who tells a mind wrenching story of how he and four other gentlemen ended up in a line up, after New York police suspect them of a hi-jacking. I couldn’t help but wonder why or how a man like this could be accused of doing such crimes. His physical condition – an obvious limp, accompanied with a crippled arm – really wouldn’t be of any use, in my opinion. However, the men became extremely insulted and decided to

The Usual Suspects: Movie Recap

By Stephanie Starks

get back at the police by robbing a known jewelry smuggler, one of many who received many personal escorts around the city and personal favors from police officers. This simple act of mischief exposed the dirty cops on the job and led to the conviction of many corrupted policeman and politicians. The crew then sold their jewels to a man named Redfoot, who in turn, convinced them to embark on another diamond heist.

Although they were unhappy about doing so, the men agreed to do this “last job”, where they ended up killing the person that they were hired to rob drug dealers. According to Verbal, these four men soon learn that Redfoot is using them and is simultaneously working for a man named Kobayashit, the associate of a cold-blooded Hungarian killer, by the name of Keyzer Soze.

I immediately knew something wasn’t right with Verbal’s story. Although the store line seemed creditable, there was no one to verify this myth. There were too many names being involved, too many stories being told, but not a shred of proof to validate anything. Although the other living witness, a man who was severely burned from the explosion, swore in a rage that we saw Soze and even gave a description of Soze to a sketch artist, I knew that Verbal was leaving something out.

Detective Kujan wasn’t buying Verbal story either. In fact, Kujan felt that the entire story surrounding Soze was a myth. Kujan insists that Dean Keaton was the mastermind behind everything. If anything, according to Kujan, Dean Keaton was Keyzer Soze. Verbal becomes hysterical, admits that the detective was right about everything. He confesses that Keaton was the mastermind behind it all and swears it’s the truth. As those famous words that Verbal spoke ran through my head, looked at the sketch that the other living victim gave of Keyzer Soze, that looked like Verbal. The greatest thing the devil ever did, was making people think he didn’t exist is all I heard in the back of my mind, as I watched a man, who limped the entire movie, begin to walk in a straight line, massage his hand back to its normal condition, get into a car and drive off, as I’m left in complete awe.

The main lesson that stuck out in this movie, to me, was that people and things aren’t always who or what they may appear to be. Even more, this has truly showed me what extreme extent individuals will resort to, to deceive you. We never really know who people really are, nor can you take the words of criminals as honest and knowledgeable. This is why it is mandatory that we do our research and check all information, before assuming we know the facts.

any more what passengers bring through customs and TSA. The lines for immigration and customs and TSA are massively long due to the airport being short staffed, and that causes a lot of people to miss their connecting flights. I’ve never seen the airport that bad with endless lines. People in line are always stopping me for questions about why are the lines

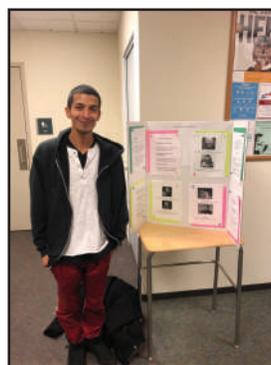
so long, and it’s because of the government shutdown. Terminals in Houston are shutting down because there isn’t enough TSA workers. All of this for a wall that wouldn’t make a difference, because people could still go around the wall or make more tunnels to pass through to the United States.

Congratulations to the winners!

Senior Seminar students presented their research posters at the end of the Fall quarter. Everyone explored deep interesting topics related to the progress of humanity. We especially thank and congratulate the following students: Mayra Baez, Behavioral and Social Sciences major, for her poster on the history of watches;



Jesus Pacheco, Liberal Arts major, for his poster exploring the role of irrationality and mental illness in the progress of art;



JiRon Howard, Business Administration major, for his very professional poster about the balance between the intellect, the body and the spirit in humans;



Dimple Soni, Business Administration major, for her important and well researched poster about the danger of zero-sum attitude in politics



Alfredo Torres, Computer and Information Science major, for a timely research into stress relief which can be provided by playing video games



Mujtaba H. Muhammed, Business Administration major, for his important poster tracing the statistics how poverty is steadily declining in the world



Vishal Patel, Computer and Information Science major, for his

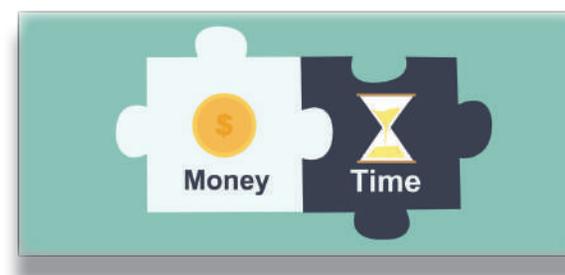
poster on Humanism and for being the photo correspondent of the event!



Other research topics included the role of organized sports for children, the intellectual stimulation provided by modern popular culture, the attitudes towards peace within Islam, the role music can play in political and social events in the world, comparison of reading books online and on paper, and many others.

Money and the Quality of Life

By Daisy Quintero



Quality of life was about how and what is needed for happiness. In order to be happy you need to have time and money. Many people did agree with that and a few did say its not always about money. And well they are somewhat right as well. You also need health, money, relationship, contentment at work and, love and accepting yourself. I really liked Pinkers quote "As the necessities of life get cheaper, we waste fewer of our waking hours obtaining them, and have more time and

money left over for everything else-and the "everything else" gets cheaper, too, so we can experience more of them." I liked his quote because it tells you what you need in order to be happy, that is why I underlined and bolded out the important facts. Now a days it has become more affordable for us to actually go to places. In the past people didn't have much to even afford electricity or candles because everything was too pricey. I would say economy is getting better little by little for us.

Why Waking Up Early May Be Good For You

By Christian Simpson



fact a lot of successful people such a entrepreneurs wake up early to plan their day, right below I shall lists the benefits as well as best routines for waking up early and benefits.

"Early to bed and early to rise makes a man healthy, wealthy, and wise."

- Benjamin Franklin, American investor

- Benefits of waking up early and good routines
- Better Concentration throughout the day
- Eating Breakfast is always important (at one point in time society valued that but now not as much)
- Exercising early can help your physical appearance as well skin.

• Drinking water in the morning can also aid in recirculation of your body from a good night's sleep.

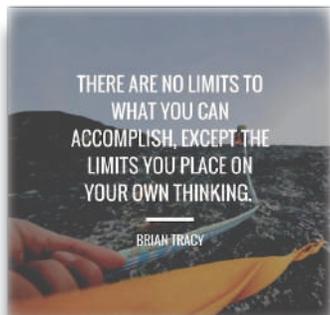
• When you wake up early it can also help set in motion a better sleeping routine.

• You can get more things done early, also plan out your day, such as going to an event or seeing a friend.



If No One Has Ever Told You: You Matter

By Samareah Fizer



“I can’t do anything. I may as well just give up”, is a statement that I hear all too often. If you’re reading this and you’ve said something like this before, make that last time your last time. I know you may be thinking to yourself that it’s extremely easy to feel out of place or like you don’t belong, and I know that low self-esteem and lack of purpose will sneak up on you faster than you could turn around to stop it, and I’m sorry. I’m not saying sorry because I feel like it’s my fault; I’m saying sorry because you shouldn’t have to feel like this. You don’t have to feel like this. You don’t have to compete in a world full of open spots because believe it or not, one of them is

open just for you. No matter who tells you that you won’t make it or that you’ll never be anything, one of those spots has YOUR NAME written on it; It’s engraved and the only way that it can be removed is if you don’t take the opportunity to do something with it.

Sometimes all it takes is to be reminded that someone cares about you. Sometimes all it takes is being assured that you matter, you’re worth it, and that your life isn’t in vain. And I know I don’t know you, but what I do know is that no matter who spoke against you and said that you don’t belong, even if it was your own self, I have no doubt that you’ll defeat the odds. I know you may not see it, but you can get that degree. You can achieve those goals and live out those dreams. You are smart, courageous, talented, skillful, inspirational, and you have all that it takes to be a conqueror. I believe in you. All you have to do is believe in yourself. You’ve got this, now go be great.

Back At It

By Daisha Pryor

Coming back to school after break...fun, right? WRONG! Let’s talk about what people say to one another on their way back to university. I for one know that on my way back to school I said “I don’t want to go back” and “am I really on my way back?” at least ten times. Now, me personally I spent about twenty minutes in my bed fighting the urge to hit “stop” on my alarm clock. I was laying there really debating with myself on if it was worth getting out of bed and making my way here. Now, when it comes to work I am a completely different person, partly and

mainly because I know I’m getting paid for that. But at the same time I know the payout for going to school and getting my degree is going to outweigh what I’m making now. That is honestly one of the few reasons I’m here even writing this article now. But long story short, if you really struggle with the thought and action of coming to school, just remember: it may not seem like it now, but in the end it’ll all be worth it! And before you start saying it... yes I know what I just said sounds cheesy, but it’s true.

Motivation

How to remain focused during the school year and How to finish strong

By Marcus Wheat

Throughout the school year I know that as a student there will be times when you struggle to stay focused, you may not feel the desire to get up to go to class, or you might even miss assignments. But, it is important that you try your best to stay focused.

- Something that should wake you up and get you motivated to pay attention in class is you spend roughly \$19,000 a year to attend classes here at East-West University (if you are not getting any scholarship money).

- It is also important to remember you are here to earn a degree making a better life and creating better opportunities for yourself.

- The professors at the University are here to help you and teach you what you will need later on in your career, they aren’t here for fun. As a student do your best to stay on top of your school work and communicate with your professors making your job and

their job easier. Every student has a way to contact a professor if needed, the instances in which you have missed assignments or you couldn’t reach your professor should be few and far between. If you know that you won’t be able to make it into to class, send your professor an email informing them of your situation, and ask what you can do to stay on top of your work or if there is anything that you can do while you aren’t in class.

- When you are in class put your phone away so you can pay attention and if you think you’ll be tempted to look at your phone, turn it off until class is over.

- Learn the names of some of your classmates, and get some type of contact information if possible, that way you can ask them what went on in class if you aren’t able to make it and when you return you won’t be as far behind.

- Take notes on what was

gone over in class on the days you attend, it will help out with studying, assignments, and preparation for tests and exams.

- It is important that we take accountability for what happens while we are in college, this isn’t high school where your teachers might stay on top of you about your habits and getting your school work done, we’re all adults here and it’s on you to take the initiative to do things without being asked to or having to be reminded.

If you take all of these things into account your chances of having a successful academic quarter or school year will increase. Lastly it’s important to remember that you are here for yourself so you shouldn’t have to go looking for external motivation.



Leadership

By Oshea Rodgers



I’m not the type of guy to come up with new year resolutions. I don’t really like to talk about moves that I am going to make or need to make, I mostly like to move in silence and not be seen nor heard unless I want to be. Actions speak louder than words, so I like to allow my actions to do the talking. I view myself as a leader and as the year goes on - or may I say years go on - I want to become a stronger and more righteous leader. I view myself as a lion because I am a believer. I might not be the

smartest or the fastest worker in class, but one thing about me is

that I am a believer. I believe that I can take down any obstacle that comes my way, because I am able to adapt to any situation that’s going on. A lion is a believer because it is not the strongest nor the biggest animal but it is a belief that makes one strong. A lion believes that it can take down any animal in the jungle - that is what makes a lion a king! I am a leader because my belief system is so strong, and that allows me to get through obstacles that are being thrown my way.

**Congratulations to East-West students who
received the Merit Scholarship in 2018!
Great job!**

- | | | |
|--------------------------------------|-------------------------------------|---|
| 1. Rawan Ahmad Abed | 45. Dontal Hampton | 89. Mohamed Shehan Saleem |
| 2. Jasmine Adams | 46. Asijah D Hancock | Mohamed Isam |
| 3. Alexis Evangelina Alcalá | 47. Deanna Harris | 90. Mujtaba Hussain Mohammed |
| 4. Sherell Alexander | 48. Jorge J. Hernandez | 91. Nayef Mohammed |
| 5. Khabab Ali | 49. Reginald L. Holt | 92. Keyla M. Montanez |
| 6. Jamorris Jashawn Allison | 50. Andriana Howard | 93. Jarrett J Moore |
| 7. Moustafa Ali Almaliki | 51. Jiron Howard | 94. Mykhaylo Moskalyk |
| 8. Nataly V Alvarez | 52. Rajan Huddleston | 95. Priyanka Nadarajah |
| 9. Muhammad Amin | 53. Sharon Tamaramodortimi | 96. Duc Ch Nguyen |
| 10. Javonna Bailey | Itonyo | 97. Mariah Renee Nichols |
| 11. Jasmine Janee Banks | 54. Calvin Louis Jackson | 98. Ayana Norey |
| 12. Ernest Beal | 55. Kevin Jackson | 99. Swetha Sri Paleti |
| 13. Lorenzo Bia | 56. Neda M Jackson | 100. Chhayaben Sanjaykumar Patel |
| 14. Alejandra Blancas | 57. Xavion R Jackson | 101. Dhartiben Alpeshkumar Patel |
| 15. Dulguun Bold-Erdene | 58. Rajesh Jaiswal | 102. Divyaben Harshadbhai Patel |
| 16. Essence Brown | 59. Esther Jimenez | 103. Kirankumar Jitendrakumar Patel |
| 17. Angel Cardona | 60. Briana Dominique Johnson | 104. Kushal Bhikhabhai Patel |
| 18. Evelyn Angelica Castillo | 61. Kisha R Johnson | 105. Masuk Rajeshbhai Patel |
| 19. Yash Dasharathbhai Chaudhari | 62. Terrance A Johnson | 106. Meet Vinarskumar Patel |
| 20. Kevin Christopher G Clerkly | 63. Teylor Johnson | 107. Naman Kalpeshkumar Patel |
| 21. Kyché T Sade Coker | 64. Vishalkumar Pravinchandra Joshi | 108. Raj Manojkumar Patel |
| 22. Domingo Colonhellstrom | 65. Dontrell Kemp | 109. Gabrielle A Patton |
| 23. Viralkumari Baldevbhai Daslaniya | 66. Sameer Jahangir Khan | 110. Adolfo A Perez |
| 24. Chaitali Bimalkumar Desai | 67. Zaheer Jahangir Khan | 111. William D Perkins |
| 25. Daniel Diaz | 68. Louis Kline | 112. Jade K Pillow |
| 26. DeJuan Doby | 69. Raquel Lazaro | 113. Albená Pokuaa |
| 27. Eleanor Douglas | 70. Monica Leary | 114. Alexis Polowsky |
| 28. Ashieka Dyce | 71. Earlisha Lewis | 115. Alure Porter |
| 29. Tsolomon Enkhbaatar | 72. Kimberly Lewis | 116. Demetrius Pothro |
| 30. Enrique Alan Espinoza | 73. Jose Limon | 117. Jingyun Qian |
| 31. Emmanuel Tosin Fadipe | 74. Briana Lindsey | 118. Meosha Netavia Raglin |
| 32. Maya Fard | 75. Monique Little | 119. Hemendra Kumar Jitendrakumar Raval |
| 33. Samareah Shantaé Fizer | 76. Chang Liu | 120. Virendra Jitendrakumar Raval |
| 34. Safi Florence | 77. Paris N Logan | 121. Romani Dejean Rice |
| 35. Lashonda Francellno | 78. Mellonie Lasha Madden | |
| 36. Kiran Noel Francis | 79. Prashanniah Mahindanraj | |
| 37. Alfredo Garay | 80. Ciara D Marshall | |
| 38. Aschlee Ranae Garcia | 81. Crystal Danielle Marshall | |
| 39. Christian A Garza | 82. Danny Marshall | |
| 40. Tian Tian Ge | 83. Janasia A McClellan | |
| 41. Cortland R Gillepsie | 84. Mariah McDowell | |
| 42. Juan Jose Gomez | 85. Carol Medina | |
| 43. Esmeralda Govea | 86. Tiffany Marie Mendez | |
| 44. Eva Guadarrama | 87. Marco A Mercado | |
| | 88. Riddhi Chintukumar Modi | |

Congratulations

From Freshman to Senior year at East West

By Jose Tellez

FRESHMEN SOPHOMORE JUNIOR SENIOR

Freshmen year: Coming out of high and going to college is exactly like going from 8th grade to high school in the sense that you hear stories in how much better and harder it is, but never really grasp it until you are there. Freshman year is probably the most important year of college because it sets up the momentum for the rest of your college career. Here at East West I took summer classes which are 3 hour long in the summer, and that was more than enough experience to succeed in my freshmen year. Three big take-aways are: don't forget your password to your school email, don't fall behind early, and get to know the staff.

Sophomore year : Sophomore year was probably my most successful mainly because I started working for the SLC building. I will admit I was spoiled with this job: I got to live on campus and

was responsible for everything in the SLC building. I worked at this job for 2 and a half years and it was probably the best experience of my college experience. I got to meet a lot of new people and most importantly I learned a different work ethic that I was used to. I also got really familiar with the staff of East West and to this day still am good acquaintances with them.

Junior year: By this time we start questioning long term plans, but the biggest effect is made by turning 21. Junior year was not my year. and my transcript reflects that, but lesson learned. All I can say is staying focused on school is difficult when your friends want to go out every day or host events every weekend. Don't forget you can always ask your professor for extension or retakes because those saved my junior year.

Senior year: in process...



LOUDER THAN A BOMB

By Alure Porter

LOUDER THAN A BOMB

Louder than a Bomb is a national poetry competition where people come from all over to show off their poetry skills. Some come in teams, some come in pairs, and others come alone. The pros of coming alone is that when performing IT'S ALL ABOUT YOU.

You don't have to worry about if your partner or team will mess up or make you look bad. You're the only person the crowd is focusing only on you. The cons of performing alone is that your anxiety will probably be worse because of the fact that all the attention is only on you. If you are interested, look them up and participate! <https://youngchicagoauthors.org/louder-than-a-bomb>

Get Your Unwanted Depression Under Control

By Ziyang Xiang

As Churchill said, depression is like a black dog who bites me when he can. From then on, the word "black dog" has become synonymous with depression in the English-speaking world.



Depression, also known as depressive disorder, is a major type of mood disorder characterized by significant and persistent depression mood. Clinically, it can be seen that the state of low mood is not commensurate with the situation, the depression mood can be from being depressed due to grief, inferiority depression, even pessimistic, there may be a suicide attempt or behavior, even stupor. Some patients had obvious anxiety and agitation. A serious person can exhibit psychotic symptoms, such as delusion. Every depressive attack lasts for at least 2 weeks or more, even several years, most cases have the tendency of repeated attacks. Although most of depression emotions can be relieved by medication and psychotherapy, some cases can have residual symptoms or become chronic.

As college students, first of all, we need to take an objective view of the depression. Some freshmen experience a moratorium period. During this period, young experienced the process of role transformation and social adaptation. Although we were no longer considered children, we could

not fulfill the responsibilities and obligations of adults. That is to say, every young person needs to learn and practice various roles and develop various skills before establishing self-identity. There is a profound contradiction between ideological independence and economic dependence, physical maturity and lagging psychological socialization. On this basis, adaptive disorders and mental health problems are likely to occur in our daily life. Therefore, college students with depression, anxiety and other similar problems do not have to be overly nervous, which is also a "product" of contradictions in the period.



If similar emotional problems are already with you, take it easy as they come. Depression of college students is not terrible, realizing that you are not surrounded by the emotion that is happening

to you, you are just being distracted by it. Instead of focusing on your emotions, return to the present moment, focus on what is happening in the present moment, and accept the present as it is. Now, I'd like to share with you some effective ways to control and avoid your unwanted emotions with my own experience.

- Insist to take exercise

Especially exercise in the morning. Many depressed people have the sluggish, sloppy, lazy condition, long-term this condition not only seriously damage the body function, but can also aggravate negative emotions. As the saying goes, a day's plan depends on the morning, the air in the morning can be said to be the freshest moment of the day, it can fully mobilize the human potential to activate the body cells, when the body relaxed, the heart will slowly relax down, the mood will have a certain relief.

- Keeping normal interpersonal skills

Depression often shows negative symptoms such as low self-evaluation, not as good as others, and they feel that they can't do anything well. These feelings lead to their lack of interest, withdrawal, reduction of social activities, and closure, which makes depressed people in a vicious circle and

continuously strengthens their self-destructing symptoms. The premise to change this vicious circle is to force yourself to go out, meet more friends, participate in social activities or travel. Although it will be painful at the beginning, as long as you persist for a period of time, the negative feelings will be gradually melted by the external environment, and your self-confidence will be reignited.

- Developing self-confidence

Next, self-confidence is a magic weapon to overcome all negative emotions such as fear, nervousness, worry, and fear. Use positive affirmations every day. Believe in yourself and you can handle any problems at study or work in your life. If you can't handle it, don't beat yourself up too much. Do not take it seriously, or hold back in the heart, that damage to your health.

- Relaxing your mind

Depression is mostly due to the person's long-term mental state of high tension, in order to cause some brain neurological disorders. So you need to regulate the nerves, learn to relax. I suppose that there are many ways to relax, such as often reading some interesting books or magazines, watching funny videos, listening to classical music or humorous talk show and so on.

- Taking part in a variety of recreational activities

Colorful recreational activities can always help you out of the psychological shadow. For example, once or twice a week, go out regularly for coffee or dinner with your closest friends, you can also take a day trip to a new city or spend an afternoon for kayaking. Making a plan, just hang out with them and do whatever you want. Not only that, taking care of living things is a good way to relieve depression. Studies have shown that people who care for a living creature, whether it's a flower or a pet, recover more quickly from depression than who without that. Start a small garden, to buy a nice potted plant, or buy a more manageable goldfish and take good care of them.

- Talk to your psychologist

For someone who have significant depressive episodes, a psychologist can help you deal with the problems what you're facing and put depression in perspective. This can effectively reduce your level of depression. Current psychotherapy also allows you to try some special emerging psychotherapies such as art, music and movie therapy. These therapies are based on the conversations you've had with your psychiatrist and incorporate some therapeutic activities that can help you overcome depression.

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Faculty Advisor - Dr. Maria Polski
Staff Writer - Tiffany Mendez



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