

Welcome to the student government

In February of 2018 EAST-WEST university held an election for a new student government. This governmental race had great people who were running for office. It was in this election that this university would elect what would seem like the best cabinet for the school, for now.

The candidate list wasn't long, but it was filled with a nice level of diversity and intellect. The people who won: Kisha Jackson, Mercado Morales, Yujin Wan. These were the ones to run, but this doesn't mean that they were guaranteed to win, as even one person running in a single person race can still lose the race.

The first one up was Kisha Jackson for the position of treasurer. Her speech for her position was filled with wonderful rhetoric and call to skills, but the key point lied in her status as a student ambassador

By: Andrew Lance and her skills with handling a budget along with finances. The best, if not under-sold, part of her speech was the fact that she knew what her weaknesses were and

while his speech was well put together, he personally claims that he isn't able to live up to the realities of the responsibilities or power of the role of vice president, president, or treasurer - no, he says he knows his place and capabilities; but for many who heard his speech, it is an understatement of his abilities. Andrew claims he wishes to be the bridge between the students and everyone else.

The third was Yujin Wan going for vice president. Her speech was the most elegant out of all the speeches. Her speech focused on her previous skill

as a member of a student council while she was in China. It's this level of experience that makes her stand at the top of the candidates. Her speech gave a sense of certainty and hope that things will and could be better for the students here.

While people may try or could try to find a negative in Yujin Wan's speech, there isn't any for the students as her speech was for them.

Lastly, Mercado Morales ran for president. While many who saw and heard him will attest to his sense of fashion and clothing choices, his speech reflects his style of clothing. Refined and elegant is his style of speech and clothing but there's more to him than that: he has a deeper connection with people of religious faiths as a man of faith himself. As his faith backs him, his logic and understanding of other people guide his choices and actions to help make the school a better place.

This short article on the student government speeches functions as two things. One to let the people of the school know who the current government. The second reason is to highlight their ideals and passions to the school. Some want to make the school better for future generations and others want to use their connections to help make students enjoy their stay here.

In the Winter quarter of 2018, within 30 days of election,
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The current student council government will aim to make the school a better place for the students by introducing new and more things for the students to get involved with as the time goes on, and currently, they have big plans for the spring semester, some of which can't be stated as nothing is finalized but do keep a lookout in your East-west email and around the school for updates and information.

P.O.E.T.

People of Extraordinary Talent

By Andrew Lance

The feelings people go through when they are engulfed in a supernova positive or negative emotion give birth to writing, which gives way to a deeper level of poetry, which is then spoken, often without rhyme, and given emotion through performance -- that is 'spoken word'. Through this style of emotional extraction people can touch on political, emotional, personal, psychological, and even physical impacts.

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P.O.E.T.

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It's through this method of poetry use, spoken word, that the People Of Extraordinary Talent (P.O.E.T) came to visit East-West. The group P.O.E.T is a multi-layered, variable, and passionate about the work they do. Each person brings their own perspective into the collective (which is a pretty common feature of a group). Even though there is this sense of togetherness and collective unity, there is a massive sense of individuality among the speakers.

The first one of the speakers that came up is known as Blaq Ice. His life experiences caused him to go from a child with no worries to a young adult with worries. This came about when he and his girlfriend, ages 15 and 14 respectfully, had their first child aborted due to the mother's parents' wishes. It was this event that caused him to value the life of his offspring, which would lead to his views on life and motivation having a massive paradigm shift. As we fast forward some years, he has a wife and son, who was named after him. Now, his son, at the age of 13, was diagnosed with cancer and only two years later died from it. It was this moment that he started to distance himself from religion and in that moment, he creat-

ed the spoken word piece called E.G.O. (Easing God Out).

Blaq Ice is an emotional being. He told East-West students that only a mature strong person can

harness pain and talk about it. This is not a sign of weakness but a sign of manliness -- because anyone

can bottle their emotions up inside of them, but to express your emotions through word around people you don't know and share the emotional pain, is a manly thing to do. It is with this logic and understanding that Blaq Ice can wear his heart on his sleeve and shout out to the stars to let the universe feel his heart and soul. Through his personal song of love, pain, laughter, and sorrow, Blaq Ice can battle depression and is able to explode like dynamite with creativity.

After Blaq Ice, we then meet the next artist, No-mo Drama. No-mo Drama, who has been in spoken word for seventeen (17) years, is not only experienced but larger than life

in her words. Through her word choice, people experience different levels of emotional impact. Her weighted words did come at a cost. Some of the recent impacts were being homeless, leav-



ing a job for moral reasons, followed by losing her life savings, getting married in 2014, then divorced in 2015.

These moments shed a brighter light on the darkest times and through the darkness there is light. And that light is the fact that No-mo Drama is currently working on getting her doctorate, in her words "Next time you see me, I'll be Dr. No-mo Drama!"

After No-mo drama,

came an artist who needed no introduction as it would do him a disservice. The artist goes by many names, such as Loud Poet and Poet Crazy, but today, he goes by the name of Word Warrior.

I've written about the previous two artists in a contrast of light/dark/light, but in this one instance, there is no dark, only light. Word Warrior a man formerly incarcerated who uses his past and present to have not only his future, but the future of others, shine brighter than the sun. His words and his hope ring and echo into the universe calling out for a bright future not for him, but for the next generation. The energy that he gives

highlight that anyone of any age and era can enjoy, the involvement of the crowd.

What can be said about Analog Soul that can't be said about the other poets is that she's new to the scene: she has been in the spoken word scene only four (4) years. The line starts at her philanthropic work; she decided to join P.O.E.T not for spoken word but to mentor and guide young minds. Yet, like many people featured, she has gone through her heart ache and personal turmoil of marriage, emotional trauma, and personal growth. Without a shadow of a reasonable doubt she has passion for her crafts, yes crafts, as she can not only do spoken word but can also do voice acting. Her first time on stage was in 2013 and the cause is the same for a lot of people who need to have fun: she was dared to go on stage. She first started writing back in 2011 and is currently starring in a play titled 'King of policy' which is about the start of the lottery system America uses. Her backstory is tied into her voice as a gospel singer, it's deep, powerful, emotional, and most importantly it's full of history that can't be told any other way.

One more of the P.O.E.T crew, we have the matriarch who chose the name of old that to does justice to a matriarch's role in history. She is... Fire Keeper. Fire Keeper is both



to the crowd is amplified when he feeds off that same energy to give out even more energy. This is the

a name and a status, as by her words: “When the cave-men had fire, that was their source of light and knowledge of things left in the dark. Fire Keeper is more than just a title, it is a name, who you were, and what you are.” This name rings true for her as a poet and as a matriarch. Through the darkness the knowledge of your history shall be your guiding light as many people hear it. “Those who don’t know their history, are doomed to repeat it”. She fulfills this status more than she realises as her history stems not only through time but through people. She touches on the darkness of slavery to the darkness of the Jim Crow era, just like her great grandfather and everyone of her line has learned to not repeat the mistakes of the past; she teaches the generations after her to not do that also.

As the showcase wrapped up, I couldn’t help but wonder, could anyone with the right motivation do as well or better than the guests? Then I thought about it a bit more and brought it up to the Student Government for the idea of a variety showcase. As of writing this, the idea is being discussed, but should and if the idea becomes reality, no matter what your talent, trait, or passion is-- don’t be afraid to try it even just one time and see how you like it.

How not to be brainwashed: a self help guide

By Students in Persuasion and Public Issues course: Olivia Woods, Eva Guarrama, Christian Simpson, Duane Roberts, Kisha Johnson, Lydia Basanes

1. Do not trust slogans. You can’t reduce complex issues to just slogans because not only does it oversimplify

the matter, but people could forget what the issue was about. As a result we

don’t try to solve those problems, and we don’t feel like arguing about it. Meme also do the same thing as slogans. The same thing can be said about chants. “The “Analytical” part of your brain and the “Repetitive Task” part tend to operate in separate rooms. But you didn’t need an expert to tell you that. You know you can’t solve a complex logic puzzle if I force you to scream the chorus to that Chumbawamba song over and over again while you’re doing it” (Wong, 2008).

2. Do not let entrainment distract you from facts and real issues. This is a strategy that has

been done since ancient times. It’s called bread and circus and its basically letting entertainment distract you. In fact, arguments have become entertainment itself, and people would rather confront each other than actually analyze the situation. Entrainment is not bad in it of itself, but it’s best to separate issues from entrainment.

3. Raise your integrative complexity - ability to recognize and incorporate different perspectives. Be willing to listen to people you don’t

agree with rather than silencing them. This way you don’t just see one side, and you are more likely to have a meaning-

ful discussion.

4. Understand emotions. Aristotle’s rhetoric explains shame, shamelessness, fear, confidence, enmity, love, friendship, envy, emulation, anger, indignation, pity, benevolence, confidence and contempt. Emotions are easy to manipulate! Unscrupulous politicians can play on fear, anger and indignation. There could be people in power who have made themselves appear well-intended through the use of their emotions, but we can

never truly know how they feel, or how they will act in certain situations. “Men either form a false opinion through want of good sense; or they form a true opinion, but because of their moral badness do not say what they really think; or finally, they are both sensible and upright, but not well disposed to their hearers, and may fail in consequence to recommend what they know to be the best course” (Aristotle). Try not let emotions cloud your thought judgment. There are many issues that may hit close to home, and it’s easy to get distracted by it. However, people focus so much on the emotions that they don’t try to resolve the issues.

5. Eat brain healthy foods - blueberries, almonds, grapes. It will help your mind to be clear!

6. Avoid complementary schismogenesis. Deborah Tannen, Georgetown professor of Linguistics, believes that we live in an argument culture, where discussion is no longer fashionable - it has been replaced by debate. To solve this, it is important to find what you and your interlocutor have in common, rather than focus on differences.



Crime Report for Chicago's Southside Brighton Park Neighborhood

(December 25th – January 7, 2018)

2 weeks into the New Year, 2 weeks into our false reality of starting/maintaining resolutions, and yet the only thing that remains constant is crime. The extremities and frequencies of crime vary from each of Chicago's neighborhoods. As we dive into one of Chicago's south side neighborhoods, residents should concern themselves if their neighborhood will become safer, heavier in crime, or much of the same into the new year.

Looking at the last week of the 2017 year, there were 60 police reports made within Chicago's Brighton Park neighborhood. The crimes vary from non-violent petty misdemeanors, to violent offenses that would cause panic in any neighborhood. From Monday, December 25th to Sunday, December 31st, 13 of the 60 (21%) crime reports were theft related. Among the 13 theft reports, 3 involved motor vehicles, and 8 reports were listing a loss of under \$300 each. 18 of the 60 reports (30%) were of simple battery. 7 (11%) reports were related to assault, 4 of which were aggravated assault reports. 4 were burglary/armed robbery reports. 2 reports

related to firearms, and 1 child abduction report. The remaining 17 crime reports were related to vandalism, trespassing, along with minor offenses.

As the new 2018 year is approaching its second month, we take a look at the crime reports for the first week of the first month to compare them to the last week of the 2017 year to



try and understand if the Brighton park neighborhood crime rate is decreasing or increasing. From the start to the end of the first week of January, there have been a total of 41 crime reports. Roughly a 33% drop in crime has occurred since the last week of the 2017 year. Of the 41 crime reports, 12 (29%) reports were theft related. Of the 12 theft reports, 4 reports were motor vehicle thefts, 7 reports were listed below or above \$300 value. An additional 7 (11%) crimes were related to assault, 2 of which involved a firearm. 11 (26%) crime reports

were related to burglary/robbery that also includes armed robbery scenarios. The remaining reports of crime ranged from vehicle vandalism to trespassing onto private property.

As we take a look into last the last week of the 2017 crime reports, we can compare the number of reports to the first week of the 2018 year. We can conclude that crime is still a pretty big part of this community. One of the biggest concerns that residents will continue to have would be the fear of being a victim of theft as it was the second most common crime committed in the neighborhood at the end of the year of 2017 at 21%, while in the year of 2018, 29% of theft reports contributed to the overall crime numbers, a 8% increase. The most common crime committed in the Brighton park community in Christmas week was assault/battery. The week after, that subcategory of crime has decreased to 11%, a significant drop leading to a peaceful transition into the new year.

As the 2018 year continues, people within the Brighton Park neighborhood must understand and be aware of what is going on within their commu-

nity and try to work with one another to ensure that families can sleep peaceful at night, or not have to worry about their loved ones harmed over pocket change. The goal is set to continue the decrease of the crime rate in this particular neighborhood.

Working with people with disabilities

By Jacquelin Zavala

Have you ever wondered what it's like to work with someone who has a disability? Perhaps you've had the opportunity to work with someone. Or you might be wondering. A disability doesn't always have to be physical. It is "a

physical or mental condition that limits a person's movements, senses, or activities."

In the article "What they don't tell you about working with people with disabilities" the author Jessica Pridemore talks about her experience with working with a disabled person. She mentions that when you apply for the position they don't let you know what it's like to work with someone who is disabled.

They tell you about your 401k and other benefits. The author also states that the job offer will tell you the facts, but won't tell you that your life is going to completely change.

So how might your life change? Is it a positive view? Negative? Well, Pridemore shares her thoughts. She says "They don't tell you it will be the most amazing job you've ever had. On other days, it can be the worst. They can't describe on paper the emotional toll it will take on you. They can't tell you there may come a time where you find you're more comfortable surrounded by people with developmental disabilities than you are with the general population. They don't tell you you'll come to love them, and

there will be days when you feel more at home when you're at work than when you're at home, sitting on your couch. But it happens." The author is trying to say that you learn to grow a bond with them and it becomes more than a job because you become attached to them.

However, even though the author states that working with a disabled person is a great opportunity for her, she



also states the negative outcome. She states that people will look at you differently. Both children & adults. She quotes "They don't tell you about the negative reactions you may face when you're out in the community with someone with a developmental disability. That there are people on this earth who still think it's OK to say the R-word. That people stare. Adults will stare. You will want to say something, anything, to these people to make them see. But at the end of the day, your hands will be tied because some things, as you learn quickly, can't be explained with something as simple as words. They can only be felt. And most of the time, until someone has had their own experience with someone with a developmental disability, they just won't understand." This is so shocking, because many people will say things to their children like "it's not polite to stare" or "you have to be nice" but the fact is there are adults who also stare and who are also rude.

There are people who are willing to take the opportunity to help someone with a disability, but there will also be those people who will still make rude comments and stare. Like the author stated, unless you have had the experience to work with a developmental disability than you just won't understand.

Teen Suicide in America

By Jarrett Moore

One of the most troubling problems in America for some time now is the teen suicide rate here. Suicide among young people in America is the third leading cause of death for young people between the ages 15-24 and is the sixth leading cause of death for kids between the ages of 5-14. Suicide is responsible for more 5000 teens per year. Teen suicide makes up 10% of all suicides,

with males making up 85% of those suicides. We can all agree that is a growing problem that is developing in the U.S. There have been many speculations of why teenagers feel the need to end their lives so early. One thing that is sure is that during the teenage years most teenagers experience a overload of emotions ranging from stress, confusion, self-doubt, and other emotions like the fear of growing up. It seems as if with all the problems that teenagers face during these rough times they feel that suicide is the solution to their problems. Depression

and bullying are the two top reasons I feel that teens feel the need to commit suicide.

Many things can cause a teen to become depressed so much that taking their life seems like the last resort for them.



Depression is a major problem for all types of people not just teens but during the teen years, a teen is more emotional in a sense that they are not fully developed mentally or physically. Depression can be caused from all sorts of feeling from a teen. Teens go through feeling of uncertainty. It's a time where many must make choices that going to affect the rest of their lives and with all that kind of stress can lead a teen to depression. Many of signs of depressions are the symptoms of suicidal feeling. Some of the signs of depressions is the change in

the eating habits of the person. If you the seen being withdrawal from families and friends and are not doing the normal things that they usually do might be a sign. If you see the teen participating in violent actions or rebellious behavior like running away, abusing alcohol and drugs are other signs of depression and suicide. A teen that is

planning on committing suicide may complain of being of being bad and always down themselves. They also throw in verbal hint that they are planning suicide by saying things like "I won't be a problem for long", "It's no use", or "I won't see you again". These re-

sponses like the ones stated are sure signs of a troubling teen and is need of help. Bullying is recognized as major public health problem in America now more than ever. Especially with the emergence of technology and social media it is easier to see to world of bullying. Cyberbullying has become an increasing concern because of these technologies. Studies show that bullying behavior in youth is associated with depression, suicidal ideas, and even attempts. Victims of bullying show more depressive symptoms than teen that are not victims of

bullying.

There are risk factors that make some teens more susceptible to suicide and depression. Risk factors are he habits or histories that put teens at a greater chance of having problem. Some of the risks of suicide is inherited which means that there is a family history of suicide. Other kinds of risk factors are illness and can't be controlled. For the ones that can control if you catch the risk factors for suicide early enough you act on it and potentially save their lives. With risk factors, you also have protective factors. Protective factors are ways that reduce the potential of suicidal behavior. Getting help from psychological and clinical care professionals for physical, mental, and substance abuse disorder greatly help in the prevention of teen suicide. One big protective factor that really is beneficial for potential suicide behavior is family and community support, it really helps them knowing that they have a support systems that is behind them for the bad and the good.

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

The Causes & Effects of Mass Incarceration

The U.S. is home to 5% of the world's population but is 25% of the world's prisoners. That's 1 in every 4 people. What is the cause of this horrendous turmoil? The 13th amendment loophole. I'll be informing you using scholars from the documentary "13th" originated from Netflix.

The death of slavery at the end of the Civil War left the southern economy shattered. It seems the only way possible to rebuild the south after the freedom of slaves was to initiate the 13th amendment loophole. It grants freedom to all Americans equally with an exception to criminals. After the Civil War, African Americans were arrested by the masses and criminalized heavily in the south. It was the first "prison boom". The news & media outlet started to portray this mythology of black criminology. They used rhetoric's like "The negro is out of control" or that there was a threat of violence towards white women. Black males were painted as a type of evil male that had to be banished.

Laws were passed that relegated the black community to a permanent second-class status. Until December 18th of 1965 where congress passed the

By Jeffrey Coffee Civil Rights Act and the Voting Rights Act. This happened during the baby boom generation that emerged after World War 2. Not long after the Civil Rights Movement gained

stream rise, there became this boost of crime in the country.

Politicians used the Civil Rights movement to rising crime rates. They would assume that giving the blacks equal rights would surely

repay us as a nation with crime. In 1972 and before, the prison system stayed a stable state of 300,000. Until a term coined by Nixon called "Law & Order" was used to target black political movements like the Black Panther party, the anti-war movement and the women's liberal movement. Statements like "Federal spending for local law enforcement will double." & "The wave of crime will not be the wave of the future."

is how Nixon spoke when he sent messages through news outlets. Hundreds and thousands of people were being sent to jails and pris-

on for simple possessions of marijuana. Nixon also introduced the Southern Strategy which recruited starved white democrats from the south to convert to republican.

Nixon law official John Ehrlichman admitted that the war on drugs was only about incarcerating black people. He stated: "The Nixon campaign

had 2 enemies, the anti-war left and black people. We knew we couldn't make it illegal to be either be against the war or black. By getting the public to associate the hippies with marijuana and blacks with heroin, then criminalizing them both heavily; we could disrupt those communities, arrest their leaders, raid their homes, break up their meetings and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course we did."

Nixon coined the term "War on Drugs", but Reagan turned the rhetorical

war into a literal war. The modern war on drugs was declared by Reagan in 1982. Popular polls of that era show that it wasn't an issue for most people in the U.S., but Reagan was adamant about making it an agenda. During his term there was an increase in poverty and the introduction of powder & crack cocaine. Congress established mandatory sentencing for crack that were far harsher than for powder cocaine.

Cocaine and crack were located in different areas. Suburban communities had powder cocaine while urban communities had crack cocaine. The same amount of time in prison for 1 ounce of crack cocaine that you get for 100 ounces of powder cocaine. The dissimilarities under Reagan quickly exploded into the era of Mass Incarceration. Reagan took the problem of economic inequality, hyper-segregation, and the problem of drug abuse and criminalized them all in the form of war on drugs. Nixon played on the fear of crime and law & order, and Reagan promised to throw all the crack dealers and users in jail and to cut taxes to the rich. Both which devastated communities of color, but effective in receiving the southern vote. Many black communities started to support policies that criminalized their own children. In the central park jogger case, they put five innocent teens in prison

because the public pressure to lock up these "animals" was so strong. Also, Donald Trump wanted to give them the death penalty.

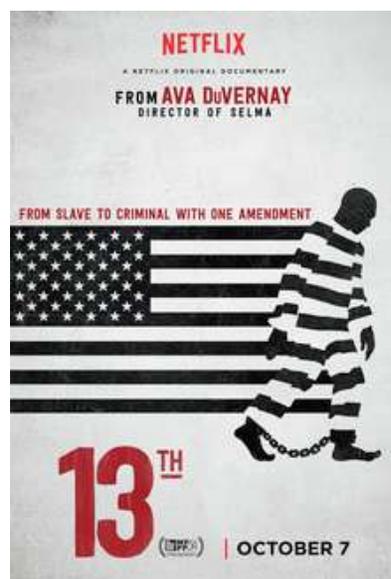
4 out of 5 of these kids were under 18, but all went to adult prisons for six to eleven years before DNA evidence proved that they were all innocent. The whole concept of Mass Incarceration is introducing the black male as a rapist, as a murderer, as a robber, as a sex offender, as a burglar and as a gang leader.

From 1985 to 1990 the prison population rose to 1,179,000. The way democrats were defeated from 1980-1988, there came a sentiment among the democrats that they had to adopt this position that is much more centrist. It appeared that politicians could not run unless were tough on incarceration.

After Clinton is elected a horrific incident happens; a 12-year-old by the name of Polly Klaas had been kidnapped, raped and murdered. That led to the 3 strikes law.

3-Strikes is in the line-up with other policies like "Mandatory Minimum". Mandatory sentencing no longer allows the judge to consider the circumstances around a crime.

The Truth-In-Sentencing law keeps people incarcerated for 85% of their sentence. This concept ensures public confidence that you'll serve most of your time. This destroyed the



parole system which was a mechanism for getting people out of jails and prisons. The Stand-Your-Ground law that let Trayvon Martin's murderer walk free in court was written by ALEC. ALEC is a partnership between state legislators and leaders from the corporate and business community. Nearly every bill benefits one of its corporation funders. ALEC CEO Paul Weyrich states "They want everybody to vote. I don't want everybody to vote. As a matter of fact, our leverage in the election quite candidly goes up as the voting population goes down." Many companies abandoned



ALEC after the Trayvon Martin case, except KOCH Industries, Statefarm Insurance and PhRMA; the lobbying group for the pharmaceutical industry, the tobacco industry, AT&T and Verizon. In 1983 the Correction Corporation of America was founded in Memphis and is the first private prison corporation in the U.S. They made contracts with states requiring them to keep the prisons filled even if no one was committing a crime; another cause of mass incarceration.

ALEC pushed criminalization to make sure they fit the paid CCA contract. SB 1070 gave the right for police to stop anyone who looked like an immigrant. The effects of this; the Immigrant Federal Housing contract is worth \$11 billion dollars every month. "Crimmigration" is the combination of immigration and law enforcement using the same tactics as they did in the War on Drugs. In 2010, CCA left ALEC because news got out that ALEC forcibly pushed SB 1070.

- The freedom of 4 million former slaves
- The 13th amendment loophole
- Birth of a Nation
- War on Drugs
- Willie Horton Ad
- ALEC
- CCA

The effects of all these are, devastation and poverty rise in the black community. A lot of laws prohibited black people from defending themselves under the impression that they had done something wrong. Politicians, corporations and police all have abused those laws. This ensured that the 13th amendment loophole could remain strong and also that slave-trade could continue through the prison system.

Destressing After Midterms

Recently after

By: Regine Wynne

midterms, I took a look in the mirror and noticed my face looks like the surface of mars or a week old slice of sausage pizza, and have noticed my peer go through the same around this time. I have determined that we as students and also as youth do not take the time to really deal with our stress or notice that we are stressed out. I have come up with ways to really step back and DESTRESS.

- Drink a lot of water: Hydration may seem like a non factor in the grand scheme of how well you're doing in life, BUT it helps prevent headaches, and can keep your skin clear of those post-test stress pimples.

- Listen to music: Music is a universal language that no matter what the circumstances lets you know that we have all been there.
- Go outside: The benefit among many to going to a college/university is that you can get a discount almost anywhere. Go outside explore the city visit the local museums as a student you're sure to get in free or discounted, a change of scenery is always a way to take your mind off things
- Work Out: Not only is it healthy overall; it's a great way to improve your mood, release some endorphins, and maybe some pent up aggression towards professors that thought it was a good idea to give essay

questions instead of multiple choice (You know who you are). Before you know it you might reach any summer body goals you have in mind.

- Relax & Self-Care: Kick your feet up, watch a movie, put on a face mask, and eat some nachos. Just do whatever you find relaxing and calming there is no use on stressing whether you passed or failed as long as you tried your best, there is always time during the remainder of the quarter to improve.

There is still a long way to go before finals and it's coming up fast. Don't burnout halfway take it easy.

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Importance of Exercise

By Imad Gordon

The importance of exercise is often overlooked to people of all ages, especially college students. Exercising is often neglected by college students due to the mindset that they are still young and think they do not need it. At East West University we are fortunate enough to have access to a fitness



center. Located in room SLC301 is a weight room and next door a yoga room.

Also, on the second floor is a cardiovascular room full of treadmills and other walking machines.



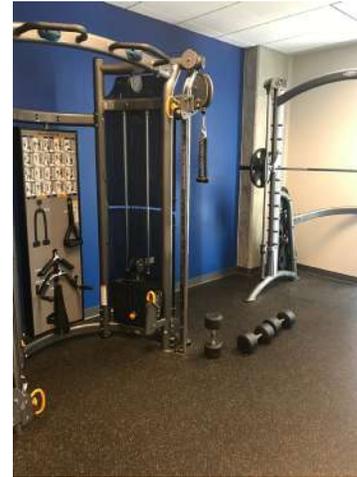
Exercising creates an the opportunity to build a beautiful habit and the benefits are countless. When you

exercise the brain releases feelings of euphoria and releases endorphins. Benefits of working out include:

1. better sleep,
2. increased strength and flexibility,
3. improves mood,
4. fights disease and other detrimental health conditions,
5. increases testosterone and estrogen,
6. reduces stress,
7. increases memory,
8. increases self-confidence,
9. gives energy boosts and
10. helps skin health.
11. Exercising allows you to learn how to set and

achieve goals -a skill that you use all throughout life. 12. Working out also is a great social aspect as you can meet new friends, explore different gyms and inspire others to get active.

Exercising has become a part of my life and something I truly love to do. There is no excuse not to exercise. Remember students if you don't use, you lose it!



Goal Setting

By Janae Zambrano



New Year resolutions may seem cliché but goal setting is essential for achievements. Whether it is to lose weight, improve grades, or anything else, it is important to work on yourself! This year I told myself, "I will become a healthier person" and that has empowered me to go to the gym a minimum of three days out of the week.

I have also set a goal to explore the city more often. Being a resident in Chicago opens a door to endless opportunities, and it is time I take advantage of them. Although being a student doesn't always permit free time, I make sure I try new things, or visit new places as much as possible, while still getting exercise in. Setting goals can help everyone achieve their maximum potential. Instead of sitting around watching tv, or on your cell phone, get up and work towards something. It will leave you feeling productive, and happy!

How to give great customer service

By: Alexis Alcalá

I think regardless of where one might work or in which career field, having good people skills is a must. If someone isn't capable to communicate well with others, is not listening and is handling criticism poorly, it will create big problems.

That being said, some ways to give great customer service:

- start with being courteous and friendly,
- follow by assisting the guest or customer with whatever it may be that they need

• next, answer any further questions you're able to and continue on with the next



person.

The key to providing excellent customer service is knowing how to talk to people regardless of

what is going on in your life: your personal issues should never influence your attitude and behavior towards another individual in the workplace. I know at times people could care less about the job, but are doing it only for the money; however, there is never a reason why someone can't do their job correctly and how it is supposed to be done. Problems only occur when someone is not trying to help and aren't doing their job to the fullest.

For instance, I work at Red Robin as a server and I deal with it all. I deal

with guests that have the nastiest attitudes while I'm giving them great efficient service and have no reason to have an attitude. And then I have those guests that notice what an amazing job I am doing and compliment me on how outstanding my service was to them and how they have never had service in a restaurant the way I gave them. I just think being able to stay positive and perform to the best of your abilities regardless of guests being rude to you for no reason is the way to give great customer service.

How to cook for yourself

It is very important to find the motivation to cook as you are not bothered about who watches you. Cooking for yourself saves money and we can eat healthy foods instead of eating fast food or prepared foods. If we can try them, a variety of foods can be made.

Try to spend less time in the supermarket because if you spend more time than you will spend less time cooking. If the picture is clear about what needs to be made for the next few days, then many supermarket trips can be avoided. Also, most kitchens have a lot of tools jammed in the kitchen drawers. Honestly speaking, if we plan it out we do not need so many of the kitchen tools. So please go ahead and get a big box in which you will dump those extra tools. Keep only those tools that you use frequently and keep the box; just take out some extra tools out of the box if needed to cook special dishes.

Always have a shopping list when you go out to the supermarket. Make sure to list and purchase only those items that you need now or in the next

By Ankitkumar Patel few days. Having a clear goal or picture about this in your mind helps a lot. Also always have a list of recipes that has been tried and you



like the most. Always use the master list in case you need help.

As you are cooking for yourself always aim for leftovers. Leftovers always give you relief from cooking. Please do not over do it, and in case you overdo it then please share with your friends.

Always make sure to try new recipes every now and then. If you are very short on time, you can try once a month cooking. That will help a lot as well. Also, when stacking up the kitchen utensils, try to minimize filling up your kitchen with a large number of pots and pans. Do not try to buy pots and pans in bulk. If you try to buy 18 pans for \$15 and they are non-sticky in nature, you are wrong as after a certain number

of uses the non-Stickiness comes off. The solution to this is to buy two to three pans that may cost a little more but are of a good quality. This will help you is

many ways, like you will not have to deal with an army of pans in your house. This incredibly helps in saving money and time.

Always make sure to have a cookbook handy. "How to cook everything" is a book by Mark Batman written for the busy people. This cookbook is for be-

ginners and once you have mastered at least 80% of it you can move onto some other book.

Always start off by preparing very simple stuff as a beginner. Some of the examples will include trying to make pasta or bread sandwich or minute made noodles or quick oatmeal. Another point to keep in mind is to always learn something while you make something. This basically helps you understand cooking combinations and recipes really well.

Always try to keep the kitchen clean even when you are cooking and also after you have finished. This is very important as it prevents a ton of bacteria's from piling up.

I will recommend that every person who works and cooks for himself should always do grocery shopping on Sundays

and always make sure to buy veggies and canned foods in bulk as they will stay fresh for a very long time.

Another thing to keep in mind is when your fruits start getting soft try to bake them or make a cocktail shaker in the morning and have it as a breakfast.

Another suggestion that I recommend is that if you are an Indian there is this dish called Khichdi. It is one of the easiest, quickest and digestible food to prepare in a short span of time and it ends the hunger as well. All you need is rice, moong dal and some veggies to prepare it.

Well these are my suggestions on how to prepare food for yourself in case you have very less time as you are a working professional.

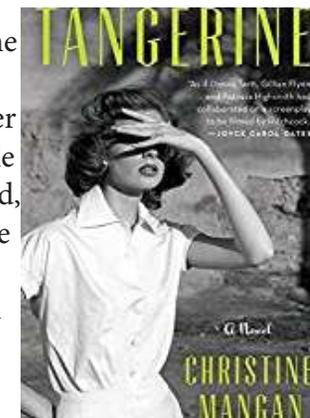
EWU English teacher becomes Famous Author:

Dr. Christine Mangan

Christine Mangan was an English teacher at East-West University nine years ago but not just another teacher. She had a Bucket List of what she wanted to



By Bonnie Jean Adams soon. Now living in New York City, still writing, and achieving before the age of 30. Travelling the world was at the top. She's managed to earn her Doctorate while living in Ireland, teach Literature in Dubai. And she has written a novel, due to be published late this month, and to become a movie



becoming that famous author you knew when, I don't know if Christine has had time to write another Bucket List. But maybe that's something for each of us to do; to see our dreams in print and to make them real.

Parents can be successful in college

Juggling College

By Edna Marshall

stress.

while parenting can be very stressful. Especially when your children don't fit in to your syllabus!

I am a parent to seven wonderful children. I am not going to say it is easy with a preemie born with multiple health issues, a daughter suffering from epilepsy and a son diagnosed with Traumatic brain injury,

I do not allow the obstacles of parenthood stop me from reaching my highest potential. My morning starts every day at 6:00 am. The things I do to stay focused:



(Jamyia 17, Jakya 14, Jarya 11, Amari 10, Jermaine 8, Azariah 2, and Le'Aziha 1)

- wake up and drink coffee
- Listen to Mary J blige in Car
- Get a Pepsi
- Try eating on ice - it helps
- Time management
- Try to schedule classes for 2 days a week, to prevent

Also scheduled doctor's appointment outside of class and hope no one gets sick on test day

- I include my kids in everything
- I do my homework at the same time as they do theirs. Children are very smart, you never know what you'll learn from them.
- Get rest and eat healthy
- Take a multivitamin once a day

If you are a parent, male or female, you are trying to accomplish parenting, study, make it to class and participate without falling asleep. I am here to let you know that You are not alone! Even though it can get overwhelming, the goal is to keep going and don't let anything stop you. It will all pay off, when you get that degree in your hand and you are living the life that you always wanted for yourself and your kids. Keep your head held high, because this battle is not yours, it's the Lord. I understand it takes a village so I am here to support.

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Contributors

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Story-Telling

By Mario Weathers
the story that excites you to inspire you to tell the story and as you identify the audience you will find out that it is all about the audience. As a storyteller, one is leading the audience into a journey. It is all about the audience. You are just the communicator who happens to have a story.

What about your Style?
As for being in front of a large audience, some story-

tellers sit and others stand. Others pace across the stage and some sit in front of the stage You should stand when telling your story as you will feel more enthusiastic when telling the story.

Keeping the Audience interested
When having points to a story, when the storytelling event comes, you will find that your thoughts will be on your audience. There is no need to think of and say questions to yourself as how am I'm looking, or sound-

ing because your focus in telling your story is on the audience.

While telling your story, so can also watch your audience to see if anyone is getting bored. Direct yourself to the people or sections of the audience that is bored and also

restless, Give the audience your energy and talk and mimic movements with

hands

Also, we can take time to learn from our own stories. About the things that went well, what went wrong, and the things we can change. It can be thought of as keeping a storyteller's diary of the event, so to go back and hone

the storyteller skills.

So now since we are equipped with the knowledge of storytelling, now we can go out and just tell stories



This article will give a few pointers on becoming a good storyteller.

From CEO's to kids to doctors and politicians, and to you, we are all storytellers

Everything that happens to each of us makes us all storytellers, by the flip of each individual person, your story travels, which makes a good story better

The Audience
Once you identify the audience, then give them

Teacher's Corner

Sound Guy

By Peter Murray

I will tell you a joke about the unsung heroes of the music business: What does a sound guy use for birth control? -His personality. Rimshot

Actually, that's not completely true; it is not so much a question of personality as it is an issue of hygiene. The music business stinks - literally. It stinks like cigarettes, stale beer, and industrial strength cleaning products. These are the smells of teen spirit, O my brothers; the odor of hot meat and poorly ventilated performance areas. Nothing will put you off your deli tray like a 300 pound roadie with some serious gig butt. But the show must go on, and so here we all are- case jockeys and button monkeys alike-crowded around on the loading dock at the Chicago House of Blues. It is five thirty in the morning in January, 10 degrees in the shade, and half the crew is still in their cups from the night before.

You might well ask, what does it take to get a bunch of slackers and social misfits together at the crack of dawn? How does one motivate them to be eager, anxious even, to unload semi-trailers full of show gear at a time when every other self-respecting

ne'er-do-well is warm in bed? And all of this without benefit of psychoactive reinforcement? At five thirty on a January morning one requires more than hot coffee and strong cigarettes to pull it together. Call it pride, call it esprit de corps, call it sheer stupidity- the reason why a rock dude

works harder than a one-legged man in an ass-kicking contest is very

simple: "The show cannot go on without me." This is the lie that all rock dudes tell themselves at five thirty in the morning, breathing in diesel fumes and the crisp stench of dumpster juice.

There are many lies in the music business. They range from the obvious (Lady Gaga really is talented, isn't she?), to the sublime (Fiddy is a righteous dude, man!), the merely convenient (Cleveland, you RAWK!), and the patently absurd (we value your input as employees of the House of Blues). Yet no lie is more convincing, or insidious, than the one sound guys tell themselves before every show: this place would die without

me. Trust me; nobody cares what the sound guy thinks until things begin to go horribly, horribly wrong. Of course, by then it's far too late for rational solutions. That's bad because there is no more rational creature on this earth than a sound guy.

A really good sound guy can solve all of life's technical difficulties before

they arise, if only given the authority, and the proper tools. (Sound guy axiom #27: there is a tool for every job, and that tool will always be

missing at the occasion of crisis. Corollary to Sound guy axiom #27: never let the stagehands touch your tools.) A really, really good sound guy can tell you just when and where you fucked up all his shit, and will then invite you to perform unspeakable acts upon various regions of his anatomy. And you will be pleased and flattered by his attentions. I call it the Lee Erme effect. Don't know who Lee Erme is? Getchasefya copya Full Metal Jacket and watch a master drill sergeant in action. The best sound guys are like that; tense, coiled, ready to pounce at a moment's notice at the slightest infraction or deviation from the plan.

Because, rest assured, there most definitely

is a plan.

There is a plan for taking the gear off the semi, another plan for getting it onto the stage, and yet another plan for setting it all up. This process, if executed properly, should take no more than eight hours to complete. Yet if one little cog in this production engine breaks down, the plan may be seriously compromised. God help you if you are that broken cog; the sound guy will land on you like a ton of bricks. Like the drill sergeant in boot camp, the biggest part of the sound guy's job is ass riding and brow beating. The actual task of sound checking the band and mixing the show is the easiest part of a sound guy's day-unless the plan has been compromised, and the band is inconvenienced.

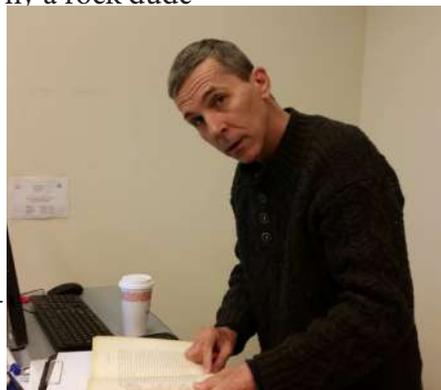
You see, musicians are simple creatures of habit, like big children, or monkeys at the zoo. When the routine is disturbed, the musician grows petulant and uneasy. And the person upon whom they will pour their ire is the sound guy. For this reason alone, a show that kicks off at seven o'clock at night will begin setting up at five thirty in the morning. Because the sound guy doesn't want to hear it, the stage manager doesn't want to hear it, the talent buyer doesn't want to hear it, and the ticket holders most definitely want to hear it. It is like a military operation, the pro-

duction process is, where the successful operation has many fathers, but the show that has gone FUBAR is an orphan.

This is why I am standing on this stinking loading dock at the crack of dawn, waiting for the semis. Nobody wants to be the orphan, especially the sound guy. Get that gear off the truck and onto the stage. Now. Get it out of the cases. Right now. Pin that stage. Set those mics. Tune them guitars. Now. Right now. This is the speed of the production process. Things must either be done now, or if you are in a hurry, right now. At five thirty in the morning, right now means right f***ing now. This is the glamorous part of the job, O my brothers, big smiles now, all for the privilege of touching the guitar that Pete Townsend will so enthusiastically violate later that night.

I will tell you another joke. A man goes to the circus, and there he overhears one of the roustabouts complaining about his job. "All I do is follow those elephants around with a shovel and a wheelbarrow. All day, every day, it's just shit and assholes." The man says to the roustabout, "Why not quit the circus and get a better job?" Incredulous, the roustabout replies, "What, and leave show business?"

Rimshot.



An Epic Trip from Mongolia to London by Camels

By: Dulguun Bold-Erdene

N. Baigalmaa started out a 12,000 km camel journey to London from Ulaanbaatar on November the 8th, 2017. She started out from Sukhbaatar Square, Ulaanbaatar with the plan to travel 30 km per day. It is envisioned that it's going to take her around 3 years to reach London. It will take her about 3 months to reach Mongolian border, which she will have to endure during the coldest months of Mongolia. These 3 months are one of the many obstacles that she will be facing and if it's successful, the remainder will be easier.

The STEPPES TO THE WEST journey's route of 12,000 kilometers began in Mongolia and



kilograms each, walking some fifty kilometers a day. Traditionally the Bactrian caravans did not complete

will travel through China, Kazakhstan, Uzbekistan, Turkmenistan, Iran, Turkey, Bulgaria, Hungary, Austria, Switzerland, Germany, and France. The destination of the estimated three year journey will be London, England.

Two-humped camels were used in caravans to transport goods along the ancient Silk Road beginning in 210 BCE. The Bactrian camel can pack up to two hundred and fifty

the full journey from Mongolia into Europe. Instead the goods were transferred from one caravan to the next, each caravan remaining in their own regions. But N. Baigalmaa is planning to take her camels all the way to London, which will be the first time in human and camel history.

Initially she started the trip with 6 international travelers, unfortunately they all gave up after few weeks. Karl Bushby, a British ex-paratrooper, walking adventurer and author who is currently attempting to be the first person to completely walk an unbroken path around the world was the very last traveler to give up on the journey.

N. Baigalmaa has been working in Mongolian tourism for 13 years and has her own tour agency "Offroad Mongolia". Being an avid adventure seeker, and mountaineer having ascended almost 15 peaks in Mongolia and 2 abroad (Mt. Elbrus and Mt. Kilimanjaro) she is always in search of new adventures. She said one of her inspirations for her trip was her friend who traveled to Hungary from Mongolia by horse about seven years

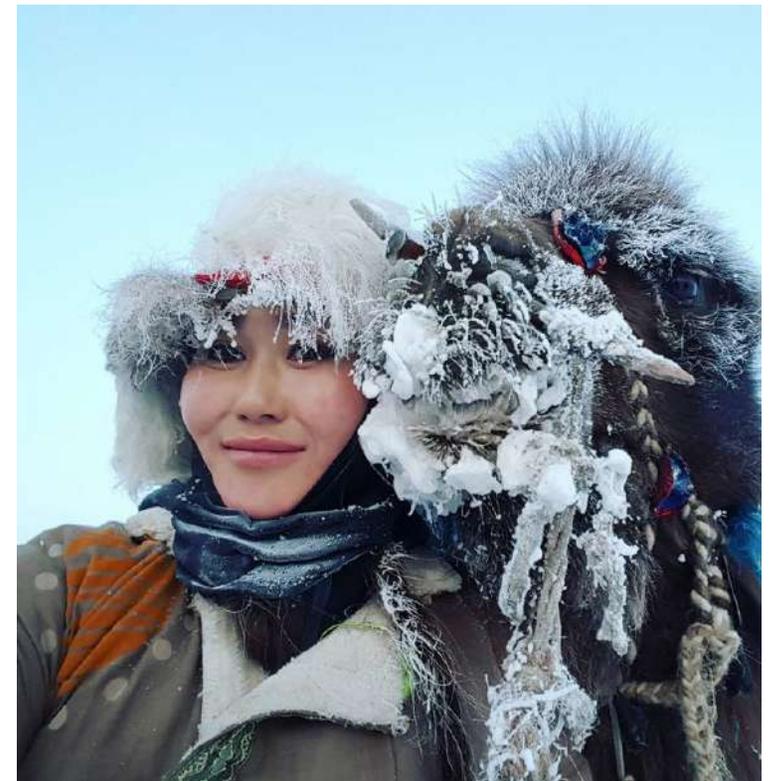
ago. her own with the help of kind locals. The Mongolian Police force has been very supportive of her initiative and have assigned police officers to walk and travel with her point to point within Mongolia, with their full pay during their absence.

I connected with her through her Facebook messenger. She even helped me edit the informations and provided her links below.

For more information regarding her company: www.offroadmongolia.com



In the picture: Sleeping in a tent in -51 C (-59.8 F) in Shargiin Gobi, Mongolia.



ago.

Despite the fact that there have been some issues and struggles throughout the journey, she is sporting on her adventure to London on

For more information regarding her journey: www.facebook.com/Norjmaa.Baigalmaa www.facebook.com/steppestothewest