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Dean's List, Spring And Summer 2017

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Mohit Chind
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Emmanuel Fadipe
Maya Fard
Beatrice Fixon-Owoo
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Right Way To Combine Aerobic Exercises & Anaerobic Exercises

By Hongyan Ren

1. Understand aerobic exercise & anaerobic exercise

Aerobic exercises is often called a “cardio” workout, since it is designed to increase and improve blood flow. These types of exercises are of a lower intensity but last for longer periods of time.

Anaerobic exercises are those done at a higher intensity for shorter periods of time. These build strength and help your body to become accommodated to working hard. Paired with a

Signature Course Research Poster Competition

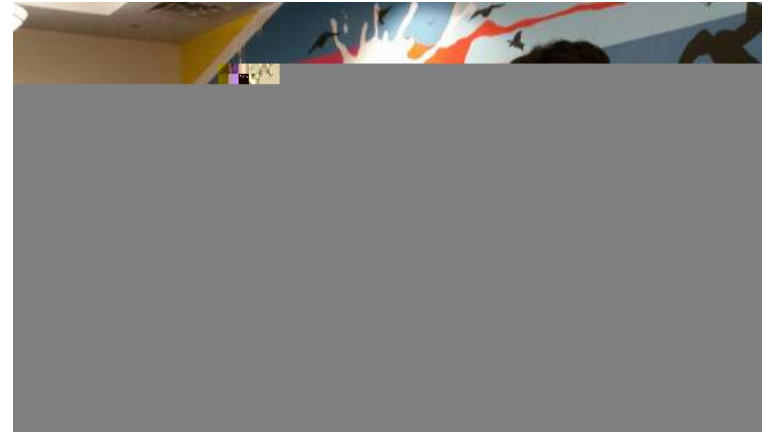
By Maria Polski

On August 8, 2017, students in Signature Course competed for the best research poster. Students from English and Math classes came to the L-Lounge to judge the competition.

Signature Course this summer analyzed the arguments of Yuval Harari's book Sapiens. Harari asks if homo sapiens are happier now after we have defeated the cousin species neanderthals, designed money, developed artificial limbs and youth extending treatments. Students conducted additional research and defended their posters.

The winners are:

First place: Demetrius Protho, Business and Communication Major, poster "Search for Immortality"



Second place: Mujtaba Mohammed, Computer Science major, poster "From Forages to Necrophore"



Third place: Smita Rani, Computer Science major, poster "The Science of Happiness"



Zohaib Masood is explaining his poster "Credit" to Professor Rob Creel

Juwan Smith is explaining his poster "Life is a Game"

International Food Tasting at East-West University

By: Zohaib Masood and Rajesh Jaiswal

On August 24th, we had an international food tasting in west

their classes visited and tasted some traditional Indian/Pakistani food and they liked it.

Students brought the dishes that were most famous

using his grandmother's recipe.

Demetrius Protho brought corn bread. Mohammed brought

Alu Parathas, which are Indian pancakes stuffed with potatoes.

Overall it was

a big success and it was fun

as well. East-West is a diverse



Challenges For International Students In the United States

By Hiteshkumar Chaudhary

The U.S. is home to enormous number of the best colleges on the planet and gives many opportunities to research and other scholarly exercises. However, whether it is discovering international student aid, managing ethnic differences, or finding an answer for a scholarly issue, international student in the United States experiences many challenges. But they say, "Good times become good memories and bad times become good lessons in life". So with all these obstacles and challenges I have managed almost a 4 years long journey so far in East West University and all those challenges helped me to learn the lesson to survive in this country. So, being an international student, I am sharing some of the challenges we have to face and I hope that can help you to manage your way.

By Smita Rani

I made my first footsteps in the world in 1991, when India was still under the culture of Female infanticide because of many difficulties involved in bringing up the female child. One of them is dowry: bride's parents need to pay certain amount in the marriage to groom's family, is called dowry. How Much? It depends on the groom's job, a healthy marriage needs INR 50,000 - INR 700,000 i.e USD 100,000. Another is education: education for girls was considered worthless, as tradition set out that woman, and her income after marriage was never a part of her biological parents. Moreover, weddings in India are always a big event and it's a big spending event for families and costs of wedding are borne by bride's family.

How to Enjoy A Weekend For Under \$20

other's lives are going or express
concerns about current develop
ments. It could be interesting to
listen to some of the things your

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