## P hantom





#### Dean's List, Spring And Summer 2017

Lori Burns Mohit Chind Chaitali Bimalkumar Desai Emmanuel Fadipe Maya Fard Beatrice Fixon-Owoo Ashley Gaddis Xavion Jackson Jenish Ka e

# Right Way To Combine Aerobic Exercises Anaerobic Exercises

By Hongyan Ren

1. Understand aerobic exercise & anaerobic exercise
Aerobic exercises is o en called a "cardio" workout, since it is designed to increase and improve blood ow. ese types of exer cises 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. ese build strength and help your body to become accommodated to working hard. Paired with a

#### **Awarness**

#### A World Shrinking For Polar Bears

By: Rahil Vahora

ere used to be a time when al, it is irrelevant. In the past to protect our planet and its predator, wrapped in aestheti to the natural phenomenon, cally pleasing white coat could today it subsists because of usy of thinking and reasoning savoring every chilly sensation NASA asserts, "e current Unfortunately, that's no longer signi cance because most of the case. As they say, "ose it is extremely likely (greater were the good times!".

Ice is melting faster than ever, since the mid-20th century andpart of an ecosystem on which undoubtedly we all acknowl proceeding at a rate that is edge that except some few onunprecedented over decades thhuge numbers, we might jeop the throne. An increase in the millennia". If we are being eth ardize our own survival. Well, emission of greenhouse gases ical, we must blame ourselves, not only science but our faith in the past few centuries of industrial revolution has led are su ering today is chie y to a planet boiling to death. ascribable to our imprudent, However, some argue that technological endeavors. climate change is not atypi cal, the earth has experienced a polar bear? Out of ve the warm and the cold ages. billion species that have ever that humans are deputies of In fact, their argument stands existed on the sole life-sup true. According to NASA, "Just porting planet of our solar in the last 650,000 years theresystem, only 8.7 million of have been seven cycles of glathem exist today. More than 99Judaism prohibits unneces cial advance and retreat". Add percent of species have min some more considering our gled with dust, if polar bear

planet is 3.5 billion years old. is one more, why worry? Well, While their argument is factu we have a moral obligation the world's largest land-based climate change transpired due ecosystem. Homo sapiens are an intelligent creature, our abili wander around the North pole, - the modern human beings. compels us to be the guardian of other non-intelligent crea the ice could give to its paws.warming trend is of particular tures. We owe all other species a favor, the favor to exercise a reasonable guidance and con than 95 percent probability) to trol. Science tells us to protect be the result of human activity other species because they are we rely. If they go extinct in e loss of ice the polar bears enjoins us as well to protect them. Christianity, the world's

largest religion holds love at the center of its core message. But why on earth worry about To practice love the way Jesus did. Islam goes so far as to say God. God created the planet and now, it's the responsibili ty of its deputy to protect it.



### Signature Course Research Poster Compet

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 a er we have defeated the cousin species neanderthals. designed money, developed arti cial limbs and youth extending treatments. Students conducted

e winners are:



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

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



Zohaib Masood is explaining his poster "Credit" to Juwan Smith is explaining his poster "Life indulate: Smita Rani, Computer Science major, poster "e Professor Rob Creel Science of Happiness"

#### International Food Tasting at East-West University

By: Zohaib Masood and Rajesh Jaiswal

On August 24th, we had an international food tasting in west dishes that were most famous

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

Students brought the

using his grandmother's recipe. Demitrius Protho brought corn bread. Mohammed brought Alu Parathas, which are Indian pancakes stu ed with potatoes.

Overall it was a big success and it was fun as well. East-West is a diverse

## Challenges For International Students In e United States

By Hiteshkumar Chaudhary

e U.S. is home to enormous num ber of the best colleges on the planet and gives many opportunities to re search and other scholarly exercises. However, whether it is discovering international student aid, managing ethnic di erences, or nding an answer for a scholarly issue, inter national 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 man aged 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 rst footsteps in the world in 1991, when Indi an society was still under the culture of Female infanticide because of many di culties in volved in bringing up the female child. One of them is dowry: bride's parents needs to pay cer tain 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 50.0000 - INR 700000 i.e USD 100,000. Another is education: education for girls was considered worthless, as tradi tion set out that woman, and her income a er 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 CIS TUTOR HOUR\$
FA-17
Diaz, Daniel
di19564@eastwest.edu

CIS TUTOR HOURS FA-17 Vahora, Rahil

Biology, Chemistry & Physics at Tutoring Center in SLC Hours:

