

Knight's Scribe

Bridgeport,
Connecticut

Unapologetically Purple

Terrence Givens and Pedro Ramos
Chief Editor and Editor

The Purple Knights, homecoming festivities, and an outstanding athletics program. What is the commonality among all three? The expectation that a sense of school spirit may be resuscitated from them. Our Purple Knights seem to be paraded in every corner of this college—at our pep rallies, club-sponsored events, and in the corner of the ring, cheering on our athletes. Yet, despite our conspicuous attempts, something continues to plague the morale of our student body. Many complain that a lack of school spirit persists, ready to enter the lackluster vacuums left behind by our soccer games and annual Harvest-Fests. What could be the culprit of such a lifeless phenomenon? "No one attends the games," states Enea Groballi, a Senior. "...not a lot of short term entertainment options," John Reis, a Junior in Graphic Design.

Despite this, our student body is actively desiring such an enthusiastic school atmosphere. Indeed, our lack of school spirit is feeding on itself, sapping our motivation to parade the purple and white while drowning out the ephemeral spirit that once fueled our pep rallies and school dances. Such a crisis may seem hopeless—one that exacerbates into a perpetual downward spiral—leaving us with ever higher mountain to scale. But no mountain that hasn't been scaled before. There is no other way to describe school spirit as other than an emotional support for a home that means so much to an individual. This can be displayed in athletic competitions, dances, chants, cheers and so much more! We should be one of those schools that make people wonder: "Why the heck do they love this school so much?" and our response should always be "Because it's the University of Bridgeport that's why!"



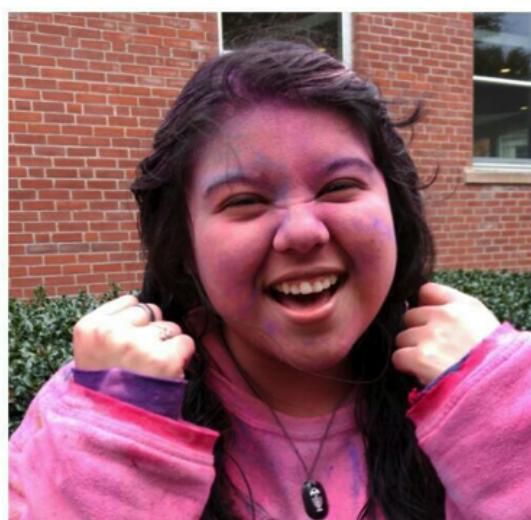
Photo from 2010 "Spirit Week" spring semester.

Even our mascot has a lot of meaning behind it if you put some faith in it.

The Purple Knight is much more than a mere mascot; he is a symbol of valiance and tenacity. Each part of the knight serves a purpose to keep everything running at an efficient pace. The helmet that which encases knowl-

edge and wisdom, without this we lack technique; this can be represented by our professors and other educational faculty members. The breastplate holds the vital organs, for without the torso the body is useless; this is represented by our student body to be fed and protected by knowledge. The limbs grant us mobility and support; this is represented by our dedicated security and administrative personnel. The shield is what protects us, it gives us assurance and pride; this would be our humble home, the campus where we march every day. And finally, the sword, our weapon that gives us courage and hope; this is represented by our voices or through the ink in our pens.

What you are reading now is the brandishing of your most powerful weapon, the power of the press. My colleagues, revel in the intoxicating excitement that is the pride of our school, something our children's children will be proud. We are constantly beating the odds despite any obstacles put in our way. We are the strongest generation in almost every way; we are faced with increasing standards, record high tuition, massive economic inflation and a world that is counting us out. Despite all these things facing us we rise above to prevail! We, the students, are a symbol of triumph and might, so let us prepare for the great fight!



WHERE'S YOUR SPIRIT??

What's Inside



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Interview with the Purple Knight himself...

New Meaning of PRIDE!

Pedro Ramos
Editor

I heard it said that you—yes you—were the one to whom a common path had been laid. To die as you were born—unknown. Yet, you—yes you—are here frolicking about. You stand here at a world class university daring to beat the odds. But yet, I hear that you have been doubting. Common questions have danced in the deepest recesses of your mind. Did I make the right decision coming to the University of Bridgeport? What shall be my future? Will I crawl back into the womb of the unknown, or dare to be remembered?

Such questions cannot be answered by Google, unfortunately!

But, yet, Google is not needed in this endeavor. The answers can be found lying deep within your mortal flesh. For were you not he to whom the common stereotype has proven to be but a hollow word, dipped in the murky waters of ignorance? Were you not he who dared to dream while Helios laid awake, warming your thoughts with the beaming of his rays? Are you not the one who bears the name of a Purple Knight?

If you are such a one to whom glory knows no bound, then put to the sword those common doubts, which lie underserving of your celestial mind. Send it to the plutoian depth from which it came. Arise, arise, you brave and glorious Knight, and let the world know of your Purple shade. Let doubts be doubts, for within you runs the sweet tainted blood of a Purple Knight. Virtue shall once more be known, for you bear within your breast a virtuous Purple heart. Chivalry shall reign once more, for you are its crystallized representation.

Be proud, for thee attends an abode of higher thoughts, where a river runs with knowledge and wisdom, where “no” has met its end—UNIVERSTY OF BRIDGEPORT. Comrade, rejoice for thee has been dubbed its bravest ambassador, a PURPLE KNIGHT, to whom virtue and chivalry is a middle name.

We decided, here at Knight's Scribe thought it would be a good idea for students to get to know who exactly is our mascot. After pulling a few strings we managed to get a hold of him. He seemed to be a pleasant fellow, but he seemed a bit dated; it was almost like talking to an old relative in a lot of ways. We decided to allow some students to ask a few questions through email requests:

Q1: Who is the Purple Knight?

A symbol of hope... Hey, if you're looking for a back story you're gonna have to be a bit more specific.

Q2: What is your occupation?

Secretly, I am an online professor under an alias but that's all the information I will give.

Q3: What should we do with Bodine?

I operated a trebuchet in my time

Q4: What do you eat for breakfast daily?

My meals consist of roasted chicken, apples, bread, and the tears of my enemies

Q5: What's the best item in the Hub?

They do not serve roasted chicken, so nothing.



That's the Spirit!

Katty Marc
Staff Writer

As the days were winding down for UB's first homecoming party, the Purple Knights were gathering around for the annual pep rally. The Hub, normally hosting no more than a couple of students, witnessed on October 14th an immense crowd of UB pride. The scenery was filled with colorfully dressed Purple Knights, a roaring cry of "UB, YOU KNOW" trumped the ears of all spectators. The school

spirit was never before in full display. Purple, I remember that night. Purple, I remembered that crowd. How purple? UB purple. The crowd, which consisted of students, faculty, and athletes, could not once remain in their seats. UB's powerful cheerleading squad kept them filled with enthusiasm. The festivities were not confined to just UB students, an

equally impressive number of families and community members joined in celebrating our schools glorious name. When the cheerleaders were finished with their cheers, UB's very own DJ Kayla kept the crowd joyfully dancing to some of their favorite 90's hits. Never before have I seen such a vast sea of smiles fill a room, on that Friday

night I was truly proud to be a Purple Knight. I only hope that our school keeps on this tradition of reminding us of our purple brotherhood in times when we all find ourselves lacking it. Much thanks to our cheerleaders, our athletes, our student body, the faculty, and the staff at the Hub for a pleasant evening filled with purple spirit.



one results in the lack of unity between students.

Other students feel that there is not enough communication between one another. Most people only talk to their respective group of friends, but do not branch out and meet other people. Whether you are on a sports team, part of a Greek organization, or simply only hanging out with your girlfriend or boyfriend, then they are your little family and there isn't much mingling outside of that.

A few students also said that commuters don't always feel as if they attend many of the events on campus and only focus on heading home after their school day of classes ends. Also, it was mentioned that many people do not know or hear about most of the events on campus. "Some people don't come out to the events because they don't know about the events and may not be interested," said Shauna Fenton who is Gospel Choir president.

RAs especially have trouble getting people to attend the socials they put together. An RA also mentioned that many people go home during weekends feeling as if they do not have as much fun on campus during the weekend compared to being at home.

One of the most interesting responses to this question was the level of diversity at UB. It is true that we are extremely diversified, but that is bittersweet. A couple students mentioned that having a variety of backgrounds and cultures makes it a bit difficult to cater to everyone because it will be hard to come to an agreement about something.

On the other hand, students were also asked what they think can be done to invoke more school spirit. All students said one thing in common: students should come out to the events on campus much more.

But why are students not attending socials and athletic events? Purple Knight Weekly is a weekly calendar of all events happening on campus and it is emailed to students every Monday. Most, if not all, clubs and organizations post flyers all over campus and on social media to spread the word about their events, so students cannot really say they do not hear about the events happening.

Some of us seem to forget that we are supposed to be the school spirit. Michael Asmerom also agrees with this as he said, "They come here with the wrong expectations and they don't try to create the school spirit themselves by getting involved in different activities and organizations," referring to some students here.

It seems that students at UB are waiting for school pride to simply fall into their hearts forgetting that school spirit begins with them. Many of the students who were interviewed mentioned that doors have opened for them at UB, but they also said that they had to apply themselves in order to be able to turn the knob and walk through.

Purple pride, according to some students, should be spread everywhere but it's up to us to actually make it happen without waiting on someone else to start and without feeling as if you don't belong.

Residential Perspective

Derve Jean
Staff Writer

School spirit, or lack thereof, is an apparent issue for UB that we all can agree on, but the reasons why seem to vary. Upon interviewing different students here at UB, the information gathered after asking, "Why do you feel there is a lack of school spirit at UB?" was very interesting and thoughtful.

Through interviewing, it seems that many students feel as though the fact that there is no football team here is the main reason why we lack in morale. Some feel that a football team is what helps unify the school and not having

A Cure for More Than Just a Disease

Michael Asmerom
Senior, Business

Do you know National expenditures for cancer care in the United States totaled nearly \$125 billion in 2010 and could reach \$156 billion in 2020. In the year 2020 patients who get diagnosed with cancer will raise a \$156 billion dollars for the healthcare system. This is just a staggering statistic. If you had 156 billion dollars, you could buy 5,200,000 cars at \$30,000/each or 780,000 houses at \$200,000/each. If you could save \$100,000/year, it would take you 1,560,000 years to save 156 billion dollars. With a \$156 billion dollars we can afford to cover every student debt that graduated from the university of Bridgeport and still have enough many left over to buy hundreds of Ferraris. Nearly two million Americans are diagnosed with cancer every year—one person out of three will be hit with a cancer diagnosis at some time in their lives, despite the huge innovative advances over the past half-century. Think about it like this say you are in a room with yourself, your parents and sibling statistic say one out of three of you will be diagnosed with cancer. Can you say how horrific it is to think of someone that you care deeply about dying. Most time individuals who are diagnosed with cancer pass away or are suffering from the diseases. The cancer society reported that Human beings and other animals have had cancer throughout recorded history. So it's no surprise that from the dawn of history people have written about cancer. Some of the earliest evidence of cancer is found among fossilized bone tumors, human mummies in ancient Egypt, and ancient manuscripts. Growths suggestive of the bone cancer called osteosarcoma have been seen in mummies. Bony skull destruction as seen in cancer of the head and neck has been found, too.

Our oldest description of cancer (although the word cancer was not used) was discovered in Egypt and dates back to about 3000 BC. It's called the Edwin Smith Papyrus and is a copy of part of an ancient Egyptian textbook on trauma surgery. It describes 8 cases of tumors or ulcers of the breast that were removed by cauterization with a tool called the fire drill. The writing says about the disease, "There is no treatment."

So cancer was not something that was discovered recently, cases of cancer has been around since 3000BC. Can you imagine a society that are able to build structures and beautiful buildings that seems to almost touch the sky but cannot yet find a cure for cancer? A civilization that came from nothing, civilization had no script about how to do ANYTHING, and yet we achieved things beyond beliefs. Society give people who can't see vision. Society was able to give people a way to hear when they lose it. And yet after centuries of innovation we was not able to find a cure for something that is responsible for wiping us out. Think of cancer like the big bang and the dinosaurs. Although the big bang help keep humanity stay alive because imagine if there were humans when there were dinosaurs they would have wiped us out like no tomorrow. However, we don't have to let cancer do this to our civilization. In spite of the millions of dollars channeled into cancer research today, two out of three patients will die within five to ten years in the wake of accepting all or part of the standard cancer treatment such as surgery, radiotherapy and chemotherapy. This is not very shocking when you consider that two of the three are cancer-causing themselves! One study evaluated that chemotherapy benefits around one of each 20 individu-



Michael Asmerom with his mother Mrs. Asmerom

als accepting it.

In the course of the most recent hundred years, various natural medications have been produced and utilized effectively to regard patients as a part of the US and different nations. All have been fervently marked down, hushed, and pushed under the carpet by the medicinal syndication, with doctors and researchers, sent to jail, and professionally destroyed for setting out to challenge the therapeutic foundation. As brilliant college students we have to continue to strive to inspire the mind that will change the world or become the student that changes the world. If we can't do nether we have to stop accepting things as is and challenge it. I'm sure I was not the first student to put the puzzle together and realize the greed of America is going to do nothing more than kill our people.

It's a crushing feeling to hear a doctor diagnose a patient with cancer. However, for too many people in the United States and around the world not only did they get diagnosed with it they are suffering from it this very day. Here is a quick statistic in 2016, an estimated 1,685,210 new cases of cancer will be diagnosed in the United States and 595,690 people will die from the disease. Now for many of you reading this article you might not see the seriousness of this and one cannot blame you. I cared about cancer but I didn't care as much until my own mother was diagnose with this horrific disease my sophomore year of college. It was not until my mother who I saw as my hero, someone I thought would never leave me get diagnosed and died before seeing her first son graduate from college that I truly cared about cancer and invested my time and effort to do research and find a cure. Looking back at it now it's funny that I associated the word cure with cancer. It was not until hours of research I committed to find a cure for my mother that I realized this thing called cancer is like a McDonalds franchise for business.

My colleagues, I am speaking as a man who has experienced this pain and loss; you are not alone. These feelings of injustice are shared and I hope that we can all become aware of our surroundings and become motivated enough to want to do something about this issue. Numbers and statistics can only do so much. We must speak to our government in a professional manner and when we are not heard when being professional, we must use a bit more assertion. For myself, this has become a personal issue and I'm afraid that it could affect someone you care about unexpectedly as it did for myself. Thank you for taking the time to read this and I hope you close this paper with more insight on this issue.



HURRICANE RELIEF

Come grab lunch and help support the relief efforts in Haiti

What:

A fund-raiser luncheon, open to everyone to raise money for the hurricane relief effort in Haiti. There will be donated foods from Haitian and Caribbean restaurants from the Bridgeport area and raffle tickets handed out at the door for prizes such as gift certificates, movie tickets, UB clothing and more! All for a suggested entry fee of \$7.

Who:

The Design Management students in collaboration with Hope for Haiti, Alpha Kappa Alpha, Alpha Phi Alpha, Community Health Peer Educators, and the Food Recovery Network.

Where:

The Cox Student Center in the large social room.

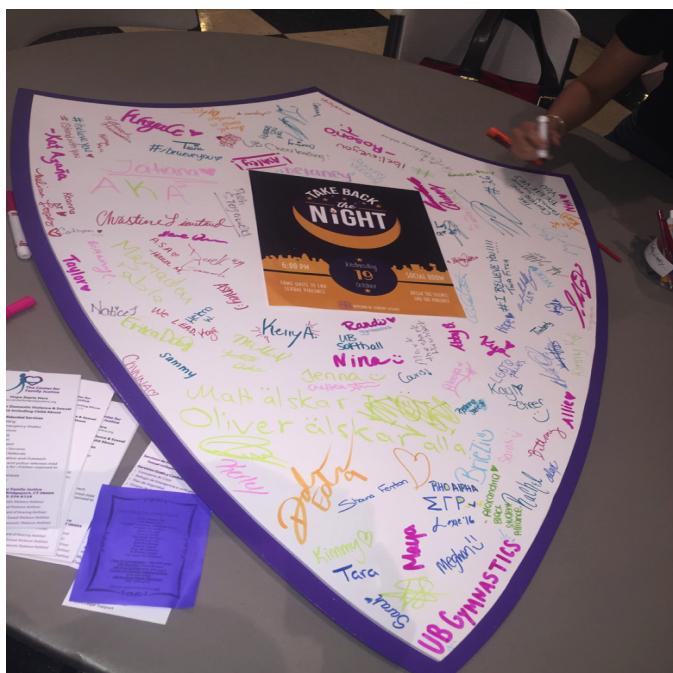
When:

November 2, 2016
12:30PM

Good News!!!

For those interested, because of our review on the restaurant Titus Cain in our last issue, students can get a 10% when dining inside of the restaurant. Get your Jerk chicken and oxtail for cheap! You really CAN'T complain about Titus Cain!

Location: 2099 E. Main Street 06610 Bridgeport, Connecticut



The University of Bridgeport brought awareness to sexual assault with Take Back the Night. Those that took action by walking in support were faculty, students of the University of Bridgeport Campus, athletes, Greek leaders, club members and homecoming royalty.

Bubble Soccer

Katty Marc
Staff Writer

Bubble soccer was a fun event to get students into the homecoming mood. It was at Wheeler Recreation Center on October 14. Plenty of people came out to play some soccer. However majority of those played found it more fun and enjoyable to just bump into each other. It was also funny to watch. It was an event held by the Student Programming Board also known as SPB. This was an event that provided a ton of laughter and memories to go with it. It was quite a sight to see. This was one of the many festivities that SPB held during the week such as a Pop Up Photo Booth, Dining Dollars Bingo, Meet the Candidates Mixer, Homecoming Banner and Live Band Karaoke. Overall it was a great event for people to come out to along with it being a different kind of that students were not used to seeing.



Students enjoying the madness of Bubble Soccer



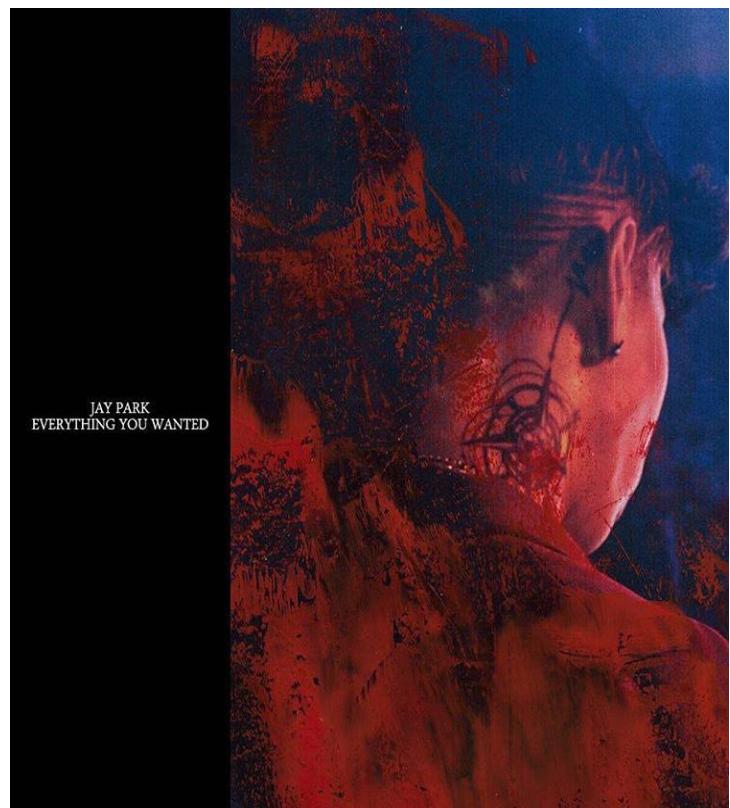
The 2016 Homecoming Court at Take Back the Night.

You Waited, Now You Got It

Dante Jean
Staff Writer

Jay Park's Everything You Wanted Album Review

Jay Park is a Korean American singer, dancer, rapper, record producer, model, choreographer, actor and entrepreneur. He was born in Edmonds, Washington on April 25, 1987. Park started out in a b-boy crew called AOM with some of his friends from high school. He was well known for his dance skills, being charismatic, and having great stage presence. Patti Kim, a Korean singer, said that Jay park was a "born entertainer". Jay Park entered in an audition for Korea-based JYP Entertainment which brought him to Korea. As a trainee for four years, it was very hard for him to converse with the people in Korea because he didn't speak the language very well and felt like an outcast. He didn't want to disappoint his parents so he went to Dankook University to further his education. Dealing with some hardships in Korea, he finally debuted as a leader for a Kpop group called 2PM. However, in September 2009, Jay returned to America because of some comments he made about Korea in 2005 as a teenager. The public didn't take the comments very lightly and they were very upset at him. Jay Park left the group for the other member's safety.



Album Cover for Jay Park's "You Waited"

When Park was home, he created a YouTube channel called "jayparkaom" and did a cover to B.O. B's "Nothing on You" featuring Bruno Mars. The video reached Two million views less than Twenty-four hours. When Park started to gain back some of his recognition, he returned to Korea and started a solo career as an R&B artist. With all of the success that he amassed as a solo artist in Korea, he later started his independent record label called "AOMG". It's an acronym that stands for: "Above Ordinary Music Group" or "Always On My Grind". It's a hip-hop/R&B label. He has signed singer and producer Gray as well as Cha Cha Malone—a producer who was in Jay Park's dance crew: Art of Movement. A few months later, Simon Dominic joined AOMG as co-CEO. Over the next two years, artists like Elo, Loco, DJ Pumpkin, Ugly Duck, DJ Wegun, and Hoody joined AOMG.

On October 20, 2016, Jay Park has released his fourth studio album called "Everything You Wanted". Last year, he released a hip-hop album called "Worldwide" which displayed his rapping skills. In this new album, he goes back to his R&B roots. When it comes to his music, he is very diverse in his sound. He has a mixture of songs that are in Korean and in English to satisfy his American fans. Even though some of his songs are in Korean, American fans will still listen to his music because the song will resonate with the fans and the vibe of the song will get people to sing along with the artist. In addition to his Korean songs, Jay Park released English songs throughout the past two years to appeal to a larger demographic. The songs are "All I Wanna Do", "I Don't Disappoint", "The Truth Is", "Solo", "Aquaman", "Me Like Yuh", and "2nd Thot". He has released these songs as singles for his upcoming album. These songs are chill, groovy, and relaxing songs that you could listen to in the car. The album consists of nineteen tracks that are both written in Korean and English. Some of the features on the album are from AOMG such as Loco, Hoody, Elo, Gray, Cha Cha Malone. Outside features include Sik-k, Krnfx, and Raz Simone. In addition, Cha Cha Malone displays his singing ability on songs like "Feature" and "Forever". It was very interesting to hear him sing on two tracks.

Gray produced and featured on a song called "Drive". It's a nice groovy song intended for the summer. There is also a music video for "Drive" on YouTube. Cha Cha Malone produced majority of the songs on the album. Jay Park also has gotten some help from other producers like Woogie, Groovy Room, and DJ Ale Mora. In this album, Jay Park talks about being with a girl, always reminiscing on her positive attributes, while never preoccupying himself with her flaws. Since he is the CEO of his label, he worries about the other artists in his company to a much greater extent rather than just prioritizing himself. Overall, this album is great and is worth giving it a listen. Even though you might not understand Korean, opening yourself up to new music may provide you with a fortuitous new favorite playlist. If you don't like the Korean songs, then listen to his English songs. His album is currently number 3 on the Billboard Worldwide Album list. Trust me, you will not be disappointed listening to this album from beginning to end. Jay Park has another YouTube account called "JAYPARKOFFICIAL" with his older as well as newly debuted songs, dance practices, music videos, and singles off of other albums. Check him out!! He has come such a long way to reach the success he has achieved today.

Up and Coming Musician: David W. Jacobsen New Hit: "Settle"

Dante Jean
Staff Writer

David W. Jacobsen has been writing and performing music for over fifteen years. He studied at Berklee College of Music located in Boston, Massachusetts. He has an excellent understanding of music theory. Which means it allows an artist to discern the language of music. Over the years, Jacobsen has combined several unique elements into his music style. He has mixed humorous social commentary with melancholy reflection. Mr. Jacobsen performs mostly acoustic songs with his guitar. He records catchy records by combining poetry and satire with narrative storytelling. Jacobsen shows up to his shows alone with his acoustic guitar and amuses his audience with his music.

In his newest album, "Begin the Chagrin" that was released in March 8, 2016. He presents a range of noble, relatable, pitiable, and revolting characters dealing with disappointments or causing such disappointments for someone else. In the song, "Settle" that is on the album, he makes some jokes about magic and settling with a girl that will be interested in him. I also like how Jacobsen used the same chord progression. Even though at times, the same chord progression playing over and over gets very boring, Jacobsen actually did a fantastic job using it effectively. He also displays some humorous lyrics like, "I could make you happy, though maybe not the most you could be" and, "I'm here and now so settle for me". Those lyrics actually stood out the most. The song itself is catchy and everyone will enjoy it. It's the first song of the album that consists of 20 songs. If you get a chance to listen to the full album, then do so. Listen with an open mind and see if you enjoy his music. If you enjoy acoustic songs, then this is the album for you.

Wake Up and Rise: A Review of Solange's "A Seat at the Table"

By Qetarah Richardson

Mental illness, police brutality, pro blackness...all of these topics you can find very eloquently portrayed in Solange Knowles's new album A Seat at the Table. From heavy and solemn songs like "Weary" and "Where Do We Go" to the proud and upbeat tunes of "F.U.B.U." and "Ju-nie", we are taken on a journey through the perspective of being black in America. Solange uses a rare ability of taking grief, anger, and pride and weaves it almost effortlessly into neo-soul and pop influenced melodies. With discussions on racism from the artist's parents Ms. Tina Lawson and Mr. Mathew Knowles as well as life lessons from entrepreneur and musician Master P, Solange gives us nothing less than a seat at the table to a very crucial discussion.

At the very beginning of the album, Solange yanks us by the collar to the subject of depression in the black community. In her track "Weary", she puts a shockingly relevant feeling into words: "be leery bout your place in the world/you're feeling like you're chasing the world/you're leaving not a trace in the world/ but you're facing the world". This particular lyric provides a harshly accurate representation of what it feels like to be a black youth in current times. The singer speaks on the feeling of watching people that look like you fall victim to the structured violence surrounding your community, and how it feels to attempt to move through life with this ever-present and haunting knowledge. Solange then pulls us to "Cranes in the Sky", a song that more intimately and painfully describes living with depression. She sings: "to write it away, or cry it away (don't you cry it baby)". The delivery of this verse and Solange's soulful tone helps to express to the listener what mental illness is like within the mind of a black woman.

Throughout the rest of the record, the unapologetic singer continues to give us complete honesty. In her song "Mad", she states: "I ran into this girl, I said I'm tired of explaining/man, this s***t is draining/and I'm not really allowed to be mad". These words prick us with the thorns of letting oneself be aware of the violent oppression their people have faced in the past, and still face today. Solange also grants us with the pro black anthem "F.U.B.U.", which

brazenly starts off with: "all my n****s in the whole wide world..." And continues to use this throughout the song as a sort of proud chant for the black audience.

Solange's album will undoubtedly resonate within the hearts of many listeners, both black and nonblack alike. Not only are we given ear pleasing R&B rhythms and soulful vocals, but also empowering, emotional and breathtaking social commentary in the form of art.



Photo taken from Connecticutmag.com

Brewport at a Glance: A Review of Bridgeport's Newest Brewery

Terrence Givens
Chief Editor

If you enjoy really good pizza or even craft beers under an atmosphere that can be compared to the style of a Brooklyn style bar without the Brooklyn style prices Brewport is a great place to go. Whether you're going on a date, catching up with friends or just want to taste a selection of "out of the box" pizza, it's a fun new place that brings a new vibe to our humble city of Bridgeport.

Brewport is located at 225 S Frontage Rd, Bridgeport, CT 06604. Surprisingly close, but you will be even more surprised to learn that the shuttle actually makes a stop right in front of this place. Go here and get plastered with friends (if you are legal age of course) it's definitely worth the travel. This place is still pretty new so a lot of spectators are waiting for something new to hit this place and keep it fresh. Every month there is a "Chef's Choice" pizza that is sure to impress clients looking for a new pizza fixation. We are hoping to talk to the owner soon who was unavailable at the time that I enjoyed this bar/restaurant, but let that discourage you from trying this place out!

The first thing you will notice is the hipster ambience being a warehouse turned brewery, this was a good style choice by the owners. The lack of televisions may be a bit alarming at first but the friendly atmosphere and waiters more than make up the lack of distraction. The beer, OH MAN THE BEER; here, beer is made in the facility and you can taste the freshness along with all the flavors and love that go into it. Personally I like the citrus flavor of the Blood Orange Blond ale. As for the pizza, it really complements the hipster atmosphere with their unorthodox yet delicious topping combinations ranging from Korean barbecue to their delicious "Tree Hugger" vegetarian options. Brewport is truly a place for students to enjoy a new, cool environment with great pizza and even greater friends.



Album cover for Solange Knowles' "A seat at the Table"

Most Chronic Illness In Students: Stress

Jennifer Guachichullca
Human Services and Psychology

What is stress? "Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences." We all know what it's like to be stressed especially in college, we get hit with assignment after assignment. We can experience stress at any point in the semester, even within the first week of classes. But, it's all about how we choose to deal with our stress to keep ourselves from becoming overwhelmed.

Balancing your schoolwork, outside work and allowing yourself to have a social life is not an easy task, and it's all about balance. There are many of us who like to complete all our assignments in one sitting or save assignments for the very last minute and this is when our bodies begin to go under stress.

Tips to help you from becoming stressed and overwhelmed:

1. Plan accordingly: plan to complete assignments with enough time between each assignment. Try your best to not leave assignments for the night before they are due, many of us love to procrastinate but for our own sanity it's best to give yourself enough time between each assignment completion.
2. It is ok to say no: do not put so much on your plate just to keep others happy. You are the most important and have to worry about yourself before anything or anyone else, this does not make you selfish.
3. Allow yourself appropriate breaks: you have to know what kind of breaks you should be taking, it is okay to go out with friends and enjoy yourself but don't go out all weekend and not complete assignments that needed to be done that weekend. When you begin to become careless with your assignments this is when your work begins to pile up on you.
4. And most importantly take care of yourself: this does not only mean by taking breaks, this also means making sure you are keeping healthy eating habits, keeping yourself hydrated by drinking lots of water. A lot of people stress eat but I'm one of the people who forgets to eat when they are under a lot of stress and have been doing so much during the day. Some people may even find themselves losing their appetite when they're under stress, but I cannot stress enough how important it is to make sure you are eating even if it may not be a lot just make sure you are putting bits of food into your system.

If you ever find yourself very overwhelmed by your stress and feel you ever need someone to talk to and help you deal with your stress and good outlet is always counseling services and they're located right on campus!

Carstensen Hall, Second Floor
174 University Avenue
Bridgeport, CT 06604
Phone: 203-576-4454
E-mail: counselingservices@bridgeport.edu
disabilityservices@bridgeport.edu
Monday-Friday 9am-5pm
References
"Understanding and Dealing With Stress." What Is Stress?, <http://www.mtscil.org/skills/stress-definition-1.html>.

Nobel Prize Awards shows the Power of Immigration

Pedro Ramos
Editor

Ever since its establishment, the Nobel Foundation has awarded—on a yearly basis—prizes in physiology, chemistry, physics, medicine, economics, literature, and peace to the most innovative researchers, scientists, peace-builders, and writers in our world. So far this year, only six Americans have been awarded the prestigious prize in the areas of physics, economics, and chemistry. What makes this year's selection different from the previous year's is that the awards have gone to immigrants.

The recognition went to:

- Sir J. Fraser Stoddart, for his research in energizing and steering molecules, according to the Wall Street Journal.
- David Thouless of Yale University, Duncan M. Haldane of Princeton University, and Michael Kosterlitz of Brown University were all awarded a Nobel Prize in Physics for their, "profound insights into physics," according to the NPR.
- Bengt Holmström of MIT and Oliver Hart of Harvard University were awarded the Nobel Prize in Economics for their work on contracts, according to the New York Times.

Not one of these brilliant minds were born in the United States, but chose to adopt the American identity by choice, bringing their vast energy, innovative minds, and talents to the nation.



Three Nobel Peace Prize winners sit beside each other at ceremony.

Photo from livemint.com

Duncan Haldane, the Noble Prize winner in physics, described his experience with the immigration process as a "bureaucratic nightmare for many people." However, despite the nightmarish process, scientists will continue to flock to the United States because of its world class higher education system and the government's willingness to fund scientific inquiry.

America has long been a magnet for international talent. Since the time of Samuel Slater, millions of immigrants have brought talent and innovation to the States. This diversification of talent has been America's unique edge over international competitors. This year's six Nobel Prize winners stressed the importance of immigration during an election when the issue has taken center stage.

North Korean Headache

Pedro Ramos
Editor

During this year's election, both sides have used North Korea's nuclear and missile test as political weapons. The Democratic presidential nominee, Hillary Clinton, stated that, "We are not going to let North Korea pursue a nuclear weapon with the ballistic missile capacity to deliver it to United States territory. That is absolutely a bottom line."

Donald Trump, the Republican presidential nominee, responded by inciting administration failure.

"It's just one more massive failure from a failed Secretary of State."

When the political bout is over, a startling reality will face the next president—the North Korean threat is real. Far beyond the rapid technological improvements of its nuclear stockpile that is estimated to include anywhere from ten to twenty weapons, North Koreans possess a sophisticated network of cyber technology that was put on full display in the attack on Sony.

As Iraqi forces mobilize for the final offensive on Mosul, ISIS's days appear to



be numbered. It seems likely that the next U.S. President will have ISIS out of its to-do list. The next president will most likely have to turn America's attention to the growing problem of North Korea. This year alone, Kim's regime has successfully fired a ballistic missile from a submarine, conducted an underground nuclear test, and refined a series of threats aimed at the United States. A series of U.S and U.N condemnation has done little to curb Pyongyang's actions.

"We strongly condemn this and

North Korea's other recent missile tests, which violate UN Security Council resolutions explicitly prohibiting North Korea's launches using ballistic missile technology," Pentagon spokesman Gary Ross said in a statement.

When threats have failed, Washington answers with sanctions. This year alone, President Obama's administration has launched a new series of sanctions aimed at directly targeting Kim Jong Un and other top regime officials. This presents the first time that a U.S. sanction has directly targeted regime leaders.

North Korea responded by calling it, "open declaration of war against DPRK" and, "the worst crime that can never be pardoned," in a state news agency announcement.

If the next President is to learn anything from the countless failed attempts at thwarting North Korea's missile and nuclear technology, it is that sanctions are ineffective. Sanctions against North Korea have been in place since the Kennedy administration, and like Cuba, those that have suffered under them have been innocent civilians.

To sanctions, Pyongyang's response has been to go on the offensive. Serving a military-first policy, a disproportionate sum of the country's GDP has gone to maintaining a million man army at a constant war footing with the United States.

The next President has to work closely with China—North Korea's only major ally—in an effort to reduce tensions in the Korean Peninsula. China presents a crucial lifeline for Kim's regime. Realizing that the North Korean threat is real and growing, the next administration will have to tackle the problem head on.

Coincidence or Not?

Simon De Sana
Staff Writer

Soundbites, quotations, and front cover characterizations of presidential candidate Donald Trump have been circulating throughout media outlets since the outset of the presidential race. However, a recent turn of events has emboldened the left's promulgated "presidentially unfit" caricature of the Republican nominee to a jaw-dropping sight. His snide, cringe-worthy, and disparaging comments on women, racial and ethnic minorities, and Muslims may have taken on different perspectives by various audiences, but recent footage of the candidate's comments on women and the sudden plethora of sexual allegations have narrowed the gap for such varying interpretations. Though the political stage can at times provide a façade for policy positions, personal opinions, and hair-raising comments by the politician under the lime light, what is said behind closed doors triggers an undeniable response in the human psyche. So much so that the response by many Americans regarding the developing stories over the Don himself, seem to have reflected the candidate's point of no return.

But why now? The sudden emergence of decade old footage and accusations from women over purported sexual misconduct deserve further consideration. It would be expected of political adversaries to be on a keen lookout for fodder to feast on their opponent's political image and take the first opportunity to divulge defamatory content. Yet, the vilest of Trump's behavior seemed to have been kept under the rug. As the race for the presidency approaches the finish line, the candidates' images, and all of their qualifications for that matter, play a more crucial role in tipping the scale on Election Day. Keeping the worst for last seems to be the perfect political strategy that multiples the weights on that scale. With seemingly continual releases of worsening allegations against Trump and divulges of hidden secrets buried in his past, this intensifying election is looking up to be a barnburner until the end.

Have Technological Advancements Paved the Way for an Optimistic Future?

Simon De Sana
Staff Writer

The twentieth century has arguably been the century that demonstrated the sharpest shift in human relations brought about by technological advancements. The inventions of the internet and cell phone have transformed global communication like no others. These inventions have paved the way for social networking sites, live video chats, and instant communication that have assisted all of society, from the common man to esteemed government officials. Yet as demand for the savviest technology increases, so do the risks imposed by them. Hacking capabilities have infiltrated government security and threatened to release classified information that, if landed in the wrong hands, could place national security in peril. This was evidenced by the hackings conducted by foreign powers, such as the hacking of Sony by the North Korean regime, which have prompted the establishment of cyber security measures across national boundaries. On the domestic plane, identity theft has become a ubiquitous crime, primarily through the internet which has allowed for the crime to permeate the international realm as well. Even the most recent innovations like the Drone have been used to target personal property and violate the right to privacy. As technological advancements, have continued to pose such threats, our government has been pressured to take preventative measures. Law enforcement have taken the initiative to prevent minor domestic issues concerning private property and major crimes involving the internet such as identity theft and scams. However, as a common citizenry we as well should take preventative measures by installing security systems, avoid carelessness, and use our own technology responsibly.

The Fight for Mosul

Pedro Ramos
Editor

As war rages on in the Iraqi city of Mosul, the United States and its allies have started out with great success. U.S. Army Gen. Joseph Votel announced on Thursday that the U.S. and her allies have killed 900 ISIS fighters.

United States military officials have estimated that at least five thousand ISIS fighters are fighting in defense of Mosul, ISIS's last stronghold, and an additional one thousand fighters continue the struggle outside of the city.

General Votel is assisting the Iraqi military forces in their fight for the liberation of Mosul. Although the ISIS forces within the city lie in dismal numbers, nearly 100,000 ally forces have amassed in hopes of retaking the city. Over the last couple of weeks, coalition forces have gained significant ground, freeing terrorized villages along the way.

The clash with the terror group is expected to radically escalate as the troops approach the city square. The city is expected to be tainted with the blood of the innocent—a barbarism beyond all imaginable proportion. From their headquarters in Raqqa (in Syria), the terrorist group has sent suicide squads to the city of Mosul in a desperate effort to change the tide of fate. Raqqa, like Mosul, is running in its last suppressed breath; the Russian and Syrian armed forces are expected to soon liberate the city. The fight for Mosul has made its way to the campaign trail with the Republican nominee for president, Donald J. Trump, criticizing the Pentagon for carelessly releasing information regarding military operations before they begin.

Trump made his stance clear in an interview with George Stephanopoulos of ABC: "We're going to attack. We're going to attack." Meaning Iraq's going to attack, but with us, OK? We're going to attack. Why do they have to talk about it?"



AP Photo/Marko Drobnjakovic) (The Associated Press



<http://www.organiclifestylemagazine.com/green/images/issue-3>

carbon dioxide emissions are to continue to rise, the planet's temperature will too. It can reasonably be predicted that by the end of this century, the average global temperatures would have reached its highest peaks than all of human history thus far.

Figures proposed by Dr. Gavin Schmidt from NASA demonstrate that 2016 has been the hottest year yet, but what is most significant are the long-term temperature trends which gives us a better insight into the effects of global warming and where we are headed. Temperatures are predicted to steadily increase and the effects of global warming gradually exacerbated. Nevertheless, there is still hope. Reducing our carbon dioxide emissions can potentially have a significant impact on the future trend of global warming. As carbon dioxide emissions in the atmosphere are reduced, the rate at which the temperature of the planet increases is also reduced. Reducing these factors will naturally slow the detrimental impacts of global warming and provide a more hospitable planet for generations to come.

A Warning Planet

Simon De Sana
Staff Writer

Temperatures over the past several decades have been on a steady rise. We've witnessed glaciers melt, environmental dynamics shift, and even the reshaping of biological demographics around the world. The twentieth century alone has witnessed the extinction of dozens of species and the list of global endangered species continues to rise. We have seen plant and animal species in the northern hemisphere travel further north and seeking higher altitudes in search of cooler temperatures. Global warming has also significantly impacted our own species. Rising temperatures are linked to certain natural disasters as the temperature changes in the atmosphere dramatically affect weather dynamics. We can also naturally conclude that the changes in weather pattern are also impacting agriculture. If

The NotSo Fun Page

Sudoku

Sudoku, originally called Number Place, is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid (also called "boxes", "blocks", "regions", or "subsquares") contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a unique solution. (Wikipedia.com)

easy

	2	4	
1			3
4			2
	1	3	

Medium

1					2	
2						8
6	5	4		8	1	9
4	3	7		9	5	1
5						7
1						3
9	1	2	4	3	7	6
8		9	1	7		4
4					1	

HARD

7	1					
2			4	6		
		3	5	7		8
3		5			6	9
9	1	2			7	
4			8		2	
	2			3		
	7		1			
8					1	



King Edward VII of Great Britain was quite a playboy in his day, and his wife, Queen Alexandra had often ignored his infidelities and wild escapades. As he lay on his deathbed, his faithful wife was grief stricken until one reassuring thought occurred to her. She turned to Lord Esher and remarked, "Now at least I know where he is."

A Difficult Decision

A middle-aged Londoner was faced with a difficult decision when choosing between two lovely ladies, Anna and Mary, both willing to join him in matrimony. Although not a religious man, this Londoner stumbled into a church and, kneeling in the pew, asked God for advice on whether he should have Ann or Maria for his wife. When the man got up he was most pleased to see that the Almighty had put the answer right before his eyes: Ave Maria.

Mother's Blessing

Pedro Ramos

Awake thy unknown soul

Thy chastised body lies no more

Thy to whom a mother's breast has been denied

Denied of milk and fleshly joy

Awake from endless labor Thy ravished and broken soul

And take for thee what has been denied

Take, take thy mother's milk and fleshly joy

Come to her breast with all known pomp

Come as reason came to the French

Amain thy shall come to socialist warmth.

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Meetings Every Thursday from 8pm to 10pm @ Cox Student Center room 211. We are currently searching for graphic designers. Tell your friends!

Email thescribeub@gmail.com for any questions, submissions, or anything related to the newspaper.

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