

ISSUE 3

ZU Magazine

DO YOU KNOW YOUR ENERGY?

Feature Article: page 14



LETTER FROM THE EDITOR



Hey, Readers!

Welcome to the third and final issue of ZU Magazine this semester! Thanks for hanging out with me the last few issues. This time around, I want to chat about self care.

As students, finding time to take care of ourselves can seem impossible. We have so many things competing for our attention--school, work, relationships, social activities, sports, church, family and the every-day stresses of life. With this many things running through our heads 24/7, it often feels like our brains are computers with 42 tabs open at a time. Because of all these things, it can be difficult to take time to just rest.

This week is finals week, aka the most daunting week of the semester. For some of you, finals week is easy and you have minimal tests or obligations. For others of you, however, you feel like you're drowning in work and running solely on caffeine and top ramen. Don't lose hope or confidence; this is the final lap and then it's time for Christmas break.

My encouragement to you this week is to find a little bit of time, even if it feels impossible, to breathe. Whether that means literally taking time to breathe, or if that means taking 15 minutes to journal and listen to music (or doing something else you enjoy), find time to let yourself reset and refocus.

Remember: you are not defined by a grade or by how you perform on a test and your worth is not found in school alone. You are loved and valued for so much more than the work you put on paper. I hope you find rest in these pages and I hope you find peace in knowing that you are more. Kick butt on finals, my friends.

John 14:27- "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Sincerely,

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TO LISTEN

Siesta - Hater

This is a solid album. No single song is an incredible stand-out, but each one falls perfectly in place to create an easy-listening indie rock record. Glittering guitars and sprawling rhythms assist frontwoman Caroline Landahl in delivering a beautiful sophomore record for the Swedish group.

Foxwarren - Foxwarren

Rejoice! Everyone's favorite Canadian, Andy Shauf, is back! Though Foxwarren is a 10-year project in the making, this is the debut release for the group of childhood friends. The group strays away from Shauf's stripped down sound from his solo work, but stays close to the quirky approach to songwriting that brought him into the spotlight.

TO TASTE

Grand Central Market

The Grand Central Market: a place to get some of LA's best food is embracing the holiday spirit with their annual holiday marketplace. This market is full of retail and culinary pop-ups from Birch and Bone's floral arrangements to Prawn's butternut winter clam chowder. Word on the street is that Santa will also be making an appearance this holiday season for kids, young and old.

TO GO

Grand Park's Winter Glow

Head on over to Los Angeles' Grand Park this December to get your fix of holiday lights and cheer. Free to the public, 12 acres of the park will be decorated in a projection and light display to experience Grand Park in a way you never have before.

TO WATCH

Roma

Alfonso Cuarón's follow-up to Gravity (2013) is a semi-autobiographical period piece shot in all black and white about a family and their housekeeper living in Mexico City. Bonus points: this is also Netflix's first attempt at a major Oscar win.

THINGS TO DO IN LA

BY JONAH MINNIHAN



BY MICHAEL AYETIWA

BLEXIT: THE BLACK EXIT FROM THE DEMOCRATIC PARTY

“Black people don’t have to be Democrats,” said Chance the Rapper in a tweet last April. This came after Kanye had tweeted himself that he “likes the way Candace Owens thinks.” While the vision on Blexit did not begin with Kanye, these two rappers helped spark a debate. Why does the Democratic party receive an overwhelming percentage of the black vote?

Many people do not understand the history of the Democratic Party and its relationship with the black community. For decades over 80% of blacks have continuously voted Democrat, and yet blacks have repeatedly shown dissatisfaction for various outcomes in their community.

This disparity was the fuel that inspired Candace Owens when she pioneered the Blexit movement. Owens, the Director of Communications for Turning Point USA, created the name “Blexit” from the combination of two words, “black” and “exit”.

It is also a play on word inspired by “Brexit.” It is a call for Black Americans to exit from the Democratic party and into the realms of free thinking. Owens, as seen on Blexit.com, defines the movement as being “fueled by individuals who are questioning political dogma and choosing freedom over tyranny.” It is not meant to push blacks from the Democratic Party to the Republican Party; it is designed to promote free thinking.

Blexit was launched Oct. 27, 2018 during Turning Point USA’s Young Black Leadership Summit where over 400 young black leaders were invited to the White House by President Trump. The White House has never had this many young black free thinkers within its walls to be addressed by the president. President Trump even told them, “I believe there are future presidents in this room.”

“It is a call for Black Americans to exit from the Democratic party and into the realms of free thinking.”

Many of the attendees came from Democratic backgrounds where their communities told them that President Trump was racist. The free thinkers chose to Blexit and find out for themselves who the president was.

Issues like police brutality, white privilege and black oppression are challenged by blacks across the nation who may identify as conservative or just simply a “free thinker.” They are the same people who believe that fatherless homes and inner city gang violence are greater issues than police brutality or racism. Blexit draws in minorities who also feel betrayed and dissatisfied with former President Barack Obama and his administration.

On the Blexit website, there is a section of “inconvenient truths” with sources that have key factors in what has led many blacks to walk away from the Democratic party. 3,446 black Republicans and 1,297 white Republicans were lynched by the KKK between

“Blexit has inspired not just those within the black community, but other minorities as well.”

1882 and 1968. President Lyndon B Johnson (D) said, “I’ll have those n*ggers voting Democratic for the next 200 years.” Margaret Sanger, founder of Planned Parenthood, called for the extermination of blacks saying, “Colored people are like human weeds and need to be exterminated.”

These “truths” are deemed inconvenient because many minorities who identify as Democrat seldom know about them, nor do Democrats in general.

A more recent issue in the Democratic party that many Black Americans are upset about is the President Trump’s recent Prison Reform Bill, which is bipartisan. “How many black ‘leaders’ have spent the last two-plus years speaking out about unfair sentencing for our men— and yet are DEAD SILENT on the prison reform that [Donald Trump] just got done for millions?,” Owens proclaimed on Twitter.

According to The Atlantic, “the House passed bipartisan legislation known as the First Step Act that would authorize \$250 million in new funding for prisoner-reentry programs, ban the shackling of pregnant inmates, and expedite early release for elderly inmates and those who earn “good time” credits during their sentences.”

Major civil rights leaders pushed against the bill, such as former Attorney General Eric Holder, Senator Dick Durbin (D) of Illinois, Senator Cory Book (D) of New Jersey and Senator Kamala Harris (D) of California.

Blexit has inspired not just those within the black community, but other minorities as well. While it may cater to the black demographic, the movement inspires people of all backgrounds to not vote based on political allegiance but to instead think independently.

“I’d say America needs a Blexit because Blacks will quickly cease to be a viable political voting bloc if we continue to pledge 90% of our votes to Democrats,” said Rob Smith, a black gay Republican and political commentator. “And Black Americans need to wake up and realize that we are being sold out in favor of policies that favor illegal immigrants over everyone else - and Democrats will use Black figureheads to sell them.”

There has been a strong debate on what exactly the Trump approval ratings are with blacks. CNN made a report that despite what you believe the number to be “Trump had doubled his black support since the 2016 election,” and many believe Owens and Blexit is increasing the number radically.

When the 2020 election comes along Blexit, its founder Candace Owens and the minority vote will have the biggest impact.

Flattery or Fraud?

BY JONAH MINNIHAN



Photo Courtesy of GQ Magazine



Photo Courtesy of Travis Shinn



Photo Courtesy of Dean Chalkley/NME



Photo Courtesy of Create & Cultivate

"I'm proud of the work I do and it's flattering when other artists feel inspired by it, to the extent that they choose to try it on themselves... But don't steal- not from women or from anyone else - not in 2018 or ever."

A few months ago, Lorde posted this on her Instagram account, calling out Kanye West and Kid Cudi for stealing her recent stage design for their Kids See Ghosts performance. While the stage designs are very similar and seem like a blatant copy of the Australian singer's design, the post raised a question for me: where's the line? Where is the line between influence and adoration to plagiarism and theft?

By taking a quick look on music blogs and the IMDB trivia page, you can find countless homages that artists and filmmakers have done in order to pay respect to their influences. Whether its name dropping those that have come before you like 2 Chainz, sampling your influences like Kanye, placing easter eggs in your film like Rango or recreating a look in order to pay respect to those who have influenced you. There are countless ways that artists say thank you to their influences within their own art. But where does that 'thank you' turn into blatant theft? Let's look at a few recent instances where artists or audiences have accused another artist of stealing or appropriating their work and if there is any weight to these arguments.

Virgil Abloh v. Everyone

Founder of streetwear brand Off-White and recently appointed artistic director of the high fashion house Louis Vuitton, Virgil Abloh has gained a lot of attention since his involvement with fashion giants such as Don C, Tremaine Emory and Kanye West. Virgil Abloh has arguably become the biggest name in the fashion world, but with this fame comes criticism. His career in fashion began with screen printing images on t-shirts such as, famous paintings, people, pop culture references, anything that would catch the eye. His work with Off-White has adopted this concept to a point where his "references" are becoming dangerously close to complete fabrications of other artists work, including Off-White's logo, a repurposing of the Glasgow Airport logo by Kinnear, Calvert & Associates as Instagram account @diet_prada points out. In Abloh's instance, when you give credit to those who influence you within your work, that's okay. But when you try to present someone else's work as your own, or you use someone's work within your work without crediting them, that's when it's wrong.

Greta Van Fleet v. Led Zeppelin

Greta Van Fleet is the latest band to take mainstream music by storm. With huge sets at Lollapalooza and Coachella and

appearances on The Tonight Show, they have found themselves in the spotlight for their energetic live shows, eccentric outfits and a strangely similar sound to Led Zeppelin. Honestly, it's hard to deny the similarities. Being one of the most loved and adored rock bands of all time, Led Zeppelin is known for the unique voice of Robert Plant, the technical ability of Jimmy Page and the influential style of John Bonham. Together, the English quartet created music that no one ever thought could be recreated. Now before I go on, I need you to know that I don't think that Greta Van Fleet is the next Led Zeppelin, but their style and approach to everything they do is suspiciously similar to their predecessors. The band itself is flattered from the comparison but feel that it's unfair. "We're humbled by the reference and honored by the affiliation. It's a primitive, instinctual thing for people to take one thing and create parallels to better identify with something they don't initially understand," said guitarist Jake Kiszka in a recent Rolling Stone interview. I'm somewhat on board with Kiszka; they are creating original songs with original lyrics, which is not an easy feat. What I don't like about the Michigan-based band is that their music is something I've already heard before. I don't think it's wrong to find influence in a band-plenty of artists do that. Michael Seyer sounds like a new Mac Demarco, LANY (sorry APU) sounds like The 1975, who get their sound from The Blue Nile and every mumble rapper sounds like every other mumble rapper. There is nothing wrong with this, it's just boring. That's my problem with Greta Van Fleet; they haven't stolen anything, they're just boring.

Independent Artists v. Retail Chains

I'm not sure I can count the amount of times I've seen a story about a large retail store ripping off a design from a small independent seller. It happens all the time. Forever 21, Zara, H&M and many more have profited off of the little guys and it's totally legal. Due to outdated fashion laws, designs that are more generic in style and don't contain any hyper-specific details can be replicated without permission. One artist who fought back against a retail giant is Tuesday Bassen. In 2016, Bassen contacted Zara because the large retail chain had blatantly copied her designs. But again, due to the fact that Bassen's designs are supposedly too generic for the public to distinguish as her work, Zara's replications were legal. It's hard for me to say that nothing is going to change, but these large retailers have been doing this for so long that it seems like it will never change. The only thing I can say is that if you're an artist just starting out, make sure you know the copyright laws and what sort of rights you have as an artist.

As an artist, it's understandable to emulate your influences within your work. Everyone is influenced by someone before them and it's a healthy part of creating something new. But that's what artists need to keep in mind: it's about making something new. Why create if it's not yours? Give credit to those who deserve credit and make something that represents you and no one else. ■

Studying Away Domestically

BY ALYSSA BURLINGAME



How Studying Away Domestically Changed My Life

When people think about studying away, there is generally a specific picture that comes to mind: a foreign country in Europe, somewhere in Africa or maybe a Latin American country. As a freshman, that was the picture I had in my head too. I wanted to go to Ecuador or Spain. However, my narrative changed as my college career progressed.

When I first came to college, I was majoring in journalism and minoring in Spanish. However, before my sophomore year, I decided not to minor in Spanish and to instead declare a double major in journalism and political science. While I was unsure about how my college journey would look from that point on, declaring my double major was the best decision I could have made.

Even though I decided I wasn't going to study away internationally, I still had the burning desire to study away SOMEWHERE. The semester that I declared my major in political science, I was given a piece of paper that presented me with all of the study away options for political science students: High Sierra, Oxford, and Washington D.C., to name a few.

Washington D.C.

As soon as I saw that city on that sheet of paper, I knew that was exactly where I was going to go. Best Semester, a study away program that partners with CCCU schools, has the American Studies Program in Washington D.C. I decided to apply and was accepted fairly quickly. One of the most prominent components of this study away program is that each student participates in an internship of their choice. The coordinator helps students find potential places to apply but ultimately it is up to the students. I applied for three internships and was offered all three, but I landed on the best one: an editorial internship for the Center for Public Justice (CPJ).

Interning at CPJ changed the trajectory of my career. While I was there, I was constantly editing articles. And when I say constantly, I mean constantly. What I learned in the midst of this was that I love editing. It is one of my greatest joys! I learned so much about various human rights issues that are present in the U.S. and how to view those issues through both a Christian worldview and a basic humanitarian one.

Beyond just interning and learning about strategic communications, I was given so many opportunities to meet incredible people working in the fields I want to pursue. However, in the midst of these experiences, it was difficult for me to fully come to

terms with how my interests were changing and evolving.

For most of my life, I have wanted to be strictly a journalist. I was never interested in communications, marketing or social media; just journalism. So about a month into my study away experience, I had an existential crisis: I didn't think I wanted to be a journalist anymore. I was doing social media development for my internship, and I was thoroughly enjoying the strategic communications development project for my class. Neither of these things are inherently journalism, and I thought that enjoying them and wanting to pursue them meant that I could no longer pursue journalism.

My life radically changed when I realized how much of a lie that was. Doubting my dreams and ambitions propelled me into an entirely new facet of my vocational goals. I learned that being interested and skilled in these other areas would only broaden my potential career opportunities.

Being in D.C. and having the internship that I did, I learned that the intersection of faith and politics is messy; it is difficult to determine and even more difficult to live out. As a double major in journalism and political science at a Christian university, it can be easy to feel like I need to fall into one way of thinking. As a Christian, I have to think one way, but as a human and young woman, I often times think the opposite of what I "should." However, I discovered that there is no specific way that we are required to think. God gave us brains, emotions and convictions for a reason; it is up to us to decide what those look like in our day-to-day lives.

Studying away in D.C. was one of the best decisions I have made in my college career. If I had decided to go somewhere else or study something else, I would still be confused about my calling and uncertain about my opinions on a variety of topics. This study away program, while unconventional as it's still in the U.S., changed my life and my outlook on what I am capable of as a journalist and human being.

I would encourage anyone and everyone to pursue something outside of your comfort zone. Study in a place you never thought of before; take a class distinctly outside of your major; do something that will propel you toward your vocational purpose and find those things that set your soul on fire. Be bold and be fearless in the pursuit of whatever the Lord calls you to, especially if it takes you to a new place. I was, and it was the best decision I've ever made. ■



COLIN KAEPERNICK DOES HE DESERVE A SECOND CHANCE ?

BY STERLING BENNETT

Colin Kaepernick is perhaps the most controversial and polarizing sports figure of the 21st century. His national anthem protest caused massive outrage and has been a continuous talking point in the mainstream media.

Kaepernick owned headlines for almost two years with many commentators and players debating whether he should get another shot as a starting quarterback.

Fox Sports One's Colin Cowherd criticized Kaepernick for letting the story get out of hand and hiding behind a twitter account. Cowherd also stated he had no problem with Kaepernick's protest but remained heavily critical of the former quarterback.

However, not everyone has been critical of Kaepernick and some teams have shown interest in the former 49er.

The Denver Broncos were close to trading for Kaepernick in 2016 but the two could not agree on a pay cut, according to John Elway, the team's general manager. "I said this a while ago: Colin had his chance to be here," Elway said. "We offered him a contract. He didn't take it."

The Baltimore Ravens also reached out in 2017. In an interview with Showtime's "Inside the NFL," Ray Lewis explained Kaepernick was a day or two away from being signed

by the Ravens.

Lewis had been advocating for Kaepernick to the Ravens' owner Steve Bisciotti and the two were ready to offer the quarterback a contract. Before Bisciotti offered the deal to Kaepernick, he wanted Kaepernick to state publicly he wanted to play football, which Kaepernick never did. Lewis stated that had Kaepernick complied with Bisciotti's request, he would have a job.

Lewis also referenced a tweet sent out by Kaepernick's girlfriend and radio host, Nessa Diab, that was directed towards Lewis and Bisciotti with the caption "Django." The post compared the two to a slave-and-master type of relationship.

Since the Ravens, no other teams have reached out to the free-agent and a collusion lawsuit against NFL owners presumably put the nail in the coffin to Kaepernick's career.

The last time fans saw Kaepernick on the field was 2016, when he started 11 games for the 49ers. In those 11 games, Kaepernick had one win and ten losses. Even with a subpar record, Kaepernick's 2016 stats were on par with his career averages. The problem is that Kaepernick is held to the standard of his career highlights.

The 2012-2014 seasons were the pinnacle years in Kaepernick's

career. He led the Niners to a record of 25 wins and 14 losses, including two playoff appearances and one Super Bowl loss.

Kaepernick was a dominating force and arguably the best dual-threat quarterback, a quarterback who possesses the skills and physique to run with the ball if necessary in the NFL. Kaepernick averaged a 60.4 completion percentage, 3,319 total scrimmage yards and 21 total touchdowns.

In the subsequent years, Kaepernick only started 19 games. His record in those games was three wins and 16 losses.

2015 was Kaepernick's worst season by far. He completed 59 percent of his passes for a total of 1,871 yards from scrimmage and seven total touchdowns in nine games. Kaepernick was not his usual self and it carried over into 2016.

In his final season in the NFL, Kaepernick started 11 games throwing for 2,241 yards and running for 468. He totaled 18 touchdowns utilizing his dual threat archetype. Kaepernick finished his final season with with a 90.7 quarterback rating, according to profootballreference.com, the third highest of his career. These ratings measure how the quarterback impacts the game on passes, rushes, turnovers and penalties.

Kaepernick soon opted-out of a guaranteed job and hit the open market for the first time in his career. His phone was quiet and for months speculation circulated of where the quarterback would land. He never got the call, but a new video surfaced via ESPN of Kaepernick working out which caught the media's eye.

The video, posted eight months ago seemed to be a sign Kaepernick was ready for an NFL return. However, it's now half way through the 2018 NFL season and he is still unemployed.

While Kaepernick sits, recent quarterback play in the league has reignited the "Kaep is better" narrative.

Nathan Peterman played in eight games as a member of the Buffalo Bills from 2017-2018. Peterman quickly became a laughing stock after his first career start, in which he threw five picks in the first half. Colin Kaepernick never threw more than five interceptions in a game and never threw more than eight interceptions in a season.

Peterman may be the extreme example of a terrible quarterback, but what about another quarterback with a history of winning?

Blake Bortles and Colin Kaepernick have played an almost identical amount of games. Both have led their teams to deep playoff runs and have come out losers on final drives in the playoffs.

The difference between the two is current NFL players back Kaepernick and have been vocal about his return. Bortles has little support from his own team.

After a week seven loss, loquacious defensive back Jalen Ramsey hinted at distrust with Bortles.

"You all walk in here, you all see how it is in here, you all see how we vibe with each other, you all see how we vibe towards the coaches, you all see how it is," Ramsey said. "It is no secret what's going on here right now. Ain't nobody going to say it because we can't, but it ain't no secret what's going on and it ain't right now."

Ramsey was not the only player to call out Bortles, Eagles' all-pro safety Malcolm Jenkins stated his disdain for Bortles in an interview with USA Today.

Jenkins told reporters at his locker, "Colin Kaepernick deserves a job. I can turn on the tape this week of our opponent and see that Colin Kaepernick deserves a job."

Fans have been clamoring for Kaepernick to take Bortles' job for years and the stats are on Kaepernick's side.

In 35 of the 73 games, Bortles has finished with an equal or higher number of interceptions compared to touchdowns. The Jaguars' quarterback is a detriment to the team with his inane ability to give up points. Bortles has thrown 13 regular season pick sixes—a total of 78 points handed to opposing teams.

Colin Kaepernick may not be able to start on the majority of teams, but statistically he outranks the bulk of NFL backup quarterbacks.

Stats prove Kaepernick should be in the NFL. However, is the former 49ers' asking price is too high?

According to Dan Graziano of ESPN, Kaepernick's desired salary was between \$9 million and \$10 million, with an opportunity to start. Starting in the NFL might be hard for a quarterback who sat out the last two seasons, but a \$9 million contract is reasonable.

If Kaepernick was signed, his \$9 million would rank 24th in annual quarterback salary. The only other backup quarterbacks above him would be Josh McCown and Tyrod Taylor.

Twelve starting quarterbacks would make less than Kaepernick, including Patrick Mahomes—this season's MVP favorite.

If Kaepernick was to lower his asking price to \$6 million, a team may be willing to take a chance on the current free agent. His contract would rank among the league's average and be closer to the majority of current NFL starters.

Stats and public opinion prove that Kaepernick definitely deserves a second chance on the field.

In the words of the now Nike spokesperson, "Believe in something. Even if it means sacrificing everything." ■

Do you Know Your Energy?

BY JAMIE ROEBUCK-JOSEPH



If you're anything like me, you're constantly on-the-go, planning, plotting, organizing and scheduling ways to get ahead—whether it's in your job, academic work or hobbies. Then the inevitable happens: there's a burnout that knocks you off your feet. It could be sleep deprivation, a loss of appetite or a lack of motivation to keep going. There have been solutions for these burnouts that have been said many times before: get more sleep, rest, reflect and take a break. If it were that easy, wouldn't everyone implement these strategies to avoid quick burnouts? Instead, the anxiety and panic attack rates in the U.S. are skyrocketing because people are out of touch with their energy levels.

According to the Anxiety and Depression Association of America, "Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1 percent of the population every year. Anxiety disorders are highly treatable, yet only 36.9 percent of those suffering receive treatment." Since only 36.9 percent of those with anxiety receive treatment, that means that 63.1 percent of people are battling anxiety without the resources they need. The good news is that although anxiety is a common condition, it is not the sunken place. There are ways to overcome it and get back on-the-go. It starts with being in tune with your balance.

Empowerment Strategist, business owner, author, personal trainer and podcast host JJ Flizanes explains practical ways to find your balance and identify your energy, feelings and mindfulness on her iTunes podcast, "Fit 2 Love: Physical, Emotional and Spiritual Fitness for the Happy Life You Deserve."

"If there's one thing I've learned from being a business owner, it's my balance of energy over the years," Flizanes said during the episode titled, "To Be or Not to Be." With over 20 years of experience in the empowerment and fitness field, Flizanes details her burnouts and anxiety attacks and what she did to improve her mental state. Flizanes urges her listeners to make time to be still.

"Your concept of understanding being versus doing doesn't mean you do it," she said. "How often do you actually create space for yourself to do nothing, and to just be? No distractions, no numbing, no eating or drinking or anything to get in the way of you sitting in your body and your being. What about listening to your own heartbeat and your own breath for a minute? Can you just be in the moment?"

Flizanes explained that many people struggle with being still and doing nothing because they are accustomed to numbing their balance in their busy schedules. With the distractions of technology, noise and the busyness of our minds, Flizanes encouraged her listeners to start doing things mindfully versus randomly.

"Scheduling time to be still, mindful and reflective are essential to finding the right balance internally that will affect our external performance."

Being still is "how our bodies replenish our physical needs," Flizanes said. "Do you know when you've gone too far? Do you know when you need a break, or do you crash first and then say you need a break? Do you even know what your balance is?"

Scheduling time to be still, mindful and reflective are essential to finding the right balance internally that will affect our external performance.

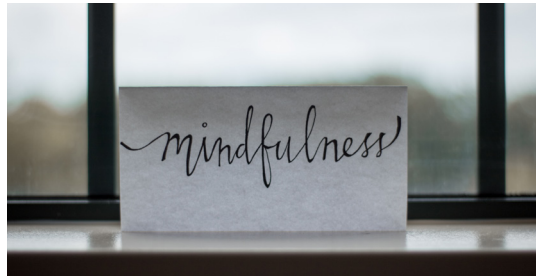
"Rest is not only necessary for life and survival, but for the creative capacities that will power knowledge industries of the

future. And human creative capacities follow inherent biological capacities. They include our inner body clocks, with their multiple rhythms, and our need to recharge," Matthew J. Edlund M.D. said in a Psychology Today article.

By being in tune with your balance, knowing your energy and creating space and time to focus on the present, your attention to mindfulness counteracts the mental state of constant worrying and anxiety. A few exercises you may want to try if you are dealing with anxiety are yoga, breathing and prayer. Remember, anxiety is not a destination, but rather a symptom of an imbalance we have in our energy.

If Mental Health is so Important, Why Do We Choose to Ignore It?

BY CANDELARIO PLASCENCIA



From the moment college becomes relevant to our current life, we are all taught that our mental health should come first. However, this concept seems to fluctuate in some individuals who are currently attending a university. It becomes a battle between school work and mental health and the only one who loses the battle is you. If college students know that their mental health is extremely important, why do we constantly choose to ignore it?

According to www.mentalhealth.gov, "Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."

If our mental health is at a negative stage, we tend to suffer because of it. We can't handle the stress that comes with being a student; our social lives fail and our judgment becomes lost, which leads to bad choices.

Some examples of how college students fail to prioritize their mental health are staying up late, not sleeping at all, eating junk all day, not exercising daily and drinking too much coffee.

Studies show that the consumption of coffee can have some benefits, but when you start over consuming coffee, your mental health starts to suffer. According to the Institute for Scientific Information on Coffee, "Repeated administration of 75mg of caffeine (the equivalent of one cup of coffee) every 4 hours can result in a pattern of sustained improvement of mood over the day: however high intakes may be associated with an increase in tense arousal including anxiety, nervousness and jitteriness (i.e. feeling shaky or uneasy)."

Coffee is one of the most consumed substances on college campuses. Sophomore biochemistry major Logan Hoffland drinks coffee multiple times a day. "I go [to Starbucks] about four to five times a day and get an iced vanilla latte or a hot hazelnut latte."

Similarly, sophomore journalism major Kelsey Arvidson also visits the coffee shop more than once a day. "I go

three times a day and I normally get a grande iced vanilla latte, if I'm really hating life, I'll get a venti white Mocha."

Let's say that an individual gets the recommended eight hours of sleep, according to the Coffee & Health study, that individual should only be drinking about 1,200 mg of caffeine that day. Depending on the day, Hoffland, Arvidson and many others are over-consuming caffeine by a small percent or are barely meeting the recommended amount of caffeine intake, which is good. This alone isn't a problem but combined with bad eating habits, lack of exercise and other factors of stress, it becomes a problem.

According to "The Effects of Caffeine on the Brain", author Elizebeth Hartney (Ph.D. in Physiology) states:

"However, like other stimulants, it also increases anxiety. The effects of caffeine on mood are related to how the person expects the caffeine to make them feel, and to the context of the caffeine consumption, also known as set and setting."

Our mental health needs to be placed on a pedestal over all of our responsibilities. Jaiden Animations, an animator on Youtube with over 4.8 million subscribers, has some tips on how to improve your mental health in her video, "The Closest Feeling to Death that isn't Death."

"Our mental health needs to be placed on a pedestal over all of our responsibilities."

"Don't do too much of the same thing without any sort of change whatsoever. Doing the same thing over and over... is a formula for absolute misery," Jaiden said. She then goes on to tell her viewers to "spend time with yourself. Do something that'll refuel your juice tanks when you're running on empty... enjoy yourself."

In her video, she uses the analogy of a lumberjack to further explain her point:

"If you're a lumberjack... you can't keep swinging your axe continuously at trees all the time, it'll start getting too dull and become difficult to keep going. You've got to take time to stop and sharpen your tools, keep things balanced."

In order to produce your best work, your mind and mental health need to be at their best! So remember to take time to sharpen your most effective and powerful tool, your mind. ■

My Brain Made Me Do It

BY CHARISSA ENNS



Stefani Albertani was put into prison on a life sentence for killing her sister and setting fire to the corpse, as well as attempted murder on her parents, according to the Guardian. Later on, Judge Luisa lo Gatto re-opened the case because of new evidence based upon brain scans and genetics. Albertani's sentenced was reduced to 20 years.

Cases like Stefani Albertani have been used more frequently in court, for better or for worse. So much so, that it now has a name: neuroforensics. Neuroforensics is the application of neuropsychiatry to legal and criminal domains, according to the Medical School at University of Pennsylvania. This seems to be the new and popular argument used by many lawyers. Nita Farahany, a law professor and director of Duke University's Initiative for Science and Society, stated that the "my brain made me do it" argument was used in 420 court cases, according to judge opinions. The rising use of neuroforensics in court cases proves that this science is relevant.

The science of neuroforensics started with the study of psychopath's brains. Previous studies show that the structure of psychopath's brains are different than others brains. Creepy, right? There have been significant studies that show psychopaths have a hardtime empathizing with others as the anterior rostral prefrontal cortex and temporal poles do not function like other peoples, according to Reuters. Meaning, psychopaths do not understand relationships the way that we do. This is why psychopaths can be argued in court as ill or having a brain disease, and it is debated upon whether or not they are criminally insane, according to Psychology Today.

The criminally insane debate reflects the argument of if someone is shaped by nature or nurture. Nature being one's brain structure and nurture being one's environment while growing up. Many people believe that we are not defined by our brains. The idea that one is responsible for their actions is something that rings true since one often hears this saying from authority figures. Many doctors agree as well. "Brains don't kill people. People kill people," Dr. Ruben Gur, a professor of psychiatry and neurology at the University of Pennsylvania, said. Which one has more influence? The arguments go round and round.

There are many studies and testimonies stating that one's brain structure does not affect one's actions. Some people

state that they are nonviolent psychopaths. James Fallon, a neuroscientist and nonviolent psychopath being one of them. Fallon, wrote a book called "The Psychopath Inside: A Neuroscientist's Personal Journey into the Dark Side of the Brain." Fallon had a loving and supporting family growing up and married his highschool sweetheart. And though he is a psychopath, he has never killed another person. This is a prime example of one's environment dictating how one acts.

As a result of infinite studies on the brain, it raises the questions: "Does my brain dictate what I do?" "Do we have free will in what we do, if our brains truly dictate what we do?" Does my environment as a child truly affect who I become later on in life? These questions are becoming more and more prevalent in the criminology world.

"The understanding of our brains has led to breakthroughs in understanding human behavior, which has benefitted many people."

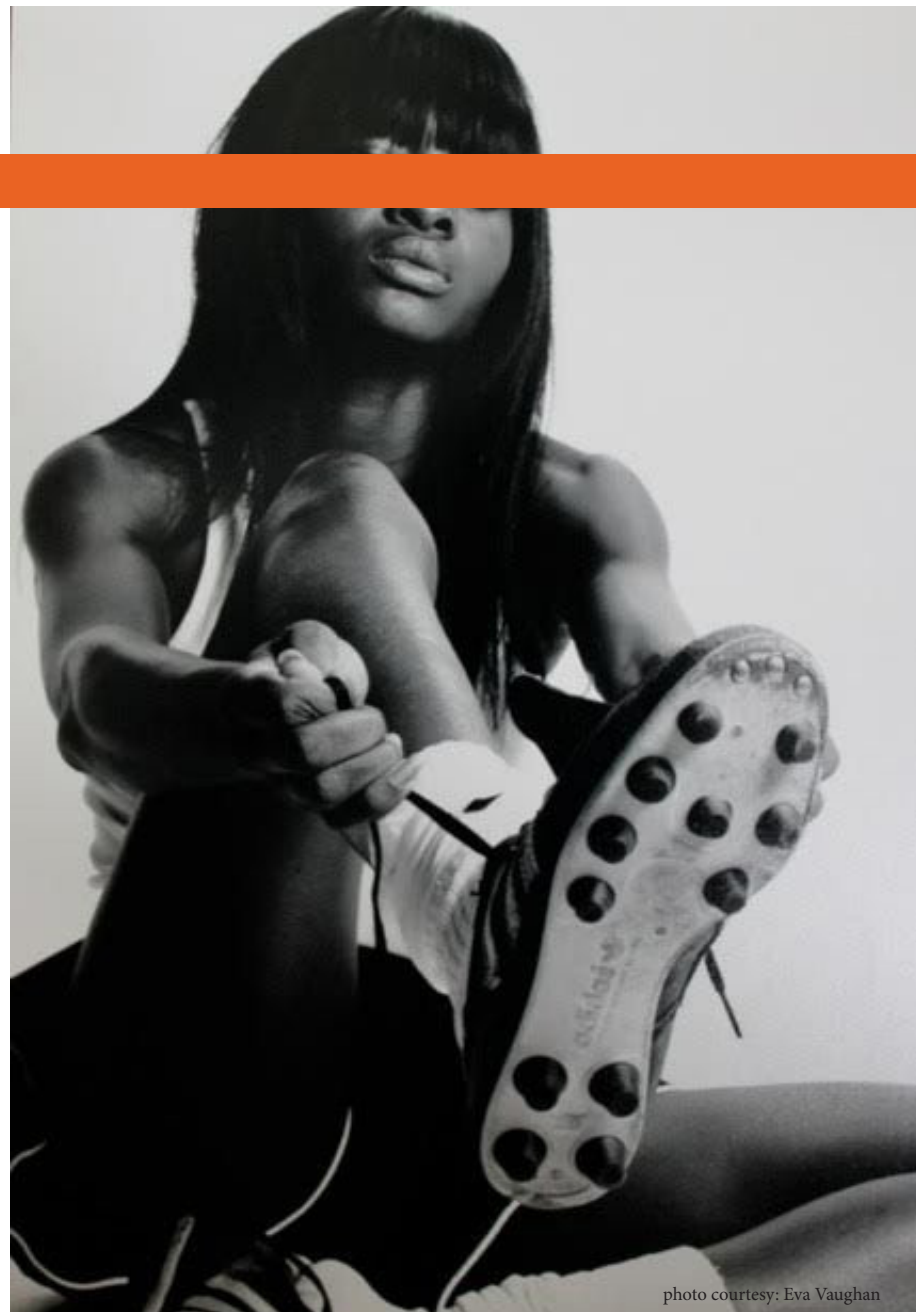
Some scientists believe that neuroscience research is not ready to be used in court cases. This is probably because it started with murder cases like Stefani Albertani but it gradually expanded to less serious cases such as robbery. The expansion may be happening too fast and too soon but it is still being used. According to Scientific American, The National Academies of Sciences, Engineering and Medicine met to discuss what neuroforensics will look like in the future. The technology is developing, but for better or worse it is going to end up in the courtroom.

All of this is crazy, but it made me question how we use these studies in the courtroom; they should be taken with a grain of salt. In a New York Times article written by John Monterosso and Barry Schwartz states, "It's important that we don't succumb to the allure of neuroscientific explanations and let everyone off the hook." Meaning that in the end, we are responsible for our actions regardless of brain structure. This needs to be considered in the courtroom.

Perhaps, the study of brain structure should only be used in training or in teaching. The understanding of our brains has led to breakthroughs in understanding human behavior, which has benefitted many people. However, there is the question of where the line is. The brain offers an infinite amount of ways people can study behaviors, but from what we currently know there is a limit to what the brain says about human behavior. ■

DEALS, DEALS, DEALS.

Should student-athletes be allowed to take endorsements or promotions?



BY KARA HINTON

photo courtesy: Eva Vaughan

The term "student-athlete" has not always been universally used in the collegiate world.

In 1906, the Intercollegiate Athletic Association of the United States was created to establish rules for competition and eligibility. Just four years later, the name National Collegiate Athletic Association was adopted, which is what we know today as the NCAA.

With three divisions across the board, many men and women have had the opportunity to compete at an elite level of collegiate athletics, while attending a school that will propel them towards a career. For many students, college is used as a gateway to reach the professional level. In sports like football, basketball and baseball, college is an important platform to show scouts what they are made of as potential players at the elite level. On the other hand, athletes will use their sports to get into prestigious schools that will help navigate them to their future career. Many job recruiters and companies look for student-athletes because they are generally hardworking, good at managing time and are spectacular at putting their best foot forward in any situation.

There is also the alternative argument of whether or not student-athletes should be paid. As a student-athlete, I think about this topic from time to time. I believe certain athletes deserve to be paid, but not every athlete. I think promotions and endorsements should be available to student-athletes based on their talent and commitment.

According to the NCAA Bylaws, Bylaw 12.5.2.1 states, "Subsequent to becoming a student-athlete, an individual shall not be eligible for participation in intercollegiate athletics if the individual: a. Accepts any remuneration for or permits the use of his or her name or picture to advertise, recommend or promote directly the sale or use of a commercial product or service of any kind, or b. Receives remuneration for endorsing a commercial product or service through the individual's use of such product or service."

In layman terms, student-athletes cannot promote commercial products because of their status and cannot receive any sort of special treatment, which would mean taking payments or endorsements.

Payton Williams, former NCAA Assistant Director of Academic and Membership Affairs and now Director of Compliance and Academic Support for Azusa Pacific's athletics program, gave some insight on where this rule actually came from.

"A long time ago, Harvard, Yale and Princeton were bringing in literal athletes, calling them students for a semester, sending them home, and then bringing them back the following year," Williams said. "People started seeing through that and said that you had to be a typical

student. So to incentivize people to go and stay in school for a whole year, you came up with jobs that you didn't have to show up for or endorsements so that you could be supported for the year."

Williams also discussed that receiving special treatment based on athletic ability draws a fine line of what is fair and what is not.

In season, athletes are allowed 20 hour practice weeks, or 4 hours a day, according to the NCAA website. Add that to how much time they are competing on actual game days or match days, and the hours build up.

I am not a firm believer in student-athletes being paid because it would be unrealistic to think that every single male and female athlete across all three divisions should have some sort of "salary." What would it look like if only certain athletes got paid? At either extreme, it is hard to see that happening or the rule changing anytime soon. However, I think that if opportunities to have endorsements or receive some free things presented themselves, student-athletes should be able to do participate.

Nowadays, collegiate athletics get a lot of sports media attention. Young kids and even older adults look up to these players and have nothing but respect for their athletic ability. If these athletes are able to endorse products or services, then people will pay attention. If kids see a football player repping a certain clothing company, then they, too, will most likely want what they have. This is an opportunity for commercial businesses to grow.

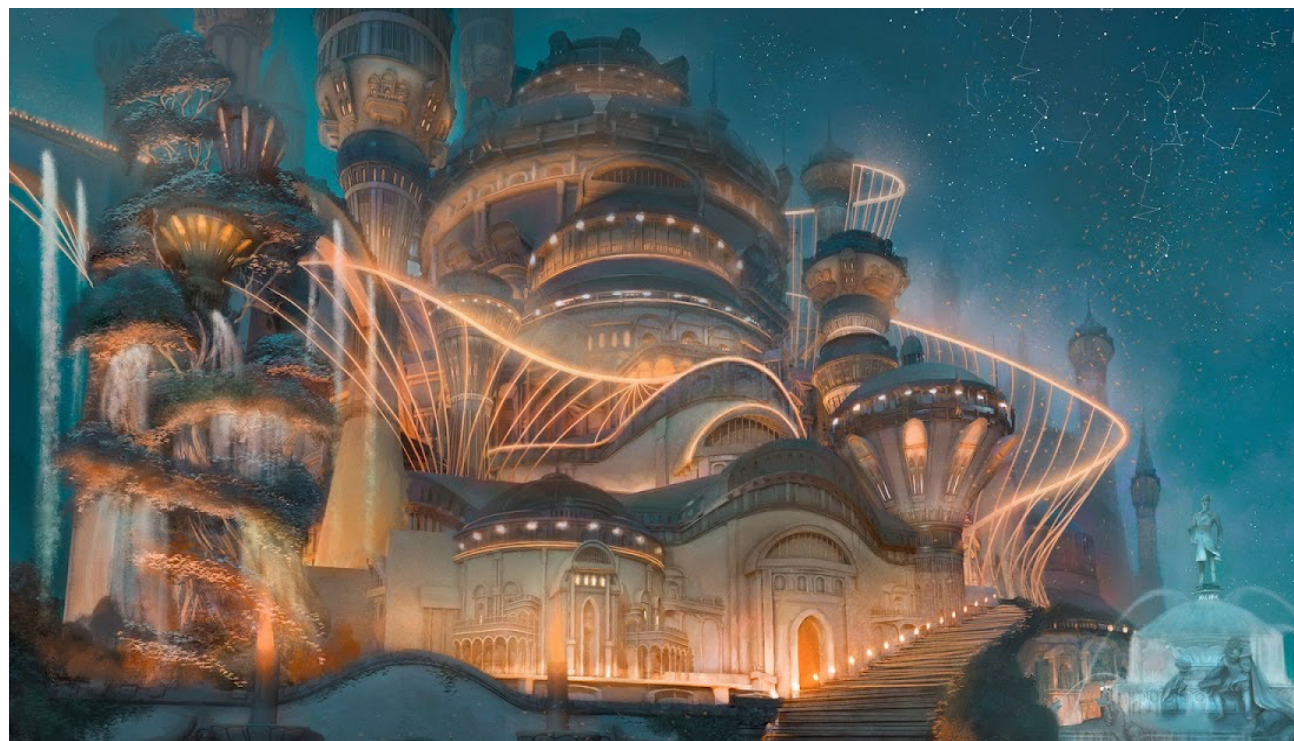
For non-athletes and students in college, and even just the general public, endorsement deals seem like special treatment. However, student-athletes have sacrificed hours, friendships, relationships and outside activities for most of their lives to get to where they are at the collegiate level. They have made sacrifices in the past, so for them to be rewarded for the culmination of that hard work is not "special treatment."

This would not financially or negatively affect the NCAA. Collegiate athletes will be able to participate freely in promoting products or services and businesses can grow with the gaining exposure. It is pretty much win in every area.

It is easy for me to harp on the wants and needs of student-athletes because I am one, but I can also understand the foundation of rules that the NCAA has established for over a century now. I really do think it is something the NCAA should consider and expressing it in a fashion that will help the general public understand why student-athletes should be allowed to participate in promotions and endorsements. ■

JON BELLION

BY ISAIAH VARGAS



Jon Bellion. Does that name ring a bell (pun intended)? It should.

Jon Bellion is a singer, songwriter, rapper and producer from Long Island, New York. Bellion made his first impression on the music industry after quietly winning a Grammy for penning Rihanna and Eminem's hit "The Monster." His career has been anything but quiet since then. In 2017, the college dropout sold out three consecutive tours of his first studio album, *The Human Condition*. To cap off his breakout year, he toured with Twenty One Pilots.

For those unfamiliar with his sound, Bellion describes it as a mix between hip hop and Pixar—colorful, pop melodies on top of bouncy hip hop drums. Interestingly, his lifelong dream is to create the soundtrack for a Pixar film. In a *Forbes* interview, Bellion explained, "I'm going to use a debut album funded by Capitol Records as an expensive business plan to get in front of Pixar." That album was *The Human Condition*.

On Nov. 9th, Bellion released his second studio album titled *Glory Sound Prep*. In this record, Bellion doubles down on the Pixar-esque instrumentation and aesthetic. He accompanied every track on the album with an animated motion picture and the album sounds exactly like the soundtrack to Disney Pixar's next big film.

Sift through the various themes of *Glory Sound Prep* and you'll discover the album's true intentions. Bellion sheds light on faith, mental health issues and his relationship with his wife through catchy, concise and universal lyrics.

The first time through, the album seems all over the place. Bellion sings to his wife in "Conversations With My Wife," commentates on social media in "The Internet" and tells us about his veganism and vacationing in Greece in "Adult Swim." With that being said, this is a record that grows on you with every listen. It does not have to make sense because he is merely presenting his life to us the way it is: messy and confusing.

Tracks like "Stupid Deep" and "Blu" have a sound ahead of its time with the way Bellion interweaves his smooth vocals and otherworldly instrumentals. They are sonically soft but piercing, and lyrically simple but profound.

In "Stupid Deep," Bellion poses a simple yet profound idea: "What if all the things I've done were just attempts at earning love 'cause the whole inside my heart is stupid deep." This track is about the never-ending search for fulfillment.

Bellion is not afraid to be introspective. He poses a scary but real question to himself and the listener: what if we're just wasting time pursuing things that will never fill the emptiness inside? Bellion does not leave us without hope, however. A few tracks later, Bellion tells us where his hope is found and what can actually fill that stupid deep void: "It's all because of Jesus."

"Blu" is a track that has grown on me the most. Bellion's transition from a poppy-techno arrangement into a spacious piano breakdown sounds like floating through outer space. "Fighting it is hopeless, sinking in your ocean just like you designed me to do. Fall into your blue." This track feels worshipful. Although it is not explicit, Bellion seems like he's talking about surrendering to God's will for his life—completely surrendering to what he was made for.

Bellion's versatility is on full display in this album. In addition to his melodic lyrics, he demonstrates witty wordplay and storytelling bars through his ability to rap. His performances on "Let's Begin" and "Adult Swim" are outstanding. His delivery combined with soothing rap instrumentals induce facial reactions of disgust, in the best way possible.

In "Let's Begin," Bellion reminds us of his hip hop roots. After flexing his career moves, he finishes his verse with an interesting Biblical reference: "I spoke with Yahweh, he told me Jesus grafted us in. Which means my brother's my brother, it don't matter the skin. America needs to watch how they treat His chosen people, but that's for deeper than surface records, now let's begin." He uses God's name of the Hebrew Bible and warns America of how they treat Israel, His chosen people. He also advocates for equality and spiritual kinship regardless of skin color. Because of the new covenant through Jesus, believers are brothers and sisters in the family of God. This is

another evolution in Bellion's expression of faith. Album by album, he has become more and more outspoken, and that is super exciting.

The topic of faith continues in "Adult Swim." Bellion credits God for his talent and for preserving his life thus far. He writes, "Jesus was instrumental in blessing my mental. Every time I drove a car, could've twisted the metal." Bellion goes on to say that he is a "cross between hard work and Jesus-anointed" and hopes "the ceiling that needed grace is the final notion." He understands that God gave him his gifts and talent. At the same time, it takes hard work to steward those gifts to their fullest potential. When all is said and done, it is grace that saves his soul.

Bellion's art never shies away from transparency. In "Mah's Joint," he talks about his fear of having dementia like his grandmother when he grows old. So much so that he has taken dietary steps to lower the risk of developing the disease when he's older. The first verse details the battle that he wages in his head between opposing voices: "Conversations with the Devil and he's telling me, 'what's the point in making memories when you can't even find 'em when you're seventy?' Conversations with my Father and he's telling me there's a point in making memories 'cause they'll be even better when we're heavenly." It takes Bellion just a couple of lines to help us realize how scary dementia can be, but through his faith, he finds a light at the end of the tunnel. Even if he loses his memories in this life, he will remember them when he enters eternity.

"Mah's Joint" is also a tribute to his mother for caring for his grandmother with humility and grace. "There's a 'sorry' that you faked to keep her happy when she thinks she hasn't seen you in so long. There are things that she's not able to remember so I took tonight to put it in a song. That when she meets God, He'll tell her all about it. When my mother was a mother to her mom." This is Bellion's most touching and beautifully-written song on the album.

Jon Bellion's second studio album was his most digestible work of art to date. It has every component to qualify it as a masterpiece. From the visuals to the sounds, from the melodies to the bars, and from the head to the heart, Bellion masters it all.

Welcome to *Glory Sound Prep*. ■

TECHNOLOGY: A FRIEND OR FOE IN THE CLASSROOM?

BY KENDAL SHRIDE

Throughout schools across the country, technology is continuing to become a bigger part of how students learn in the classroom each year. The question is, does this technology get in the way of learning, or does it help the process?

School districts have spent millions of dollars to modernize and equip classrooms with high tech devices such as laptop carts, individual iPads for students and smart boards that are intended to benefit students during the learning process.

Technology can be a helpful tool to increase learning in many areas, as it allows students to receive easy and instant access to information. However, there are also negative aspects that can counteract learning.

A common concern about having technology in the classroom is how much potential there is for distraction. If a student is working on a device like an iPad, the distractions are literally at their fingertips. In just a click of a button and tap on the screen, the temptations of playing games, texting or checking social media present themselves.

In class, it is harder for students to get away with using their technology for things other than school, but outside of the classroom the choice is up to them. It is their responsibility whether they dedicate time on their device to their schoolwork.

Susan Pinker, in an op-ed for the New York Times, said that without adult supervision "many kids used their networked devices not for schoolwork, but to play games, troll social media and download entertainment."

Not only can technology become a distraction for students, but it can also have an effect on test scores. Jacob Vigdor, an economist from Duke University tracked the academic progress of many middle-school students based on their exposure to computers. He found that "students who gain access to a home computer between the 5th and 8th grades tend to witness a persistent decline in reading and math scores."

According to a survey found by the Pew Research Center, nearly 90 percent of teachers feel as though technology is creating a distracted generation with short attention spans. Around 50 percent of students also feel like technology is hurting their ability to think critically and do their homework.

Although technology is proving to have negative effects on certain aspects of learning, there are many beneficial aspects that enhance and develop learning.

A huge benefit of having technology in a classroom is the exposure to a vast amount of information. This allows students to be able to do research on specific topics that interest them without having to dig through books in the library.

It is also time efficient to have information at the tips of your fingers, since information online is easier to access than books. This efficiency allows students to increase productivity and achieve more during class.

Freshman computer science major and entrepreneurship minor Sarahi Zuniga deems that technology has allowed us access to exponential amounts of knowledge in substantially very short periods of time. For students, she said the use of technology in the classroom provides efficiency because "if you have a question, regarding anything, you can hop on any computer or smartphone and google it." No longer are the days of scrambling through a book to find one simple answer that could be searched online within seconds.

Another benefit of technology in the classroom is the ability to have online discussions. An article on the impact of technology on modern education said that through the use of technology, students can communicate online with other students and teachers at any place and time. The interaction of "listening to and reading about others' opinions and feedback, students refine their thinking, reaching higher levels of comprehension and deeper understanding."

Jessa Moomaw, a freshman triple major in economics, finance and honors humanities acknowledged that the biggest positive aspect of technology on her learning besides the efficiency, is the facilitation of collaboration. By using technology she expressed that she is able to collaborate with her peers on group projects even if they aren't all in the same physical location as well as share her work with others that they can edit and respond to online.

"Collaboration is such an important part of my learning and technology makes it a great deal easier," Moomaw said.

Although there are concerns about technology negatively impacting student learning, the positive aspects seem to outweigh them.

The use of technology in the classroom only prepares students for the future, as technology is continuing to become a large aspect of any workplace and how our society functions in general.

Technology is merged into practically every job on the market. Whether it is communicating through instant messaging or a skype call or programming a website for a business, technology plays a role into our work.

Technology is slowly becoming more and more of a crucial part of our lives and merging itself into everything we do. It should not come as a surprise when technology becomes an ever bigger part of student learning than it already is. ■

THE EVOLUTION OF



Look! Up in the sky! It's a bird! It's a plane! It's... you.

BY BRENDA COVARRUBIAS

In today's world, it's far too easy to fall into a state of despair. There are horrible natural disasters, untrustworthy politicians, and crumbling nations.

We look around at these immoralities and cannot decide among ourselves the best course of action. We tell our neighbors, "Go vote," even though we don't completely trust that our voices will be heard. We are in need of goodness, reprieve and relief. Some might say we need a hero.

The U.S. faced many hardships throughout the 1930s because of The Great Depression. Jobs were scarce, food was rationed and the so-called "American Dream" was little more than a mockery to those trying to obtain it. Then, the second World War came around, and Americans were asked to help the nation in every way they could. Women took men's jobs, men went to war and again we asked: What is the American Dream? What are we fighting for? And what are we fighting against?

We're all familiar with American propaganda that appeared in everything from Uncle Sam posters to Disney short films. As we line up to go to the movies today, we might miss a glaring aspect of U.S. morale during these times: Superheroes.

It is no mistake that among the first superheroes in pop culture were Superman (1938), Wonder Woman (1941) and Captain America (1941). All of these heroes embodied traditional American values of life, liberty and the pursuit of happiness.

Superman was The Man of Steel, decked out in bright red and blue colors so that nobody would mistake where his core values lie. He was diplomatic, smart, handsome, strong and the eventual leader of The Justice League alongside Batman and Wonder Woman. His main enemy was a rich man who didn't care about the everyday average Joe but only cared for himself and his own glory and power.

Wonder Woman came out of the transition period from the Great Depression to WWII and, as an Amazonian princess, took on the mantle of an American hero. She was strong

and beautiful in red, white and blue but her values were also showcased in the essence of her fighting skills. She didn't just beat up the bad guy and call it a day. No, she represented truth and justice, using her lasso of truth to force otherwise corrupt individuals towards honesty for the betterment of society.

Every superhero created during that time—including Batman, who is always of a gloomier color pallet—represented to children and adults alike what being a patriot meant. It wasn't about having wealth and power like the villains; it was about being honest, keeping promises, fighting for what you believed in and remembering to be humane throughout the fight. These superheroes taught us that things worth living for are worth fighting for.

These superheroes weren't just characters that some people made up for entertainment. They were characters that acted like mascots for citizens of the world, especially Americans. In times when families feared the government, DC and Marvel illustrated that there is good and bad in the world and it's our responsibility to strive for goodness.

With all this in mind, it can seem a little odd to modern audiences that these characters who were born from a need for patriotism now look less patriotic than ever. With Marvel and DC coming out with more movies and shows than ever before, audiences are able to see new versions of these characters—ones that ditch the star spangled underwear and red-and-white striped shields and go instead towards dark colors like burgundy, navy blue, black, gray and silver.

Some suggest that this is due to marketing campaigns. For example, Captain America is a fantastic character. He's moral and just, as he will fight to the death for what he believes in and will sacrifice his life for his comrades; but, with a name like "Captain America," selling posters and action figures of him in Europe might be a little bit challenging. It's easier to sell "Steve Rogers" in navy blue which appeals to a wider audience than "Captain America" in red, white and blue.

This argument is fair, and in many ways this might be true,

not only for that character but for all of the patriotic heroes of that time. But I would argue that the meaning of the costume changes is deeper than that alone.

In changing these characters' costumes, artists, directors and costume designers are conveying a message to the audience: that the original patriotic images are no longer needed, no longer wanted, or both.

It's clear through the characters' actions that they are still patriotic to a degree. Steve Rogers is still Captain America. He joined the army and fought for people with the knowledge that he might die serving his country. He was a war veteran. To say that Captain America isn't patriotic is perpostuous. And the same goes for the other heroes.

Even though their costumes have changed, their values have not. So why the ditch the flag and stars?

To find the answer, one must look at the movies. Whether you're a DC or Marvel fan, it's clear that both sides are making movies that tell a clear storyline. First, we learn about the individual superhero. Who is Iron Man? Who is Batman? Then, we pair them with other superheroes and they fight one big enemy within one big city. But in the latest installments of each movie franchise, we see how the characters have difficulties working together. They fall apart and have to come back together as a community of superheroes to fight off a greater threat, one that threatens the world.

In this, we see that the superheroes' motives are no longer a matter of self-interest, nor a matter of local community. Instead, these heroes are focused on sticking together to solve a global threat. It's about global community, global unity and global peace.

Ditching the red, white and blue is not a matter of these characters becoming less patriotic. In fact, they are still very patriotic. It is actually a matter of them becoming more concerned with helping the world at large, not just their individual nation.

In many aspects, this represents who we are today. With crises all around the world like global warming, refugees fleeing their countries, broken families and governments worldwide being viewed as untrustworthy, many people might feel a need for global unity. We are tired of seeing political officials fighting; we are tired of seeing lands destroyed and families broken. We feel that we need a hero, and while many of us step up to face the daunting task, many of us still need to see that this hope of global unity can be made into a reality.

These are the reasons that American patriotism alone is not as vividly portrayed through the costumes in these films. This is why Captain America is marketed as Steve Rogers in navy blue and dark colors, and why Superman wears burgundy and navy instead of his old bright colors. It's not because they are less patriotic, but because our view of the world and our experiences are telling us to reach out to our neighbors globally and continue the fight for global unity.

Seeing these characters change is nothing new. It's been happening for some time. As America moved further away from The Great Depression and WWII, the heroes began to face other issues. Black Panther was created in the '60s as a mascot against racial tensions in the U.S., even going so far as to fight a KKK member. As 9/11 hit, Batman was viewed in a more serious lense, away from silly Adam West and towards Michael Keaton, fighting corruption in a way that mirrored society's fears at that time.

So while our favorite Marvel and DC heroes started off as mascots to boost our morale specifically within a national context, they have now evolved into something more. They act as realistic examples for who we are and how we should act. They don't just encourage us. They represent us as well.

By being uniform in this dark, steely color pallet, we are shown that across the board all humans should strive for this global unity and world peace through democracy. ■



TACO TUESDAYS

BY CARLI RICKER

Let's Talk About Tacos!

Taco Tuesday: a simple idea with a catchy name that most likely started as a marketing stunt to get more people eating tacos once a week. For me, it is one of my favorite days of the week. Almost every Tuesday I venture out with a group of friends to take a break from school and go in pursuit of the best tacos near Azusa. I would encourage you to take a break and step off campus to celebrate the simple and fun adventure of Taco Tuesday at one of these yummy places:

1. Guadalupe's Restaurant

817 W. Gladstone St., Azusa

Guadalupe's is the most traditional restaurant on this list as it is a sit-down their staff works hard to seat customers quickly and if you are in a real hurry, the bar often has open

seating. What makes Guadalupe's unique from other taco places is that it offers tacos in a soft or hard shell. What I enjoy most about Guadalupe's is the atmosphere and friendly staff that loves talking to and joking with customers. If you're looking for a traditional restaurant experience, Guadalupe's is worth checking out.

2. Osuna's Mexican Grill

1311 S. Grand Ave., Glendora

This is my favorite place to celebrate Taco Tuesday. This restaurant is a short drive from APU and their tacos are delicious; not to mention they're only \$1.50 on Tuesdays. To round off your meal at Osuna's I suggest adding their stellar chips and salsa. At Osuna's, it's pretty easy to find open tables as

the restaurant gets a steady stream of customers but most people come in just for take-out. Osuna's is a casual restaurant with a relaxed vibe making it the perfect place for a quick dinner in-between evening study sessions.

3. Guaco Taco

506 S. Citrus Ave., Azusa

Guaco Taco is another casual restaurant and is the least busy compared to others on this list. However, the overall experience of Guaco Taco can be best described as, well, average. There is certainly nothing wrong with Guaco Taco but there is nothing that makes it stand out either in terms of food, staff, design or atmosphere. One important thing to note about Guaco Taco is their food runs on the smaller side. The food itself is fine, but the portions for

both tacos and chips are smaller than they might be at other restaurants. This would be a good place to go if you're just looking for cheap and quick tacos.

4. Taco Grill

537 W. Baseline Rd., Glendora

Taco Grill is one of the closest restaurants to APU, making it nice for those busy nights when there is only time for a quick dinner. They also feature a special Taco Tuesday deal: \$1 tacos! I'm a big fan of their tacos but they are more street-style, meaning they are smaller in size. Taco Grill definitely has that hole-in-the-wall feel as the restaurant is extremely tiny with only two tables available inside. The staff is friendly and the place seems to be another local favorite.

5. Cabo Tacos

853 E Rt 66, Glendora

One of the best things about Cabo Tacos, besides its close proximity to both APU and Donut Man, is the specials it offers. There's a traditional Taco Tuesday price, but if you're feeling extra hungry, Cabo offers deals where you can add rice and beans for not too much extra, and, of course, there is still free chips and salsa available. The restaurant setup is fairly standard for a taco place but because of the laid-back vibe of the restaurant, it's a great place to catch up with friends.

While I love tacos as much as the next person, what I have come to realize is what I love most about Taco Tuesday is the chance it gives me to take a break from the business of campus life to be with friends. Having a specific time set aside each week to get together has helped make Tuesdays one of my favorite weekdays. So take advantage of the excuse Taco Tuesday offers to get together with friends and escape from school for a bit. ■



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Mission Statement

ZU Magazine is a publication of ZU Media, a multi-media student voice of undergraduate Azusa Pacific University. Our stories seek to bring people together while impacting our readers. We provide narratives, inquires and dialogue in a Christian academic setting that value individuals' stories as well as community concerns. Our writers are student journalists interested in crafting articles that connect with readers and challenge them to grow as people.

Warm Holiday Wishes!

-ZU Mag Staff

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ZU Magazine

Issue Three

