

ISSUE 6

# ZU Magazine

**MY KINDESS IS NOT A WEAKNESS**

Feature Article: page 14



# LETTER FROM THE EDITOR

# H

ey, Readers!

Well, the time has come. Welcome to the last issue of ZU Magazine for this school year. I'm so beyond thankful that you've decided to join us on this journey!



As I think about the end of this year and this final issue of ZU Magazine, I can't help but be filled with so much pride. This publication has become so much more than I could have ever asked or imagined.

While this semester is coming to a close, I want us to reflect on the year we've had. If it was your best year yet, that's awesome! I pray that you can continue to walk in that grace and that joy. However, if this year has fallen short of your expectations, I want to tell you that it's okay to mourn what could have been, and it's okay to grieve the year you've had. But don't unpack and live there; pick yourself up, give yourself grace, and keep pushing forward.

To my fellow graduating seniors: We did it. We have pushed through these long, wonderful, painful, unique college years, and we are coming out on top. When we walk across that stage on May 4, we will be celebrating one of the greatest accomplishments imaginable. Allow yourself to celebrate and be celebrated; you deserve it! These last 4 (ish) years may not have looked anything like you had imagined they would...but let that be okay. Sit and reflect on how much you've grown since the first day you stepped on this campus. Allow yourself to feel whatever emotions you need to feel, and step into the joy that the Lord so freely offers you.

To those not yet graduating: You did it. You made it through this year, even when it seemed so impossible and victory seemed so far away. You have climbed these mountains that felt far too steep, and you've conquered every battle that you've fought. And if you're still in the midst of a battle, keep fighting. These burdens are not yours to carry. And remember, you are loved, regardless of your circumstances. Take a break this summer, if you can. Whatever a break looks like for you, breathe a little and let yourself rest in the knowledge that you made it.

To my ZU Media staff: We conquered. We have broken records, broken stories, and broken our measly little expectations, trading them for much bigger things. As us seniors leave this space, remember that you are first and foremost journalists, especially when you step into the CMC. Remember that you serve the student body, and your responsibility is to those in it. Remember that you are capable, and you have the right to ask questions. Let your curiosity drive you, and never shy away from hard topics or conversations. Challenge the norm and keep breaking records. I'll be watching you from afar, cheering you on always.

My prayer for all of you, dear readers, is that you allow yourself to simply be. Whatever that means, whatever that looks like...may you allow yourself to just be. Keep conquering.

For the last time,

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**Model:**  
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## TO LISTEN

### Free Spirit - Khalid

Who doesn't love some good musical vibes that make you feel as if you are driving along the beach or laying in soft sunshine surrounded by cool sheets? If you happen to disagree, before you do, stop and listen to Khalid's recently released second studio album, "Free Spirit." Released on April 5, the title track "Free Spirit" hit number one on the Billboard charts this week, ousting Billie Eilish to number two. Khalid's ambient opening track "Intro" is followed by 16 more tracks that are sure to make you feel like you are floating in the middle of a peaceful dream. With the upcoming craziness of finals, this album is a great go-to to help you calmly crank out hours of homework.

## TO TASTE

### Stinkin' Crawfish

This chain of cajun seafood restaurants has a venue conveniently located in West Covina. They provide an informal dining experience guaranteed to provide you and a group of friends with a good time. You can order either a pound or half pound of a seafood of your choice, in a seasoning of your choice, to be delivered to your paper-covered table in a plastic baggie. As you dive in with your hands, you can also indulge in some delicious sides like cajun fries or corn on the cob. They say the messier the food, the better, and this is surely true of the Stinkin' Crawfish!

## TO GO

### Hollywood Farmers Market

Located between Hollywood Blvd. and Sunset Blvd., the Hollywood Farmers Market offers a collection of vendors that sell an assortment of foods. You can find everything from fresh yogurt and warm meals to produce and meats. Visiting your local farmers market is a great way to support local, sustainable business. This outdoor market is open from 8 a.m. to 1 p.m. every Sunday, rain or shine, and free metered parking can even be found around the area before 11 a.m. Hannah Lalone, an experienced market patron, shares that, "Arriving to the farmers market early in the morning is crucial because produce sells quickly! Whether you are planning to stock up on groceries, buy a good meal, or simply enjoy the culture of the market, you won't regret visiting this fun and lively community event."

## TO WATCH

### Jane the Virgin

Everyone has been hyped about the final season of Game of Thrones, but another show is airing its thrilling final season, too! "Jane the Virgin" began airing its fifth and final season on March 27. This tele-novela style show, produced by the CW, is written to keep you on the edge of your seat. And no, it's not just a "chick show." The drama and suspense of crime, drug lords, abductions, false identities and all style of telenovela-esque thrill is sure to be engaging for all audiences. One word of advice: always make sure you have someone to watch it with, because you are going to want to talk about the insane things that go down.

# THINGS TO DO IN LA

BY: MICHAELA STEINER

# FORGIVING, BUT NOT STUPID

*Why sometimes it is okay to do more than just turn the other cheek and walk away from a friendship.*

BY JASMINE CAMPOS



**“As Christians we should be forgiving, but not stupid.”**

These words rang in my ears as my friend repeated them to me after hearing them from his professor. Forgiving, not stupid. Though I was slightly taken aback at how harsh the words were, I soon realized how much weight they carried. There is a large difference between the two, and as Christians sometimes we struggle to find the line. However, I believe it is clearer than we make it seem.

There is no easy solution to being hurt in this harsh world. The only guarantee that is afforded to us is that we will be hurt at some point. Far too often, the things that hurt most come from those who are close to us. Typically, the closer the person the more pain they cause. As a college student and a Christian, situations in which someone hurts you can be hard. What do you do when you are hurt by the person who was never supposed to be the source of your pain?

The Gospels are arguably some of the most quoted books of the Bible, particularly Matthew. From this Gospel comes the famous “forgive seventy times seven times,” and the concept of turning the other cheek when someone hurts you. These words have been the leading argument for those who believe that forgiveness is the only way to deal with those who hurt you. The main argument for these verses is that you should forgive someone even though they have hurt you because you have been forgiven. Always forgive and continue with the friendship.

But there are toxic people in the world. There are people that we should not be letting back into our lives once we’ve let them go. Sometimes, we are so big on the idea of forgiving people that we forget to take a step back and notice all the verses in the Bible that talk about guarding your heart. Proverbs 4:23 tells us explicitly, “Above all else, guard your heart, for everything you do flows from it.” This means that you are supposed to make sure that you are always able to love because every action ought to be from your heart. Never let your heart be so hardened that it is difficult to love. So, what are we supposed to do? Protect ourselves and walk away or forgive and forget?

This problem is one that has been faced for generations. When does the hurt become unforgivable? In the world we live in, everything is a dichotomy, but only because we make it one. We must always guard our hearts, but we are called to forgive as we have been forgiven by the Lord for our trespasses. Sometimes that means loving another person from a distance.

Though we may forgive, we must learn that there is a level of hurt that is unforgivable and that it is okay to walk away from the pain. Sometimes, people are simply too toxic for our own good.

Marisa Donnelly of Thought Catalog puts it best in saying that “Forgiving someone doesn’t mean you allow them a free passage back into your heart. It doesn’t mean that you open the doors to your life and give them the key...Forgiveness means you accept what wrongs have been done to you, you let go of those wrongs, you calm your heart with God’s love and patience, and you begin again—with or without that person.”

Forgiveness is not the same thing as acceptance. It does not mean that everything has to go back to the way it was or that you forget everything that has happened. It is okay, in fact it’s

healthy, to realize some people must be kept at a distance. Not everyone was meant to stick around forever.

From the other perspective, not everyone deserves to be punished for every little wrong thing that occurs. Though there are times in our life that we should learn to walk away, as a generation we reach that point all too soon. While forgiveness does not require that the person become our best friend again, the alternative does not have to be constantly restarting our friendships. The only way to get to a stable relationship is to work for it, whether that relationship be romantic or friendly.

Filip Stoeckle for the Good Men Project writes, “Younger generations tend to break up with each other as soon as the first rain comes. Then they go out looking for the next partner, and the same scene happens again, and again. They think that changing the person they are with will resolve their issues; blind to the fact that the same problems lay ahead.”

We have begun to take the advice of guarding our hearts to the extreme by cutting out anyone at the first sign of hurt. While we should not be willing to consistently be hurt by anyone, we should not run at the first sign of pain.

Neither extreme is a good option. As Christians, we should always strive to find the middle ground in guarding our hearts and forgiving. We are supposed to be slaves to nothing, yet grudges make us slaves to the people who hurt us.

Ed Chinn from Focus on the Family suggests that “Forgiveness requires us to deal with our past—not our present or future. We have to let go of our past in order to fill up the present and bless the future.” I believe this is the only way to move on.

We must always forgive one another 70 times seven, but it is okay to not let people back in. Do not suffer indefinitely simply because you two used to be close.

After being hurt so many times in my life, I have learned a thing or two about what it means to walk away. “Healthy” looks different for every relationship. If the person is not positively influencing your life and making you a noticeably better person, or at least not hindering you in any major way, it may be time to walk away. If the person has done you wrong on accident and they still obviously want the best for you, that relationship might be worth working on. Being hurt over a simple lack of communication or a little fight is not worth giving up. However, if their morality and personality have changed in such a way that the person does not add to your life, then maybe it is time to let them go.

Friends will fight and need time apart. If we are always striving to be Christ-like we should always strive to put each other first. Forgiveness will go both ways and we will always be bettering each other.

As Matthew 10:16 suggests, “Be as shrewd as snakes and as innocent as doves.” Turn the other cheek because you are told to. Be kind. Be loving. Forgive because you were forgiven. But always know when to turn the other cheek and walk the other direction, not to let yourself be slapped again.

**Be forgiving, not stupid. ■**



# LYRICS MATTER

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BY CHARISSA ENNS

**L**ex Cantandi. Lex Orandi. Lex Credendi. In Latin this means, we believe what we sing and we believe what we say.

Lyrics in songs can vary from topics in violence to God. A song with a wholesome meaning and poetic lyrics can take your breath away. However, today we are in danger of allowing ourselves not to think about lyrics in exchange for a bop.

The formulaic nature of pop songs isn't inherently bad, but that doesn't warrant corrupt lyrics. Let's take for instance a song that everybody has been listening to recently, "7 Rings" by Ariana Grande and dive deeper into the lyrics. This popular song is a remix of "My Favorite Things" from Sound of Music put to a pop-style beat a la Regina George. Some of the lyrics include: "I want it, I got it, I want it, I got it. You like my hair? Gee, thanks, just bought it. I see it, I like it, I want it, I got it."

However, these lyrics play into a culture of instant gratification. They tell the lie that money is all we need in order to find happiness. How are these lyrics uplifting?

Helena Mayer, a music and worship and honors humanities major, shared her thoughts on the power of pop music, saying, "I'm more sad that there is a potential in pop music to have a positive influence and a lot of that is being missed for creating something that is just a bop."

Music can and will shape what you believe about the world. There have been several studies done about the impact of music on adolescents. Steven C. Martino conducted a study on the effects of sexually degrading lyrics and their effects on adolescents. The study found that "kids with the highest levels of exposure to sexually degrading lyrics, 51 percent went on to initiate sexual intercourse between the first and second surveys." He went on to state that these kids were between ages 12-14.

Dhyana Kimie, a music and worship major states that we hear music everywhere we go. "In the commercial world, there is never quiet," Kimie said. "There are going to be pop songs that will influence a young kid's mind because they hear it in a store."

There is a reason it is called popular music. Perhaps it is time that popular artists take responsibility for the lyrics they're singing, even if they are written by someone else.

"Lyrics have so much power and if you hear a really good deep

song it makes you think about them for a while," Kimie said.

The influence of messages in songs implies that all lyrics should be screened. However, lyrics are a form of expression and should not be censored. Censorship is not something that many creatives would encourage at all. There does need to be education regarding what lyrics can do to younger generations who are easily influenced.

Mayer shares that she thinks songwriters can be a solution to the piece of the problem by writing about life in all its complexities. "A solution is having people encourage songwriters to write vulnerable things and share their process," Mayer said. "People need to write more about than just love. There is so much more to life than just relationships."

Mayer also shares that Spotify's Genius Lyrics help because it allows a person look at the lyrics and see why they are written. When people see that the songwriting process is valuable and should be something more than just a formula, they begin listening to lyrics that reflect this.

There are several good examples of great artists with fantastic lyrics such as Penny and Sparrow, Jon Bellion, Norah Jones and Johnnyswim. Take a look at these lyrics by Johnnyswim's song the Heart Beats: "I'm born to go where they tell me it's impossible. Fan the flame and walk on the water. I've got heaven locked up in these bones."

Excellent lyrics are out there and we should all be supporting artists who have lyrics that make us stop and think. Heart Beats is about how when one is going through a rough time and you just want to run we are entirely capable of standing on our own. It gets us thinking about what we can achieve when we embrace hardship. When we listen to an artist's songs, we are supporting their philosophies and lifestyle choices. As their lyrics get stuck in our heads, they can become a part of who we are.

"Because of my beliefs, I think striving for goodness, virtue and truth should be what we are fighting for as human beings and I think our music should be a reflection of that," Mayer said.

So the next time you are listening to a song, stop and listen to what the song is saying. Good music should move you. Lex Cantandi. Lex Orandi. Lex Credendi. We believe what we sing and we believe what we say. ■

# COLLEGE & ROUTINES: 5 Steps to Making it a Reality

BY CHANNING REID

Ah, college and routine...you probably thought that these words could never be put together. Everyone operates differently, but that does not mean that routines only apply to a particular demographic. Routines create positive results for everyone regardless of their stage in life, which is why it's essential to have one. For college students, I've found that there are just five steps that could help make a routine possible.

## Prioritizing

When life is insanely busy, and you feel like you are never going to get a breath, setting time aside to prioritize activities will help with stress. From classes to jobs, there is plenty to do, but sometimes it is easy to get caught up unassumingly with what we enjoy doing and not what should be getting done. This particular type of discipline can increase your chance of a routine!

## Eating Well

Although it sounds cliché, taking this to heart can seriously change your life. It's all about balance. Junk food can be a student's best friend for a variety of reasons such as the fact that it's cheaper, tastes better, and could just be a particular craving. Although it's not terrible to indulge in some chicken nuggets from Chick-Fil-A, including lighter and healthier meals frequently creates poise and helps establish some consistency. How? Limiting yourself during the week by choosing fruits and vegetables as alternatives to snack on during the day will make you feel less hungry. Additionally, your body will be getting the proper nutrients to sustain your energy. Heavy foods require much more energy for the body to digest, according to lives-trong.com. This explains why that nap after Thanksgiving dinner happens every year...not the myth that chemicals in turkey makes you sleepy.

## Going to Sleep Means Waking Up Earlier

Take a journey down memory lane for a minute. Remember when you had a bedtime? As a child, it was probably difficult to understand why your parents forced you to shut off the lights at that early, dreaded hour of 8 p.m. However, as a college student now, you probably have a sense of why that was a rule. A bedtime teaches a child that what you can offer during the day depends on the rest you get at night. When tests and assignments pile

up, it seems like they receive priority over sleep. But what if it was the other way around? In retrospect, was it really worth it to pull two all-nighters in one week? The National Institute of Child Health and Human Development says that sleep deprivation has the potential to increase depression and anxiety. Getting enough sleep is essential to a healthy lifestyle and is not something that should be ignored. It is better sometimes to receive a "B" on your paper because you got eight full hours of sleep as opposed to receiving an "A" with the result of fatigue.

## Marking Your Calendar, Literally

After doing this, you will never go back. Looking at what you have planned for your day comes with a two-fold punch to eliminating chaos. First, it creates a sense of confidence in your ability to handle everything on your plate. As it can be similar to a to-do list, seeing events listed out – even if it is repetitive – gives you a glimpse of your schedule in its entirety and allows you to tackle it one step at a time. Second, forgetting things will be a thing of the past. Now that you have something physical to refer to, it is easier to create a routine. Whether it's written out in a planner or entered on your phone, having a personal calendar is one key to success!

## Socializing

After all, college is a time where memories are one of a kind. Stories that we will love to tell our children years down the road will be witnessed. Although it's important to recognize that education is critical, the experiences that we will live to tell come from the times we've had with our friends and family. In the midst of the crazy challenges that college can bring, making time to be social is extremely vital to keeping yourself sane. Planning this time will make life much less daunting and more enjoyable.

Taking these elements into consideration can establish some consistency to the crazy schedule that college brings us and can also bring about a sense of grounding should unexpected circumstances occur. Finding a way to balance everything that life can offer can be a challenge but prioritizing, eating healthy, getting ample sleep, utilizing calendars and socializing are steps to get there. Although routines may seem difficult to establish, the results will most likely be positive in the long run. ■

# GROWING UP A GAY CHRISTIAN

BY CANDY PLASCENCIA



Flashback to about 19 years ago.

On Oct. 20, 1999, I entered this world to begin my interesting journey. I'm sure that at the time, my only concern was completing my pokédex and finding where my mother hid my twinkies. Little did I know, life had a curveball waiting for me.

At about the age of 11, my mom came into my room to tell me we were going to church and to get ready. I had no idea what to expect; I was trying to evolve my Bulbasaur into an Ivysaur and now I gotta go learn about the Jesus guy – I played a little too much Pokémon. I came into the church, looked around and decided I was bored. Even as a kid I had little patience. I sat in the back very bitter because I wasn't allowed to bring my DS in but then they started to worship. They played "Every Move I Make" and the dance the worship team had come up with for the song was enough to draw me into the world of Christianity.

My family and I started going to church weekly during which time I learned what it looked like to serve our God and about the concept of sin. The lessons I learned included following God's word and keeping sin to a minimum so you'll be allowed into heaven. Easy enough; I can follow what God says. Keeping his commandments meant no disrespecting my mother, giving some of my allowance for tithing, no bad words and being nice.

However, one day I learned about the concept of marriage in church. Marriage was presented as picking one person on this planet to spend a significant amount of time with and love unconditionally. From what I saw on TV and in the church, marriage was between a man and a woman. I can totally do that; my best friend is a girl and she's pretty cool.

Eventually, I started to date this girl – let's call her Becky. Becky and I were in love, or at least that is what I told myself. I dated her for four years and I convinced myself we were going to get married. As I got into high school though, Becky started to gross me out. I just didn't like the idea of kissing her or marrying her anymore. We stopped dating and she was really upset – she had every right to be – and I had a new friend. Let's call him Jackson. We spent a lot of time together and I started to realize that I really liked Jackson. One day, I told a friend that I liked Jackson and she asked me if I was gay. As a 15-year-old who was completely sheltered from the world, I had no idea what that meant. I went home, looked it up and discovered what the LGBTQ+ community was all about.

Not too long after, I was in a small group when the conversation of dating came up. The group went around the circle asking who everyone was dating or might want to date. Chad said Sally, Nick said Melissa, Jessie said Becky and I had said Jackson – a big mistake. The other guys gasped and I wondered why. My small group leader talked to me after the meeting and told me that liking another boy was a sin. I remember this vividly. He said to me, "Boys who like other boys go to hell."

I felt the weight on my shoulders triple in size and I fell to the ground crying. It prevented me from telling the ones close to me. I hid my true feelings away and it boiled inside of me for the next four years. I started looking at straight camps on the internet and asked my small group leader to try and change me. After a while, I had learned to just keep it to myself. If I'm not dating a boy, I'm not sinning, right?

After a while, I decided to talk to someone who was very close to me. I told her that I liked boys and even she told me I was wrong. She said if I didn't change soon, I would never see the Lord's face. Again, the idea of hiding my sexuality became stronger. It wasn't until my mom asked that I finally told her. She was and is my biggest supporter and told me it was okay, but that wasn't enough to hide the pain I had experienced from the church and my friends.

Through my high school years, I stopped going to church for a while and gained a bit of confidence in my sexuality. I joined my high school's version of the LGBTQ Pilot Program here at APU and was able to talk to people who understood my struggles.

I was in the process of applying to colleges when a friend of mine convinced me to apply to APU. When I arrived here, I had no idea what to expect. My biggest concern was telling my roommate about my sexuality. I decided to hide it from him but my colorful personality gave it away. He ended up being okay with it – praise God – and the group of friends I made my freshman year were also okay with it, so I felt okay. I did meet some people who weren't okay with it, but I had decided that not being liked by them was their problem.

I started to gain some confidence because a professor once told me, "People tell you that you're wrong in the eyes of Christ but their eyes aren't the eyes of Christ. We as humans are incapable of knowing what is going on in the mind of our God."

I also look to the Bible for some comfort, especially Jeremiah 1:5. "Before I formed you in the womb I knew you before you were born I set you apart; I appointed you as a prophet to the nations." The Lord has a plan for all of us, and he made us a certain way so we can best follow his plan. Before I ever existed in my mother's womb, my Father set me apart. Every one of his children was made the way they were for a specific reason. Some were made with excellent voices so they can spread joy through music and others were born with a heart of Christ so they can preach to others. My sexuality could potentially be for a reason that I have hope in seeing one day. To remind me to keep my hope, I also look to Jeremiah 29:11, "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."

The trouble comes in when I – or even others – lose hope. More often than not, I lose my faith. I wonder why I'm gay and how life might be easier if I was straight. But in times like these, I remind myself, he's got a plan for me. ■

**"People tell you that you're wrong in the eyes of Christ but their eyes aren't the eyes of Christ. We as humans are incapable of knowing what is going on in the mind of our God."**

# MY KINDNESS IS NOT A WEAKNESS

BY RUBY MCAULIFFE



"You're too nice" -- one of the most common phrases I have heard throughout my life with "you smile too much" following close behind.

Those phrases have been etched into me over and over again. They led me to think that my kindness was a weakness. I was taught to believe I was defenseless because of my heart, and that I wouldn't go far because my compassion would lead to my downfall.

Because of the constant reinforcement that I was "too nice," I one day decided everyone was right. So, I put up my defenses. I swore to myself that I was done with second chances and that I wouldn't smile at everyone that passed by. I swore to become the girl everyone else wanted me to be.

But you see, that was the world talking, and I soon realized that my kindness was not a weakness but a strength.

Kindness is often misconstrued as a delicate character trait that doesn't meet the world's standards. It's seen as a characteristic that leads to getting stepped on and mistreated. We are trained to think this way about kindness because of what the world feeds us. We are given novels, films and television shows that depict cruel individuals who are represented as the epitome of greatness. This can be seen in the movie "The Devil Wears Prada" for instance.

The film depicts a prestigious, high-end fashion editor who has all of the success in the world. But did kindness get her there? With remarks such as, "Please bore someone else with your questions," and, "You have no sense of style or fashion," it is evident that the answer is no. Yet, she is revered as a victorious and triumphant woman who has achieved the highest luxuries in life.

Of course, we all want to be successful and seen as top-tier individuals, but when being cold is illustrated as the central way of achieving that goal, kindness is shoved in the corner. When we give way to this mentality, we are forced into believing the world's false accusations -- but we can rewrite this narrative.

We don't have to put on an abrasive face and speak bleak words to get where we want to be, and kindness does not have to be viewed as a character flaw. Instead, we can value kindness as a top priority and understand what it truly is -- an influential power.

But how is kindness an influential power? Through its effects and chain reactions.

Kindness is beyond any imaginable strength, and this is seen in a video by A Better World. In the video, kindness is seen coloring a dark world one act at a time. A boy shares his apple with the girl sitting next to him; a man helps a fellow passenger load her bag in the upper plane compartment; a woman helps a nearby mother with her crying baby.

With each simple act, color is added to the black and white short-film until the entire screen bursts with color.

With kindness, we have the power to figuratively and literally color someone's world. We have the capacity to make their day brighter and spread joy. This leads to a chain reaction of goodwill that has no end if we allow it to continue. That is powerful, and with that kind of strength, we can color parts of this world we didn't even know possible.

But the power of kindness goes beyond a good character trait -- it extends into actual healing.

A video entitled The Science of Kindness highlights this truth.

"Studies show that if you perform just one act of kindness a day, you'll not only reduce your stress, anxiety and depression, but your body is flooded with the same hormones that make you and the person you've helped calmer, healthier and happier," the video explains.

With kindness, we have the power to physically enhance ourselves and others, to bring healing and overcome mental struggles. How can it be argued that cruel intentions and cold remarks supersede this facet of science? The power of kindness extends into the physical healing of ourselves and others, and to take hold of that power and use it is courageous and bold.

We have the power to live our lives with kindness at the forefront, and when we choose kindness, we choose greatness.

But with this adoption of kindness comes the ever-so-common phrase "you're too nice." After fighting my own battle with the ways of the world, here's what I have to say to that: It's a nonsensical way of misunderstanding the limitless nature of kindness.

If kindness had a limit, we would run out of kind actions and resort to cruel intentions. Kindness is a choice we adopt, and while it can be something we switch on and off, the decision to do so would strip kindness of its genuine roots. Kindness is not something based on the criteria of choosing when and when not to execute it, but something that should always be evident.

With that being said, we must know the difference between being kind and being stepped on. When we are kind, it allows individuals to become comfortable with us and feel invited into our lives. But some abuse that truth, and when someone does that we need to draw the line.

In an interview with Elle, Taylor Swift says it best, "Grow a backbone, trust your gut, and know when to strike back. Be like a snake--only bite if someone steps on you."

Being kind does not mean sacrificing your worth or value. It means understanding how to treat others but also understanding how to treat yourself. Kindness is a powerful trait to possess and it extends beyond all other characteristics. It's something that is not often found in this world, but that only echoes the call to further the truth of what kindness is.

**So no, kindness is not a weakness -- it is our power. ■**

# The Spiritual Growth of Gardening

BY BRENDA COVARRUBIAS

At first glance, gardening can seem old fashioned. It takes a lot of hard work to garden and many people don't have time to invest in it, especially when food and flowers are so easy to purchase. But gardening is so much more than that. It's not just about consuming what you grow – it's about the growth itself.

Three years ago, I started my first garden with my mom. I don't remember how the subject came up. It might have had something to do with the four fruit trees that filled our newly-purchased backyard. But whatever the reason, we were thrilled. We began to collect seeds and sprouts in hopes of one day serving a fully organic, homemade meal to my father. It was only when all the tools were collected that I realized why I had put the hobby off for so long.

There in front of us sat an army of grass, weeds, rocks and roots. Our would-be garden was a mess, and the only way to grow was to get rid of all the dead weight holding us back. On the day we started clearing the field, I got several mosquito bites, cut my hand on a lemon tree and hit my head on a wall. Never before had I felt more like a city girl.

But the interesting thing is that I'm not alone in this. Across the nation, millennials are taking up gardening at surprising rates. A five-year study conducted by the National Gardening Survey in 2014 claimed there had been a 63 percent increase in millennial gardeners from 2008 to 2013, which translated to five million more young gardeners within a five-year span.

A more recent study conducted in 2018 says that millennials between the ages of 18 and 34 currently make up 29 percent of all gardening households. Conductors of the study suggest one of the reasons for the increased interest is due to a love for houseplants.

Many articles have been written to figure out why millennials are becoming "plant parents" in increasing numbers. NBC reporter Taylor Davies gave her response in a feature published last year.

"Beyond the nostalgia, millennials may be drawn to greenery because of the mental health benefits that come with fostering our green thumb," Davies said.

When all the weeds had been pulled and all my cuts were

healed, I began to see growth in my garden. It started small. I had planted flowers, fruits and vegetables, expecting none of them to grow. But I watered them every single day, no matter how busy I was with other things, and soon enough there were sprouts.

There is something utterly unique and impactful about watching something grow. One day, I was holding a sunflower seed, which was smaller than half a penny. Then, over the next few days, I watched it sprout small green leaves. I could watch its growth every single day until eventually, the flower was taller than me.

The growth made me realize that God gives us the ability to create and sustain life. As humans, we can often take life for granted. We're durable. We can survive a few cuts and bruises. But when it comes to taking care of a plant or garden, where the smallest inconvenience can kill your hard work, you begin to realize how easy it is for a thing to die and how important it is to persevere.

Because of this, gardens are often used as a form of therapy for the elderly, people who suffer with mental illness like depression or anxiety and for spiritual healing.

Therapeutic gardens, also known as Horticultural Therapy, can include meditation gardens that aim to uplift and heal the spirit, memory gardens ideal for people suffering with dementia and restorative gardens meant for those with mental illness, among others. These gardens can be found nearly anywhere from schools to hospitals, to designated city areas and prisons.

The National Garden Club serves to promote the learning and civic engagement of gardening across the U.S. They say, "Therapy gardens are designed to promote action. They encourage people to actually do the work of gardening as a form of therapy or treatment."

It is hard to say in today's world, that is so full of chaos and disorder, that gardening can make everything better. It can't. But it can help. For some, gardening may be the first step forward towards a better and brighter future. It can uplift a person's spirit in unpredictable ways and provide comfort and motivation for troubled times. ■

# THE GRUNGE OUTFIT SOCIAL EXPERIMENT

BY SARAH SUDFELD

As a social experiment, I wore the same black leggings, black shirt and oversized jean jacket for a week and nobody noticed.

Before I dive into the story, here's a brief history on my personal style:

Growing up I enjoyed wearing costumes, not to hide who I was but to experience feeling the persona of the consume. I'd wear my cousin's Superman costume, run around the house and feel like a hero who could save my mother from the evil garage door. To me, clothing was a way to see parts of my personality being lived out.

As I got older, I grew out of costumes and moved into the conformity of middle school. I'd text friends and ask if they wanted to wear a skirt with me because I wasn't courageous enough to wear a skirt on my own. Then, I began coming into my own style during my junior and senior year of high school.

By the beginning of this year, my sophomore year of college, my style evolved so much that I'd pair a t-shirt with a yellow skirt, neon socks and a white visor, just because I felt like it.

In the last couple weeks, I have been applying for many different jobs and positions. Therefore, I've added into my style a professional aspect, trying to stick to who I am while making everything LinkedIn profile approved.

The challenge of wearing the same dark outfit for a week didn't seem very difficult to me at first. I thought it would help me focus on work and save time. Little did I know that changing my style would affect my entire mood.

The outfit itself is a black v-neck, black leggings and an oversized jean jacket. You have seen it before. It doesn't stand out by any means, but it's dark. I choose this outfit because I had two identical v-necks, and it wouldn't stand out like my usual outfits. I didn't want it to be obvious that I was wearing the same outfit.



## Day One: A Serious Case of the Mondays

Mondays are bad enough as it is, but this Monday was the worst. I got ready for classes in record-breaking time because I knew what I was wearing for this experiment and walked out the door. I was covered from head to toe and not that confident. Wearing a daring outfit takes confidence, and when I do wear the outfit, I wear my best and most courageous personality with it.

In my staff meeting, nobody complimented my outfit or said anything at all except for good morning. This entire experiment was humbling because it made me realize that everybody is dealing with their own problems and don't care enough about your daily outfit.

The moral of Monday: I was in a bad mood, and I blame my outfit. It's not terribly comfortable, and it's not anything really but average, angsty college student.

## Day Two: Terrible Tuesday

Because of the way my academic calendar is set up, I see the same people every other day. On Monday, Wednesday and Friday, I see one set of people and friends, and on Tuesday and Thursday I see another. Wearing the same outfit meant nobody would say anything until Wednesday or Thursday at least.

I was trapped in my own thoughts. I had no idea why I cared about my outfit when nobody else did. I secretly felt bad for men...they wear the same outfit nearly every day and this must be how they feel. It's boring, and the lack of risk makes me feel too content.

Again, I noticed that my mood was worse than normal. It was only day two, and I was tired of wearing the same thing. I don't need to be noticed but I do need to express myself.

## Day Three: Whack Mood Wednesday

Feeling like my emotions were everywhere was a constant of the week. Nothing in my schedule had changed, only my style. During this challenge, I washed my clothes all the time and that was a tiring process. All I wanted was to be able to let my legs breathe in some shorts, but I was tied to leggings.

Wednesday was the day I reflected on my own moodiness. I discovered that I didn't care if other people noticed (which they still hadn't). I cared about what wearing colors meant.

Last spring I was traveling in Uganda when the headmaster of the school we were working with commented on my tan and

black outfit, asking me where the color was. She explained that in Uganda, having an outfit that was plain and dark meant I was lifeless, and that the colors she was wearing signified life and celebration.

Ever since that conversation I have tried to wear more vivid colors. I've been attempting to show my zest for life through the clothes I wear. When I reflected it helped me make sense of my whack mood.

## Day Four: The Lessoned Has Been Learned It's Thursday

Wednesday's soul search left me with a valuable lesson. By Thursday I felt like the moral of the story was learned and that I had one more day to find meaning. In the limited time I had left, I was determined to enjoy the sameness for a little longer.

By the end of Thursday however, I just wanted to be done. I felt like my lesson had been learned and I was ready for the next endeavor. It felt like senioritis. I was so close, yet still far away from the end of my experiment.

## Day Five: TGIF

I arose from my bed and put on those freshly washed black leggings one last time. I was eager and miserable all at once. The second my last class finished I came into my room and changed into a skirt. It's was freeing, I felt the wind again, the sun shined once more for me. And it was now the weekend. My experiment was over. Thank God.

## Conclusion:

I seriously underestimated what a huge mental toll this experiment would take on me. I'm stronger because of it, and I'm grateful for the experience. There were three big takeaways: nobody noticed, style affects my mood and my personal style is all about expression.

Nobody noticed that I wore the same thing. That didn't bother me, but it did help me recognize that although none of my friends cared, I cared. For me, wearing dark colors and being fully covered made me feel distant and unapproachable. This showed through my mood, and if I was rude to anybody, I sincerely apologize.

Personal style is just that: personal. If you feel like wearing neons or all black, do it! We can never get lost in our style, but be in control of it and the outlook we have on the world. Take stylistic risks because if it helps you express yourself, then you are living art. Life is short; contribute to the color of the world rather than fall into the arms of contentment. ■

# CHECKS OVER STRIPES

BY ANTHONY GEX



After what felt like a brief downfall in the mid 2010s, Nike's 2017-2018 run could not have solidified its dominance more over rival brands like Adidas, Under Armour and Puma. Nike, valued at \$28 billion in 2018 according to HighSnobSociety, is still the highest over any other brand. That dominance has carried into the new year. From collaborations with American fashion

designer and Louis Vuitton's Men's artistic director Virgil Abloh, to Supreme, to hip-hop giants like Drake, Travis Scott and Kendrick Lamar, it is safe to say Nike still has its foot on the competitions' throats.

When Kanye West began his reign with Adidas in 2013, it was a huge move for hip-hop and sports brands. While the Yeezys are of course still tremendously popular, they are starting to become less coveted than Virgil Abloh's The Ten collaboration with Nike and Travis Scott's new Jordan 1's and 4's. Fashion is of course all about trends, but Nike's ability to target multiple hip-hop artists to elevate their brand has been imperative for their brand and fan base.

Nike loves to have a big name star as the face of its product. After Kanye had left Nike it felt as if the company had a couple years without a big name in the world of hip-hop. It seemed to have started again with Jordan brand and Drake in 2015, when Drake and Future released the iconic "Jumpman" song on their collab album "What a Time to be Alive." That collab led Drake to have multiple collections with the Jordan brand while also gaining an endorsement deal with Nike. Kendrick Lamar would soon have his own renditions of the classic Nike Cortez, and Travis Scott released his multiple Cactus Jack 4 colorways with more to be released.

No better moment depicts Nike's dominance than in October 2018 when Drake brought out LeBron James and Travis Scott in Los Angeles at the Staples Center to perform the number one song in the U.S. at the time, "Sicko Mode." The classic lines in that song include, "Jump out boys, that's

Nike boys hopping out coupes." and "Checks over stripes, that's what I like yeah, that's what we like" were performed by the three Nike endorsers.

Not only do Nike and hip-hop have a tremendous relationship, Nike is still stamping its dominance in the world of sports. Nike and Jordan sponsored and endorsed teams like the France Na-

tional Team, North Carolina Tar Heels, Villanova, Clemson, Alabama. These and many more teams have all won their respective championships while wearing the famous Nike swoosh. Nike has the majority of sponsorships with Jordan for the top collegiate teams, as well as being the sponsored brand for the NBA and NFL. Milwaukee Bucks NBA Star Giannis Antetokounmpo is the latest superstar to have his own signature shoe, The Freak 1, nickname 'Greek Freak'. It is set to be released during the NBA playoffs, according to Nike representatives and ESPN sources. Their branch out to Antetokounmpo's international audience will be extremely popular because the Greek Freak has an incredible journey and story. Antetokounmpo having this signature is big news for him, his country and a team like Milwaukee which has found great success so far with the him.

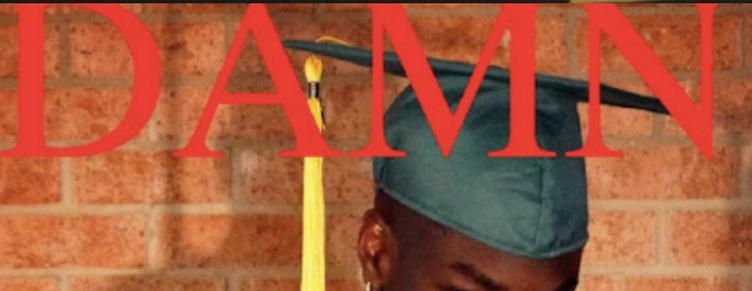
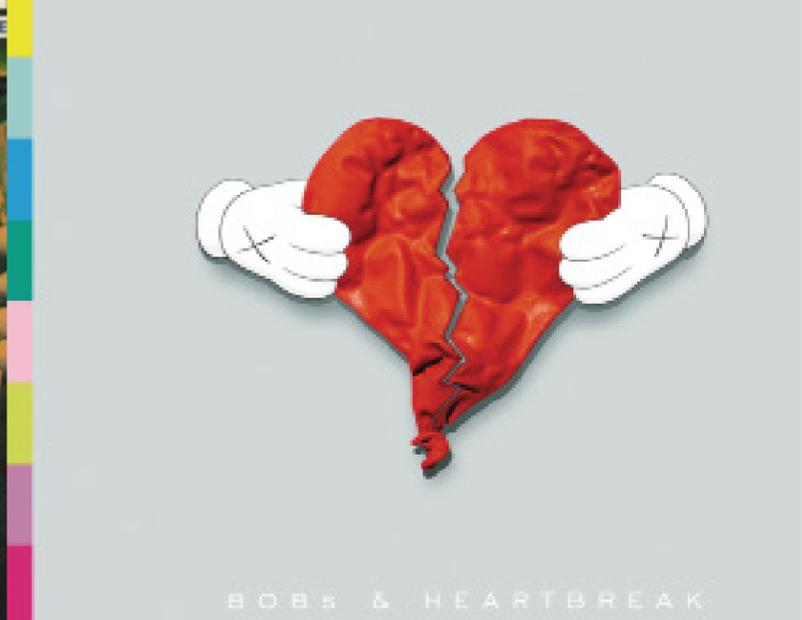
It would be impossible to forget Nike's controversial but nicely executed run in the last year with its ad campaigns. Some would call their advertisements infamous, but little do they know that the controversial stances Nike has had with Colin Kaepernick and the "It's only crazy until you do it" campaign did not hurt the company. There were a lot of mixed reviews and divided stances on the campaign across the nation. Even though there were reports saying that Nike's stock was falling, the company was actually able to do even better in sales after the fact. This campaign may have cleansed the old and ignorant audience that they once had and solidified the type of audience that they are trying to target.

Nike has also pushed for female ads and the equal rights movements, with Serena Williams being the recent face. The campaign shows multiple women who are at the top of their respective fields to highlight their desire for equal pay. The U.S. Women's International Soccer team is also a huge part of that campaign as many of the U.S. players have used their voice to call out unequal pay. Stances like these are bold for a company to take, but again it is Nike who is the brand that is making the right call and doing good with their enormous platform.

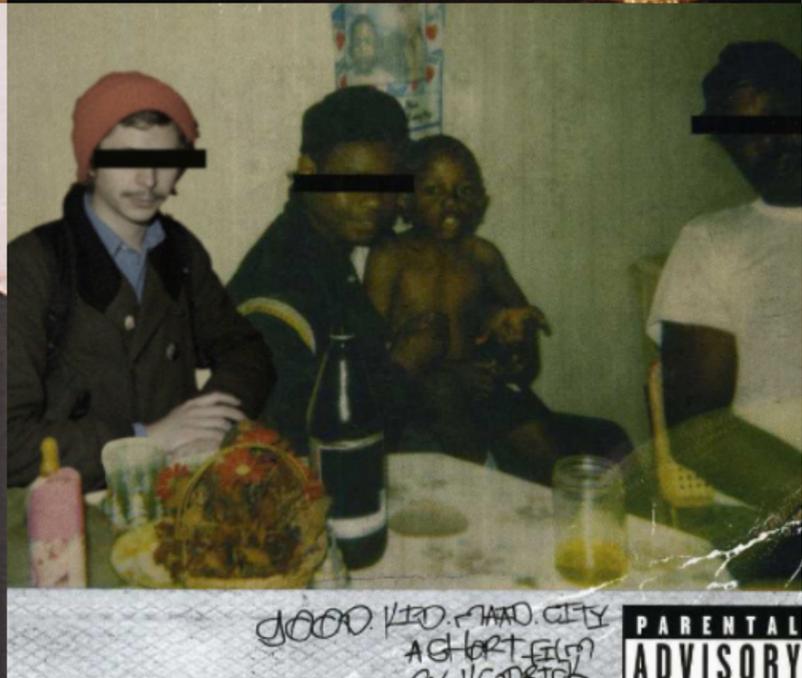
Nike has consistently been at the top of the game and has always been a step ahead which is what makes the company outlast the others. The company is able to create its products for all types of audiences; making one believe that they too can be a star while wearing Nike's equipment or clothing. Nike has the upperhand in collaborations with street fashion brands like Supreme. Nike has faced the superstars like Stephen Curry with Under Armour, Kanye West with Adidas and now recently Jay-Z with Puma, but Nike is continuing to outlast the others and pushing its brand further than the rest. As Travis Scott says himself, "Nike boys we don't do three stripes!" ■



Photos by: Rebloggy.com, Yahoo.com, Rollingstone.com



# WHY BASKETBALL AND HIP-HOP ARE INTERTWINED



BY BRYCE RONQUILLO

America's favorite pastime has been baseball, no question about it. But that was in the '80s. Things have changed. Although sports like baseball and football are still extremely popular, they have not transcended to connect with this generation.

There are only two forms of entertainment that have broken the barriers of their genre to create a cultural marriage that reaches both young and old: basketball and hip-hop. Over the past 20 years, these forms of entertainment have become more than sport or music; they have become a culture. Now, before I get burned at the stake for making such outlandish claims, I urge you to hear me out on why the two separate entities have impacted American culture in a way that other sports and music never could.

One of the similarities we see right away is that they both glorify the testimonies of those climbing the ladder from humble beginnings to a life of success. The Notorious B.I.G. hits this topic in "Things Done Changed," "Because the streets is a short stop. Either you're slinging crack rock or you got a wicked jump shot."

What Biggie references in his song is the sad reality that the only thing keeping some kids off the streets is their basketball ability. Numerous players can relate to this narrative. A great example is LeBron James.

"I was a kid who grew up in the inner city. There's the notion that you either play basketball or sell drugs. That's it. There's no out," LeBron said when asked about how he related to Kendrick Lamar's song "HUMBLE."

LeBron grew up in Akron, Ohio in a single parent household. Kendrick Lamar is a native of Compton, Calif. Despite being from different parts of the country, they both grew up in neighborhoods where most kids end up living lives that involve gangs and drugs. Overcoming this stereotype is a quality that many basketball players and hip-hop artists have in common. LeBron is considered one of the greatest basketball players of all time and Lamar is considered to be the king of west coast rap.

LeBron also considers himself to be a hip-hop enthusiast. Whether it's jumping on stage with Drake and Travis Scott, or sharing which song he's vibing to on his Instagram story; he is the bridge that connects hip-hop and basketball.

Sometimes it's not enough to have similar backgrounds. There have been a lot of rappers that have flirted with basketball careers and basketball players that have attempted rap careers.

Rap artist Drake sums it up perfectly on his track "Thank Me Now" from his debut album "Thank Me Later" when he says, "I swear sports and music are synonymous. Cause we want to be them and they want to be us."

Drizzy may not have the skills to make it on the court (see University of Kentucky Midnight Madness game, 2014). However, he broke his way into the NBA in 2013 when he was announced

as the new global ambassador for the Toronto Raptors. The Raptors hired Drake for a very simple reason: to make their team cool. Since his arrival, the Raptors have reached new heights. Their fanbase is known as one of the most passionate in the NBA, and the team has consistently been one of the top teams in the eastern conference.

There have been plenty of NBA players that have tried to break their way into the rap scene. Some attempts have been more forgettable than others; nobody will remember Kobe Bryant or Tony Parker for their debut rap songs.

But Damian Lillard, all-star point guard of the Portland Trail Blazers, has made some noise in the rap world in recent years. Under the name of Dame D.O.L.L.A., Lillard first turned heads when he performed a freestyle rap on SiriusXM hip-hop show "Sway in the Morning." The video has over 8 million views on YouTube.

While it's been common, players releasing their own rap songs or even promoting rap culture wasn't always embraced by the NBA. The stage needed to be set for players like Lillard to express themselves through rap. Allen Iverson accomplished this but not without overcoming obstacles.

Iverson, an NBA hall-of-fame player, is very well known for his style of clothes. Shorts and shirts that were three sizes too big with a durag and baseball hat was the style that embodied hip-hop in the early 2000s.

He released a rap album during the height of his stardom and received some heavy criticism. NBA commissioner at the time, David Stern, said that Iverson's lyrics were "coarse, offensive, and anti-social."

Fifteen years after the backlash from his album, Iverson admits that his rap venture was regretful. "Looking back on it, it's embarrassing when I think of all the kids that could've ended up hearing all the things I was saying and portraying someone that obviously I'm not because it was gangster rap and I'm not a gangster," Iverson said in an interview with Complex.

If Iverson were playing in today's NBA, he would've been accepted for his personality. In today's league, players make fashion statements all the time and create music that isn't frowned upon. His decisions weren't perfect, but it definitely set the stage for others to embrace who they are and create art.

The long-standing relationship between basketball and hip-hop culture goes beyond the songs heard during warm-ups. It surpasses the highlight compilations that preview the NBA finals featuring songs from popular rappers. The marriage between hip-hop and basketball has lasted through the people that have embraced it as part of their own culture.

Basketball and hip-hop will continue to persevere through the generations. After reading this, I encourage you to watch the games, listen to the music and embrace the culture. ■

# COLLEGE RECIPES THAT SAVE TIME

BY RACHEL WONG

Are you struggling to figure out what to eat for dinner after a late night class, or what to eat for breakfast before morning classes? Here are a few easy, quick and delicious dishes to make that will save you time and energy!

For students that have access to a full kitchen, these recipes are perfect for you. Budget Bytes, which has over 30 different recipes, recommends some of the following:

- Bowties and Broccoli
- Pizza Roll Ups
- Microwave Breakfast Scrambles
- Bean and Cheese Burritos

Beth Moncel, the founder of Budget Bytes, says, "One of the things I've learned about eating on a budget is that simple recipes win. The fewer ingredients you need, the fewer ingredients you need to buy, and that generally helps keep that grocery bill low (not to mention, it makes cooking easy)." Easy recipes will save your bank account and also it will prevent college students to waste their time trying to figure out what to eat and what to cook.

Budget Bytes is Moncel's personal blog. On it, she supplies and organizes her recipes with by breakfast, dinner and snacks.

## BOWTIES AND BROCCOLI

**Bowties and broccoli** is a quick and easy dish. It saves time and gets the job done. All you need is 12 oz. pasta, one lb. frozen broccoli florets, a pinch of salt, three tablespoons of grated parmesan and a pinch of cracked pepper. Boil a pot of water and then cook the pasta for 7-10 minutes. Add the frozen broccoli florets to the boiling pasta water, turn off the heat and let sit for one minute or until the broccoli is tender. Drain the pasta and broccoli in a colander. Transfer the pasta and broccoli back to the pot—with the heat off— or to a bowl and add butter. Toss until the butter is melted and has coated everything. Then make sure to add the parmesan, salt and freshly cracked pepper.

This dish is great for dinner and Moncel mentions, "Sometimes, I'll boil extra pasta, freeze the leftovers in single serving freezer bags, then I can just toss the frozen pasta and broccoli into a bowl and microwave for a minute or two until hot. Then it's even faster than fast!"



## PIZZA ROLL UPS

**Pizza roll ups** are another fast and quick snack. If you make a lot of pizza rolls, you can share them with your roommates and save the leftovers for the next day. No one can say no to pizza, and making them into roll ups is even better. For this recipe you will need tortillas, pepperoni, mozzarella cheese sticks and pizza sauce. You can also add other ingredients depending on what you're interested in. You can had seasonings to your rolls and other dipping sauces such as Ranch, or BBQ sauce.

"The most important trick with these pizza roll ups is to microwave the tortillas for a few seconds with a damp paper towel before rolling," Moncel says. "This makes the tortillas soft and pliable so you can get an extra tight roll on that mozzarella stick."

You need small flour tortillas, 40 slices of pepperoni, four mozzarella cheese sticks and a 1/2 cup of pizza sauce. Slice each of the mozzarella sticks in half lengthwise. Place about five pepperoni slices on the bottom one-third of each tortilla, then place the halved mozzarella stick on top. Fold the sides of the tortilla in to cover the ends and roll them up tight like a burrito. Bake the pizza roll ups for 12-15 minutes or until they're lightly browned and the cheese is just beginning to ooze.



## MICROWAVE BREAKFAST SCRAMBLES

The next helpful dish is the microwave **breakfast scrambles**. If you are in a rush to get to class and have no time to make a full breakfast meal, this dish is perfect for you! All you have to do is put 2 oz. diced ham, 1/2 cup of bell peppers, 1/2 cup of shredded cheese and two eggs into a ceramic mug. After you put them together, mix them and microwave the mug for 30 seconds. Then stir the contents of the mug and microwave for 15 more seconds. Continue to microwave in 15 second intervals, stirring after each, until the eggs are mostly set but still moist. If you prepare the ingredients the night before, all you have to do is microwave the mug in the morning before going to class.



## BEAN AND CHEESE BURRITOS

Buying freezer **burritos** is easy to do, but have you ever tried making your own freezer burritos? All you need are canned beans of your choice, shredded cheese, green onions, taco sauce and tortillas. However, you can fill your burritos with anything you want, such as scrambled eggs, seasoned meat or vegetables.

Moncel says, "Ingredients with a lot of water won't store well in the refrigerator or freezer and are best added to burritos that will be consumed the same day."

If you're up for it, and have enough time, you can cook a few cups of white or brown rice to add more flavor. Mexican rice always brings amazing flavor to any burrito dish!

This recipe is great for making on a Sunday afternoon and eating for the rest of the week. Stack four tortillas on a large plate and place a damp paper towel over top. Microwave the tortillas for 30 seconds to steam them and to make them easier to roll. Steam the next four tortillas only when you're ready to begin working with them. Add to each tortilla 1/3 cup beans, 1 tablespoon taco sauce, 1/4 cup shredded cheddar cheese and some green onion. Roll the burritos up tightly, and make sure to fold in the sides to hold in the the filling. To save the leftovers, you can either keep it refrigerated or store them in the freezer.



Hopefully some of these dishes have inspired you to get cooking. Try them out, and check out the other recipes available on Budget Bytes.

# DISNEY DYNASTY

BY CHEYENNE JIMENEZ

**P**icture this: You're walking down Main Street at Disneyland with some bomb cotton candy. You feel someone tap your shoulder, so you turn around in excitement. Instead of being greeted by a friendly, smiling Mickey Mouse like you expected; you come face to face with Peter Griffin from "Family Guy."

I'm not saying Disney would ever consider bringing a Peter Griffin mascot costume to Disneyland, but who knows now that Disney finalized the \$71.3 billion purchase of 21st Century Fox rights on March 13, 2019.

Disney just became an even bigger force in Hollywood – if that's even possible – taking over Fox's movie and television production studios and the rights to several valuable properties such as "Avatar," "Ice Age," "Deadpool," "X-Men," "The Simpsons" and "Family Guy."

The owner of ESPN and ABC will also absorb FX, which produces "American Horror Story" and the National Geographic

channels. Most notably, this purchase has awarded Disney with the controlling shares of Hulu. Fox previously owned 30 percent of Hulu's shares, while Disney also owned 30 percent. Now, Disney owns 60 percent, giving them ample opportunity to make significant changes to the streaming service.

While a huge portion of the Fox Corporation was purchased by Disney, a small portion does still exist independent of Disney. It now primarily serves as a news and sports company, with Fox Sports, Fox News and the Fox TV network. No single corporation can own more than one broadcast network, and Disney already owns ABC. Therefore, Fox TV network will remain with Fox Corp.

This purchase was the most expensive in Disney's history. It has beaten out the purchases of Marvel Entertainment and Lucasfilm, each for \$4 billion, and Pixar, purchased in 2006 for \$7.4 billion.

I think of Disney as the giant virus Ralph from "Ralph Breaks the Internet," acquiring a bunch of little Ralphs – Pixar, Lucasfilms,

Marvel, etc. – to create one mega Disney empire that will stop at nothing to conquer the entertainment world.

Talk of a deal between Rupert Murdoch's 21st Century Fox and Walt Disney Co. Chief Executive Bob Iger began in Aug. 2017 but were not revealed to the public until Dec. 2017.

Why would Iger make such a bold and risky move, you may ask? Well, the tea is that Iger and Murdoch have been feeling a wee bit threatened by the rich technology giants Netflix Inc., Google Inc., Apple Inc. and Amazon.com Inc.

Each of these corporations have attracted millions of customers to their streaming services. Netflix currently has about 136 million subscribers, while Amazon.com follows closely behind with over 100 million and Apple, averaging 50 million subscribers.

The threat of being trampled by the competition grew so fierce that Murdoch opted to sell much of the Fox empire to Iger, who was more than happy to increase the size of Disney's dynasty.

"Disney probably has enough content in its arsenal with 'Star Wars,' Marvel and Pixar, but the Fox properties will help give Disney more global strength," said Michael Eisner, the former Chairman and CEO of Walt Disney. "In many ways, this is an insurance policy to help protect all of these assets and compete, globally, with Netflix, Amazon and, soon, Apple."

To add to the arsenal, Disney plans to launch its own streaming service called Disney+ later this year.

"This as an extremely important, very, very significant strategic shift for us," Iger said, when he announced the Disney-branded streaming service last year.

There are still a lot of unknowns about what Disney+ will entail including subscription cost, rollout strategy and exact movies and television shows that will be available. What we do know is that it will be a strictly family-friendly platform – meaning no R-rated films. Older audiences will still be free to enjoy non-G or PG rated films via Hulu, which is now almost entirely owned by Disney.

To make the Disney-branded service as packed as possible, Disney will allow their current lucrative licensing deal with Netflix to expire. Starting with "Captain Marvel" in March, all of the films that Walt Disney Studios releases in theaters will subsequently flow to Disney+ instead of to Netflix. As of now, there are no current plans to move Marvel-themed television shows off Netflix, a Disney spokeswoman said.

From my own Netflix search of the keyword "Disney," over 100 movies and television shows popped up, which ranged from "The Emperor's New Groove" to "Coco" to "Santa Paws 2: The Santa Pups." While the fate of Marvel is determined, the future of other Disney-owned movies and television shows remains unclear.

In terms of newly acquired family-friendly Fox movies and shows, like "Home Alone" and "Ice Age," Disney has not decided whether those will be included. Fox's more young adult animated shows, including "The Simpsons," are expected to remain on Hulu.

Now the tea everyone has been waiting for: What is going to happen with Disneyland?

How Disney will go about incorporating the two very different cultures into one seamless theme park is still up in the air. There is the question of if it is something that can even be done.

In the past, Disney has incorporated Marvel into the parks quite well, with the relatively new "Guardians of the Galaxy – Mission: Breakout!" ride that replaced the classic "Twilight Zone Tower of Terror." While this risky move was upsetting to fans of the original Twilight Zone series, the ride is now one of Disneyland's most popular attractions with wait times exceeding 90 minutes.

Disneyland has also expanded the single "Star Wars: Star Tours" ride into an entire Star Wars land called "Galaxy's Edge," to be opened in May 2019.

But will they be able to incorporate an entirely new set of cartoons and comic book characters like the X-Men and Deadpool? These characters are a bit harsh for such a family-friendly theme park like Disneyland, especially Deadpool and Family Guy.

Furthermore, how will they maneuver around removing properties that are owned by other establishments, like "The Simpsons Ride" that currently reside at two Universal Studios parks?

I would have never thought it would be possible for Disney to successfully mash Star Wars, Indiana Jones, all the Disney princesses, Guardians of the Galaxy and A Bug's Life into one cohesive theme park, but they have done it. Disney continues to be successful, so maybe adding more characters won't be so bad.

I'm not too sure what the future of cinema is going to look like in the next few years, and I don't think anyone else does either. What I do know is Disney is growing to be the biggest major movie studio at an alarming rate. Hollywood has now lost yet another studio, leaving a mere five studios – Disney, Warner Bros, Sony, Universal, and Paramount – to fight for the top spot. How long until there is only one left standing? There may be potential for the cinematic world to lose diversity with the loss of studios, not to mention jobs. The best we can do is hope that these big fish figure out all their drama. After all, I don't think Disneyland can stand to get much bigger. ■





# 10 REASONS ANYONE CAN ENJOY GOING TO A BASEBALL GAME

BY COLE BROUWER

Summer is right around the corner, and for those of us in southern California that means sunshine, beaches and –you guessed it –baseball. California has a whopping five Major League Baseball teams. Two teams are based right here in the Los Angeles area, so there is almost always a game to go see.

“But what if I don’t like baseball?” you ask.

There are plenty of reasons why you can enjoy a baseball game, even if you are not familiar with the sport. Here are some reasons anyone can enjoy a baseball game, and don’t worry, I already organized them from the beginning of the game to the end.

## 1. Tailgating

Yes, tailgating is most commonly associated with football, especially college football, but baseball games bring out tailgates as well. It’s basically just a big cookout in the parking lot of the stadium with food, games and music. Bring out your cornhole set and a speaker to join in on one of the greatest parts of America’s favorite pastime.

## 2. Scenic Stadiums

California is known for its beautiful views over the ocean, mountains and city skylines. With all this natural beauty around, stadiums can easily take advantage and show off the beauty within the state. For us northern Californians, Oracle Park –formerly known as AT&T Park– in San Francisco is located in the heart of the city and has beautiful views over the bay. If you catch a late afternoon game, chances are you’ll be watching the sunset rather than the game. Petco Park in San Diego boasts a view into Downtown that is hard to beat. Dodger Stadium in Los Angeles looks out at the mountains in the distance and with the palm trees in the foreground, the feel of Southern California stays alive.

## 3. Pregame Events

Before the game starts, the baseball nerds love to go into the stadium and watch the players take batting practice. If you don’t understand why someone would go to watch professional athletes practice, let me explain: these players are just warming up and they are still hitting baseballs over 350 or 400 feet with casual swings. If that doesn’t interest you, maybe you’ll like seeing the famous singers, choirs or military veterans sing the national anthem. Or maybe you want to see celebrities try and throw out the first pitch, a la 50 Cent. Maybe seeing a 100-year-old fan clad in their favorite team’s gear start the game by saying “play ball” into a microphone will warm your heart. If none of this tickles your fancy, you can just go get some food.

## 4. The Game Itself

I know this article is for people who don’t necessarily like baseball that much, but come on, the game is cool too. Think about it like this: you’re watching human beings throw a ball over 90 mph and sometimes with physics-breaking spins that make the ball curve and drop off the edge of a table, so to speak. If you go 90 miles per hour in your car, most of the time you’re getting pulled over and receiving a speeding ticket. That is how fast the ball is moving. On the other end, a dude with a decently large stick is trying to hit the round ball. Sometimes, he hits it over 400 feet. For reference, a football field is 360 feet. For those of you that do like baseball, you can attest to how much fun it is to watch a close game in the ninth inning.

## 5. The Food

Baseball stadiums are notorious for their wild food options. From the classic Dodger Dog at Dodger Stadium, to the Closer in Pittsburgh –two grilled cheese sandwiches with more cheese

and bacon stuffed between them –you can never go wrong with baseball food, expensive as it may be. Other food options include, the Dodgers’ meatball marinara fries, The Angels’ poke burrito and the Padres’ triple threat – pulled pork, bacon and schnitzel.

## 6. The Interactions With Strangers

“Cole, what are you doing with that title? Are you telling me to talk to strangers?”

I absolutely am. This one is for the extroverts out there. Make friends with the people sitting near you. If you don’t know much about the sport, chances are they’ll be glad to help you out. Plus, it is always fun to have someone to be excited with when exciting things happen in the game. Have you ever high-fived a random person because another person, that none of you know personally, hit a ball really far? I have. And it was great.

## 7. The Walk Up and Pitching Songs

Baseball players choose some of the best songs to walk up to the plate with for their at bat. Xander Bogaerts uses “X Gon’ Give it to Ya” by DMX, for obvious reasons. Mariano Rivera used “Enter Sandman” by Metallica just because it was dope. Anthony Rizzo and Kike Hernandez, among others, used a “Lovesick Blues” remix sung by the Yodelling Walmart Kid, Mason Ramsey. I have even heard “Gasolina” by Daddy Yankee and “Day ‘n’ Nite” by Kid Cudi used as walk up songs. Whatever music you like to listen to it will probably be represented, and it’s always fun to see an entire stadium rock out to “This Is How We Do It” by Montell Jordan.

## 8. Stadium Traditions

Baseball stadiums and teams have their own set of traditions for home games, and they are always fun to be a part of. The Boston Red Sox famously sing Neil Diamond’s “Sweet Caroline” in the middle of the eighth inning. The Milwaukee Brewers have a Sausage race, which is where people dress up in sausage costumes and race around Miller Park. The Los Angeles Angels have a rally monkey, and the San Francisco Giants have fans in boats and kayaks in McCovey Cove waiting for home run balls to find the water outside the stadium.

## 9. The Atmosphere

The atmosphere at baseball games is different than any other sporting event. Baseball brings in a lot of casual fans because the game lends itself to that type of environment. Of course, there are the occasional fans who want to argue with the umpire even though those fans are sitting in the nosebleeds and the umpire is two feet away from the play. However, most of the stadium will band together to make those people chill out. So take a minute and just walk around the stadium to take in all the things it has to offer: the food, drinks, views and games. Chances are you won’t miss much of the game on your journey.

## 10. Going Home

Since number six was for the extroverts, this one is for the introverts. Going home is arguably the best part of going to a baseball game. I mean, have you ever met a person that doesn’t like going home at the end of a long day? No. No, you haven’t. Going to a baseball game is a long time commitment. Although going to a baseball game is a very rewarding and fun experience, going home after the game is a great feeling. Yes, you have to deal with the foot and car traffic while leaving the game, but that is what good music and friends are for: they make the time pass quickly. ■

# WHY WE NEED TO STOP USING THE PHRASE “DOING LIFE”

BY MICHAELA STEINER



It is not uncommon in the APU community to hear the words “do life together.” From chapel to class, even to the Rez Life shirts that RAs wear around campus sporting the words “Life Together,” this ideology surrounds us. While we may think this is a sweet sentiment at first, these words are deeply problematic. What has been created and used as a slogan to promote the building of community is actually doing just the opposite. The phrase “doing life” is a detriment to the building of true community.

Life is not meant to be a to-do list. Oftentimes, this ideology of doing leads us to rush through life. If you have a list of things you need to get done for the day, you will inevitably do each task as fast as you can in order to get them all checked off. Grab coffee with a friend, meet another for lunch, go to d-group, rush off to a club meeting, pick up some dinner before class with a classmate and head home to your roommates at the end of the day only to do it all again tomorrow.

I am not saying that these small moments of community are bad. Each of these examples could have very well been a beautiful time of fellowship with those around you. But I think, with the way that APU promotes this message to do community with one another, we are often not fully focused on these communal moments.

“Doing life together” promotes community for the sake of checking off a box, not to actually be in community.

The ideology is detrimental to community because it harms our personal lives first. On and off campus, we are inundated with the idea that we are defined by this societal to-do list.

Jennifer White shares this sentiment in her article, *Life is Not a To-Do List*, “We’re so willing to check things off an imaginary societal list of ordinary accomplishments... And when someone doesn’t coincide with these essentially made-up expectations, we question their societal worth and placement or encourage them strongly to fit back into line; to keep checking off this list.”

This is the ideology that prohibits community from forming. It is ostracizing and exhausting. It turns our very existence into a kind of performance in which worth is only merited by how many boxes we can check off in a day.

Life is not meant to be done but to be lived.

Last semester, I studied away in Rwanda. My time there radically

redefined my understanding of living. In a community marred by the traumas of genocide, fellowship with one another was not viewed as yet another task. It was not something to be done. Instead, it was just life. Community was the conduit for healing, growth and life again beyond the pain of death that covered the country 25 years ago.

There were many times during my internship when my supervisor or the other staff members would come in and tell me and my fellow interns to stop working because we were “going to kill ourselves.” Our Western view of productivity was beyond anything held by Rwandan culture. While we valued timeliness and getting things done, they valued time together and holistic living. We were often urged to nap after lunch, rather than go back to work, because we needed to take care of our bodies. Our to-do list could wait.

Living is a state of being. You cannot “do” what you are supposed to be. There is a reason we are called human beings, not human doings. We have forgotten what it means to live intentionally. Slapping on the slogan of “doing life” as an intentional act of community only makes the problem worse because it is still just another task. Our Western society seems to be so bent on doing, going and achieving that we hardly ever slow down to take a breath in between tasks.

For my whole life, my Western context has told me that I have to do, do, do and go, go, go. It is not enough for me to simply be. My worth is determined by what I can get done in a day, not necessarily by who I am. Because of this, my identity becomes centered on tasks and achievements, rather than on self. But I am not a sum of my trophies, and I certainly was never meant to be.

What if we got rid of the mentality that life was something to be done and instead understood living each day as an act of freedom? Choosing to live each day is an act of defiance in this culture. With this mindset, we are no longer controlled by a schedule or list of expectations to check off. We are not defined by our coffee dates or our deep conversations, so these things don’t have to be forced. Life becomes organic, instead of fabricated.

There is nothing wrong about life together, but let’s live it together, not do it together. Let’s pour into one another, not check off boxes. Let’s engage in the work of unity, not as a chore or for the sake of a catchy slogan, but because genuine living is the only way to live. ■

**“Life is not meant to be done but to be lived.”**



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Sydney Watanabe



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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.

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