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Photos by Monica Meyer
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COVER FEATURE

"IT'S A SMALL WORLD"

A Photo Journey By Monica Meyer



PG
18-24

Can you imagine a world where we all hold on to our story, a true melting pot? There is no real “American” definition, we all make it up with our own unique ideas and selves. This is the beginning of "It's a Small World" a photo journey by Photographer Monica Meyer.(@onlyu_solotu).

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
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Although wrestling dates back to ancient Sumeria, the Greeks have been credited with inventing modern wrestling and they introduced the sport to the ancient Olympics in 708 BCE.



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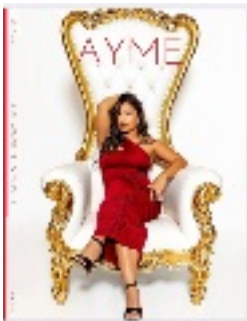
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HABITS ARE REVERSIBLE

Are you a creature of habit? Do you find yourself repeating things that you would like to change? An example would be eating when you are bored. You know you shouldn't do it, but you do anyway. And how about procrastination?

Everybody knows that it is filled with anxiety, uncertainty, and it slowly kills you every time you do it, yet you do it anyway. Now, knowing this about yourself, you must think: well how do I stop?

Let's be serious. Some habits are hard to break, because they are learned over a period of time; they are not random at the slightest bit. You teach these recurring patterns to yourself and then you forget how it started. Most of us can't remember how or why we started our bad habits. Why label them "bad"? It's just an easy way of saying; you know what, I have a problem that I created. And that is the first step.

The second step is not what you think: you aren't supposed to beat yourself

up about it. Rather, you should ask yourself what is causing this feeling that you "have to" continue this way of thinking and living?

People have a relationship with food sometimes that isn't healthy. They can snack too much or too little, when they are stressed, bored, happy, sad, you name it. That's how we have all of these distorted patterns of thinking. Food is just an example. It isn't easy to change yourself. But the key first is to admit it isn't something you want to continue, then the next step is creating the smaller steps.

I know people are tired of hearing about the small steps. That includes "don't look at the whole staircase, only the first step" or some other version of this quote. It is true. You have to think in small steps: What can I do today that will bring me a little closer to my goal tomorrow?" It doesn't have to relate to food, it could be any habit you are trying to improve upon. Another example would be when you have a career goal. First step: start by doing some research on your career and what you need to do to get there.

Sometimes, people live in

fear of the unknown. They are comfortable where they are, and don't see another way of living as plausible. The only way they will change is if they have a major setback or something drastic changes. Honestly, some people just need that incentive. They need that wake up call, and guess what? That is OKAY, too! However you get to that point is your path and story! It doesn't have to match anyone else.

Don't be a creature of habit, unless that habit gets you far. The path you want to take can be there at the end of all of your small steps. Get to the goal slowly and you will have the incentive to continue working at it every day. Weight, mindset, goals, career, or anything else in this life you want to change, is up to YOU. You and your success and happiness are worth it. Now, BELIEVE it and work at it!

Article by Jane
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FASHION PERSONALITY



A Fashion Personality is the combination of items that form your individual distinctive fashion style. Fashion Personalities are a guide to help you identify what you want to dress like. Wearing the right kind of clothes can give your confidence a huge boost. If you like what you are wearing it will reflect on the outside, enhancing your personality. They say it takes less than ten seconds to make a first impression and the clothes we wear play a very significant part in it. Science now suggests that how we dress may just be the difference between giving ourselves the extra edge in

our professional and personal lives. Science says that the clothes we wear affect our behavior, attitudes, personality, mood, confidence, and even the way we interact with others. This is “Enclothed Cognition”. Personality plays an important role in representing one's self. Clothes or fashion play a part in giving a representation of the inner self. This includes thoughts, feelings and inner personal traits.



ANCIENT WRESTLING

Wrestling, mankind's oldest and most basic form of recreational combat, traces its origins back to the dawn of civilization. Carvings and drawings estimated to be between 15,000 and 20,000 years old, found in caves in southern Europe, illustrate wrestlers in hold and leverage positions.

Although wrestling dates back to ancient Sumeria, the Greeks have been credited with inventing modern wrestling and they introduced the sport to the ancient Olympics in 708 BCE. Wrestling probably originated in hand-to-hand combat, and in particular as a sportive form of combat substituting the submission of a contestant for his death. Works of art from 3000 bce depict belt wrestling in Babylonia and Egypt, and the Sumerian Gilgamesh epic has a description of such wrestling. The Greeks developed their form of wrestling combat to train their soldiers when fighting against the Romans. Greek wrestling, also known as Ancient Greek wrestling and Palé, was the most popular organized sport in Ancient Greece. A point was scored when one player touched the ground with his back, hip or shoulder, or conceding defeat due to a submission-hold or was forced out of the wrestling-area. Wrestling is the oldest form of fighting without weapons. There were two forms: upright wrestling and ground wrestling. To win in upright wrestling one had to make his opponent fall three times. Whereas today the back of the opponent should touch the ground, for the Greeks any part of the body counted. 'Upright wrestling', conducted in a sandy pit, required one wrestler to throw the other to the ground three times. In contrast, 'rolling' or 'ground' wrestling was only over when one man was so exhausted further resistance was impossible.

Like the modern sport, an athlete needed to throw his opponent on the ground, landing on a hip, shoulder, or back for a fair fall. 3 throws were necessary to win a match. Biting was not allowed, and genital holds were also illegal. Attacks such as breaking your opponent's fingers were permitted.



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COVER STORY

The stories I heard as a child of my family's journey between Mexico and the United States were always so far removed from my reality. As kids we may see a decade before us as being such ancient times, and it wasn't until I was older that I realized my family had done many things to assimilate in order to find success. In such a short period of time, in less than one generation, we had lost stories, traditions, and some of my cousins and siblings had not learned Spanish. It wasn't that my grandparents didn't want us to know our roots, they were just so busy adjusting that this new way of life overshadowed the previous. As I became a mother, and well into my thirties, I worked harder to hold onto what was a reminder of my ancestors. I have struggled to balance regular life with one that contains the life that my family tried to preserve by incorporating the bits of

our traditions that remain. Today I am limited to the stories from the couple of elders that are still alive and remember some of the stories they were told from ancestors from the 1800s. While clutching on to the bits of history and learning more to teach my children I wondered how many first- and second-generation immigrants had similar struggles, adjusting without assimilating. I decided to reach out to find more people like myself, and wanted to document their story as well. Currently living in North Carolina, Evelyn and Ines are sisters that were born in Altamirano Guerrero, Mexico. They came to the United States at the ages of 7 and 3. The journey usually includes stages, where some of the family will travel, find housing and set up for the rest of the family. In their situation

Photos & Article By Photographer Monica Meyer









Evelyn and Ines traveled with their grandmother, being apart from their mother for weeks. Ines, being the younger of the two, can only see the result of the journey to the U.S; she feels attachment issues are a direct correlation to being separated from her mother at a young age. Evelyn saw her younger sister crying, as anyone would, from being without her mother for the weeks during the journey to North Carolina; because of that she feels the protective role is a natural one for her. They had great support moving to the United States with extended family. Their father had been gone so much of his life to the United States working as a laborer from the age of 16, so this helped become acclimated to the American ways. Evelyn and Ines talk of how their parents have always made it a strong point to remain in their Mexican roots while making it in the U.S. Ines has even been involved with a local Danza group that carries that Aztec tradition. They feel that

it's important for the United States to truly be inclusive, to allow and foster positive reactions to those that try to keep their cultures close to who they are. We should not lose the color that makes us. Just as I, they believe that we owe it to our ancestors that sacrificed for us to have a better life. We owe it to them to keep their memory alive, which includes our culture.

Can you imagine a world where we all hold on to our story, a true melting pot? There is no real "American" definition, we all make it up with our own unique ideas and selves. This is the beginning of my It's a Small World photo journey where I intend to tell the story of immigrants, to find commonalities and educate others why we want to hold on to this part of ourselves.

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