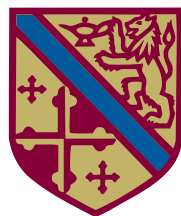


News You
Can Use!



HOWARD
COMMUNITY
COLLEGE

HCC Times

OCTOBER 2018

THE OFFICIAL STUDENT NEWSPAPER

FALL 2018, ISSUE II

Pumpkin Spice Self Care: Taking Care of You

by ZAIRA GIRALA

Hello October, with your super spooky midterms, pumpkin spice everything, crisp air, perfect weather, and onslaught of school work that prevents me from enjoying all of the above. Except, perhaps unfortunately, the midterms and ever pervasive pumpkin spice everything. In all seriousness, our fall comes with the subtle progression of darkness, the gradual waning of sunlight each day as more and more winter creeps into the humid morning chill.

Amidst approaching spring transfer deadlines, the project surge, the social demands of holidays, the sleepless nights and other fearful October occurrences, it's easy to miss the cold or dark when it catches. As sunlight becomes sparse and temperatures drop, it's easy to pass off feeling cold indoors. Ignoring a changing appetite within the blur of meetings, classes, work and travel. Cubbyholing fatigue in with a lack of sleep. The season seeps into productivity, routine and selfcare, throwing a wrench into the preexisting chaos. Such is not the case for all, but perhaps for some, as everything from the seasonal blues to Seasonal Affective Depressive Disorder, tend to amplify throughout the



A Fall pumpkin surrounded by the season's leaves

Photo Credit: Darrien Wilkins

colder months.

From that perspective it almost seems ironic that we seem to place the most pressure on ourselves across the board when the risk for our own mental health seems elevated. As per usual, there are the typical socio-cultural culprits and agitators. In the disquiet chaos of never-ending mental to-do lists and expectations, particularly of students who work to support themselves as well, there is still a hesitance to reach out and speak to professors or the counseling center at HCC. This odd disconnect is often the lovechild of stigma and self-imposed expectation. Stigma, often interpreted as negative connotations surrounding socially dictated taboos, is often internalized as well. With the pressures of a preconceived traditional college path,

work demands and the seeming homogenized social expectations from all of us, it's hard to take a deep breath and stand back. Perhaps harder yet to accept that some of that expectation is self imposed. I did not come to such revelation without the help of a dear friend. My light in the dark, if you'll pardon the cliché. I admired her for her championing of a work life balance. They were involved, seemed fairly well-rested, dabbled in everything and always seemed to overachieve. I believe we all know the type. And yet a conversation with her provided the singular secret behind it, her seeming invincibility; to know very well that you are not. To be gentle on yourself. To step out and walk through campus for a bit. Watch the leaves turn to gold and fire as the

Important Dates to Remember

Oct 30: Walk-in Resume Review
RCF 302 @ 2PM

Nov 2: SGA Meeting - HSB 363 @ 1PM
SPB Meeting - HW 124 @ 2PM

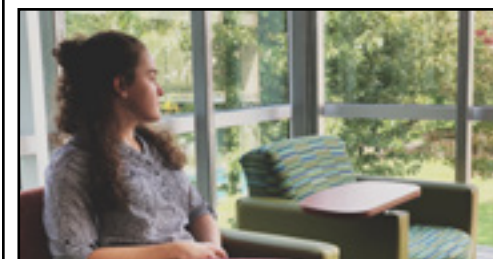
Nov 3: NYC Bus Trip
Parking Lot B/C @ 7:45AM

This issue has an overarching political theme. The views and opinions stated by the reporters are those of the reporters themselves and do not necessarily reflect the views and ideals of Howard Community College, HCC Times, or Student Life staff.

See HCC Campus Calendar
online for more information

Food for Thought: Feeling Blue

by SOOHEE SHIN



A somber student staring out

Photo Credit: Darrien Wilkins

Students are seated at a larger-than-normal table in RCF 401, ready to indulge themselves in an appetizing collection of catered food, and fully engaged in the topic of the day at Food for Thought: Feeling Blue. As September was National Suicide Prevention

CONTINUED ON PAGE 4

CONT'D ON PAGE 6

If you're too in your head, and you're not in the moment, life passes you by.

- Christina Applegate

The HCC Times

The HCC Times is a monthly newspaper that encourages all hopeful writers, columnists, journalists, and anyone with a story to tell to submit or apply via email. We're eager to not only be the voice of the students, but to represent those students as well. Any inquiries, questions, concerns, or anything in between can be sent to newspaper@howardcc.edu or you may call us directly at **(443) 518.4937**.

If you are looking to apply, please put the word "Application" in the subject line and be sure to attach a resume with a writing sample.

Essays from classes are not acceptable as writing submissions.

Alongside the aforementioned reasons to email, you can also reach out to us if you have any story ideas or things you believe should be covered in an upcoming issue. A team member will respond to your email within 3 - 5 business days.



The HCC Times is published monthly by students of Howard Community College. All opinions expressed are those of the individual authors, and not necessarily those of The HCC Times or the college administration. All submissions, including but not limited to articles, photos, and letters to the editor, become the property of the Times upon receipt, and may be edited for length, clarity, or otherwise as determined by the Editor. The Times reserves the right to deny publication of any letter for any reason.

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If interested in placing an ad in the paper, please contact the HCC Times at newspaper@howardcc.edu.

Sports Schedule



MEN’S SOCCER

Head Coach: Stefan Draganov, Asst. Coach: Nick DePinto

Sept	21	Cecil	4pm
	22	Westmoreland (DH)	3pm
	26	College of Southern MD	4pm
	28	Montgomery College (DH)	7pm
Oct	2	Anne Arundel	6pm
	5	Chesapeake	4pm
	9	Allegany	4pm
	12	CCBC-Catonsville (DH)	6pm
	17	CCBC-Essex (DH)	7pm
	19	Potomac State	6pm
	20	Region XX District F (First Round)	TBD
	26-28	Region XX Finals District F	TBD
Nov	8-11	NJCAA Nationals at Herkimer CC, NY	TBD

WOMEN’S SOCCER

Head Coach: Kate Seagroves Asst. Coaches: Jonah Schuman, Shannon Riley, Darcey Bodziony, Andrew Vincent

Sept	19	Cecil	4pm
	22	Westmoreland	1pm
	25	College of Southern MD	4pm
	28	Montgomery College	4pm
Oct	2	Anne Arundel CC	4pm
	9	Frederick CC	4pm
	12	CCBC-Catonsville	4pm
	17	CCBC-Essex	5pm
	19	Potomac State	4pm
	25-28	Region 20/ District H	TBD
	28	Region 20/ District H Finals	TBD
Nov	8-11	NJCAA Nationals @ Rock Valley College	Rockford, IL

WOMEN’S VOLLEYBALL

Head Coach: Gary Troy Asst. Coaches: Victoria Johnson, Mandy Goodspeed, Elizabeth Berg

Sept	23	Penn Highlands, Away	1pm
	26	Garrett, Away	6pm
	28	Montgomery, Home	6pm
Oct	4	Anne Arundel, Away	7pm
	5	Potomac State, Away	7pm
	7	CCRI, Away	9am
	9	Hagerstown, Away	6pm
	12	CSM, Away	6pm
	17	Chesapeake, Home	7pm
	21	Allegany, Home	1pm
	26	NOVA, Away	TBD
	28	Regionals	TBD
	29	Districts	TBD
Nov	10-11	NJCAA Nationals	TBD

MEN’S BASKETBALL

Head Coach: Joel Dearing, Asst. Andre Hardy, Terrell Willis, Quieonn Blackman Jr.

Nov	1	Potomac State	7pm
	9/10	Dragon Invitational, Home	7/3pm
		Rockland/Nassau	
	14	Frederick	7pm
	16-17	Niagara/Genesee	2pm
	20	CCBC Catonsville	7pm
	26	Navy JV	6pm
	28	Harford	7pm

WOMEN’S BASKETBALL

Co-Head Coaches: Marvin Evans, Eryn Withers, Asst. Coach: Conor Rice

Oct	28	CCBC Essex Jamboree	10am
Nov	1	Potomac State	5pm
	3	Brookdale	1pm
	14	Frederick	5pm
	16-17	Niagara/Genesee	TBD
	20	CCBC Catonsville	5pm
	28	Harford	5pm

MEN’S LACROSSE

Head Coach: Erik Foust, Asst. Coaches: Nate Thomas, Chris Davila

Feb	22	Navy Prep	7pm
	27	Delaware Tech	4pm
Mar	2	Mercyhurst NE	1pm
	6	Catonsville	4pm
	9	Monroe	1pm
	13	College of Southern MD	4pm
	17	Onondaga	4pm
	20	Potomac State	4pm
	22	Harford	6pm
	27	Essex	4pm
	30	Frederick	1pm

WOMEN’S LACROSSE

Head Coach: Joe Valentino

Mar	19	Southern Maryland	4pm
	21	CCBC Essex	6pm
	24	Onondaga	12pm
	28	Anne Arundel	4pm

Schedules are subject to change. Please check the website for additional schedules and to verify date, time and location at howardccd dragons.com or contact the athletic department at 443-518-1380.

Pumpkin Spice Self Care: Taking Care of You

Continued from pg. 1

weeks pass. Find your quiet places when you find yourself in chaos. To reach out and ask for help. To relax the tension in your shoulders.

To breathe slowly. To find the path less traveled, the one to your own self-exploration, or simply to alternative way to class, and take it. So as fall approaches in pumpkin spice scented bounds, and as the setting sun leaves more of itself amidst the fiery canopy, I hope we both take that advice, and take that path less traveled. It is your own to shape and your own to care for yourself through. One which is no less beautiful for having been unexplored. And most of all, be gentle with yourself.

Happy Spooky Season.



Student Life Assistant, Ashleigh Johnson, reading a magazine to calm her thoughts

Photo Credit: Darrien Wilkins

Defense is The Name of The Game

by DARIUS HAMMOND

It's that time of the year again. Fall has arrived to prepare us for a season of winter dominance. Last year, our beloved Dragons provided us with a season of ups and downs. With a team full of talented freshmen and a coach with a proven track record of winning, we were almost certain that the 2017 Men's Basketball team would take us further than ever before. Due to the nature of the sport, it takes time to mold together, operate as unit, and create a winning culture. Last year's record of 9-16 proved to be a challenging, yet learning experience for everyone. With Coach Dear-

ring taking the leadership role at the beginning of the Fall 2017 semester, it was a challenge to have a successful season.

Even with limited time, our Dragons still managed to compete and produce high scoring outcomes against some of the most talented teams. As Coach Dearing explained, "We ended our season ranked 10th in the nation in scoring, but we were ranked 111th in defense. We couldn't guard our own shadow, but this year we have a brand new team". Defense is now the name of the game. Jordan Reid, who ranked 15th in scoring in Maryland last year, is here to lead the Dragons to a prominent season. As

stated by Reid, "As freshman it is hard to adjust to the college life. Last year we wanted to be a team, but we were divided. This year I want us to be a family. One unit striving to reach one goal and that's to win it all".

The culture has changed dramatically. When asked what has improved with his game, Jordan Reid confidently states, "Playmaking. I know I can score the ball as demonstrated last year, but making my teammates better was my main focus during the summer". Jesse Calloway comes in to play a major role for the Dragons, along with a brand new talented group of players who are set to make this a memorable year. When

asked what the goal is for this year, Coach Dearing proudly states "If anyone has a goal less than winning it all, then they are in the wrong sport". Last year the Dragons lost in the first round to Cecil Community College, but this year will have a different outcome. To add to the motivation of having a successful year, we recently lost a staple on the coaching staff. So not only is this year dedicated to stopping opponents, but this year we will do this in the honor of our fallen comrade, Coach Jim Poole.

*In remembrance of Jim Poole
1937 - 2018*

New TV Shows Aim High: A Preview of This Season's TV Offerings

by MOLLY LEA

The current fall season has paved the way for new TV to grace the airwaves. While some seem to have staying power, others simply miss the mark. This review will focus on four new pilots aired during the week of September 24th.

New Amsterdam (NBC)

This new medical drama is the latest in a series of medical dramas to air in the last few years. New Amsterdam follows the story of New Amsterdam Hospital in New York City as a new medical director, Max Goodwin (played by Ryan Eggold from *The Blacklist*), arrives on the scene. Goodwin ruffles some feathers when he immediately begins to fire the surgeons who place money over care, in an effort to make the hospital staff act like doctors again. He allows one doctor, Floyd Reynolds, to stay. However, no medical drama in the 21st century would be complete without a soap opera element, so the show explores several subplots, including a psychiatrist and his patient, as well as Goodwin's wife, who is expecting their first child. The show tries its hardest to be new and innovating, and succeeds at some marks. For instance, it explores uncharted territory by featuring a patient who is suspected to have Ebola, and an ER doctor who is inadvertently exposed. However, it also can miss the mark, especially when it feels like you're watching the same old subplot, and the same cliché of doctors trying to rally their colleagues (Goodwin: "Let's all be doctors again!") In essence, if you take the groundbreaking long-running medical drama ER and combine it with the romantic elements of Grey's Anatomy and the gritty feel of every cop show from the 1990s

(such as *Law and Order*), you have this show. It makes an attempt to be different, but at the end of the day, it's just another medical drama trying to live up to the hype of ER and Grey's Anatomy.

A Million Little Things (ABC)

This show also tried to be new and exciting, but comes off as nothing more than a pale imitation of *This Is Us*, NBC's hit tearjerking drama. People of a certain generation will also find elements in this show that harken back to the classic 1985 drama *The Big Chill*. And if you watch the film, then watch this pilot, you'll understand why. Both plotlines start off the same way: a group of friends reunite after one of them commits suicide. Then, the show begins to differ, but not that much, from *The Big Chill* and *This Is Us*. The characters include: Eddie, a stay-at-home dad about to get divorced from his workaholic wife; Rome, a married man whose friend Jon's suicide stops him from following through on his own attempt; Rome's wife Regina, who wants to open her own restaurant; and Gary, a survivor of breast cancer (one of the rare men to get the disease), who infuriates his buddy Eddie by showing up to Jon's funeral with a date. One of the rare standout moments of the pilot, however, comes when Gary's date Maggie, a psychologist, attempts to explain Jon's death by likening it to John F. Kennedy Jr's death in a plane crash. She states that both of them "lost sight of the horizon". The show also has its standard twists and turns, but no more so than *This Is Us*. As the show moves through the pilot, it is clear to viewers what this show is: ABC's

answer to *This Is Us*, with a little bit of *The Big Chill* thrown in to make the story seem relevant.

Murphy Brown (CBS)

This reboot of a classic sitcom from 1987 to 1997 played like a lame duck when compared to the groundbreaking work of its predecessor. The original Murphy Brown starred actress Candice Bergen as the hard-nosed producer of a cable TV network, FYI. The show was considered groundbreaking because it dealt with plotlines no one else on TV would touch, such as when Murphy became a single parent. The national debate that storyline sparked played out on the show, with Bergen's character having to deal with being criticized. In this landscape, however, the only groundbreaking thing this show seems to be covering is how scandalous President Trump is. The show picks up on election night 2016 with Murphy's horrified reaction to the election results. We then shift to the present day, where Murphy's former success has gotten the attention of a local news network, who invite her to have her own success. Murphy succeeds in getting her old gang from the FYI network back together, resulting in the former cast of Murphy Brown playing a major part in this reboot. More highlights of the cast include crowd favorite Tyne Daly playing the owner of the bar Murphy frequents, and newcomer Jake McDorman playing her son Avery, now an anchor on her rival station. There were two great moments of the show: one, Hillary Clinton makes a surprise cameo on the show as one of Murphy's secretarial prospects (keeping up with a running joke from the original in that there was a new secretary every

week), and yes, they did not fail to mention that she was very good with email; and second, on her first show, Murphy manages to get herself into a Tweet war with President Trump. The overall pilot was good, but not worthy of recapturing its former glory. In my opinion, the show leaned too heavily on making fun of politics in order to succeed. The office hijinks alone would make a good sitcom, but maybe that's not what Murphy Brown had in mind.

The Cool Kids (FOX)

This was the one show of the new fall season that I felt had potential. At first, it sounded corny. Taking place in Shady Grove Retirement Home (the most clichéd name for a nursing home ever), it follows a group of men (David Alan Grier, Martin Mull, and Leslie Jordan) who learn from the new girl in the home (famed comedienne Vicki Lawrence) that being old does not mean they still can't have fun. The pilot storyline involves 1) Lawrence's character Margaret trying to get a seat at the guys' table, which is strictly reserved, and 2) the men attempting to throw together a memorial to remember for their deceased party pal Jerry. I braced myself that this show was going to be chock full of inappropriate, cringeworthy jokes aimed for the 50 and older demographic. However, I ended up being pleasantly surprised. The jokes were very inventive, and actually made me laugh out loud. The hijinks that the group get into include using the deceased Jerry's credit card to foot the bill, which I found surprisingly original. I truly believe that this show has the makings of a true success on FOX, and can go the distance.

Food for Thought: Feeling Blue

by SOOHEE SHIN

Continued from pg. 1

month, the Food for Thought series was led by students who struggled to challenge their ideas of mental health and to aggrandize the importance of getting rid of various stigma wherein. Candace dePass, Assistant Director of Co-Curricular Programs, and Dr. Joy Stephens, a psychologist working in Counseling and Career Services were present to direct the session. “One thing that we like to do for today is to have people write down any questions related to depression, mental health, and suicide on the blank sheet of paper and put in this basket,” Dr. Stephens said. The students grabbed their pen to jot down their query, and the handful of folded papers were tossed into the basket and were ready to be answered while the students were eating.

One student withdrew a first question that read, “Why do people have a tendency of being judgemental toward people with mental illnesses instead of being supportive,” others chimed in saying that “people might lack empathy” and that “they do not have perspective on what those people have to go through” and “more often than not, people associate certain things with being normal, thus they ostracize those who are not identified as what they consider to be normal.” Debate continued with more questions: Why are some reluctant to seek solace from guidance counseling when in crisis? The answer varies depending on situation. However, the most common reasoning spoke by the participants was that people often fear being judged by a person who barely knows who they are. Yet, mental illnesses and depression that develop overtime cannot be realized without another person’s input. “There are many on-campus resources available for students. Not just when you are in crisis, it’s always good to position yourself there to

establish connections and relationships to staff and other students where you feel more open and being able to talk to who are in similar situations,” Candace dePass stated. When it is tempting for students to deem “I am alone” and “there seems to be no one to support me,” there are in fact many supporters from here, the school to the county around us who are willing to help them more than they would have imagined—but the first step is seeking help. Counseling and Career Services and the Wellness Center at Howard Community College often

collaborate together to establish a variety of programs, raising awareness about maintaining mental health; Depression Screening and Suicide Prevention are held periodically throughout the semester in addition to individual counseling offered everyday for all Howard Community College credit students. Outside of Howard County there are also copious resources available at hand: Crisis Hotline, Grassroots, NAMI, Salvation Army, you name it. Most importantly, students should remind themselves of their family and friends who hearken to them in

the time they are most vulnerable. “I hope by having this discussion, you will have a little bit more about empathy for other people but also a little bit more about kindness to yourself,” Stephens said. “College sometimes gives you a stressful time, but we strongly encourage you to pay attention to mental health as well.”

If you or anyone else experiences feelings of dread, sadness, or just needs someone to talk to, please do not hesitate to call 1-800-273-TALK. Their lines are open 24/7.



A quiet student lost in her thoughts

Photo Credit: Darrien Wilkins

Voter Registration Day: It's Your Civic Duty

by AMIE DANIEL

Students and staff had a magnificent time at the Voter Registration Event held on September 25th in the HVPA Lobby. Not only did students have the opportunity to take advantage of registering with the Board of Elections right here on campus, but they were able to load up on helpful information in regard to all things voting. The popcorn, ice-cream, cookies, and festive activities were the perfect way to have some fun while engaging in the civic duties that come with this time of year. What's more American than popcorn, ice-cream, and voting!? Now for many of us the upcoming General Election is downright confusing. Students packed into the lobby with a broad range of understanding for the event, bellowing questions like "What are we voting for?", "When do we vote?" "Who is running at local levels?", and on and on.

If you stopped by the tables at the Voter Registration Event, you may have picked up tons of important information to help you navigate this voting process. In speaking with Ms. Ashleigh Johnson, Student Life Assistant, who took the reins on organizing the event; she was able to break down the importance of Voter Registration at HCC. Ashleigh stated, "Our main goal is to inform the students about voting and the process behind it." And that they did! Information ranging from details about early voting, to common voting and election terms to familiarize yourself with, registration information, minority voting highlights for women and transgendered citizens, all the way to pocket sized copies of the U.S Constitution were provided.

You may have heard that millennial voters are particularly under

the microscope for this upcoming election because of the group's sheer numbers! Millennials have the power to make real changes, all it takes is political action! Ashleigh laid out just why she thinks student action is so crucial when it comes to politics;

*"For the students to
vote and have the
person they elect
represent them and
their concerns"*

"I think it's important for the voice of the students to be heard. For the students to vote and have the person they elect represent them and their concerns - it's important. On a campus level, it's pivotal for the college to offer information about voting that students may not otherwise have access to." It's as simple as that! Your vote is your voice!

A total of 21 students registered to vote during the event and countless checked in on their status to be ready for the next step as registered citizens! What's next? Casting your vote! Most immediately, the General Election will be held November 6th, with early voting starting as soon as October 25th. Now you have probably heard the phrase 'Midterm Election' buzzing around and it's important to know what that means. The General Elections happen at local, state, and the national



Amie Daniel, HCC Times staff writer, providing a student with voting information.

Photo Credit: Ashleigh Johnson



Students getting registered to vote with the Board of Elections.

Photo Credit: Ashleigh Johnson

level. For this particular upcoming vote, we are in between Presidential elections, so votes cast will be determining members of Congress. This is just as important as the Presidential election and it's so imperative to make your vote count! If you missed the event, registration forms are provided in the Office of Student Life.

The Office of Student Life can provide registration forms and voter guides between its office hours of 8:30AM - 5PM. For more information, please stop by the Office of Student, CL250, or call 443-518-1420

Darius' Top Five Horror Films

by DARIUS HAMMOND

I see ghosts, a towering man with a white hockey mask, vampires, and... popcorn? It may not make sense now, but imagine spending this year's Halloween on the comfort of your couch with all of the lights turned off. You're reaching deep in your bowl of popcorn, while one hand is pretending to cover your eyes from a spooky, intense moment from your favorite horror movie. Each Halloween, we look forward to face paint with trickles of fake blood dripping from our mouths, costumes that imitate our scariest characters, candy, and the most horrifying movies.

Thanks to the convenience of Netflix, On Demand, Hulu, Amazon Video, and various other services, we are now able to view our favorite horror films without having to visit the theater. I remember the day *Evil Dead* was available on On-Demand. I immediately rented it with my remote, microwaved a bowl of popcorn, and sat down in the comforts of my home, and began to terrify myself with every second that I watched. This year, I want to make the process of enjoying a scary movie easier.

Listed to the right is a list of the top 5 horror movies to watch during Halloween. Some may agree or disagree, but this is a list crafted from an assortment of horror movie experts. This list has no time stamps, as it includes movies from the 70's and all the way up to now. So get your popcorn ready, turn on your surround sound, turn off the lights, and let's get terrified.



The Conjuring



The Exorcist



It (2017)



*The Exorcism
of Emily Rose*



Trilogy of Terror

Fairy Tales, Fog and Free Markets

by BENJAMIN BALLARD

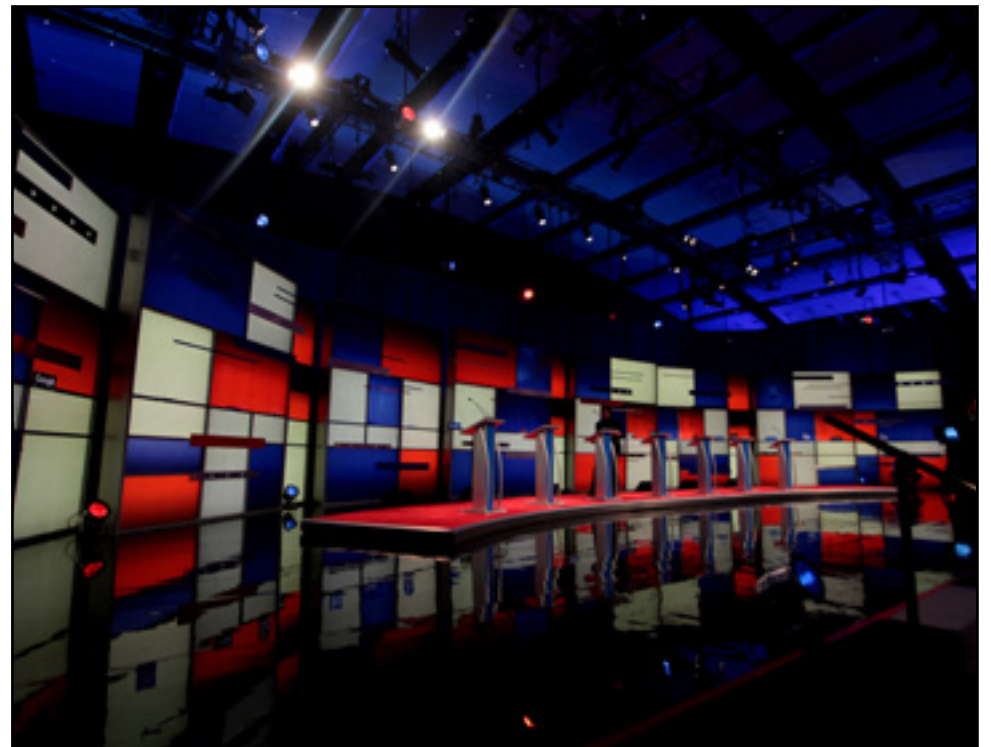
Great political movements are built around a common story we all know. The story of a hero rising from nothing, speaking truth to power, and vanquishing evil. In the 21st Century, however, heroes do not wield a sword or wear an iron breastplate. They hold a microphone and don an American Flag lapel pin. Voters become enchanted with these new heroes they hope will set the world in order by slaying various evil dragons. In 2018, our heroes wield their microphones to curse dragons named the one-percent and trade deficits, just to name a few. Their fiery orations mobilize armies of voters to their ranks. They march towards election day, each soldier armed with a smartphone and a non-sensical cardboard sign.

We see this scenario playing out right now through two of our nation's most prominent political leaders: President Donald Trump and Senator Bernie Sanders. Both men cry foul at income inequality and trade deficits, but in these times of peace, the supply of evil simply cannot meet our demand for dragons. Today's heroes swing their swords recklessly just to keep their armies from deserting. They find new dragons and make up new reasons for why they are evil. Their armies follow because it's a warrior's job to fight dragons, and a social justice warrior's job to fight white-male dragons. However, as the dragons become smaller and less malevolent we do not fight them because they are evil, we fight them because of the mountain of gold on which they rest.

Our heroes no longer fight to vanquish evil, rather they see a pile of gold and name its owner a dragon. They substitute the material for the moral, and the politically expedient for the truth. They lead their armies

into the fog of relativism where the only bearing is where everyone else is marching. Our leaders have lost sight of true north and can no longer guide us back into clarity. With no compass or historical knowledge, they make up their own rules. That is heresy, and that is why our nation has become two armies with two ideas of good and the other as the embodiment of evil. We're fighting each other in the fog. We have lost sight of good and now we can't distinguish between each other and evil. On the battlefields of economics, social justice and equality we must each individually rediscover good, reorient ourselves with true north and march our own way into the light and clarity of objective good and truth.

A great example of the fog we currently inhabit is our heroes' propensity to fabricate economic dragons. First, to understand this battlefield we must look closely at the current economic structure. The American economy and all market economies around the world are built on the idea of consensual transactions. The supply of a good or service is exchanged for money or other goods in accordance with agreed upon terms. Both parties consent and both parties benefit. Wealth is built by a series of these consensual transactions. Jeff Bezos (CEO of Amazon) has become very wealthy by facilitating billions of these transactions and Tim Cook (CEO of Apple) has earned billions of dollars by producing a product that we want to exchange money for. If you purchase an iPhone, Apple earns \$1,000 and you are given the power and convenience of their product. If you order that same phone on Amazon, Jeff Bezos will take a small cut of the profits



A debate stage before the debate.

Photo Credit: Bushwick Daily

from Tim Cook because he helps him sell more phones. Over many transactions this will leave you (the consumer) with many goods and the benefits of many services, and corporations and business owners with piles of gold to rest upon.

Bernie Sanders believes that it is morally wrong for Tim Cook and Jeff Bezos to sit on their piles of gold without giving their "fair share" to the government. Donald Trump angrily tweets at 3:00 am because too much of this money is banked in China. However, if these discrepancies are the consequence of long ledgers of consensual, lawful transactions, there is no dragon to be slain. There is no evil present. So, it begs the question: why are our new heroes so concerned? They are concerned because they no longer fight for goodness. Maybe they are caught in the fog themselves, or worse, their compasses may only point north to power.

No matter your political persuasion, it is up to you to find true

north and rediscover the meaning of goodness. The Bible is a great place to start. If you believe, struggle or strongly object, hear me out. I do not intend to convert, exclude or judge anyone. This is not an appeal to God or religion, but to the fact that only the good parts of history survive to the present. Like the works of Aristotle, Plato and Confucius, the Bible has remained relevant because it has merit. It's a big book so if you want to gather some wisdom in reasonable time the Ten Commandments and Jesus's Sermon on the Mount are as good as moral philosophy gets. The ideas embedded in those words have pointed billions of people out of the fog of relativism. It might work for you too. Again, you don't have to be religious to be a good person or find your way out of the fog. At the very least, the Bible is a tool to help all people learn from the mistakes of our species' past. The way forward is often back into the collected wisdom of humanity.

Dancing with Myself: My Time at Silent Disco

by KAYLOB SIMMS

Okay, so you're suddenly surrounded by about fifty or more people who are jumping and singing in a small circle with thick neon headphones, gyrating their whatsits all over the place. Don't panic; this isn't a cult, and you aren't in the middle of an EDM body-snatcher reboot. No, my friends, this is an event known as "Silent Disco". What started as a way to minimize noise pollution during the eco-age of the 1990s was then brought to HCC in 2016 by then SPB co-chairs Kate Latona and Maricruz Perez alongside Student Life Assistant Ashleigh Johnson. Slowly but surely it had evolved into silent gigs, dueling DJ's, and art showcases, until blossoming into the popular event we know it as today. For further clarification, a Silent Disco is an event wherein the participants use wireless headphones to listen and dance to music - instead of speakers. Often times, these headphones are set to run multiple stations, giving wearers the power to choose what they listen to and when. While people involved can tune in and tune out, from an outside perspective, it often seems like people are dancing to nothing, adding to the thrill and intrigue of these interesting venues. Silent Discos are a continuing trend for HCC, an event sponsored and held by the Student Program Board. The latest Disco was held September 19, starting at 4 and ending near 8. Now, I wasn't able to stay as long as I would have liked, but from what I did see, it was pretty interesting. There was a full nacho bar and fudge brownies served with lemonade and.... oh yeah, this is silent disco, not silent buffet. At one point, I definitely recall there being a cupid shuffle, a kickline, and some probable twerking. Quite the

stew for a good time! What was most wonderful though about the event was seeing people come together after a hard day of study and stress. It's not often you have the opportunity to come together with fellow students to just let loose and I'm sure I, like many others, are grateful for the opportunities that Student Life gives us to celebrate the little victories and bigger struggles that cross us as we journey through this rocky time in our lives and I look forward to even greater times in the future.



Students dancing at the Silent Disco.

Photo Credit: Yuliia Kashyrina



Students enjoying the food at the Silent Disco; nacho bar, fresh lemonade, water.

Photo Credit: Yuliia Kashyrina

Vote.

by KAYLOB SIMMS



A political protest as it happens, in the eye of it all.

Photo Credit: NIFDA

*Drip.
Drip Drop.*

You never hear the drip drops. You only hear the thunder. You hear the sound of a thousand living things coalescing, their death cry rattling every part of you as they smack against the cold concrete. Concrete, cold concrete, dis-creet, this street. More words, words wrapped round riddles. I used to be obsessed with stuff like this. Now I just write things down. Much easier, much simpler. Simp-ler, things stir-
“Um, sir?”
Things change.

“I’m sorry. I don’t know if you knew but you are kind of muttering.” He smiled. He was young. Younger than he had any right to be. He didn’t have the eyes of someone who yet realized that the world would pick you up just to swallow you whole and all anyone would do is watch. He held a clipboard and pen in his hands, and I couldn’t help but wonder, was he like me? Lost in the search for an answer, or so youthful, so enlightened, because he had already found it?

“If you were interested sir, I’d like to tell you a bit about the wonderful opportunities and choices you have for the upcoming election! I know you’ve probably heard a lot of discourse and rubble-rouse from both sides. Someone always has something to say about the other instead of what really matters.”

“And what, young man, really matters?” More drops, more rain, rain rhymes with pain, its time a-gain. Time for pills but there’s no more, they’re broken spilling on the floor. Despite it all, he smiled, the edges of it starting to cut into me, like jagged manic hooks. I ruffled my sleeves, pulling them further down, and before he could speak I ushered him into the darkness and out of the clouds.

We sat and I noticed him observing, looking at my forgotten knick knacks. Back then, I remembered believing in something; I believed in myself, in my people, in my country. Now the only thing left of those times are the broken things we left behind. Now they sit, in dust and dew but still, they sit.

“I guess...what matters is up to the individual. For each person to explore and discover. When life gets hard as life often does people seem to forget that. It’s easier to fill a mold, to throw away the things they never really cared about. My grandpa’s place is a lot like this. He’s gone now, but he used to talk all the time about the decline. The consequences of forgetting. Every chance he could he would go to polls or city councils and committees. He would make sure his voice was heard because he felt if he didn’t do anything he didn’t have the right to complain. He believed the biggest change started with the smallest step. And he watched as the years passed, and less and less people began turning up. Old friends told him they were simply too busy. They didn’t have time for pointless electorals. It wasn’t too long before it was decided that only a select number of people would represent the whole state. Few people complained, and those who did either shut up when the money came or disappeared.”

I closed my eyes, and I was somewhere else, somewhere darker, colder, but better. Anywhere had to be better than here. The voice faded in and out, the room spun like a puzzle, muzzle, will-cull, so dull. I drifted but I stayed, for a little longer, just a little longer. Not for him, for me, it was wrong to bring him here, but at least now, I wouldn’t be alone.

“There’s a new legislation coming out. After so long they’ve decided it’s about time to throw out the whole process together. They’re trying to take away our right to vote! It’s supposedly coming into effect as soon as their runner up is elected. But we still have the power, right here, right now, to make a difference. We have

the right and responsibility to protect ourselves and our futures. Someone has to make a stand!” His hands trembled, paper sinking onto the ground before being forgotten under tables and chairs that no-one ever used. Though I could not see, I could hear his sniffing, and this raw emotion comforted me. “Please sir, even if you don’t care I ask you along with the hundreds of others to try and stop this, put up one more fight for our freedom.” My eyes started running again and I could see his face was sallow but dignified, he wore a dirty ratted sweat-jacket, and his papers were littered with ink. He must have been at it all day, maybe even all week. It looked like he hadn’t eaten or slept in awhile, yet he still marched. Where does one find this strength, this courage? It had to be impossible, yet here he was. He smiled through the tears and grabbed my hidden hand urging me to join with his band and once again believe, and become something greater than myself. Unfortunately, there was no more of myself to give.

He dropped my hand as he saw red mix with black and blue and white and as he stood gaping I fell back into my better place. I saw through slitted eyes him dashing, searching for something or someone or both and as warmth started to replace the cold I lazily scribbled my name with my red ink onto his paper, praying that maybe that would count for something, the world opened up, it’s teeth gleaming maliciously, thunder and lightning and rain the final curtain call, and that was all I could see and hear and understand and feel. Feel, meal, steal, appeal. Hearts stop, rain, drops.

Drip Drop... Drip.

Did you know **Midterms** are more important than Presidential elections?

VOTE

TUESDAY, NOVEMBER 6

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