

# THE ORATOR

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

*Empowering the voice of the urban student.*

## IN THIS ISSUE:

Pg. 2 • From the Newsroom  
Pg. 3 • Around Campus  
Pg. 4 • Special Interests  
Pg. 5 • Student Voices  
Pg. 6 • Around Campus  
Pg. 7 • Special Interest  
Pg. 8 | 9 • Sports  
Pg. 10 • Sports Part 2

Volume VI, Issue III

Summer 2017

FREE

## Chef Anne Burrell Visits Hudson County Community College

MARTINA NEVADO  
STAFF WRITER

Celebrity Chef Anne Burrell spoke at HCCC recently and culinary students were certainly in for a treat. "I feel wildly lucky that I am able to make a living out of what is my passion", she expressed with emotion. Chef Anne Burrell began her speech by cheering on our school for obtaining the number 6 ranking in America. The public that attended this event witnessed an inspirational and dynamic speech and was captivated by the strong personality of the Chef. She expressed at all times the happiness she felt for her profession. Her passion for cooking is such that she cannot leave it alone even though she doesn't need the money any more. She does it because it's her passion to cook.

While in college, she started working as a waitress and understood that restaurants were a place where she felt at home. She received a Bachelor's Degree in Communication and started working for a Physician for one year when she realized that her life needed a change. "I am 23 and I am way too young to be this miserable", she said. She remembers exactly the moment she decided to go to a Culinary School. Without any experience in cooking she took her chance and she succeeded.

"I loved every single minute of being a student", she recalled. The most emotional moment was when she told the audience how she felt at home from the first day she started classes at the Culinary Institute of America. She admitted that being a chef does not make sense to others because working the weekends or not wearing fancy clothes or because working standing up all the time is not attractive to them. "If it is truly what is in your heart and soul is your passion there is not better job or wrong", she quoted. Also, she said that there will always be positions in this industry



where we feel more at ease. Nevertheless, we should appreciate the experience we have along the way because we always end up using them to our advantage in the career we choose.

One of the reasons that she chose this career is because, she can work everywhere as a cook and it's in the culinary industry where she considers she can find the most creative and interesting people to work with. As part of an exchange student program, she traveled to Italy where she gained the best experience in her profession. When she got back from Italy she worked in Florida for about a month until she saved enough money to move back to New York.

ANNE BURRELL ||CONT. ON PG. 3

## The Orator's Award Streak Continues



NJ Press Association Awards *The Orator* for News Writing, Editorial Writing, and Column Writing

Once more this year, Hudson County College's award-winning student newspaper, *The Orator*, lived up to that title. The New Jersey Press Association announced the results of their annual NJ Collegiate Better Newspaper Contest on March 27, 2017, listing *The Orator* as part of the two-year division award winners. This year, the NJPA specifically highlighted the quality of *The Orator's* staff writers. The awards are as follows:

Category: News Writing: "It's on Us: HCCC Pledges to Inform Campus and Prevent Sexual Assault" by Natalie Felix

• Category: Editorial Writing: "The Effect of Planned Parenthood Now That Donald Trump Is President-Elect" by Mariam Conte

• Category: Column/Opinion Writing: "What Does 'Black Lives Matter' Even Mean?" / "Who Will End Social Injustice?" by Adama Huchard

Each award was third place in the respective two-year category. According to the NJPA, the aim of the contest is to honor student skills "in journalistic writing, photography and design." The judges are composed of "active and retired editors, senior reporters, photographers and graphic artists from New Jersey daily and weekly newspapers." *The Orator* has been awarded in the contest each year since 2012.

## Editorial: "Pepsi Appropriates Protest Culture"

ADAMA MIKE HUCHARD  
STAFF WRITER

On Tuesday, April 4th, Pepsi released its latest ad, featuring supermodel Kendall Jenner, and broke the internet. I'm sure you've seen it; it trended for several days on all social media platforms and was included in Stephen Colbert's intro monologue on *The Late Show Wednesday night*.

It shows people marching and Jenner leaving a glamorous photoshoot to join them. The protest is halted by a few brooding police officers, until Jenner saves the day by offering one of them a Pepsi can. The police is happy, the beautiful Kendall is happy, the protestors are happy. The company was probably aiming for our happiness too.

It didn't work. Both Pepsi and Jenner—understandably—received serious backlash from all corners of the internet, and for many reasons. Yes, there was the flagrant matter of depicting a rich white supermodel and reality TV celebrity as the hero that single handedly ends police brutality, but let's not talk too much about that. There are more issues to address here.

See, protesting is a culture. It's the power of the oppressed to come together and speak up. It's expressing discontent, protecting what needs protection, or empowering what's neglected. People protest to defend an idea, or to demand equality, or to show their validity, in strength and solidarity. All I see watching this commercial is a multi billion dollar corporation appropriating this culture to sell us soda.

On top of appropriating protest culture, Pepsi ridicules it as well. The commercial features people from several American minority groups—among others, African-American people, queer people, and a Muslim woman—all marching. We're not sure why they're marching, though: they're holding signs showing the symbol for peace and reading the phrase "join the conversation," which is no hint. There seems to be no purpose to this protest.

PEPSI COMMERCIAL ||CON. ON PG. 7

f /HCCedu @ HudsonCCC

JERSEY CITY CAMPUS  
70 SIP AVE. JERSEY CITY, NJ - (201) 714-7100  
NORTH HUDSON CAMPUS  
4800 KENNEDY BLVD., UNION CITY, NJ - (201) 360-4020  
OFFSITE LOCATIONS  
BAYONNE - HOBOKEN - KEARNY - SECALCUS

HUDSON COUNTY  
COMMUNITY COLLEGE  
Close to Home. Affordable.  
High Quality. Life-Changing.

FOR MORE INFORMATION VISIT: WWW.HCCC.EDU

# THE ORATOR

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

The Orator is the official student newspaper of Hudson County Community College - © 2017. No part of this paper may be reproduced without permission. Opinion columns and letters to the editor do not necessarily reflect the opinion of the editor and staff of The Orator. Student submissions become the property of The Orator.

**Christopher G. Rodgers**  
President

**Jonnathan Riera**  
Vice President

**Joseph Pascale**  
The Orator Club Advisor

**Heather DeVries**  
Humanities Orator Liaison

**POST CARD**

Why write for us?

- Strengthen writing skills
- Have your writing published
- Looks great on your resume
- Be involved in HCCC activities
- Have your voice heard
- Have fun
- Go to events & interact with people

*h± 005#*

The Orator HCCC's own award winning newspaper wants YOU

Come to our weekly meetings:  
Tuesdays 4 to 5pm in room B-201

Contact: [Orator@live.hccc.edu](mailto:Orator@live.hccc.edu)

## LETTER FROM THE EDITOR

**Hudson County Community College has treated me well. I really enjoyed taking honors classes, and being part of The Orator team. For current and incoming students I highly urge you to do things that challenge you, like taking honors classes and participating in extra curricular activities. I am looking forward to seeing The Orator grow, they have my full support!**

*Jonnathan Riera*

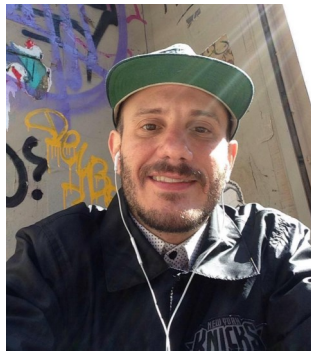


HCCC Graduates Emmanuel Valdes and Jonnathan Riera

## Meet The Orator 2017

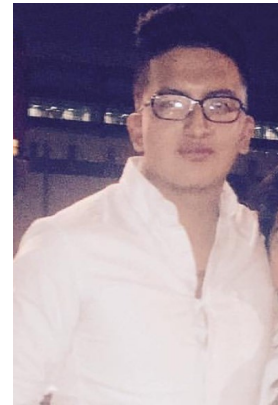
### Staff

#### EDITOR-IN-CHIEF



Hello, my name is Christopher Rodgers. I am a second year student here at HCCC. I've always had a passion for sports and recently decided to pursue a career in sports journalism. I also enjoy writing about Politics, Music, and Film. Catch me on Twitter @CGRsports

#### PRODUCTION EDITOR



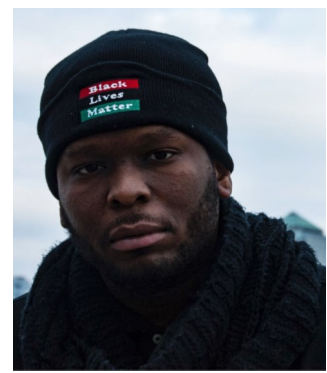
Greetings! My name is Jonnathan Riera Puma. I am a Computer Science major. I enjoy learning about business and technology. My goal is to one day become a successful investor, entrepreneur, author, and an inspiration to others. Follow my ventures @ repairbutlers.com

#### BRANDON CAULEY



What's up, my name is Brandon Cauley. I am a liberal arts English major, and a huge sports fan. Being apart of The Orator gives me a big platform to speak on sports and sometimes, social issues. My goal is to be a sports commentator. Follow me on Twitter @MisterBran\_

#### NEVIN PERKINS



What's up people? I'm Nevin Perkins, a first year liberal arts major here at Hudson County Community College. I enjoy reading and listening to great music. I will do my best to bring you updated news on social justice. Peace. @nev\_perks

#### OMAR DWIDAR



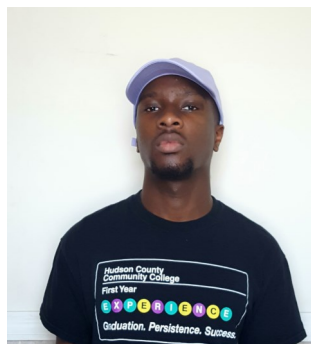
Hi, my name is Omar Dwidar, a creative news writer who studies liberal arts. I'm looking forward to transferring and continuing to study journalism. Post graduation, I would like to pursue a career as a freelance journalist. I've been running my own tech. website for three years, [techphilosophynetwork.com](http://techphilosophynetwork.com), check it out!

#### MAYTEE HOLGUIN



Hi, my name is Maytee Holguin (My-tay). I am an English Major here at Hudson County Community College and I am excited to be a part of The Orator. If you don't find me reading a book, you will find me daydreaming while listening to music.

#### ADAMA HUCHARD



Hello! My name is Adama Mike Huchard and I've been studying at HCCC for almost a year and a half as an engineering science major. I like to write about important social issues, and am very excited to be a part of the Orator staff with so many brilliant people. @MikeHuchard.

#### MARTINA NEVADO



Hi, my name is Martina Nevado, I am a Studio Arts Major. I love teaching and helping others. I support the children of my community with fashion and cooking classes. Also, I like to write poetry and about motivational topics to inspire young people to reach their life goals. [fb.com/tinakidscreations](http://fb.com/tinakidscreations)

#### MICHAEL PARDAL



Hi, my name is Michael Pardal and I am an English major. I joined The Orator because I enjoy writing about sports and talking about my ideas. I have loved watching and playing sports for most of my life so The Orator helps me express my feelings especially towards national sports.



#### CORRECTIONS:

Notice an error? Please submit all corrections to The Orator Editors at [orator@live.hccc.edu](mailto:orator@live.hccc.edu)

ANNE BURRELL ||CONT. FROM PG. 1

There she started her first job as a Sous chef at Felidia, restaurant of Lidia Bastianich. Little did she know that's where her TV career would begin. She began giving cooking classes at Culinary Institute of America and met Mario Batali who asked her to join him as a sous Chef on the TV Show "Iron Chef". She is also the host of "Worst Cooks in America" and she has been invited to other shows at Food Network.

To the question of a student to what is trending in the culinary industry she answered, "I am old fashion, but I think working hard is never out of style". She recommended the students, to build a great foundation while they are in the school then when they acquire experience they would develop their own style. "There are no shortcuts to follow what you love to do and for experience, we should start from the bottom". Also, she urged students to travel, to know other food cultures. "Every place in the world has their own stuff. Food travels with people", she said.

Anne Burrell will open a Restaurant in Brooklyn, soon. She is passionate about the effect she produces in the people who tastes her food. This will be a place where surely people will find a food with soul, a place where people will experience the pristine moment to feel all the flavors.

"I ask locals where do they eat, I want to know where the food with soul is" - Anne Burrell.



Images courtesy of Martina Nevada

## Meet the College's Benjamin J. Dineen III and Dennis C. Hull Gallery



OMAR DWIDAR  
STAFF WRITER

Two exhibits Quantum Overdrive, and A World Where We Belong falls into one ultimate art gallery.

### Quantum Overdrive Exhibit:

The Quantum Overdrive is basically an exhibit was made as an honor for woman history, and the woman's march. This exhibit have eleven contributed arts by 11 gifted artists.

- Joanne Leah, the creator of photo based images that portray a series of contorted nude body parts juxtaposed with ordinary yet highly stylized props.
- Tricia McLaughlin, Military portraits and 3D printed apes are characters from animation, good enough for the people, based on Emma Goldman's speech, Patriotism: A Menace to Liberty, first published in 1917.
- Helen O'Leary, has made a table of wooden "paintings" - works that questions their own structure, Stability, and are paired with a large, fragmented work that flirts with, but ultimately resists, collapse.
- Jude Broughan, whose work juxtaposes materials such as Vinyl (Plastic), and denim with photographs.
- Rachel Philips, presents a composition of animated objects that play off each other in a humorous yet disconcerting manner, with goofy smiles and distressed eyeballs creating different forms of expression.
- Ketta Ioannidou, who produced paintings and digital collages that combines her memories of the Cyprus with imagined and synthetic forms.
- Woolpunk, who machine knits fiber installations and embroiders on photos of urban sprawl, has been inspired by her immigrant seamstress grandmother, who sewed American flags.
- Laurie Riccadonna, HCCC Professor of Fine Arts, conveys the magical experience of looking at intricate and complicated form in her paintings

which utilize interwoven patterns and layered images.

### A World Where We Belong Exhibit:

This exhibit was made in tribute to an African American woman named Georgia Brooks. During her teenage years, she was rejected by society for being lesbian in her home town Augusta, Georgia. In the 1960s she decided to move to Manhattan, NY, where she found love without feeling ashamed and humiliated in this very judgmental universe. Despite all this irony, she was known as the first generation lesbian activist, and an role model for a lot of women.

- Sandra Desando, Seeing and Becoming The Tree was colored by pencil, acrylic wash, and stencil.
- Matthew Jensen, Rainbow Around The Sun photographs was taken in Washington D.C. from a bus.
- Mikaela Lungulov-Klotz, Untitled was an Inkjet print out art.
- Trix Rosen, Woman identified woman was printed in a Digital Inkjet Paper.
- Bruce Stiglich, 4 Seasons used oil paint on wood panels to present his art.
- Michael Ensminger, Softy was a eraser on vintage gay porn book page, and Drift was painted with acrylic paint, and glitter on vintage edition of Oscar Wilde fairy tales with linen.
- Daniel Morowitz, Icarus was a acrylic paint on panel.
- Matthew Papa, Carole was a archival pigment print.

Please visit our exhibits at the Benjamin J. Dineen and Dennis C. Hull Gallery at the Journal Square campus building L, 6th floor. Please note that the exhibits noted above may still not be on display. Please Visit: <http://www.hccc.edu/dineenhullgallery/>

Images by Omar Dwidar



Image courtesy of Netflix via Wikipedia

## *The Moral Lesson of 13 Reasons Why*

BRANDON CAULEY  
STAFF WRITER

Typically, I am not into watching TV series at all. Anyone that knows me well knows that I am a sports and music junkie. Keeping up with TV series are really not my thing, and this has been the case for a good amount of years now. I do not like following trends, but when I saw the trailer for “13 Reasons Why”, I definitely needed to take a look at it. It looked relatable, and I heard all of the crazy aspects of the show. I binged watched the show one day, and it caught my attention so much that I decided to write this article.

Before I go forward, this article is not a spoiler. 13 Reasons Why exceeded my expectations on many levels. The acting was amazing, the branching storylines had you itching to find out what happens next, and the tape aspect was beyond creative. With every tape, you practically had some type of hatred towards everyone who got a tape. Now let’s be real, Hannah Baker was not the perfect character. She had a very sarcastic trait to her, she’s very devious, and also pretty gullible. For the most part, she bullied, and bullied constantly. I have seen many people say that Hannah brought most her situations on herself, and that statement right there is a part of the societal problem we are facing.

Bullying is one of the most heinous things anyone can do. Bullying occurs from those who are insecure, and have nothing better to do with themselves. Unfortunately, this is still a problem in our schools and it is not going away anytime soon. When someone commits suicide like Hannah, people like to bring up alternatives such as therapy, talking to a school counselor, etc. Meanwhile, they would not suggest those things while someone is alive. Everyone wait until it is too late and everything is history.

Hannah saw suicide as the only way out, Clay was basically helpless in the whole situation, and everyone had basically made her life a living hell. There’s a couple of lessons to be learned from 13 Reasons Why, and I will break them down.

If a friend is hurting, do not leave them high and dry. When people are down, they are reserved, they do not want to speak to anyone in any capacity. Clay had a dilemma, Hannah told Clay to leave despite trying to help, and Clay respected her wishes. However, things could have been different if Clay would have stayed and comforted her, and showed her that she has a friend and he will not leave. I do not blame Clay for doing what he did, but him leaving was the turning point of the series. That scene particular scene is the prime example of why you should never turn away, regardless of their unwillingness to speak.

Learn the dangers of bullying. This is not just a TV show doing

a portrayal on the results of bullying, these things happen. According to the CDC, there are 4,400 suicides every year from teenagers, with females through the age of 10-14 being at higher risk of attempting suicide. In Jersey City, we do not hear about a lot of cases of bullying, so people believe that it does not apply to us. Well, that is beyond wrong. Despite being two years removed from high school, I know for a fact kids are being roasted for the sneakers they wear, the fit of their pants, and the length of their shirt. This type of stuff doesn’t go away, it is just a reality.

Stop putting the blame on the victim. I have seen a fair share of people on Twitter mostly blaming Hannah for the things she went through. There were so many to blame for Hannah’s tragedy, so why look at just her? People do not bring bullying on themselves, I could care less about what anyone thinks about that. Insecurity is a dangerous thing, and they play a bigger part in bullying than anything. People who are not comfortable in their own skin will make others feel the same way. I see it every day, everywhere, from social media to schools, it spreads like wildfire. It is pretty disgusting.

13 Reasons Why is the show for any average American. People will look at the trailers, and think that is just another teenage nonsense show. I promise to anyone reading this that was considering watching it before to do it now for the relatability factor. Bullying is one of the most devilish things anyone can do, and I encourage all victims to get help and talk to someone. Communication is the best therapy, and there is nothing better than a friend willing to help.

<b>Genre</b>	Teen drama Mystery
<b>Based on</b>	<i>Thirteen Reasons Why</i> by Jay Asher
<b>Developed by</b>	Brian Yorkey
<b>Starring</b>	Dylan Minnette Katherine Langford Christian Navarro Alisha Boe Brandon Flynn Justin Prentice Miles Heizer Ross Butler Devin Druid Amy Hargreaves Derek Luke Kate Walsh

# Editorial: Living with Bipolar Disorder

MAYKY GUZMAN  
STAFF WRITER

Have you ever looked at yourself in the mirror and asked, “Am I good enough?” “Am I pretty or handsome enough?” or “Am I intelligent enough?” I ask myself these types of questions every time I stare in the mirror.

My name is Mayky Guzman and this is my story.

On Oct. 5, 2015, my mother took me to the emergency room at Hackensack University Medical Center because I was not behaving in the way I normally do. After a few examinations, I was sent to the psychiatric building. I was in the hospital for one week.

After I was released I was diagnosed with bipolar disorder.

Then from Nov. 8, 2015, through Nov. 20, 2015, I was hospitalized for a second time in New York City. When I got out of the hospital I was taking stronger drugs in order to stay stable. After the second time I was hospital-

ized, I began to learn what bipolar disorder was really all about.

The definition for bipolar disorder from the American dictionary of the English Language is: A mood disorder characterized by manic or hypomanic episodes typically alternating with depressive episodes. Also called manic-depressive disorder.

The last two months of the year 2015 were the worst for me and my family, I was in the depression phase. Everything that was normal and easy for everyone else was not easy for me anymore. When it was time to eat I would start to think I had to get out of the bed, warm up my food, put the food in my mouth and chew it. Everything was too hard and difficult to do. I didn't want to get out of the bed, not even to go eat, play sports, or play video games.

During the depression phase I didn't want to use my phone and I love using my phone. Around that time I was having suicidal thoughts, I felt like I didn't want to live anymore.

The manic phase is the complete opposite from the depression phase, I can feel a high level of happiness and a sense of accomplishment. Thinking that I can do anything I put on my mind, but at the same time is so easily to get distracted from the goals I put for myself. When I'm on the manic phase I get a lot of headaches and feel like my brain is about to explode because it is hard to control my thinking, is one thought after another.

Depression is the one I experience more in my regular life, feeling like it is not going to get any better and wishing I had someone to talk about my problems and at the same time I just want to be alone. I know I'm not the only one that suffers from this illness, bipolar, depression or anxiety however I'm the one to decide if my illness is going to stop me, and I'm the one to work even harder to continue moving forward.

If anybody who is reading this article is experiencing some of these same symptoms you can refer to the numerous phone numbers and website links that are provided below.

You know the 5 signs...  
**NOW WHAT?!?!**  
**Don't become another statistic!!**

If you recognize any of these signs in yourself or someone you know, help is available.

The National Suicide Prevention Lifeline, available 24 hours, 7 days a week:  
1-800-273-8255; <http://www.suicidepreventionlifeline.org/>

Crisis Text Line, available 24 hours, 7 days a week:  
Text HELLO to 741-741; <http://www.crisistextline.org/>

Are you a Vet? Family or friend of a Vet? Access the Veterans Crisis Line  
Available 24 hours, 7 days a week:  
1-800-273-8255 and Press 1 or Send a text message to 838255 or  
Chat online at: <http://www.veteranscrisisline.net/>

Trevor Lifeline: Crisis intervention for LGBTQ youth  
Available 24 hours, 7 days a week:  
1-866-488-7386; <http://www.thetrevorproject.org/>

Lifeline Crisis Chat, available 2pm - 2am, 7 days a week:  
<http://www.crisischat.org/chat/>

International Association for Suicide Prevention  
List of international helplines:  
[http://www.iasp.info/resources/Crisis\\_Centres/](http://www.iasp.info/resources/Crisis_Centres/)

If you are in immediate need of assistance, Call 911

HCCC offers short term personal counseling by appointment. Please contact:  
Isalia Crespo, LCSW,  
Associate Director of Advisement & Counseling  
70 Sip Ave, Building A,  
Jersey City, NJ 07306  
201-360-4229

know the five signs.

Nearly one in every five people, 43.8 million Americans, have a diagnosable mental health condition. Our friends, neighbors, co-workers, and family members may be suffering emotionally. They may not recognize the symptoms or ask for help.

Not feeling like yourself? Are you feeling agitated? Are you feeling withdrawn? Taking care of yourself? Are you feeling hopeless?

the campaign to changedirection

#ChangeMentalHealth [www.changedirection.org](http://www.changedirection.org)



**Apply for an HCCC Foundation Scholarship**

Applications are now being accepted, Apply Today - [www.hccc.edu/scholarships](http://www.hccc.edu/scholarships)

# Clean Water, We all Deserve it

MARTINA NEVADO  
STAFF WRITER

Did you know that Ryan Hreljac at the age of 6 years old raised money to build a well in Africa? The vehemence of this child to reach his goal is only comparable to the indifference of adults witnessing the shortcomings and needs of others. How different the world would have been if we never stopped feeling compassion for others as when we were children and we realized that the most natural thing for us, is the lack of others.

Ryan's first-grade teacher told him that the school project was going to be raising money for children in Africa who were dying because they had no water. With the innocence of a child of his age, Ryan asked, 'why don't they open the faucet to get water'. His teacher explained to him about the children's life in Africa, which moved Ryan so much that he promised he will bring the money to build the well they needed. His parents seeing that he was determined to get his goal, supported him by tipping his household chores. Also, the neighbors helped him, until his story was published in the local newspaper and with community support, he managed to build their first well in Uganda. Where he was received as a hero by the children of the school where the well was built.

Today, Ryan Hreljac is 28 years old. He has helped to build 1000 wells around the world. Thanks to these wells, children in developing countries have access to the clean water they need to cook their meals and live a healthier life. Also, he has traveled to many countries to educate and inform the youth about the water crisis on our planet and the care they should have with it. Unfortunately, if we continue to neglect our planet, even Ryan's wells could be affected. Global warming and waste of water could dry and contaminate the wells.

Like Ryan, other activists and govern-

ments around the world have become aware of this issue. "Clean air and water, and a livable climate are inalienable human rights", said Leonardo DiCaprio, Academy award, in his speech at the United Nations in 2014. "If the price of water was anything like the price of gasoline, nobody would leave the tap running while they brushed their teeth.", said Sadhu Johnston, the Commissioner for Chicago's Department of Environment, in the article "Know your footprint: Water". But, we do not just neglect water when we leave the tap open.

Also, we neglect water with the use of chemicals that pollute the atmosphere which caused the ozone hole, thus, global warming. This imbalance in nature further aggravates the situation of places that already suffered from continuous droughts and floods. As the increasing water shortage in Africa and the floods known as the 'Corriente del Niño', which this year claimed lives in Peru and Colombia, as well. "We are seeing extreme weather events, increased temperatures and the West Antarctic and Greenland Ice Sheets melting...None of this is rhetoric and none of this is hysteria. It is a fact", emphasizes Leonardo D'Caprio at UN.

However, it seems that the work of Ryan's Well, and other pro earth organizations, have been effective. Scientists have detected that the ozone hole is shrinking. "Humans have started to do the right thing in order to convert the atmosphere back towards what it was before the industrial revolution started", said Dr. Ken Jucks, Atmosphere Researcher of NASA, to BBC News, 2014.

So, if you are complaining about your life today, imagine if you did not have access to clean water every day, what would you do? We must become aware of the damage we cause to our planet and begin to take care of it. The natural balance of the earth allows the water, treasure of our planet, to reach all mankind. Let's inherit a better world for our children. Let's take care of our environment. Let's

take care of the water in our planet.

*"I found out where my puzzle piece fits in the world and that is with water. I just hope everyone else finds out where their puzzle piece fits, too" Ryan Hreljac, founder of the Ryan's Well Foundation.*



Image Courtesy of digital.nyc

## Your Life is Worth It!

MARTINA NEVADO  
STAFF WRITER

**To fulfill your dreams, you need determination  
And work hard for your expectations,  
Do not concentrate in your limitations  
And achieve your aspirations.**  
Which can be more essential in life  
Than making in life what you love?  
To fulfill your dreams, strive!  
You can rise above.

**Stop looking for excuses to start  
Do not wait any longer, follow your heart  
Time is running since you came to this world  
You can do it now! I give you my word!**  
It's your life, take sometime  
There's no mountain you cannot climb!  
Wasted time will never come back  
You can do it, now! yakety yak!

**Do not let yourself go with the flow  
It's time for YOU to grow**

**Do not get away from your purpose in life  
Welcome maturity goodbye wildlife**  
Don't let anyone to poison your soul  
With your friends dance rock and roll  
You'll find support and jealousy, too  
Ignore the haters they are a little cuckoo

**Your life is worth it  
So please, don't quit**

NEVIN PERKINS  
STAFF WRITER

Social Media has an alarming grip on society. You may find this blog similar to a blog I posted a few scripts back, "Pics or it Didn't Happen". This topic/issue is highly relevant, particularly in my generation. It's only fitting that it be critically analyzed and periodically discussed.

My concern is for our diminishing social skills. We have all of these innovative apps for communication and it's all really cool and creative but it's taking away our ability to actually converse and be present in situations.

How did we get to a point where let's hang out means let's all sit within a few feet of each other and scroll down our various timelines. Hardly aware of those around us. Why aren't we conversing, debating, learning? Some of us are, I applaud you, stay engaged. On the other hand, some of us are starting to resemble zombies.

These apps are dictating and distancing us. Enabling us to become more and more separate from reality. There's a lot going on right now. I just tried to discuss Syria with someone and their response was "huh, what happened over there?" While scrolling down Instagram. Come on man.

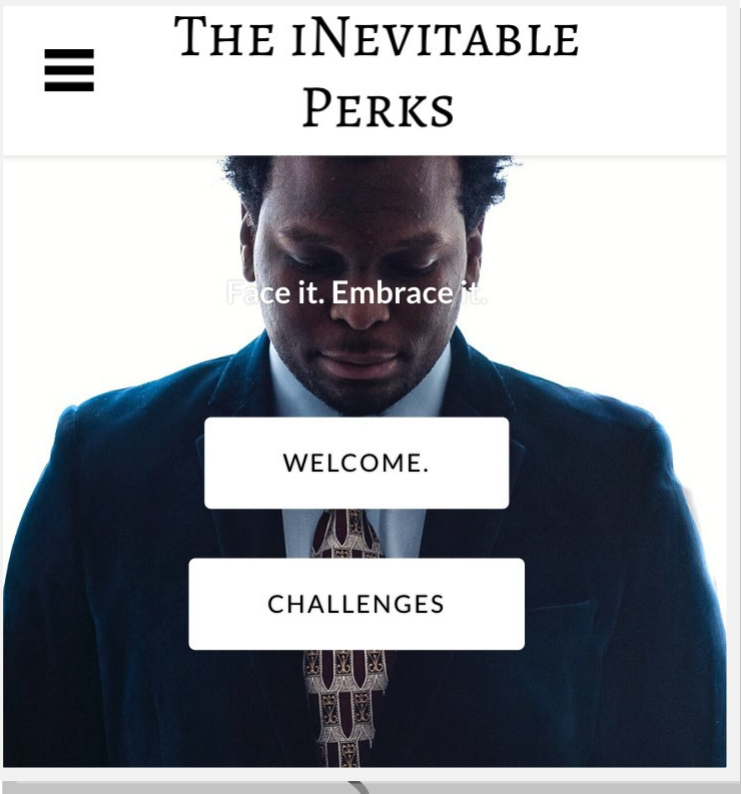
Goals are essential. They make it possible for us to stay motivated in the present while looking towards the future. Everyone should have goals they wish to accomplish. We all want to see our goals become reality. They are obtainable as long as you partake in the right amount of planning.

We all have dreams of a life where we've reached our destination. That vision, long after the hard work has been put in and you are sitting back, with feelings of pride and happiness. Those long term aspirations are going to happen for you, but in order to make them reality you need to buckle down in the present.

What's your next move? Not ten years from now. Not even ten months from now. I'm thinking ten days. Day by day. Week by week. The short term secures the long. You must take the necessary steps to put yourself where you desire. Talent and passion will take you a great distance but if you implement the element of planning, there is nothing stopping you.

Every year most people set goals for the new year that they wish to achieve. For some, December rolls back around and they find themselves in the same predicament with feelings of being stationary. The problem is not claiming goals that are unrealistic. The issue is setting goals without setting the steps which will lead you to those goals.

Life isn't a race, it's a marathon. We are not always running. Sometimes we need to slow down, calculate every step we take. Life involves strategy and tactics as well as precision and time management. When it comes to your future, be a mastermind. Think of it as baby steps. If you want the ends you have to handle the means and make sure everything is good in between. Perfect the process.



The world is full of actors who don't get paid. People who try incredibly hard to be someone they're not. It's starting to appear as if being yourself is not cool anymore. Everywhere we go, we're trying to fit into something.

Every felt pressured to drink at a party when we have no desire to? All of our friends are? We don't want our friends to think we're lame. So we drink fully knowing that we are only doing it because we want to blend in.

As college students on a budget, we honestly enjoy wearing comfortable, affordable clothing like sneakers that fit well, look presentable, and don't burn a hole in your wallet. Sometimes we settle for something else because we see our friends on social media wearing shiny Jordan's and we absolutely can't be the one without them. Ladies, same thing goes for that new Burberry bag.

Shockingly, it's become normal for the inhabitants of society to walk around wearing a mask. We imitate each other, celebrities, anything we think is above or better than us. Let me explain something important to you. You have the ultimate advantage because YOU are the ONLY YOU! Nobody can never be you so there's no need to try and be somebody else. Buy the clothes you like instead of the ones everybody else does. Don't drink if that's not you. Don't go to parties if it's not your scene. Lastly, take that mask off, and be yourself. In a world full of imitators, originality is essential.

Throughout the course of our lives we will come across a plethora of people. A great deal of the people we meet will only play a temporary role in our lives. Understanding that, and also knowing how precious life is, we must appreciate the people who go the distance with us.

We are impressionable people. Everything affects us on some level. The people we choose to be around are a reflection of us in many ways. They help shape a part of our identities. You ever look at your best friend and say, "wow you're actually more like my twin than a friend." We have influence over each other. That's why it's important to be grateful for the people who play a pivotal role in keeping us on our A game.

Human beings are not simple at all. We have layers of identity, boundaries, personal preferences. It takes time for us to genuinely get to know a person's likes/dislikes, strengths/weaknesses, the things we love versus the things we fear. The people who are actually willing to delve inside our layers of individuality and learn who we really are, well they are nothing short of a gift from above.

Best friends. The people you can tell anything to. The people you want your children to call family. The people who know you inside and out. Who can tell you're upset without you voicing it. The ones who know something's up from just sharing a look with each other. Your girl that you can tell your all your secrets to. Your homeboy that you can let your pride down in front of. Cherish them. In world full of temporary interactions, be grateful for your friends who are down for the long run.

REGISTER NOW!!

Intro to Journalism(ENG-113)

Tuesday 9:30 a.m-12:15 p.m Main Campus

Writing for Emerging Media(ENG-115)

Monday 6:30 p.m-9:15 p.m Main Campus



PEPSI COMMERCIAL ||CONT. FROM PG. 1

I guess you could simply see it all as a "message of unity," as the company called their project, with no other motive but to spread positivity. Except that this isn't the motive. This video is a commercial, and its purpose is to make us viewers buy a product. They're not defending anything, they're not saying anything. There is no "message," they're just selling.

The march, the displayed diversity, the signs, the beautiful and famous face; it's all part of a marketing scheme that deplorably tried to make protest culture relatable and profitable. Pepsi treated it as a hot trend. They trivialized the meaning of standing for something that matters.

Noteworthy, the company did listen to the popular discontent, took the video down 24 hours after its release, and made an awkward but necessary apology. These measures seem appropriate; it might've been just a commercial, but it approached sensitive topics the wrong way. We live in peculiar times; corporations and governments share sides in making big decisions, which isn't always for the people's best interest. Protesting is our way to be heard, and we don't need it mocked.

# Omar's Wide World of Sports



NASCAR Image courtesy of National Association for Stock Car Auto Racing, Inc.  
UFC Image courtesy of AfonsoMuzzi1998 via Wikipedia

OMAR DWIDAR  
STAFF WRITER

## The Masters 2017:

The four finalist golfers Sergio Garcia, Justin Rose, Jordon Spieth, and Rickie Fowler who competed to the very end on Augusta course for four days in a row to win the trophy and the green jacket of the Masters 2017. On Saturday, the day before the finals Rose was leading by 67 points on the leaderboard, and Spieth was bypassing him by one point 68, but in Sunday one of the four players have to achieve two strokes and 18 holes to win. Sergio Garcia the Spanish golfer was able to reach to the top of the leaderboard, and won the 81st Masters.

## NASCAR Bristol Motor Speedway (NASCAR Monster Energy Cup Series):

The Chevy team was able to control their position on the track for 21 laps from a total of 500 laps by the lead of Jimmie Johnson, but he had some challenges on the racetrack from the other racers Clint Bowyer (Ford Team, 2nd Place), Kevin Harvick (Ford Team, 3rd Place), Matt Kenseth (Toyota Team, 4th Place), and Joey Logano (Ford Team, 5th Place). By the end he won by 54 Points that makes him the winner of the Nascar Cup Series for the second time, but that main event adds more to his success on the track as that cup his 82nd win in his Nascar career.

## UFC 210:

The history repeats itself again, Daniel Cormier and Anthony Johnson in the

ring again after the UFC 187, but this time UFC 210 that lasted for two rounds in a row were the first-round Johnson wins with his famous knock-out. The former olympian Anthony surrender in the second round from Cormier exact knockout rear-naked choke submission from the UFC 187 with a score 3:37 after suffering from his broken nose, and later he announced his retirement as a professional MMA Wrestler. Gegard Mousasi have beaten Chris Weidman as the match ends up with TKO in the second round (3:13), Cynthia Calvillo won by a submission as Cormier against Pearl Gonzalez in the third round, Thiago Alves vs Patrick Cote that the battle ended with a tie (30-27 three rounds same score), but Cote leaves the ring so that makes Alves a winner as unanimous decision win. And Charles Oliveira wins (2:30) over Will Brooks with an submission from the first round.

## F1 China Grand Prix 2017:

Lewis Hamilton was leading, and Sebastian Vettel and Max Verstappen competing to take a good position behind Hamilton. Ferrari team by the lead of Vettel were able to take the second place (6.250 time to leader) in the race, and Verstappen took the third place (45.192) for his Red Bull team after boosting his pace by moving from the 17th place to the 3rd as he was catching up with Daniel Ricciardo from his team and Kimi Raikkonen from Ferrari, but Ricciardo took a successful chance to become the fourth (46.035) and Raikkonen were in the fifth place (48.076). Lewis contribute more to his legacy on the race track by

winning the Chinese Grand Prix as his first win in this existing Formula one season.

## Monte Carlo Master 2017:

Rafael Nadal played six consecutive games with the Belgium player David Goffin non stop and both of them showing no mercy. Nadal claimed that the ball was out of the court for about a foot as he deny to admit the fact of his mistake, which the game point (4-2) was for Goffin not him, but the problem is that the Umpire (Referee) didn't judge well and keenly in this situation by making it pass as if nothing happened as the match continued normally. David didn't kept his mouth shut as he requested some kind of judging on what happened near the end before Nadal 10th victory in men's singles in the 111th Monte Carlo Masters. And Rohan Bopanna and Pablo Cuevas took the men's doubles by storm as they won over Feliciano Lopez and Marc Lopez.





# Cardinals Need a New Core To Succeed in 2017

BRANDON CAULEY  
STAFF WRITER

I have been a Cardinals fan since 2004, but I really started to get into baseball in 2006. With that said, I have seen those cores that won the city of St. Louis two championships. For years, I had the luxury of watching the best player in baseball Albert Pujols -- along with two of the most clutch hitters in (in my opinion), Jim Edmonds and Scott Rolen. As far as the rotation is concerned, Chris Carpenter led the charge through the whole way, while his supporting cast changed a lot over the years except for Adam Wainwright. The trio of Pujols, Edmonds, and Rolen had two World Series appearances, winning one in 2006. Of course, with every trio, it has to be split. In 2007, the Cardinals struggled to get back to their World Series form, so Jim Edmonds was shipped off to San Diego for eventually World Series hero David Freese. The same fate would occur for Scott Rolen as he was a part of a winter trade that sent him to the Blue Jays for Troy Glaus.

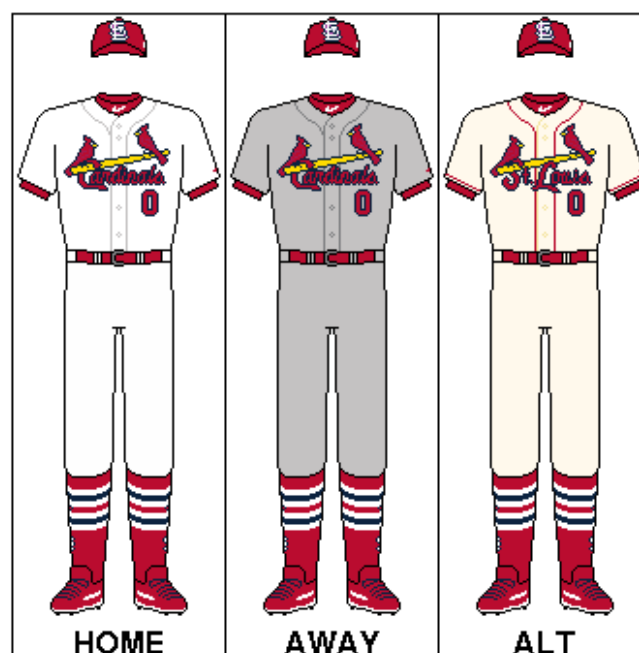
For a time, the Cardinals really struggled to find themselves for quite some time. Pujols and Carpenter, to an extent, remained a constant in the organization. Guys like Troy Glaus, Ryan Ludwick, Mark DeRosa, and Kyle Lohse that have been there to maybe fill the void, but did not last long. In 2011, the Cardinals took a big risk on an aging Lance Berkman to pair with the trio of Pujols and newly acquired Matt Holliday. There was a new trio in the lineup, but there was a lone wolf in the rotation in Chris Carpenter as Adam Wainwright went down for the season in Spring Training. As a result, they won a championship.

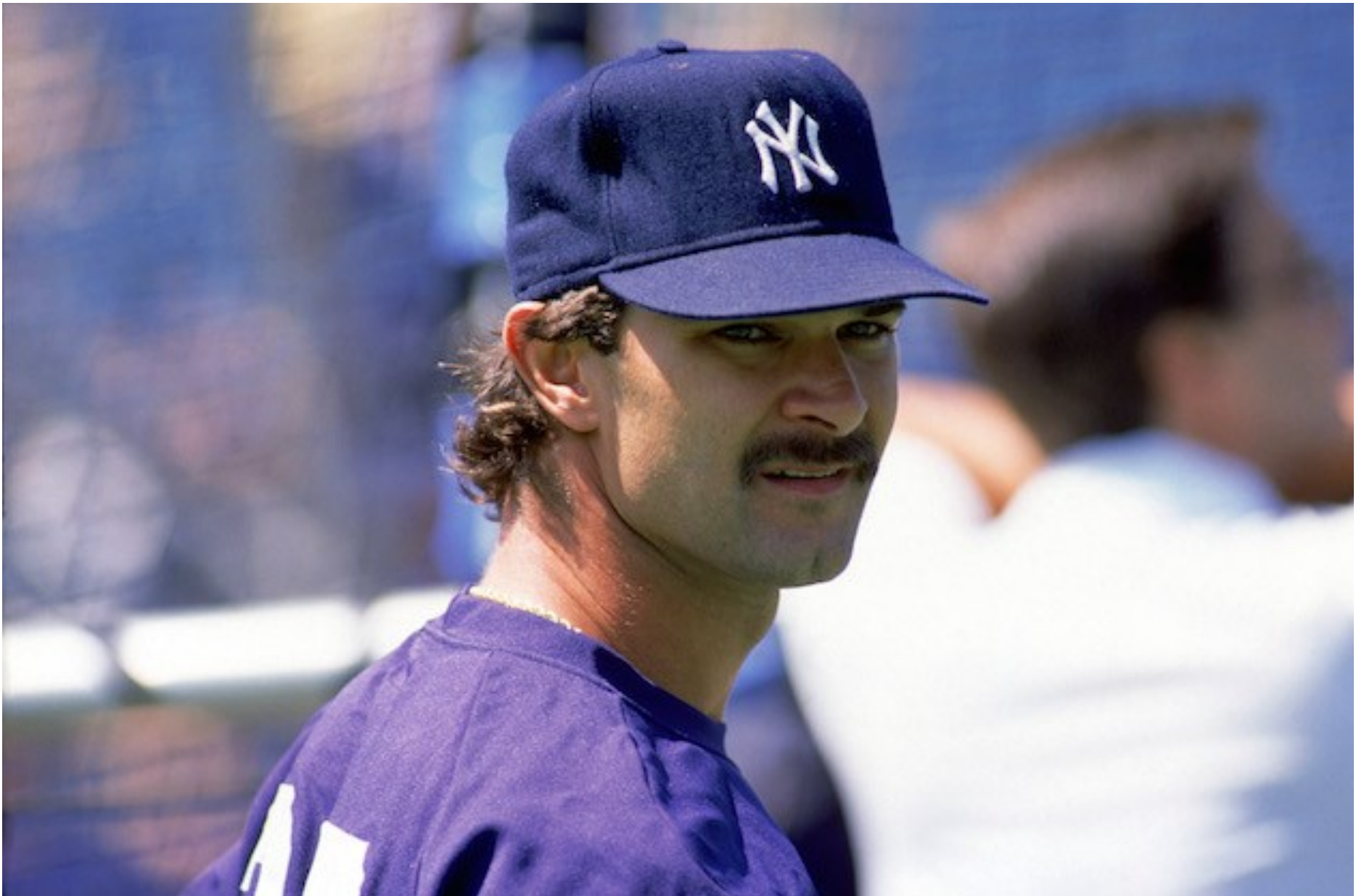
Flash forward to 2017, Pujols is aging and playing for the Angels, Holliday is off to the Yankees, Berkman is retired, Carpenter is retired, and Wainwright is not the same at all. The Cardinals are searching for a new identity now. Back in the glory days, the Cardinals game was based off of power, clutch hitting, and ground balls (for the pitcher, of course). Now, you do not know what team what you will get when they take the field. One game, they will get those timely hits, and make the plays solid plays in the field. Then there are those games where hitting does not seem to be on criteria and the simple plays are not being made. The thing is, this is not coming from non-star players, everyone has made these mistakes.

Right now, when you think of the Cardinals, you think about Matt Carpenter, Dexter Fowler, Aledys Diaz, and Carlos Martinez. To start the season, any of the aforementioned have underperformed. Matt Carpenter is the anchor of that lineup, which means he should be hitting in the one hole, where he is comfortable at. Hitting him in the three hole is currently not working, and has never worked in his career. According to FanGraphs, he has a .296 career average from the one hole, outside of that, Carpenter's best average is .257, and that is from the second hole. Aledys Diaz is hitting the sophomore wall as he is batting a .229 early in the season, but I do see him getting hot later on. His defense needs the most work, as he made 16 errors last season, and already has 3 so far this year. Dexter Fowler was signed to a big deal this off-season, and has been very slow out of the gate. His defense has been prolific so far, and has brought something to the Cardinals that has not been seen in years, and that is range in the outfield. Hitting in the one hole means he has to be the spark plug, and I think he will get hot eventually. Adjusting from being a World Series winner, to a younger and less skilled Cardinals team. Carlos Martinez has seen his share of ups and downs. He lost his best friend and teammate Oscar

Taveras in 2014, and now he is the ace of rotation. He has his erratic stints, but when he is on, he is ON.

A core has to be established with this time, kind of like the Yankees of the early 2000's. Considering that the Cardinals are reluctant to spend big money on big free agents, it has to come within the organization. The guys who need to be the core going forward are Matt Carpenter, Stephen Piscotty, Randal Grichuk and Alex Reyes. Piscotty and Grichuk are stars in the making, but they need to step up largely and take their game to the next level. Grichuk has the potential to be a 30 plus home run candidate, but the strikeouts must be limited. With Piscotty, timing is everything. When he connects on a ball it will either be a gap shot or a home run. Alex Reyes was ready to take the league by storm until a Tommy John surgery put his career on hold. When healthy, he will be filthy, and the National League better be on notice. There are lot of other guys that could be a part of the core, such as Kolten Wong, Yadier Molina (not a part of it due to age), and Trevor Rosenthal, but certain players must lead the charge for the future. This team is rich with talent, both in the majors and minors, so the excuses are limited for why the Cardinals cannot be perennial contenders. It starts with the manager Mike Matheny, whom I am not a fan of and think he is not the right manager for the team, but that is another article for another time. The Cardinals are off to a relatively slow start to the season, and this could very well be the deciding factor in whether the team decides to sell or not, which I know Cardinal fans want to avoid at all costs.





Back in 1991, Don Mattingly chose a seat on the Yankees bench instead of a barbers chair. Photo via sportsillustrator.com

## Abolish the Grooming Rule

MICHAEL PARDAL  
STAFF WRITER

The New York Yankees have been bald since 1973, thanks to the late great George Steinbrenner because of players' hair covering their jersey numbers during the national anthem.

It is now 2017 and the rule is still in place. Players and the game of baseball have evolved since the creation of their grooming rule. Beards and unique hair-styles has taken over the game becoming a symbol to most teams. Fans would think that teams that do have an official grooming rule

would keep up with times, but not the Yankees organization who still live in the 20th century.

The Steinbrenner family should realize that the majority of the fans want players to be unique and express themselves because that is what gets them be loud and come to the ballpark. Yankee fans have seen players known to have beards sign with the Yankees only to see their faces completely bald making younger fans scratch their heads in confusion while older fans are already used to it, but at some point, the rule will eventually cost the team players that they want to sign.

The Yankees are planning to sign star player,

Bryce Harper, who is known to have a beard in 2019. Harper can possibly not sign with them because of the rule and get paid millions somewhere else that will let him keep it. This has been a debate among baseball fans for a while now.

Some players have already stated that they would not sign with the Yankees unless the rule was abolished, one of these players was star pitcher David Price. The team continues to receive calls to abolish the rule. As a Yankee fan, I urge the Steinbrenners to abolish the rule and let players express themselves while doing their thing on the field. This is not a business company, it is baseball!

## The Bronx Bombers are Back!

MICHAEL PARDAL  
STAFF WRITER



Photo Courtesy of Groupe Canam via Wikipedia

Fellow baseball fans beware because the New York Yankees are back! And they are only getting better. New York has not been this exciting to watch since their 2009 World Series Championship season.

Yankee fans have been waiting a long time for youth to be a driving force in winning again instead of always depending on veterans. It may be early in the season but the Yankees have been playing like they have a message to send to all of baseball with a competitive battle for first in AL East division against the Orioles who they beat in a 14-11 comeback trailing 9-1 in the 6th inning on April 28. Aaron Judge is the one delivering those messages with home run balls. He is making a strong case for rookie of the year with 12 home runs in 25 games and by the time you read this he'll probably have more.

The last Yankees' rookie of the year was the great Derek Jeter in 1996. Before the season, analysts and fans were worried about the starting pitching, wondering if they can hold leads and last in the game, but during their impressive start of the season they have been holding their own.

The bullpen is going to continue to be dominate like they always have been led by Dellin Betances and Aroldis Chapman. Players like Aaron Judge, Starlin Castro, Chase Headley, and Didi Gregorius are playing like all stars thus far on the offensive side, looking to lead the Yankees to a possible postseason run.