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 • Student Voices

Pg. 4 • In the News

Pg. 5 • All Around HCCC

Pg. 6 • Campus Notes

Pg. 7 • Special Interest

FREE

Pg. 8 • Sports

What Does "Black Lives Matter" Even Mean?

October 2016

ADAMA HUCHARD STAFF WRITER

Volume V, Issue I

Since the killings by police of Trayvon Martin in 2013 and Michael Brown in 2014, the phrase "black lives matter" is constantly seen all over the media. If you've been following the news recently, chances are that you've heard of the murders of Terence Crutcher and Keith Scott in mid-September, or those of Alton Sterling and Philando Castile earlier this year in July, and saw that same statement again on television or in the form of a trending hashtag on Twitter.

How did you feel hearing that phrase? Confused? Offended? Did it shock you? Did you think it had racist implications? You probably felt like the right thing to say was that "all lives matter." Well, you're right on the latter statement. Partially.

Nobody should ever have to argue that all lives matter—they just do. All lives matter. It's a given. And that's exactly what the Black Lives Matter movement is about: a reminder that black lives matter just as much as all others. Not that black lives matter more, but that black lives matter *too*.

No, this movement isn't valuing one race over another. It's a movement about equality—and about recognition as well.



Photo by Adama Huchard

Indeed, the Black Lives Matter movement was brought to life by the numerous cases of police brutality towards African Americans all over the country. According to a study by the Guardian, 194 African American men, women, and children have been killed by police officers so far in 2016, 33 of them unarmed. These numbers are abnormally high—too high to be coincidental.

SEE BLACK LIVES MATTER || CONTINUED ON PG. 6

HCCC Observes the 15-Year Anniversary of 9/11 with a Photo Exhibit Photographer Mickey Mathis Had Intimate Relationship with WTC

CHRISTOPHER G. RODGERS EDITOR-IN-CHIEF



Mickey Mathis' Photo on Display in the Dineen-Hull Gallery

On the afternoon of September 11th 2001, photographer Mickey Mathis of Jersey City somehow made it back to Manhattan from a photo shoot in Brooklyn on what must have been one of the last PATH trains running in the city on that day. Mathis chose to return

home to Jersey City rather than heading down to Ground Zero after seeing many of his photographer friends frantically rushing into the local photo lab covered in dust. Mathis could not bear to see the aftermath of the buildings' collapse.

He had developed an incredibly deep and personal relationship with the World Trade Center over the past two decades. His daily ritual consisted of shooting the World Trade Center at sunrise, and then again in the evening from his balcony in Jersey City. Every day. For 20 years.

This was not just a ritual. It was his passion. Mickey's relationship with the building was more than just photographer and subject. The Twin Towers represented something special to him, just like it did for many New Yorkers and New Jerseyans, something more than just a building. It was an American symbol of industrious ingenuity, financial prowess and a beacon that shined for all to see. It was a landmark that functioned as a compass for an entire city.

"That's what was so good about the World Trade Center. No matter where you were at you could see it," said Mathis.

The Twin Towers did more than just guide Mr. Mathis, though. They inspired him to create a 20-year long catalog of work documenting one of the greatest man-made structures this world may have ever seen.

"The World Trade Center was such a creative moment, some architect took a chance. That's the whole thing about art, taking a chance," Mathis said.

See 9/11 Photo Exhibit || Continued on pg. 7





FOR MORE INFORMATION VISIT: WWW.HCCC.EDU

FROM THE NEWSROOM

THE ORATOR

The Orator

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

The Orator is the official student newspaper of Hudson County Community College - © 2016. 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

Read more The Orator at <u>bit.ly/theorator</u>
Follow us on Twitter <u>@OratorHCCC</u>

The Orator HCCC's own award winning newspaper wants YOU!



Meetings: Tuesdays from 4 to 5:30 PM

Letter from Editor

Hello HCCC, welcome back to school and I hope your fall semesters are going well. My name is Christopher G. Rodgers and I am pleased to announce that I will be taking over as the new Editor -In-Chief of The Orator. I would like to take this opportunity to thank our former Editor, Clara Reyes-Orozco, for being my mentor and helping me through this transition. Your work here at The Orator will be sorely missed.

I am extremely eager to release this, our first issue of the fall semester 2016, mainly because I am excited to introduce our mostly new staff of young, dynamic and intelligent writers. Our roster of reporters will prove to deliver a strong, diverse, clever and academic voice to the pages of The Orator. There is so much going on in this world today. We are living in a very important era in American history. We are excited to be able to report the news and our views to you, the student body and staff of Hudson County Community College.

We welcome any and all feedback and highly encourage all students to submit story ideas to The Orator. Don't forget to vote on November 8th! This could be the most critical election of our lifetimes.

Christophen G. Rodgers

Meet The Orator 2016 Staff

EDITOR-IN-CHIEF



Hello, my name is Christopher G. Rodgers. I've always had a passion for sports and recently decided to pursue a career in sports journalism. I hope to help bring more

sports stories to the readers of The Orator. I also enjoy writing about Politics, Music, and Film. @CGRsports

PRODUCTION EDITOR



Greetings! My
name is Jonnathan
Riera. 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 motiva-

tional speaker.

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 some-

times, social issues. My goal is to be a sports commentator. Follow me on Twitter @MisterBran_

MARIAME CONTE



Hello loves! My name is Mariame, I am currently in my second year, and my major is Public Relations. I enjoy reading and writing about lifestyle, dating

& relationships, and women issues. When I'm not doing any of these things, you can

NATALIE FELIX



Greetings! I'm
Natalie Felix,
Liberal Arts
major aspiring
to dominate
the Communications
field. Outside
of The Orator
I am a year

round pursuer of joy, #GoalDigger, and high heels hoarder. You can (and should) follow me on twitter @nataliebe_!

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.

DAVID HOUGHTON



Hello, my name is David A.
Houghton, and this is my last year at HCCC. I'm a criminal justice major seeking employment in law enforcement. I

wanted to become a staff Orator to share my experiences, successes, and shortcomings.

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.

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

STUDENT VOICES

EDITORIAL: Why I Support Colin Kaepernick's Protest

BRANDON CAULEY STAFF WRITER

To say the year of 2016 has divided our nation is an understatement. Police brutality has been at the forefront of the racial divide. Minorities such as blacks, Hispanics, etc., more notably have been slain by police at an alarming rate. Protests that have come from the Black Lives Matter movement have been peaceful, but some have turned very violent. Violent protests do not solve anything. They only create bigger conflict.

In comes Colin Kaepernick. On August 26th, the Green Bay Packers were in town to battle the 49ers in an exhibition game. During the National Anthem, Kaepernick was seen on the sideline sitting down. As expected, Kaepernick was asked in an interview about it after the game a problem, let's fix it"? and stated the following: "I am not going to stand up to show pride in a flag for a country that pregame shows and what not, and Kaepernick is oppresses black people and people of color. To me, this is bigger than football and it would be selfish on my part to look the other way. There are bodies in the street and people getting paid leave and getting away with murder". Those words set off a social media firestorm. At first, the reaction was mostly negative. Lots of people were appalled that someone getting paid \$19 million a year would complain about oppression in America. Also, people saw it as disrespecting the flag, which is the main argument people against Kaepernick used (even though Kaepernick did state he was not aiming his protest at military members). However, as time went on, more and more people supported the cause. Athletes, many members of social media, and even the veterans are behind the protest. Since the beginning, I always wanted a bigger platform to speak on this, and now, I do. Sit tight.

First and foremost, I am completely in support of Colin Kaepernick' protest. This com-

pletely beats every other protest that has been performed by the Black Lives Matter movement. By far, this is the most peaceful of the protests we have seen to bring attention to the issues in America. He is not interrupting or causing a distraction to the game in any way. Any way to bring attention to the issue of police brutality is something that I am all for. The reaction to Kaepernick's kneeling has been, for the most part, very appalling. I am a guy on that goes on social media, and looks at the comments, even though people's opinions tend to fire me up. I have seen a lot of "if you don't like it here, leave.". Those are people that are too naive to believe that there is a police brutality issue in America, clearly. And why does it have to be "if you don't like it here, leave" rather than "there is

I am an avid sports fan who watches the always one of the topics of conversation. What two analysts said really rubbed me the wrong way. First, ESPN NFL analyst Trent Dilfer not only said he does not support what Kaepernick is Kaepernick, , I will leave you with just a simple doing, but then he added on, "you are a backup quarterback, stay in your place." Really, Dilfer? Just because he is currently not in a position of stardom does not mean he can not speak on world issues? And I also wonder if "stay in your place" has a different context in it, if you know what I mean. Next, former Rodney Harrison, former NFL great, who currently works for NBC, had the nerve to utter "Colin Kaepernick isn't even black.". Well, Rodney, Kaepernick is mixed, but what purpose does that serve? None. That is one of the issues, It is just only black people talking about black issues. It seems as though a lot of white Americans refuse to sympathize with the issues of Black America, so it causes dissension between the two. I have seen comments on social media from lots of people

say "how are black people oppressed? We have a black president.". Well, oppression runs much deeper than having a black president. Police brutality is a prime example of the oppression. The term "driving while black" does not exist for no reason. Comments like these two, especially the second, is the reason why division between white and black people is so alive and well.

Before I close, I have something else to say to athletes all around the world: you see what is going on, the floodgates have been opened for you to do the same. Kaepernick did that. You see what is going on in NFL, so if you feel the same way, take a knee, raise your fist. Do anything in awareness to bring attention to these world issues. If your endorsements get taken away, so be it, they are robbing you of your first amendment rights and do not have sympathy for the atrocities going on in America. Until there is communication involved with all races, and someone wants to suggest how we should protest, keep doing you and do what YOU feel is right.

Now, to those who do not support question: if you glorify activist like Muhammad Ali and Jackie Robinson, why is the hate so strong for Kaepernick?

Discuss with me on Twitter **y** @MisterBran_



Colin Kaepenick Photo Credits to Mike Morbeck on Flickr

How to Develop Leadership Skills!

DAVID HOUGHTON

amongst these powerful individuals who are graduation. destined for greatness. Additionally, the amount of support one receives from all staff, and administrators tremendous. On the contrary, the fact is that Hudson County Community College with woman to take that same initiative as well. some students are unware of the different interest in Criminal Justice. My freshman programs and organizations HCCC has to year at HCCC was challenging. I've offer which may lead to assumptions that this struggled with my transition from highisn't a great institution. Therefore, it is school essential that peer leaders encourage students procrastination, to take an initiative to get involved on participation were areas that needed campus.

True Leadership

encourage students to take an initiative to get Therefore, with dedication and determination involved on campus. HCCC has Student I remained focused and now Government, EOF- (Educational Opportunity have a GPA of a 3.0 and will be graduating Fund), National Society of Leadership and in May of 2017 with my Associates degree in Success, Phi Theta Kappa, and several other Criminal Justice. Professors, mentors, and clubs and organizations. The fact that tutors helped me with my transition. I'm students made a decision to attend college is very active on campus with my membership a great step toward leadership. In addition, in several organizations and community the majority of students are the first in their service. It was very important that I

students are in the right direction toward shortcomings. Also, the situations that I've Hudson County Community College progression. However, motivation from their experienced only made me stronger and I is a diverse institution that acknowledges peers will allow them to realize that they're currently spend time with incoming students men and women who've made a decision to not alone. Hence, this mentality will sharing my success story. The most strive for excellence and to pursue their encourage and motivate individuals to stay important thing that I remind myself is that I career goals. It's an honor and privilege to be on that straight path that leads them toward have a purpose. In addition, I surround

Personal Experience

HCCC. example, to For attendance, and class improvement. As a result of my behavior, I received a GPA of a 1.9. At that moment, I realized if I didn't change my negative leaders must continuously habits, I wouldn't be where I am today. I currently

families to attend college. Therefore, HCCC remained focused in spite of my success and myself with positive individuals who share an interest in leadership. People are always watching. Cleary then, I am to always be on In September of 2014 I enrolled in my best behavior and I'd encourage men and



Julius Caesar, One of the World's Greatest Leaders. Photo credits to Andrew Bossi on Wikipedia

THE ORATOR

True Life: I Am an Afro-Latino

National Hispanic Heritage month continues at HCCC with open discussion of race relations within the Latino community.

Natalie Felix STAFF WRITER

In recognition of National Hispanic Heritage month, Hudson County Community College's Student Life presented, "True Life: I'm an Afro-Latino." A conversation on race and underrepresentation of the ethnic group within the Latino community.

Standing in the front of the room with dark tan skin and jet black hair is Professor Lowe. who teaches psychology and is an academic advisor at HCCC. He writes his full name on an easel, "Jose Lowe", and proclaims to the room, "I am Panamanian." Professor Lowe was born in Panama and self-identifies as an Afro-Latino.

Afro- Latinos are recognized as a group within the Latino community who are descendants of Africa. However, Professor Lowe is only one of many Latinos whose ethnicities are frequently in question based on surname or superficial looks such as complexion and hair texture. "I have an African heritage so strong in my Panamanian culture that I cannot divorce," he said.

The open discussion housed a safe environment for an honest exchange of personal experiences from him and the student audience.

Melissa Underwood, an engineering major, is five-foot-four, has a tan complexion, and a wavy short hairstyle. "Growing up, I always

wanted to be more of my mother than my father. Fair skin. Straight hair. Small European features," shared Melissa. Her mother is Dominican and her love it. It takes me back to that time," said Profesfather is African-American.

On the flip side, performing arts major Victoria Ocasio shares, "I was always singled out for being a "white girl"." Victoria is fair skinned, curly blonde hair, and green-eyed. Her father is Colombian and her mother is Puerto Rican. "Even throughout South America, Central America, and in the work environment, I work in Newark and my manager is a man from Ecuador. I've dealt with a lot of unprofessionalism from him because he just assumed I was a privileged white girl."

Why are Afro-Latinos treated as the black sheep of the Latino community? "Assumptions," resounded throughout the room. Underrepresentation is continued by the false portrayal in the media or lack thereof. For example, the Spanish languages' popular drama series, known as novellas, which has a large cast of white Latinos. Victoria commented, "The women are over sexualized [in novellas]. Blonde women, blue eyes, and lighter skin. Or curvy, long black hair, full lips, and still fair skinned." Melissa added, "I wasn't raised to believe my qualities weren't sufficient but due to the so common European beauty standards, I felt inadequate when people told me I looked like my father."

Then there's the question of, what's in a

last name?

"My last name is my slave name, and I sor Lowe. The answer is simply knowing your

The time Professor Lowe speaks of is the period of the transatlantic slave trade which is mostly responsible for the dispersion of Africans the Caribbean. "I didn't read this stuff in a history book," Professor Lowe added. The slave trade is followed by decades of voluntary migration to these regions in search of better opportunities and

"I had to learn all of this in order to explain to people my last name. "

"Education and awareness will be the only things that can rectify this separation," Melissa concurred. "Being an Afro-Latino doesn't make you any less Latino. By separating a side, by changing yourself, you're missing out on a part of your history."

In support of National Hispanic Heritage month, HCCC will be holding more events at both the Journal Square campus and North Hudson campus. Visit the Student Portal or Student Life Guide for more details. National Hispanic Heritage month ends on October 15.

Revisiting the Missing 43:

HCCC Screens "Mirar Morir"

MAYTEE HOLGUIN STAFF WRITER

"Mirar Morir" ("Watching Them Die") is a documentary about 43 Mexican college students that disappeared on September 26th 2014 during a school trip. This documentary was presented in HCCC's Student lounge on September 26, 2016, marking the 2-year anniversary of this tragic event. The film screening started with a presentation led by History Professor Antonio Acevedo who gave us an introduction to what the documentary was going to be about. He also provided us with a handout related to the film. It was a poem called Ayotzınapa about the 43 students written by a Chicano poet, Juan Felipe Herrera. The poem stated they-the 43- are not disposable, they are not to be forgotten and their memory will live on.

The documentary directed by Temoris Grecko who also happens to be a Mexican journalist, focused on the disappearance of 43 students at the hands of Mexican authorities in the town of Iguala in the state of Guerrero, Mexico. This journalistic investigation followed the victims' families on their quest to find justice and challenged the official version the Mexican government decided on. This official version was formulated when three members of "Guerreros Unidos" a drug cartel in the state of Guerrero, came forward to give first account testimonies of the whereabouts of the 43 students.

Although the details are murky, one thing that is clear is Jose Luis Abarca-mayor of Iguala at the time of the disappearance- ordered for police to ambush the buses the students were transporting themselves on and have them arrested, which resulted in the 43 students death. The student's good intentions were to ride to Iguala to protest on behalf of their rural school Raul Isidro Burgos for funds. When the mayor was questioned about their arrest and the incident that followed, he stated he thought the students were on their way to disrupt the event he was holding in honor of his wife but he was very concerned with their whereabouts.

Upon the arrest of the students by corrupt police, the students were handed over to the goods and drinks for sale in order to raise mondrug cartel and killed. When the three members gave their statement, they said they believed the students were part of the cartel Los Rojos, their rival. They confessed to have captured the students, killed them and thrown them in a garbage ditch where they were put on fire and later disposed of their ashes in a river.

This official version given by the Mexican government, was discredited after independent investigations led to the conclusion that these claims were absurd. It was impossible for the victims to have been burned and thrown in a garbage ditch because at the alleged location of the deaths, there was no evidence of the remains, fuel, or debris of a fire. According to the independent investigation, in order for a mass incineration of that magnitude to take place, the

amount of wood and fuel they would have needed was something they would not have been able to gather or prepare overnight. Not to mention that according to witnesses, the night of September 26th it was raining-proved by weather records in that area-therefore making it impossible to light up a fire. The fire would have had to continue burning straight for a number of days for the bodies to have withered into ashes. Initially, what started with the families taking them for dead and taking their own shovels to look for their children's bodies, grew into the hope that they are still alive due to these investigations.

At the film screening there were baked ey for the victims' families and aid them in their search for their loved ones. This documentary was made to bring awareness to this issue so the world does not forget about this tragic event that happened at the hands of authorities, who are meant to protect the people. It was also made to bring awareness to the lack of action by the Mexican Government and by bringing awareness to this matter, the Mexican government knows all eyes are on them, forcing them to bring peace and justice to these families once and for all.

ALL AROUND HCCC 5

I Deleted Social Media and You Should Too



MARIAME CONTE STAFF WRITER

The first thing I do every morning once I wake up is check all my social media. Snapchat, Instagram, Facebook, and my horoscope because then I'll know the reason why I'm angry or in a slump is due to Mercury being in Retrograde. But lately when checking all my social media outlets I am subconsciously seek validation. As in why don't I have that many followers or likes on Instagram that I wish to have or break score

of. That the girls I went to high school with on myself to become better, to accept myfrat parties, and joining sororities when cebook. When feeling like one who has no social life when viewing close, and mutual friends having fun outings that are being recorded via Snapchat.

On social media, people try to portray their lives as lively, spontaneous, and or luxurious, when in reality deep down they're either depressed, insecure, seeking acceptance, and or of course it's really just Instagram, Snapchat, and Facebook worthy. When out with a former friend from high school named Natalia grabbing lunch, she told me once she posts a selfie there is nothing more to look forward to. Other than the likes, and comments, the anticipation is gone. Which had made me think, that I've gone through the same exact thing. I get so excited to post a photo that I've been eyeing, and editing for days only to post it and the excitement is gone. Which has all lead me to decide that I'd like to take a two month hiatus from social media. Focusing

all seem to be having a blast at their college self for who I am without comparing, and to care for myself physically, and emotionally. stalking their Sophomore year album on Fa- I'm putting myself first, in despite of caring about what's "going" on in other people's lives that are purposely being documented.

Deleting social media, can allow you to really reflect on what's important and what's not. Allowing you think about yourself and only yourself. In where you stand in life, without the disappointment of feeling like you haven't made it yet just because someone else has before you. So put down your phones, and delete those apps. Take on a hobby or do what you love, if you are feeling out of the loop with the internet world because then you will be too busy living your own life, filled with love and happiness. Even if it is just for a few days, you won't regret it.

Orator Staff Trains at National Journalism Workshop



Left to Right, Vice President Jonnathan Riera, and Orator Adviser Joseph Pascale

JONNATHAN RIERA PRODUCTION-EDITOR

HCCC's Newspaper, The Orator, attended the annual Associated Collegiate Press/College Media Association Workshop in The University of Minnesota. The conference was truly a unique experience that provided over 200 students with knowledge to improve their school's publication. The workshops included advising, journalism leadership, yearbook, design, visual storytelling, advertising, and sports reporting.

The Orator team got to be apart of the journalism leadership and advising workshops. The Orator got the opportunity to meet with leaders of big publications like Mark Witherspoon. Witherspoon has been a newspaper adviser and editor for over 20 years, including the Iowa State Daily and the Wichita Falls record News. We got to learn about audience analysis, leadership, management, personality types, leadership, media content, engagement, and media law. The most important fundamentals of a successful newspaper publication.

Surrounding yourself with brilliant and experienced people is an important part when wanting to achieve anything big in life. At The Orator's newsroom, we are always striving to learn and improve, so we can bring the best publication possible to HCCC students and staff.

VISIT THE BRAND NORTH HUDSON CAMPUS

WRITING CENTER!

- Now there is also a Writing Center at the North Hudson Campus! Students can wor on their writing with tutors who have been trained in the writing process.
- Enjoy all of the same Writing Center features, such as online appointment scheduling and notifications on your computer, tablet, or smartphone through WC Online.
- Bring in your essay or research paper for free writing tutoring on the 7th Floor in Room 703A! Walk in without an appointment, or schedule a session in advance to ensure that a tutor is ready to assist you as soon as you arrive.

Location:

Room N703A, North Hudson Campus, 4800 Kennedy Blvd., Union City, NJ

Hours:

Monday through Friday: 10:30 a.m. to 6 p.m. and Saturday: 11 a.m. to 3 p.m.

Website:

hccc.mywconline.com -Register today to schedule your tutoring in advance.

Contact wc@hccc.edu or (201) 360-4779



The Orator



Photo by Adama Huchard

BLACK LIVES MATTER || CONT. FROM PG. 1

Alton Sterling get shot to death as he was already on the ground being held down by two police officers. You've seen Philando Castile and Terence Crutcher cooperate perfectly with the police and suffer the same fate. You've heard similar incidents multiple times over the last few years, involving people such as civil rights activist Sandra Bland or thirteen years old Tyre King, incidents that all ended the same way—the unnecessary homicide of a black person.

We can't deny the presence of racism in these incidents, which has been institutionalized in this country for far too long. This era in United States history, with its flagrant discrimination-based police brutality, adds on to centuries of slavery and decades of segregation. Racism isn't dead or gone. Black people are still dehumanized, still disrespected, and this needs to stop.

This is what makes the Black Lives Matter movement so rele-You've heard the stories. You've seen the videos. You've seen vant, so necessary. Because it acknowledges social issues like institutional racism and stresses the validity of African Americans as human beings. People need to be reminded that someone isn't less of a person because their skin is dark. You claim that all lives matter, but I need you to mean it and really include all lives. Because the lives of Trayvon Martin, Michael Brown, Alton Sterling, Philando Castile, Terence Crutcher, Keith Scott, Sandra Bland, Tyre King, and many too many—more didn't seem like they did.

> So please, the next time you hear the phrase "black lives matter," remember its meaning. Remember that it stands for equality, recognition, and justice. Remember these values. And remember you are welcome to say it, too.

8 Cardinal Rules for Midterm Week

STAFF WRITER

It's almost time for midterms, one of few humps to get over and make dean's list for the semester. Here are seven steps to conquer first infamous week of the semester!

- 1. Start Early- This is your head start. Preparing outlines in advance will you give you less work for later. Reviewing previous quizzes and tests will familiarize you with material on the midterm. Highlight the most important notes! It can prevent you from being overwhelmed with information.
- 2. Set A Goal- By knowing what grade you need for the grade you want at the end of the semester can help you keep focused. Check your syllabus to see how the midterm exam is calculated into your final average. For extra organization, create a schedule of what your week will look like to determine how much studying you can get in per subject.
- 3. Tutoring- There is no shame in extra help! Seeking help for clarification will only help you understand the subject more. Visit your professor during office hours with questions- just not the day before the exam. If you have a midterm paper, ask someone at the writing center to review it. Sometimes things can be overlooked when you've worked on it for a good amount of time. The Tutorial Center in Jersey City is located in the lower level of the Library building and the Tutorial Center at the North Hudson Campus is N511. There is also a Writing Center in J204 in Jersey City and in N703A in Union City. They are open Monday through Saturday, typically 9:00 a.m.-8:00 p.m., and Writing Center appointments can be made online: hccc.mywconline.com.
- 4. Give Yourself a Break- Step away from the computer screen. Step away from the notebook. Although you are a student, you are only one person too. Your mental health comes first. Either get a power nap in or taking from Grey's Anatomy, have a 30 second dance party. Just don't

overwork yourself. (Disclaimer: giving yourself a break does not mean to procrastinate.)

- **5. Exercise-** Exercising during can help release a great deal of stress. If you have gym membership, utilize it. Even if you just step in to use the sauna, allow yourself to destress. Stretching will also help if you study in the same position for hours on end.
- **6. Eat-** Remember to eat as you prepare. Sometimes midterms can change our eating and resting patterns. Make sure you're getting your nutrients in and to keep hydrated. Don't fail for fainting.
- 7. Study- Of course you have to actually study in order to succeed. Cut out all distractions. This is when it counts!
- **8. Have Some Confidence-** Lastly, believe that you can and you will. Go into your classroom knowing you understand the material, that your critical thinking is up to par, and that the amount of time you invested is not in vain. If you don't get the grade you wanted it is not the end all, be all. The worst you can do, is not do your best and not try harder after. After midterms, there will still be time to do better by finals!

SPRING REGISTRATION IS JUST AROUND THE CORNER....

Think about what classes you want/need to take now, so you are ready then.

Registration Begins on: November 1, 2016 for new students November 14, 2016 for returning students OL.V ISSUE I SPECIAL INTEREST



Photographer Mickey Mathis Photo by Christopher Rodgers

9/11 PHOTO EXHIBIT || CONTINUED FROM PG. 1

His photo series depicts a moment in time that will be forever lost, but never forgotten, thanks to his poignant work. Many of his photos are taken from the New Jersey side of the Hudson River. His angles are not the "post card" view you often see in movies and commercials. Much of his work has a rugged view from the streets of Jersey City—an unfamiliar view when it comes to the World Trade Center. Mathis proudly proclaims himself a street photographer and may be one of the few to ever capture such breathtaking and raw images of the World Trade Center.

"World Trade Views" by Mickey Mathis debuted at the Hudson County Community College Benjamin J. Dineen, III and Dennis C. Hull Gallery on September 11th 2016 and ran throughout the month of September. Michelle Vitale, the cultural affairs director at HCCC, curated the exhibit. If you did not get a chance to attend and would like to see Mickey's work you can visit:

www.mickeymathisphotography.com



CNN Analyst Ana Navarro Lectures at HCCC



From Left to Right: Dr. Paula Pando, Senior Vice President for NHC and Student and Educational Services, Ana Navarro, and Dr. David Clark, Associate Dean of Students



Yeurys Pujols, Executive Director of the North Hudson Campus, Ana Navarro, and Lilisa Williams, Director of Faculty and Staff Development



Ana Navarro. Above Photos Courtesy of HCCCC Communications Department

The Orator

My National League and American League Championship Predictions

MICHAEL PARDAL STAFF WRITER

Can you smell October in the air? Or shall I say the MLB Postseason for my baseball fans. It is that time of year where fans pick and choose who they think will make it to the World Series and win. I will make my picks of which teams will make it to the championship series for both the National League and American League.

NLCS

Chicago Cubs vs. Washington Nationals

It is hard for me not to pick Chicago in this situation. After many years of rebuilding, the Chicago Cubs finally have a championship team that can possibly end that dreadful streak of 107 years of not winning the World Series. They have great pitching and a great offense built to win a championship for Chicago. After their loss to the New York Mets in last year's NLCS, the Cubs are looking to prove their critics wrong. The Cubs lead all of MLB in lowest ERA at 3.12 lead by multiple pitching aces in Jake Arrieta, Jon Lester, and breakout star Kyle Hendricks, while their bullpen is also very strong. The team also has the second ranked offense in total runs scored in the National League to complement their pitching lead by MVP candidate Kris Bryant.

The Washington Nationals are the second best team in the National League behind the Cubs so how fitting would it be to see them go head to head to determine who will go to the World Series for the first time in a very long time. Nationals have a Top 5 offense and the second best pitching staff behind you guessed it, the Cubs. Both teams have Cy Young candidates and MVP candidates squaring off against each other. The Nationals will be looking to break away from the shadow of the Cubs. Teams in the postseason need to watch out for the Nationals' MVP candidate Daniel Murphy because as all fans remember especially Mets'

fans, he can get extremely hot in the postseason almost achieving greatness last season. I believe this matchup will be the second highest viewed series behind the World Series, of course, because both teams are looking to cement themselves into the history books.



Corey Kluber Photo Courtesy of Erik Drost on Flickr

ALCS

Texas Rangers vs Cleveland Indians

This was a close one between Boston and Cleveland but I am giving Cleveland the edge because I believe their overall pitching is superior to Bos-

The Indians were a team that most people did not expect to be a serious threat let alone win the AL Central as most predictions were in the Royals' favor.

That is not the case this year since the Kansas City Royals, the defending World Series Champs, aren't going to make the postseason. The Indians are ranked 2nd in offense and 1st in lowest pitching ERA in the AL. It's almost the same case as the Cubs in the NL with a scary combination of offense and pitching. With the Cavs winning their first NBA championship as a franchise and first for Cleveland in general in many years, the Indians are hungry to bring another championship to the city in one year.

Texas is another team that has something to prove and are hungry for victory. Last year they were a team that virtually no one thought would even make it to the postseason, but with key acquisitions such as pitcher Cole Hamels at the trade deadline they ended up making a huge run which ended in them winning their division in the final game of the season. This year they are leading the AL West by a wide margin which none of the teams under them will catch up to. With the 3rd ranked offense in the AL led by veterans such as Adrian Beltre and Carlos Beltran, they have plenty of experience in postseason especially when it comes to clutch performances. The pitching staff is also led by former NLCS and World Series MVP Cole Hamels so the veteran players on this team know what it takes to make it to the World Series which is a huge factor in them making it back.

This year's postseason is going to be very interesting because only 2 out of the 10 teams making it to the postseason which are the Red Sox and Giants are recent World Series champions while the other teams either haven't won one ever or have never won in 23 years or over. Not only am I excited, I can't wait to see history be made this year.

New Look New York Knicks Ready for NBA Season to Tip



CHRISTOPHER G. RODGERS **EDITOR-IN-CHIEF**

No NBA franchise is more eager to start the 2016-2017 NBA Porzingis from Europe. season than The New York Knickerbockers. The Knicks add to revamped bench mob.

It has been a long, evolutionary and productive off-season Cleveland Cavaliers in The Eastern Conference Finals. process for the Knicks and first year coach Jeff Hornacek. Phil Jackson kicked off the ceremonies by pulling some strings with one of his past employers and plucking both former NBA MVP Derrick

Rose and former NBA Defensive Player of the Year Joakim Noah from the Chicago Bulls.

Jackson followed that up by signing coveted two-guard Courtney Lee. Lee is a complete player who can shoot, pass and play tenacious defense. Then out of nowhere, Phil came through and signed my man Brandon Jennings. Jennings, a journeyman PG who has never lived up to his full potential, is ready to prove his naysayers wrong and provides a better than average back up pointguard for Rose. Jennings could be in the running for the sixth man of the year award come June.

Don't be surprised when you see the shaggy blonde locks of one Ron Baker, of Witchita State fame, hit the floor in substitution situations. Justin Holiday, and Marshall Plumlee could see action as well. Add in Willy Hernangomez and Mindaugas Kuzminskas, both Olympic stand out performers, and the Knicks have successfully filled their bench with former teammates and friends of

The Knicks certainly look good on paper. If they can stay their core nucleus of Carmelo Anthony and Kristaps Porzingis three healthy, I can see them not only making the playoffs but maybe new starters and nine new players over all, including a totally even winning a series. If they get lucky they could find themselves lining up to be the sacrificial lamb for LeBron James and the

Carmelo Anthony Image Courtesy of Keith Allison on Flickr