

THE ORATOR

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

Empowering the voice of the urban student.

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FREE

HCCC Journalism Students Visit The Jersey Journal

CHRISTOPHER G. RODGERS
EDITOR-IN-CHIEF

On Nov. 29, 2016, Professor Walter Lindsey brought his Introduction to Journalism class to visit the headquarters of The Jersey Journal in Secaucus, N.J. The Jersey Journal has been in circulation since 1867 and its former headquarters are located in Journal Square, which was named after The Jersey Journal. Many Orator staff writers are members of Professor Lindsey's class and were in attendance as well. The students were fortunate enough to enjoy a tour of the newsroom and eventually gathered in their official conference room for an information session with Deputy Managing Editor Ronald Zeitlinger and City Editor Patrick Villanova. Former HCCC student and current Jersey Journal reporter Caitlin Mota also took a moment from her busy day to provide some insight to the students on being a reporter.

Zeitlinger and Villanova offered the students valuable advice about careers in Journalism and taught them about the inner workings of a newsroom. After explaining the daily rundown of newsroom operations, Zeitlinger provided the students with writing tips such as, "Don't take the reader for granted...if you don't know something, assume the reader doesn't know." He also told them to remember to always check the local corner store or bodega for information, because they always know what is going on in the neighborhood. Villanova discussed intern opportunities available at The Jersey Journal and the changing landscape of the news industry and mass media in general. This is a topic of great importance because the industry of journalism is evolving in the digital age and adjusting its structure to fit the mold of online content and social media.

The trip to The Jersey Journal was a valuable experience for The



HCCC students. The chance to leave campus and learn techniques from professionals in the field, which was provided by Professor Lindsey and Hudson County Community College, is something that I am sure that they will not soon forget. Hopefully HCCC and The Jersey Journal can continue this relationship because it is an incredible opportunity for an educational experience for journalism students.

From left to right: Professor Walter Lindsey, HCCC Journalism Students, Deputy Managing Editor Robert Zeitlinger, City Editor Villanova

It's On Us: HCCC Pledges to Inform Campus and Prevent Sexual Assault



NATALIE FELIX
STAFF WRITER

Student activities in partnership with HCCC's Music Club hosted an intimate safe house to touch on a nationwide issue- sexual assault.

"It's On Us Campaign is basically about spreading awareness to our students about the sexual abuse that happens on campuses," said Hamza Saleem a Criminal Justice major and founder of HCCC's LGBTQ club. "The key words are 'if you see something' say something. It's very important for students to know who to reach out to if they're the victim or someone they know is the victim. That was the goal today."

The sensitive subject of sexual assault has been highlighted in the news by various college campuses and more so has been a challenge to universities in how to handle cases. Pastry major and Music club president, Taylor Thomas shared, "I know a few people, my close friends actually who have been personally affected by this and it kinda hit home for me when I heard him talking about all the statistics and things of that nature." According to the National Sexual Violence Resource Center (NSVRC), one in 5 women and one in 16 men are sexually assaulted while in college. Biology major, Leticia Perez supported the event and touched on her own personal experience. "As a woman, that has happened to me so many times so it's enlightening to hear it being spoken to a crowd so everyone can be aware. It doesn't only happen to women, it happens to men and they get ashamed and they can't filter out what just happened. So I'm glad it was brought to

our attention." Saleem agreed, "even though you can't see it, it does happen." The NSVRC also recorded that more than 90% of sexual assault victims on college campuses do not report the assault. "It's On Us campaign is not just open mic night it's for you to be aware what goes around you," said English Liberal Art major, Leo Calderon. Thomas added, "You can be at a loss of what to do and these events will provide a fun or relax way to talk about those gray area topics that may make you a little uncomfortable but useful for you to know."

Throughout the evening guests signed the "It's On Us" pledge banner, making the personal commitment to protect others from sexual assault. Student guests also had the chance to showcase their talent through rapping, singing, and poetry. "The music club has always been a place for people to go- not just musicians, not just singers- but people who enjoy music and where it takes you. Sometimes music is that escape that you need. Sometimes music is that thing that

takes you to another level. That's why we love to be in these types of events because it helps get people to understand that it's more than just music it's about the people," said Thomas.

The honest setting allowed discussions of working towards change especially at such a diverse campus as HCCC. "It's important for HCCC to have an event like this so we can feel like an inclusive community," said Calderon. Saleem proudly proclaimed, "Even though there were only 50 people. Those 50 people talk to another 50 who talk to 100 people who talk to another 100 set of people, so that's how we want to spread the message."

More information regarding the college's policies on sexual assault (Title IX) can be found in the Student Handbook. You can also visit www.itsonus.org and make the personal commitment to halting sexual violence.

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THE ORATOR

HUDSON COUNTY COMMUNITY COLLEGE STUDENT NEWSPAPER

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POST CARD

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LETTER FROM THE EDITOR

The Orator staff is proud to release our third issue of the fall semester 2016. Traditionally, The Orator has only published two issues per semester, so this is something that we are very excited about. We hope that you all enjoyed our second edition which was a special election issue. The experience we gained putting out an issue that contained time relevant breaking news was extremely valuable to our staff. We wish to say Happy Holidays to the entire student body, HCCC staff and faculty. I hope everyone enjoys their winter break and have a Happy and Safe New Year's celebration.



HCCC Library photo courtesy of Jim Henderson

Christopher 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 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 and pumadigitalmarketing.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_

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 find me watching Netflix and pizza.

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.

ONISTI PAYTON



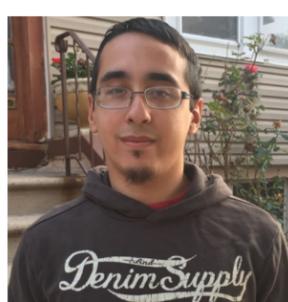
Hello, my name is Onisti, and I am a graphic arts major here at HCCC. I'm a interested in photography and I am happy to be part of the Orator as a photographer. I look forward to taking photos for The Orator.

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

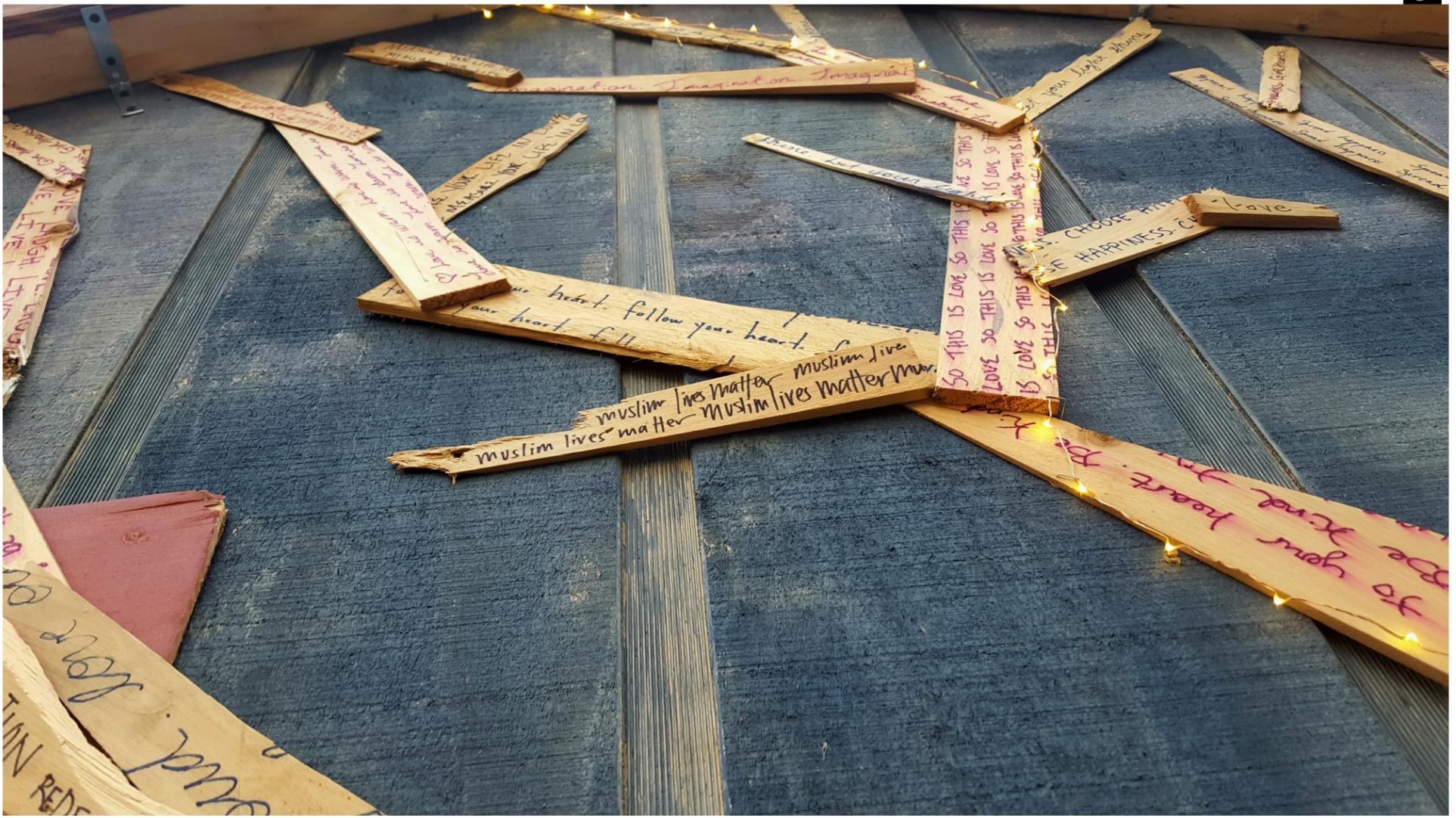


Hi, my name is Michael Pardal and I am an English major. I joined The Orator because I enjoy writing about sports and talking about my ideas. I have loved watching and playing sports for most of my life so The Orator helps me express my feelings especially towards national sports.



CORRECTIONS:

Notice an error? Please submit all corrections to The Orator Editors at orator@live.hccc.edu



“True Life: Being Muslim in America”

Image by Adama Huchard

ADAMA HUCHARD
STAFF WRITER

“What generally comes to mind when we hear the word ‘Muslim?’”

The question was asked by Professor Salim Bendaoud, assistant professor in biology here at HCCC and proud follower of Islam, at the college event “True Life: Being Muslim in America” in early November. The answer to his question? “Terrorist,” by Salimata Fall, a student, also Muslim.

I didn’t dare to say her answer was wrong. Nobody did. We—an intimate panel of only four people—all knew what she said was true. Muslims in this country are thought of as terrorists. However, we also knew Salimata’s answer reflected a huge misconception.

The image of Islam is distorted, disfigured. Ever since the attack of the World Trade Center by al-Qaeda in 2001, people associate the entire religion and all its followers with violent and hateful extremism. This image is kept alive by the media in the news (where Muslims are always talked about as the enemy) and in popular culture (I could name dozens of movies and tele-

vision shows with Muslim characters who are terrorists). The panic ISIS/ISIL is currently creating only makes things worse; and considering how popular president-elect Donald Trump’s islamophobic statements were during his campaign, this issue remains relevant.

Meanwhile, innocent American Muslims pay the price. Men are seen as threats. Women and young girls in hijabs are being ridiculed. Children are being bullied. A Muslim friend of mine told me he suffered from alienation, discrimination, and bullying in school the entire week of the 9/11 attack, to the point where he chose to wear the American flag on him to class the following week.

Professor Bendaoud chose to share part of his experience as a Muslim living in the United States with the rest of the panel. His example was more subtle; it’s one I’m sure many American Muslims can relate to.

He told us about his neighbor and the way that person seemed bothered by him and his family, for reasons you could imagine. One time, Bendaoud parked his car in front of that neighbor’s driveway by mistake, and an oddly dispro-

portionate burst of anger followed. Another time, a snow storm had made both of their driveways disappear. Bendaoud naturally got out to clear his, and didn’t hesitate to do the same to his neighbor’s.

Regardless of its size, Bendaoud’s (well received) act of kindness shows something. Yes, the only thing he did was being sympathetic. Because it was the right thing to do. Because it’s what his religion taught him; to treat others kindly. He solved this conflict by staying true to himself and his religion—by practicing Islam in a way that you wouldn’t often see on television.

Islam is peaceful. The terrorist groups we hear about aren’t, and they do not represent Islam in any way. It is therefore unfair and extremely ignorant to punish all Muslims, implicitly or explicitly, for the crimes committed by independent groups. Too many people fail to get this.

And if you are an American Muslim, know that your religion is valid. I encourage you to show the world your validity. I encourage you to stay true to your values and ethics. I encourage you to be the bigger person.

An Editorial: *The Effect of Planned Parenthood Now that Donald Trump is President-Elect*

MARIAME CONTE
STAFF WRITER

Now that our president elect is Donald Trump, I’m scared. Not only am I scared for myself, as an African-American, but I am also scared for Muslims, the LGBT community, the Hispanic community, women, and anybody else who has been targeted by him. Donald Trump, addressed in his letter how he would defund planned Parenthood if they were to continue with abortions if he were to become president. Planned Parenthood being defunded means that they would be prohibited from using Government funds for abortions according to New York Magazine. This is a problem because Planned Parenthood is a non-profit organization which benefits many. Planned Parenthood was founded by Margaret Sanger, who believed strongly in and pushed for birth control. This organization has come

so far in today’s day, that not only does Planned Parenthood provide contraceptives to prevent pregnancy, such as birth control, condoms, and IUDs, but also tests and treatments for sexual transmitted diseases, pap tests to detect cervical cancer, breasts exams, abortion services, and educational programs to women, men, and adolescents. There are so many benefits that Planned Parenthood provides, benefits that allow us, women to be protected, kept informed, and aware of our body. As a woman who uses contraceptives, and have friends who do so as well, we cannot have our rights taken away from us. Who is Donald Trump to take away all that has been fought for, and our right to have free will? A man who mentioned grabbing a woman by their private part which has many baffled and horrified. How can he have the last say and control on what we want to do with our bodies. Contradicting our choice, and with what we

feel comfortable with? Donald Trump has no idea on what may be our reasoning for wanting to abort, nor is it any of his business, or say. In Sanger’s words “No woman can call herself free until she can choose consciously whether she will or will not be a mother.” This, is not the case with Donald Trump in charge. It is against what Sanger, a feminist, and activist fought for, for all that’s been worked for to go down without a fight. Though Trump is the elected president, don’t let him stop you from speaking up and taking action. If you strongly believe in protecting the rights of women and what she wants to do with her body, like Planned Parenthood does, please do fight. Whether you become an activist, a supporter, and or donate, you’re making a difference. Please visit plannedparenthood.org to see how you can get involved in your local Planned Parenthood.

Essentials for Holiday Travel

MAYTEE HOLGUIN
STAFF WRITER

Getting ready for a trip can be very stressful between choosing what to pack, how much to pack and deciding what are the little necessities you need for the duration of the trip. If you happen to be flying for the holidays, hopefully going somewhere warm, there are a few guidelines you want to adhere to, to ensure you have a smooth process from the beginning.

First off, before you even think of swiping or entering that credit card to purchase your ticket for your getaway, to avoid headaches later, you want to make sure that all your documents are current. If you are traveling within the country, you want to make sure your ID is up-to-date. If you are traveling out of the country, you must make sure your passport is with you at all times, it is also up-to-date, and most

importantly, make sure it will not expire while out of the country.

Next, you want to do your research when it comes to how many bags you are allowed to check-in and their weight limit. This will vary between airlines so you want to make sure you call the airline directly or look it up on their website. Whether your flight is domestic or international, according to the Transportation Security Administration, if you have liquids in your carry on, each item must be 3.4 ounces (100 milliliters) or less and they must be sealed in a plastic bag, separate from your carry on. This way, you void being called out to the side while going through the screening process (there are exceptions with medical related items). To make it a speedy process, once you get close to the screening checkpoint, remove your shoes, any sweaters or coats, empty your pockets and put all devices in a separate bin.

While waiting at the gate, if you haven't already, do some background research on your destination. Little things like checking the weather, places you must go to, places you must not go to, accessibility to transportation, or which places to eat at, will earn you some time and even save you some money.

Make sure you leave your house with enough time and make it to the airport on time, especially now with the holidays. Check-in and security lines will be longer than usual. It is recommended by the TSA to be at the airport three hours in advance for international flights and two hours in advance for domestic flights.

If you follow these tips for your holiday travel, the only thing you would have to worry about is the possibility of your flight getting delayed, which fingers-crossed, won't happen. Safe Travels!

Holiday Togetherness: 4 Unique Holiday Activities to Embrace the Spirit

NATALIE FELIX
STAFF WRITER

Tis' the season of cherishing family and friends, hot cocoa, and giving! This year give yourself and your loved ones a different experience that'll make a lasting impression or even become a tradition. Here are four fun holiday activities to get right into the spirit!

1. Visit Lord and Taylor's Holiday Windows- Parade under twinkling lights and garland to view the department store's 79th annual holiday windows. Each year windows are decorated to capture a piece of the holiday essence. This year's "Enchanted Forest" theme is showcased at their flagship store in New York City on Fifth Avenue! For an earlier stop on the Path train, you can exit at 33rd street to Macy's renowned Herald Square. Their displayed "Believe" themed windows pay tribute to the ninth year of the Macy's "Believe" campaign. Macy's shoppers can participate by writing letters and raising funds for the Make-A-Wish organization which grants "wishes" to children with life-threatening illnesses. Ornamental windows can be found throughout the East and West side of the City in various department stores to spark the holiday cheer!

2. Ice Skate at Breath Seeing Sites- Although ice

skating is a more traditional winter activity-and it may be so cold you can see your own breath and can't feel your fingers- it's really all about



the atmosphere! There are three breathtaking spots worthy of paying a visit. The first being in downtown Jersey City, behind Newport Centre Mall. For less than \$15 you can attempt figure eights at Newport Skates. If you take a break from skating, you can enjoy the view of the marina or walk around the area for holiday character lights!

There's also ice skating at Bryant Park Winter Village. Sponsored by Bank of America, the park offers the best deal in New York City: free admission. It also features holiday markets so you can shop for gifts, grab a bite, and return to skating without having to leave the premises!

Then of course, there is the iconic Rockefeller

Center. Albeit on the pricier side-rates start from \$40-how many can say they skated at a city landmark that is home to the famous Rockefeller Christmas Tree? Not many. Each rink offers special group rates, ice skate rentals, and permits the use of your own pair!

3. Visit Six Flags North Pole Edition- Maybe you rather dash from ride to ride or sing carols while nose diving on Nitro. If you're on the more adventurous side, Six Flags Great Adventure turns itself into a magical winter site. "Holiday in the Park" returns for the second year as the amusement park is decked out in sparkling lights, carolers, and a chance to meet Santa. Tickets start from \$40. To purchase visit www.sixflags.com/greatadventure.

4. Rock Out with the Rockettes- The Radio City Music Hall returns with its annual Christmas Spectacular production. Tickets to the musical is one of the most coveted stocking stuffers. Fortunately, Santa's helper, HCCC, is selling tickets at a discounted price for students and their guests, starting from \$30. The show will be on December 18. For tickets, please visit www.hccc.edu/tickets

Happy Holidays!

Image Courtesy of Will Powell

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Understanding the Elements of Cyber Bullying



ALEXANDRA HERRERA
CONTRIBUTING WRITER

For many people who do not quite understand the term “cyber bullying”, it is a form of bullying that takes place while using electronic technology. This includes devices such as cellphones, computers, and tablets. Also, with the help of communication tools like social media sites, text messages, chat, and websites. Examples of cyber bullying include unpleasant text messages or emails, rumors sent by email or even posted on social media, and degrading pictures, videos, websites, or fake profiles.

How Cyber Bullying Differs

Most students who are being cyber bullied are most likely to be bullied in person as well. These students have a harder time avoiding the bullying behavior. In addition, cyber bullying is a 24/7 thing, it can happen in the day or night. It follows a student wherever he or she may go, especially when being alone. Cyber bullying tends to be very harmful. Due to the fact people can post pictures, videos, and posts anonymously, while spreading them within seconds to a large audience. Tracing the source can sometimes be almost impossible. But the most damaging part is getting rid of the evidence. Erasing pictures, videos, and messages is ex-

remely difficult after they have been posted or sent. In addition, cyber bullying does not have an age limit. It may sound silly but college students can be affected, too.

Effects of Cyber Bullying

People tend to blame cellphones and computers for being the main cause of cyber bullying. But this is false. Social media sites can be used in many effective ways. For example, connecting with friends and family, helping with schoolwork, and entertaining. But if these tools are being used wrong they can unfortunately ruin someone’s life. Whether it is done in person or behind a computer screen the effects of bullying can damage someone. It is scientifically proven students who are cyber bullied come across more problems than the average student. These students are more likely to abuse alcohol and drugs, skip class, experience in-person bullying, and dropout of school, do poorly in school, have low self-esteem, and obtain more health problems.

Cyber Bullying is Real

Many people are unaware of how life damaging cyber bullying can be. Most people believe cyber bullying can be easily avoided by just walking away from the Internet. But it is not as easy as it sounds. Some people are just attacked through technology for no reason. There are many problems students go through their academic years and cyber bullying should not be one of them. If you or a friend are experiencing these kinds of issues or can relate to this, please contact the National Suicide Prevention Lifeline online or find a local counselor or mental health services.

Image Credits to Wen Tong Neo via Flickr

A Word with Muslims

KEVIN MCIHAEL GARRIDO
CONTRIBUTING WRITER

There is no question that a negative connotation has cultivated in our present day society on the notion of being Muslim. Given the current political and ideological circumstance in our country, it has become increasingly more evident how profoundly divided our nation stands. Fear has metastasized, developing a profound sense of division within our society. However, people are not to blame for this scourge. The true culprit behind this fear infestation is ignorance, considering people fear what they do not truly understand.

Becoming aware of this issue is the first step to recognizing that antagonizing and holding people accountable is not the correct approach to the fear driven divisiveness afflicting us. In order to combat ignorance, one must inform others rather than act against them. I, having become a recent member of the Islamic community, had fortunately understood this before learning of Islam. However, upon my own experience within this community and way of life, I had realized not how little I knew but how much more I had not known. The fruits of Islam lie in its people and that is something I could not possibly have understood without having familiarized myself with the community. Islam stresses humanity above all in the sense that we are all equal regardless of gender, ethnicity, race, or social class, valu-

ing selflessness and unity for the sake of others. Considering my own experience, there is so much more to Islam than we can generally preconceive, and it is crucial that we begin to educate ourselves in the matter rather than estranging the other.

In interviewing a couple of fellow Muslims from a local Masjid, not only are we able to discern what the qualities and values of a Muslim consist of but, also, what it means to them being a Muslim. Yassine Dribki shares, “As a Muslim, I consider Islam a way of life, which requires following rules and commandments according to the Qur’an and the Hadith. The origin of the term comes from the Arabic word ‘salam’, which means peace. It is also derived from ‘silm’, meaning submission to God’s will. As a whole, Islam means peace earned from the submission to God’s will”. Taking this into account, Islam signifies much more than just a religion to Yassine. In this case, Islam represents a way of life in search of peace. It is not simply identifying oneself as a Muslim and worshipping, but it mainly consists of putting its teachings into practice by applying them into the journey of our own everyday lives. A fellow brother, Diya Alhaq, expresses:

Actions speak louder than words, get involved and help your local community. Once you show that Islam preaches selflessness, many people will stand by you. Prophet Muhammed once stated that, “Going out and helping someone in need is greater than

praying in my Mosque for the entire night for one whole month”. Islam is about helping those in need and being selfless. Be true to that and Allah will take care of us. Taking this statement into consideration, Diya emphasizes the selflessness that resonates within Islam. In this aspect, there is a thorough understanding of the importance of one’s actions and the influence it has on others. Simply preaching is not sufficient. One must apply these values in order to provide validity to the teachings of Islam, otherwise they are meaningless, empty words. However, becoming active in such a manner will not only help others but also provide an example for others, helping them understand the selfless humanity behind the Muslim faith.

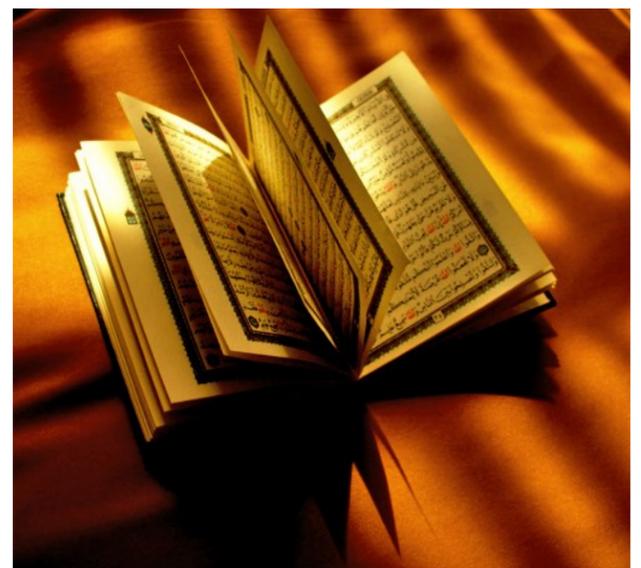
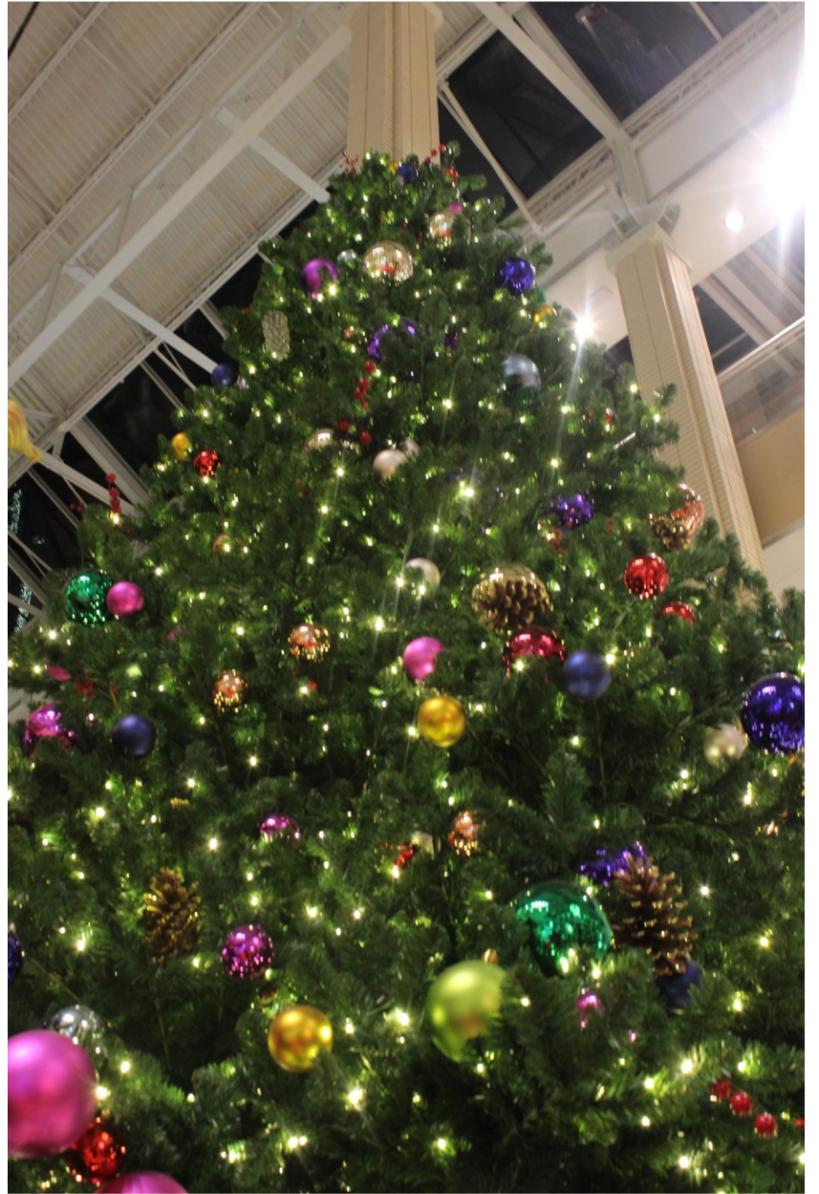


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Hudson County Winter Gallery



Photos by Onisti Payton

NEWPORT HOLIDAY GALLERY || CONTINUED ON PG. 7

5 Credit Card Mistakes You're Making

JONNATHAN RIERA
PRODUCTION EDITOR

Credit cards are a double edged sword; They can be a great tool with many privileges but they can also be dangerous. During College is usually when most young adults get a credit card for the first time. The idea of being able to buy anything and not have to pay for it right away sounds great, but there is a lot of responsibility that comes with it. After hearing many horror stories from friends about how they're struggling to pay credit card debt, I compiled top 5 things you need to know if you about credit cards.

5. Maxing out your credit card.

Just because it is available doesn't mean you should spend it. In order to maintain a good credit card balance, you must not spend beyond 30% of your credit limit. Exceeding the amount of credit you should use will put you responsible for a high interest fee, harder to repay, and damages your credit score. When properly using a credit, your issuer will either automatically offer you a high credit limit or you can request it.

4. Not having a credit card

One of the best ways to build a credit score is to have a credit card and use it responsibly. I recommend all students with a job to apply for a student's credit card. The importance of a great credit score is constantly increasing, if you ever need loan for a car, house, or business, you need a good credit score. In recent years, more employers are starting to check credit scores, and so are landlords.

3. Paying the bill late

Personally, there are a few times I have completely forgotten to pay my credit card bills. Making this mistake once in a while and paying it as soon as possible is not a big deal. The bigger prob-



Image Credit to 401kcreditcards.org

lem arises when you purposely do not make the payment. It can have a serious effect on your credit score, and incur some hefty fees.

2. The Minimum payment routine

Making the minimum payment routine is one of the common credit mistakes, it increases your balance, increases your interest fee, and isn't wise for your credit score. Sometimes the interest fee can be bigger than the minimum payment.

1. Not all Debt is bad.

One of the misconceptions of credit cards is that all debt is bad. Not all debt is created equal. One of my strong beliefs is that debt should be used to help you build your income. Good debt are things that has a strong return in your investment, like a car if you're an uber driver, a suit for your new job, a certification, books, conferences. Never use debt to consume.

Newport Holiday Gallery






CROSSROADS:
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We are also looking for student editors to help create the magazine.

Please contact co-advisors Joseph Pascale or Professor Allie Bach for more information: crossroads@hccc.edu or (201) 360-4370.

Sponsored by the Writing Center and Sigma Kappa Delta

Produced by Communications Department

Photos by Onisti Payton

Roger Goodell Has Deflated Fans Love For the NFL

BRANDON CAULEY
STAFF WRITER

Football fans, such as myself, appreciate the greatness that it is. Most will consider football now as America's sport, overtaking baseball. One day, I got a notification saying that NFL's ratings have taken a dip, and it really shocked me. How can such a popular sport lose ratings so suddenly after such a successful 2015-16 seasons, culminating with a story book 50th anniversary of the Super Bowl? I thought about it, and automatically thought about Colin Kaepernick's protest and those that followed it. The outrage was well apparent to not just football fans, but to many Americans. Then there was the election with polarizing candidates, and people were just wondering what either Donald Trump or Hillary Clinton was going to say next. Or maybe it was the ridiculous idea to stream games on Twitter. But then I thought about the weak primetime games, referees not being held accountable, and mishandling of situations, and I thought about the worst commissioner in American sports, Roger Goodell.

Roger Goodell came to power on September 1, 2006, succeeding previous commissioner Paul Tagliabue. From the start, he had to hand out suspensions to cornerback Adam "Pacman" Jones and the late wide receiver Chris Henry for their transgressions off the field. Goodell faced his first biggest challenge with the New Orleans Saints bountygate. Bountygate took place during the 2009 NFC Championship game against the Minnesota Vikings where Saints players were apart of a bounty ring, and would get compensated for putting big hits on then quarterback Brett Favre. The investigation carried on until late into the 2011 season, but suspensions were handed out, most notably, head coach Sean Payton (season), Gregg Williams (indefinitely), and former pro bowl linebacker Jonathan Vilma (season). The players suspensions were ultimately overturned by the aforementioned former commissioner Paul Tagliabue as it was discovered that the coaches were primarily responsible. Well, if it isn't bad enough that the findings were mostly inaccurate, four players were singled out as if there isn't more players on defense doing the same thing.

Bad judgement, but it did not stop there.

Deflategate, ugh. Deflategate was by far the most annoying, ongoing saga the league has ever seen in my opinion. The New England Patriots back-smacked the Indianapolis Colts in the 2014 AFC Championship 45-7, where the saga began. Tom Brady right away claimed his innocence and said "I have no knowledge of anything, any wrongdoing." NFL brought back lawyer Ted Wells to investigate the matter, and found Brady's explanation to be "implausible", so Goodell dropped a four game suspension on Brady. Brady, as expected, appealed the suspension, and started a series of trials that lasted into training camp. The judge for the trial Richard Berman ultimately overruled the suspension, and Goodell took a massive L. But of course, he did not go down without a fight. After the 2015 season, Goodell reopened the case, for what reason? His freakishly huge ego. After numerous trials, Brady caved in, and missed the first four games of the current NFL season. Say what you want about Brady and the Patriots, Goodell showed his true colors with this trial that he will not be denied and avoid public embarrassment for the league, but his eyes, avoid embarrassment for himself.

You thought deflategate was mishandled? Goodell's mishandling of domestic violence cases have been outright egregious. The biggest example is Ray Rice. Rice was arrested on March 2014 for knocking out his then-fiancee Janay Palmer in Atlantic City, New Jersey. The immediate reaction from Goodell was a two game suspension (yep, only two). TMZ released the video of the incident and Rice dragging Palmer out of the elevator, and that led to an indefinite suspension. What has me scratching my head is there was a meeting between the two before the suspension was handed down, so going off on what Goodell said, which was Rice was completely honest, that was not enough to warrant an indefinite suspension? Poor, poor judgement. This is not the first mishandling of a domestic violence situation. Former defensive end Greg Hardy was arrested for assault and making threats on then-girlfriend Nicole Holder. Pictures leaked of the damage done by Hardy, and that should have warranted an automatic

indefinite suspension, right? Wrong. Not only were his charges dropped, he was only suspended 10 games, which at one point was reduced to 4 GAMES, the same amount Tom Brady had for ALLEGEDLY playing a part in deflating footballs. I mean, come on now. The most recent instance is Josh Brown. Brown was arrested on May 25 for, well, you know against his ex-wife, and the charges were eventually dropped. However, there were at least twenty incidents by Brown, which most was not reported. Brown did admit to the allegations before his journals was released, but he was only suspended ONE GAME. Not four, not ten, not the season, but one lousy game. As soon as the journals released, he was suspended indefinitely. Once again, this was a lousy attempt to punish, and obviously, people need threaten his job in order to not sweep domestic violence issues under the rug. Ridiculous.

I can go on and on about Goodell's transgressions. I can go on and on about how Goodell love players not having a personality. He wants the football players to be like the citizens of George Orwell's 1984, no individualism. I can go on and on about all the refs that blow calls only get a report card and a slap on the wrist. Also, you can't criticize them, you can't exercise your first amendment right, or you will be fined a hefty amount. There is a reason why the NFLPA (players union) is against and doesn't trust him, which was echoed by all pro QB Drew Brees and all pro CB Richard Sherman. His poor judgement, his "judge, jury, and executioner" mindset, and lack of leadership will be the story told about Goodell's tenure as commissioner. The day he leaves office will be the day where all 32 owners celebrate collectively.



Roger Goodell

Keys to Success for the New York Knicks



MICHAEL PARDEL
STAFF WRITER

It is early still early into the NBA season as the New York Knicks look to make their first playoff appearance since 2013. The team has been inconsistent throughout the first month of the season but have showed instances of an impressive team led by their big three of Carmelo Anthony, Kristaps Porzingis, and Derrick Rose. So far, these are the keys of success for the New York Knicks.

For every team in all sports chemistry is always a key to them being successful especially when it's a team with new

additions like the Knicks. The season is still early, this new Knicks team still has plenty of time to work on their chemistry. Bench production is very important to a team's success, but New York's has not been very good so far. They do not score many points, giving their starters a heavy load to carry which has contributed to the team losing leads late in games. This has been unusual for the Knicks because they usually had solid benches for the past couple of seasons ranking in the top 15 in points scored, but this year they are ranked 24th scoring about 30 points a game while the starters score around 74. If the bench gets this together then the team will surely be due for an impressive run that can decide whether they make the playoffs or not. Overall field goal percentage is also something that must be addressed. The team has been failing on too many shot attempts that have also contributed to their losses. It starts with Carmelo Anthony and Derrick Rose getting better shots. A healthy Rose always helps making a team contenders.

This New York Knicks team is certainly better than what they have looked like during the first month of the season, but fans must be a little more patient as the team is still trying to discover their identity in order to become playoff contenders once again. This new team has the potential to be the threats for the other teams in the Eastern Conference so fans shouldn't worry so early in the season. At this point they should be patient and hope for a run or two that can possibly happen sooner rather than later.