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a student publication

The



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Serving Montgomery County Community College and the Surrounding Community

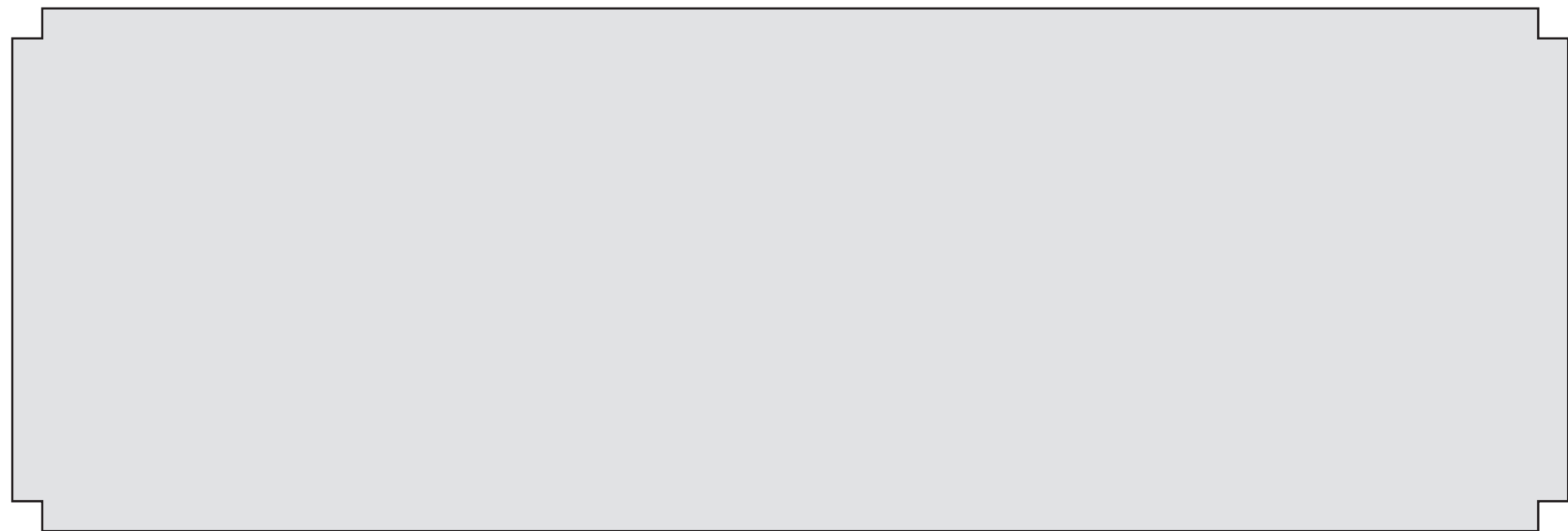
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Hello, once again. I certainly did not where the virus had not been contained early enough through social distancing such as something that you have not been a anticipate how much things would change. In fact, the aftermath has been catastrophic to do until now. During this time I have since my last letter, let alone that the College would switch to entirely online. I hope more than ever in times like these that everyone is doing okay and is feeling well. As I write this, the College has recently decided to transfer all classes to online delivery through the rest of the semester as a result of Coronavirus. Additionally, Governor Tom Wolf has ordered that all schools, gyms, community centers, and public venues where large groups of people might gather to shut down to mitigate the spread of the virus. Non-essential businesses have also been urged to cease operations by Governor Tom These are certainly surreal times.

In the meantime, while this situation is ongoing, I encourage people that is within reason. At the time of this writing, the Coronavirus has infected 219,302 people globally, resulting in 8,953 deaths according to worldometer.com. In countries

For 13 years, The National Alliance on Mental Illness (NAMI) of Greater Philadelphia has held its 5K walk to support people living with mental illness worldwide. Called NAMI Walks, the event is hosted by NAMI of Montgomery County, PA., and usually takes place in late April or early May on the Montgomery County Community College campus.

The NAMI Walk is one of the most important events that the National Alliance on Mental Illness conducts in any given year. NAMI was founded in









It's time to take your "Social Media Usage" temperature. Are you running a fever? Then, it's time to do something about it!

One of the biggest negative outcomes of overusing social media is depression. In her American Psychiatric Association article "What Is Depression," Ranna Parekh states, "Depression is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act." Social media can cause depression in three ways. One way concerns the amount of time spent on applications and websites that help you connect with people who share the same interests and exchange information with them anything from their thoughts and feelings. People can access these applications and websites from their computer, tablet, and smartphone and how long participants spent on social media. Daily how much they felt

worthless, hopeless and helpless, part of people's lives. Today, many people use it every day and all day long because they can communicate everything from major life events to minute particulars. Social media has changed the everyday lives of many people, affecting everything from shopping and job searches to relationships. Social media platforms include Facebook, Twitter, Instagram and more—and even multi-player online games!

Although social media has helped people in different ways, when it is overused, it can still have a negative impact on their mental health, as shown by the development of depression, addiction, and sleep problems. Finally, struggling to balance real-life and virtual relationships causes depression. Today, a majority of people use social media regularly, and this makes it impossible to avoid





With time to clear my head during this  
 TXDUDQWLQH , WKRXJKW EDFN WR P\ ¿UVW H[SHULHQFH  
 with Starbucks. It may not seem like a big deal, but  
 I only came to America, from Burma Burma (also  
 known as Myanmar), in 2015 when I was 32 years  
 ROG , ¿UVW KHDUG DERXW 6W DU EXFNV WKURXJK D <RX7XEH  
 commercial that featured a band performing music,  
 and it attracted my attention. Even though I am a  
 coffee lover, I did not know about Starbucks because  
 I lived in a country far from global brands. One of  
 my friends told me that this place called Starbucks  
 had the best coffee in the world and that you could  
 not beat the taste.

Although American-based Starbucks coffee  
 was a popular throughout the world, and even for  
 neighboring countries like Thailand, Singapore,  
 and Malaysia, it did not make it to Burma due to  
 the precarious political situation there. Burma's  
 government has been unstable because of a  
 long and complex civil war. As part of this war,  
 Myanmar's (Burma's new name) military leaders  
 were accused of human rights violations against  
 Rohingya Muslims and minority groups in the  
 country. Until these issues are resolved, and peace  
 returns, it is unlikely that a brand like Starbucks  
 will invest in the country. One of Burman's  
 local news outlets, Coconut Yangon, reported  
 that Starbucks changed their mind to invest in  
 the country because of these issues, cancelling a  
 planned \$6 million investment.

6 WADUHQ American-based Starbucks canceled plans to open 10 stores in Myanmar (Burma) because of human rights issues. (The Daily Star) - even for)10 ( )TJ ET EMC

Recently, I celebrated my the Drunks” and “King of the I Made It” all contain heartfelt concerts planned, although boyfriend Bryan’s 21st birthday Clouds,” there is an electronic messages such as to be yourself. Urie is working on a new album. However, he does his favorite pizza place, then Dairy sound that caught me off guard for the future. stream on Twitch, answering fan questions, and playing video games. It is unknown what his newest album by Panic! At the Disco, “Pray for the Wicked,” a Crime” and “Hey Look Ma, So far in 2020, Panic! has not interesting to watch.

Queen for ice-cream. I gave him but that I still enjoyed. Brendon Urie has always a creative and free high energy to it, and songs like “High Hopes,” “Dancing’s Not communicate with his fans. Panic!, but it would still be quite which was released in mid-2018.

7 KLV ZDV RQH RI WKH ¿ UVW DO EXPV  
we enjoyed together. I only knew a couple of songs from it at the time, but I still remember enjoying it.

It took me until this quarantine to sit and listen to the entire album from start to ¿ QLVK , ZHQW WR P\ 6SRWLI\ DSS  
searched for Panic! At the Disco, found the album, added it to its own playlist, and sat back and let WKH PXVLF ¿ OO P\ HDUV

What I heard was a mix between something different and something that I would expect from music written by Panic!’s lead singer, Brendon Urie. I got the iconic theatrical vibes that Urie is particularly NQRZQ IRU ZKLFK UHÀHFW KLV  
background in musical theatre and Broadway, but then there’s also a new type of sound that I’m not used to hearing in music by Panic!. In songs like “One of







to the steroid era that rocked the MLB and said that he feels "blackballed" by in the mid-2000s. The late 1990s are the MLB.

called the steroid era because of the remarkable number of home runs hit during that time. Players like Mark McGwire, Sammy Sosa, and Barry Bonds broke decades-long records for home runs both in a single season and in a career. These players are credited with saving baseball by exciting fans and coaxing them back to the ballparks after the strike season of 1994, when there was no World Series.

However, an investigation later revealed that the players I named and a multitude of others, such as Alex Rodriguez, used steroids, which allowed them to build greater muscle mass and hit with more power. These players, although not banned from baseball, have been entirely disgraced and stand little chance of being elected to the Baseball Hall of Fame. Even Barry Bonds, who would likely have been a Hall of Famer before he started juicing has recently come out



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