Cheese Spice up your life and cook more, Page 6

## No Starbucks in Burma

This Burmese coffee drinker was 32 before a taste, Page 9

a student publication

The





Serving Montgomery County Community College and the Surrounding Community

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Hello, once again. I certainly did notwhere the virus had not been contained early interest or simply reinvest your times. anticipate how much things would changenough through social distancing such as something that you have not been a since my last letter, let alone that the Collectaly, the aftermath has been catastrophic do until now. During this time I have would switch to entirely online. I hope more ZLWK WKRXVDQGV RISH RYSHCHADARRINGCHEAGLINING KISHON/SHOWSDA than ever in times like these that everyone to then cannot be properly treated by the mave watched about 25 or so movies the is doing okay and is feeling well. As I writeoverworked healthcare system. However, it iQ R U P D O O \ Z R X O G ^I~\(^1\)OX this, the College has recently decided to reactly this reason that maintaining social transfer all classes to online delivery throughistancing, such as the closure of the physical the rest of the semester as a result of thempuses of the College, and the practice Coronavirus, Additionally, Governor Tomof good hygiene such as handwashing is so Wolf has ordered that all schools, gymsmportant. community centers, and public venues where , ¿UPO\ EHOLHYH WKDW LI SHRSOH VHOI large groups of people might gather to shugtuarantine, practice good hygiene, and do down to mitigate the spread of the virusall they can to limit their interactions with Non-essential businesses have also bearmd exposure to other people, eventually urged to cease operations by Governor Wothe Coronavirus will be contained and its severity on all of us decreased. These are certainly surreal times.

I know that many people who may read In the meantime, while this Coronavirus this are frightened and/or scared and I thinkituation is ongoing, I encourage people that is within reason. At the time of this take advantage of the extra time and writing, the Coronavirus has infected 219,30@pportunities that will be afforded to them people globally, resulting in 8,953 deathby turning a negative into a positive. Use according to worldometer.com. In countriethis extra time to take up a new hobby

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 One of the biggest negativevirtual relationships. It may not be a Media Usage" temperature. Are yououtcomes of overusing social media problem if used in a balanced way, running a fever? Then, it's time to dos depression. In her Americarbut tu something about it!

Psychiatric Association article "What

It's no longer a question of ls Depression," Ranna Parekh states, VRFLDO P'DeGresBidnys a Comingon and serious ZKHWKHU surpass the disadvantages. Rathenedical illness that negatively affects it's a question of how social mediahow you feel, the way you think, and negatively impacts your life. "Social how you act." Social media can cause media" refers to Internet-baseddepression in three ways. One way applications and websites that helponcerns the amount of time spent on SHRSOH; QG RWKHU Vit. ADDreSold lind Oxto V Liu VVI KLInh. in 1200 1766 Ea H who share the same interests and udy was done of 1,787 people aged exchange with them anything from 19 to 32 in the United States that information to their thoughts andshows an association between social feelings. People can access the seedia use and depression. There applications and websites from theirwas a linear association between computer, tablet, and smartphone article participants spent on social VKDUH DQ\ FRQWHQWmledia, EdailyHaQadWhQwk much they felt

Social media has become aworthless, hopeless and helpless, part of people's lives. Today, manywhich are all symptoms of depression. people use it every day and all day Another reason social media can long because they can communicateause depression is because people's everything from major life events online lives (as shown in pictures to minute particulars. Social mediaon their Instagram and Facebook has changed the everyday lives of UR; OHV ORRN PRUH LGHDO DQG DPD]LQJ many people, affecting everythingthan their real lives. Being exposed from shopping and job searches tdWR HQGOHVV; OWHUHG LPDJHV PDNHV LW relationships. Social media platformsimpossible not to compare yourself to include Facebook, Twitter, Instagramothers. Lin says, "People who engage and more—and even multi-playein a lot of social media use may feel online games!

Although social media hasportraits of life that other people tend helped people in different ways, WR SUHVHQW LQ WKHLU SUR; OHV when it is overused, it can still have Finally, struggling to balance a negative impact on their mentateal-life and virtual relationships health, as shown by the developmentauses depression. Today, a majority of depression, addiction, and sleepf people use social media regularly, problems.

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 6WDUEXFNV 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.

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Recently, I celebrated mythe Drunks" and "King of the I Made It" all contain heartfelt concerts planned, although boyfriend Bryan's 21st birthday Clouds," there is an electronicmessages such as to be yourselfeportedly Urie is working on a by treating him to pizza at hisand new world symphonic put in hard work and stay hopefuhew album. However, he doe favorite pizza place, then Dairysound that caught me off guardfor the future.

Queen for ice-cream. I gave himbut that I still enjoyed.

Brendon Urie has alwaysfan questions, and playing vide a shirt that I bought from Hot The album overall has abeen a creative and freegames. It is unknown what he topic, one with a logo from the high energy to it, and songs like V S L U L W ¿ Q G L Q J has Hinz stozed for the Wifeture onewest album by Panic! At the "High Hopes," "Dancing's Not communicate with his fans. Panic!, but it would still be quite Disco, "Pray for the Wicked," a Crime" and "Hey Look Ma, So far in 2020, Panic! has nointeresting to watch.

Which was released in mid-2018.



7 K L V Z D V R Q H R I W K H ¿ U V W D O E X P V 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 PXVLE; QQ P\ HDLIV

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 UHÀHFW KLV NQRZQ IRU ZKLFK 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 MLBand said that he feels "blackballed" by in the mid-2000s. The late 1990s arthe MLB.

called the steroid era because of the Some have tried to argue that since remarkable number of home runs hithese players have not been banned during that time. Players like Markfrom baseball or faced any severe McGwire, Sammy Sosa, and Barrypunishment in terms of suspensions Bonds broke decades-long records fothat the Astros should get the same home runs both in a single season antobatment. However, this opinion fails in a career. These players are largety take into account the rampant use of credited with saving baseball bythe drugs during the time. It is likely exciting fans and coaxing them back tothat each team had multiple players the ballparks after the strike season of sing steroids, meaning that an unfair 1994, when there was no World Seriescompetitive advantage may not have

However, an investigation laterbeen wholly present. revealed that the players I named Unlike the situation with the and a multitude of others, such astros, however, using technology and Alex Rodriguez, used steroids, which strategies that cannot be duplicated by allowed them to build greater muscle ponents is a vastly more egregious mass and hit with more power. These iolation. Additionally, players like players, although not banned from McGwire, Sosa, and Bonds won a baseball, have been entirely disgraced and stand little chance of being

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



