

a student publication

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Serving Montgomery County Community College and the Surrounding Community

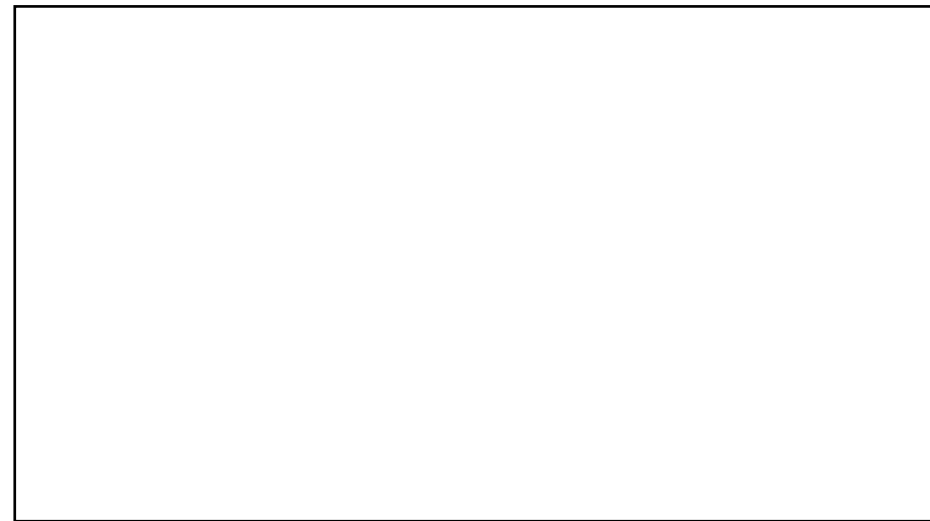
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Hello, and welcome back to our busy schedules. Luckily, physically active. According to a study published in the International Journal of Environmental Research and Public Health that examined everyone who has returned to their true for me, for the most part, however, since that letter, there have been many other positive outcomes to come out of this less-than-ideal situation.

In addition to spending time with friends and family members, there has also been a resurgence in community spirit. In the months immediately following the shutdown of businesses and other local institutions, online conversations involving community members on Facebook and other social media groups rose 82%, according to Wunderman Thompson. In the months since, community engagement

and spirit has stayed relatively stable. As a result, many of us who have actually met and talked to people online we likely would not have before the pandemic. Additionally, there have been many feel-good stories of neighbors helping each other out by buying groceries for those who are immunocompromised or family, thereby giving us the chance to reconnect, and also from COVID.

We have also been looking after ourselves better by eating healthier and becoming more





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Dan Marcolina talks...

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12:45–2:00 pm EST

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Although these tactics seem innocent,

WKH\ GLG LQ IDFW KDYH D VLJQL¿FDQW HIIHFW  
RQ YRWHUV \$ UHFHQW ODULVW VXUYH\ ¿QGV



The Montgomery County Community College Theatre Arts Program has been an incredible experience for me and a lot of other students. It has helped me with my mental health, and I consider myself lucky to have a place to create such great bonds with faculty and students. But will those bonds continue to be strong with the pandemic seemingly pulling us apart?

Look up. The picture the stars and planets paint are much greater than what the human

H\H FDQ FDSWXUH 7KH VWXG\ RI WKHLU LQÀXHQFH RQ

us has intrigued many over time — but nothing like the interest Generation Z has shown with the current boom in new-age astrologers.

Think of an area of your life: family, where you live, your career. You name it and there is a part of our galaxy that will have an

LQÀXHQFH RQ \RXU VWRU\ 7KH VWXG\ RI DVWURORJ\

systems and the planets' transits has gone as far as pointing to when major social, political, or economic movements of their own will occur.

Most of us do not like thinking that we as individuals, or as a society, are so predictable.

Astrology is no longer just the small column

DW WKH ERWWRP RI D PDJD]LQH WKLV LV D JURZLQJ

and trendy way of life.

\$VWURORJ\ LV PDGH XS RI WZHOYH ]RGLDF

signs and twelve corresponding houses. Each

]RGLDF UHSUHVHQWV DQ DUFKHW\SH DQG HDFK

house corresponds with an area of your life.

)RU H[DPSOH WKH ¿UVW KRXXVH FRUUHODWHV WR

the physical body, the appearance, and it is known as the house of self. By entering one's birth date, location of birth and birth time, a natal chart can be composed. This applies to businesses and countries as well, if all of the above information is known.

\*HQ = KDV XVHG VRFLDO PHGLD VSHFL¿FDOO\

TikTok, to resurrect an interest in the age-old study of astrology. An astrology enthusiast, Maren Altman has repainted the image that many see in the stars, mixing new technology with centuries-old techniques.

Astrology is not a belief. The system

GRHV QRW FDUH LI \RX XWLLOL]H LW RU QRW ,W LV WKHUH

WR EH UHFRJQL]HG RU LJQRUHG \$OWPDQ XVHV

# Opinion: Making music through a pandemic

Emma Daubert  
MSP 111 The Montgazette Contributor

Making music is an important part of many lives, as it challenges the mind and allows people to express themselves. Because of the recent global pandemic, however, those challenges have been taken to the next level. Schools these days have teaching and extracurricular activities online, and that includes music.

Shania Daubert, an elementary school student learning the trumpet through virtual music classes, says work in person and would have been easier to learn and play with the

From my own experience in a band program, pre-pandemic, I can say that some of my favorite times play were during big band practices Being around everyone and able to learn and play together changed my experience completely. In fact, the feeling of having another student,

who comes from an entirely different musical background, play next to you helps you grow as a musician. You learn to blend and mix your sound into the sound of the band as a whole, and it is exhilarating. Thinking

safer times post pandemic, it loo as though many music program have developed ways to learn a to-face instruction, and when we grow online. We can only hope th these newly reformed programs w continue to give students a commun immersive education with Moving toward reopening and



Photo by Emma Daubert.

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Margarita Mamun wakes up,for 7 months. The Russian team grabs her morning latte, and gets believes this was a planned rumor ready for her day. She takes thepread in order to help other teams earliest morning bus for the longworldwide catch up with Russian ride to Novogorsk, Russia, to starhythmic mastery.

her grueling daily training. This Rhythmic gymnastics is a sport young lady is getting ready for theW K D W P H H W V D U W D Q G P D N H V D S H U I H F W ³ \ L Q 2021 Summer Olympics, which D Q G \ D Q J ' E D O D Q F H W K D W G H V H U Y H V W R will take place in Tokyo. She is astay in the Olympic Games schedule. rhythmic gymnast. The Olympic committee has been

Rhythmic gymnastics is aconsidering removing rhythmic very beautiful sport. Performancesgymnastics from the Olympic I H D W X U H À H [ L E O H Games Schedule/ unless Fédération featured apparatus and props such as international de Gymnastique allows rope, hoop, ball, clubs, and ribbonmale participants to compete both Many think it should be taken offin individual and group acts. Many the Olympic discipline; however, I rhythmic coaches around the world believe we need to follow this sportsupport this idea. Male competitors more closely because these athletes Z L O O K D Y H W K H L U ¿ U V W F K D Q F H W R S H U I R U P are some of the best in the world. professionally and compete at the

Among these talented athletes and2021 Russian Games. their teams, the Russian Federation Irina Viner, a head for coach of Rhythmic Team is the strongest. The RFRT, is a living legend who athletes have consistently broughtwill forever be remembered for her back home Olympic gold medalsaccomplishments in this beautiful since the 2000 Games in Sydneyand delicate sport. Her path to , Q I D F W D V R I coaching Rhythmic gymnastics Olympic medals in a row. The Russianwas very unexpected. Viner wanted team developed many different movesW R O H D U Q D ³ 0

that only athletes from their country can perform because of the movesworlt. complexity. They have a highly secrettraining process and the best coaches in the sport. However, back in 2002,yroo Alina Kabaeva and Irina Tchachinacas' were accused of doping and wereriering(the Russian tea.d)10 ( )TJ T12\_0 1 Tf 0 c -5.26 -24.4 Td [Cinused n P g banned from performing in any rhythmic gymnastics' competitions





Using Zoom also adds the problem of performing plays online, such as someone's connection drops. It was troubling in rehearsal when a screen just went black or log actors out of their room. During tech rehearsal, actors faced many complications, including access to Internet and Wi-Fi support.

still being able to continue doing theatre, than in person. It also made me upset that we couldn't really get the experience of going out to eat or bowling, as we normally

The Theatre Arts Program is gaining a bunch of new faces, but the veteran students are feeling a little discouraged because they know what it was like previously and how different it is now.

Megan Kinn, a new Theatre Arts

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+DYH \RX VHHQ 37R

All the Boys I've Loved  
%HIRUH´" ,I \RX VDZ WKH ¿UVW  
movie, you are likely hooked

DQG DOVR VDZ LWV VHTXHO 37R

All the Boys: P.S. I Still

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WKDW D WKLUG ¿OP ZDV UHOHDVHG  
on February 12, 2021? The

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YLHZHG RQ 1HWÀL[ ZKLFK

produced all three movies  
with the help of series writer  
Jenny Han. For those who  
have never heard of this  
series, it is about a romance  
between a boy, Peter  
Kavinsky (Noah Centineo),  
and a girl, Lara Jean (Lana  
Condor) and the various  
struggles and triumphs of  
their relationship.

Lara Jean lives with her  
father and two sisters, Kitty and  
Marfather

