

a student publication

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students' V

Serving Montgomery County Community College and the Surrounding Community



A tsunami-sized wave of lost progress on a major project, I have fallen victim to bad luck has hit my lifeboat and a product I am not proud of distractions as well. I can spend recently. It is something we have was turned in. This misfortune countless hours streaming all experienced, and we know that builds up into a giant Goliath that tides will eventually turn back in must be faced in order to keep our favor. Yet, when riding out going forward. Yet, it is too often the violent waves in the midst that we see people turn away from of a dark ocean, it can seem like a challenge and put their attention forever waiting for rescue. towards unhealthy distractions.

Bad luck manifests itself in Modern society has made different ways. Some are mild it easier for these distractions annoyances and others are life to manifest. Instead of facing changing events. When I was Goliath head on, devices are participating in virtual class, shoved in our face to hide us every smoke detector in my from his horrors. Social media house went off for no reason. And video games are an easier organization I am apart of lost its occupation of the mind than leader after a decade of service. real-world problem-solving.

Rose Padva
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Michelle Nguyen, a former student at Montgomery County Community College, said, "I felt burned out all the time, even while I was in school." Nguyen studied Life Sciences for a couple of semesters before dropping out because of mental health issues. If students feel that they want to change the resources listed. Some additional resources are available at the Montgomery County LGBTQIA+ Health and Support at montcopa.org and the Housing Finance Agency at phfa.org. Students should not hesitate to get help from friends, family, or friends through college resources.

What is burn out? Burn out is the feeling of stress and anxiety in daily life. According to the University of Virginia Department of Economics, students can begin feeling so helpless and depressed that they retreat into their shell, away from the people who care about them the most. They become frustrated, confused, and lonely, and do not know what to do. Eventually, with everything piling on top, one after the other, they snap. The article lists three reasons why students are burned out in college: social issues, academic pressures, and mental health.

Tommy Kelly, a current student at the College, studying Business Administration, has also had issues with burn out. He explained, "Last year during school I struggled with family health issues, [and] I got burned out."

How can students recover? Kelly said, "Make sure to do things that pick you up, and not just things that are daily tasks. Let someone know how you are mentally."

Nguyen suggested that "Hot showers after a long day have helped me." Both of these students had a common solution: self-care.

Many resources are available to assist with burn out. If students need mental health help, timelycare.com is a telehealth service that can provide professional help for free. Students can either use their app or go to their website to start their self-help journey. Other resources available include Montgomery County Mental and Behavioral Health and Montgomery County Adult Mental Health Services Guide.



A MCCC Student's Desk.
(Photo / Rose Padva)

Everyone seems to have a love/hate





2 YHU WKH VXPPHU DPRQJineWkHaldgUkAsÀhloed toMerHanc how the to tell this tragic tale. of “Top Gun: Maverick” and yellow simple-minded audience reacts during a scene. Luhrmann has Alongside Butler is Tom Hanks, who is bo servants in “Minions: The Rise of Gru,” the King of complete control over how the audience feels, using SRVLWLYH DQG QHJDWLYH Rock and Roll made his triumphant return to the big screen. In “Elvis,” Baz Luhrmann delivers a high- one hand, Hanks elevates the material in bringing the despicable Colonel Tom Parker, Presley’s manager, to life in a rare villainous role. Perhaps audiences were not prepared for this Hanks, so he typically portrays the good guy or hero with heart of gold. None of those positive traits so

6 SHDUKHDGLQJ WKLW ¿OP LV WKH SKHQRPHQDO performance of Austin Butler as Elvis Presley. \$FFRUGLQJ WR 'HDGOLQH ZKHQ FDVWLQJ ¿UVW EHJDQ V RPH RI WKH \RXQJ DFWRUV ¿JKWLQJ IRU WKH UROH LQFOXGHG 0LOHV 7HOOHU DQG +DUU\ 6W\OHV D EDIÀLQJ option thankfully avoided). Butler landed the spot after submitting a recording of him singing “Unchained Melody.” This recording even earned him a recommendation from Denzel Washington.

Luhrmann made the right decision. From the ¿UVW IUDPH %XWOHU FHDVHV WR H[LWV DV KH GLVDSSHUV under the bedazzled jumpsuit and sideburns. One RI WKH ¿OP¶V EHVW DVSHFWV LV KRZ WKH GLUHFWRU FKR VH to mix real footage of the King with Butler’s recreated scenes. By the end, the two men become indistinguishable from each other. It is not too early to predict that Butler will take home the Oscar for Best Actor. At the very least, he has earned himself more than a nomination, securing the respect of Elvis fans across generations.

Just as Butler was perfect to star, Baz Luhrmann was perfect for the director’s chair. Although his SHFXOLDU ÀDPER\DQW GLUHFWRULD VV\OH GRHV QRW ZRUN every time, it really enhances the story here. A Presley biopic needs to be just as big as Presley’s commanding personality, and Luhrmann delivers. Every edit and transition is a grand gesture that demands the viewer’s attention. Every action and

**Dalaya Richardson
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It is hard to fathom how much to survive and better the life of her treats lower-class citizens in “The showing how the elite harm an American culture has changed in the another and sister. Hunger Games.” It was later perceive the lower class. When past 10 years. In 2012, voters were Portrayed by Josh Hutcherson, revealed that Zimmerman had people have had enough of the deciding whether to elect Barack 16-year-old Peeta Mellark also gets called the police before, about other manipulation and trauma, they put Obama for a second term. In pop G U D Z Q D W U D Q G R P A W C A n A m e r i c a n s E v a l k i n g G H the back against the powers that cause culture, the Nintendo Wii was the Everdeen. From the start of the Q H L J K E R U K R R G 7 K H ¿ O P F R Q Q H F W V dominant gaming system, and the games, Everdeen, Mellark, and with America’s harsh reality by “Twilight” franchise was ending. their competitors begin to lose their

However, a new movie humanity as they battle for riches I U D Q F K L V H Z R X O G ¿ T o o m a i l M a k e D w i s t , P r e s i d e n t B r o 0 D U F K D ¿ O R s p l a y E d C y K D o n a l d S u t h e r l a n d based on a young adult book series he oversees the vicious games at that produced four movies and a new vitality toward his lower-class prequel that comes to theaters next citizens.

year. That franchise is “The Hunger The ending leaves the winner Games,” and although it is already of the Hunger Games pondering decade old, it remains relevant today their options. Do they embrace the

7 K H ¿ O P L V E D V H O w i n n e r s t h e y h a v e b e c o m e ? O r o Suzanne Collins novel of the same W K H \ E U L Q J W K H ¿ J K name. It showcases a future o a n d e n c o u r a g e c i t i z e n s t o c h a l l e n g e what society could become if the 6 Q R Z \ V D X W K R U L W \ " government has complete power — U H A H F W V R Q F X U U H O a future where only the elite have but it also demands that the audience access to advanced technology a n s w e r s t h e s e e s s e n t i a l q u e s t i o n s .

all the food they can eat. Meanwhile, \$ W W K H W L P H R I V the government threatens an America was dealing with the manipulates its lower-class citizens death of Trayvon Martin. He was a Sound familiar?

17-year-old African American, shot due to a disagreement with George Zimmerman while walking home from the store. The incident sparked

D U H U D Q G R P O \ F K R v i t a g e n o t o n l y g r i w z i m m e r m a n the death. Should they survive, they handled the situation, but also winners are rewarded with a life of how the state of Florida handled riches and food for their district. Martin’s death, with the police and Portrayed by Jennifer Lawrence, P H G L D V D \ L Q J L W Z 16-year-old Katniss Everdeen, from defense. They would not discuss District 12, volunteers to enter the Martin’s side of the story.

74th Hunger Games to take her little How the U.S. media and V L V W H U \ V S O D F H 7 k u t h e r i e s p o r t r a y e d t h e h i n g e r o f Everdeen uses her archery skills the same way the government



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**William Norris
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+ DUULVRQ)RUG ¿ UVW GRQV KIG KUL V W L J Q P W L X O F H E U R ¿ Q persons to take over to Spielberg. His director fedora and leather jacket 40 years ago in "Raiders of the Lost Ark" they felt it failed to capture the tone of the original style, along with Spielberg's insight, could bring back the original "Indiana Jones." RI WKH /RVW \$UN ´)RU WKH trilogy. Other complaints focused on a bland Blair DQV DQ H [FLWLQJ ¿ OP WKD "Kingdom of the Crystal Skull," Ford will once and the excessive use of CGI. original "Indiana Jones."

again play Indiana Jones, the iconic archaeologist One cause of concern for the new movie is that For those who may be wary of the new movie DIUDLG RI VQDNHV 7KH QH Steve Spielberg will not be sitting in the director's chair. It should be noted that Ford seems to be excited -XO\ DQG IROORZV DQ ROR. He will instead act as an Executive Producer. He has always put forth a great performance in chapters. A surprise trailer was shown exclusively at Disney's D23 Expo in September, but it has yet to be publicly released. DQG FUHDWLYH FRQVXOWDQW Ford even became teary-eyed with an OUR director James Mangold. He rose to fame for his WKH ¿ OP DW WKH ' ([SR H R-rated X-men swansong "Logan," as well as Jones movies are about mystery and adventure.

The "Indiana Jones" movies were Johnny Cash's biopic, "Walk the Line," both critically and well received by audiences. happy that we have a really human story to tell.

They remain popular due to the lovable heroes, heart-stopping action, and treacherous villains. The movies were also a collaboration between two legendary moviegoers. While it is understandable that fans may be nervous, it is important to remember that Spielberg is still involved in the process. He brought emotional, then it should not be immediately cast aside. More so, how it turns out in the end. Like "Jaws" and "Raiders of the Lost Ark," hopefully fans will go out to support Ford as Indiana Jones one last time. If nothing else, audiences should recognize all that Ford and Spielberg have given them through the years. When "Kingdom of the Crystal Skull" was released, audiences left theaters disappointed. It was Mangold loves the franchise, and was the best

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Kimberly Pessoa
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In August 2022, renowned music mogul Diddy made the statement “R&B is dead.” His declaration bothered R&B fans all around the world because they have sustained the genre for decades. While his comment may be from a desire to see a mainstream resurgence, it is more a marketing master plan for his upcoming R&B album.

For instance, Kehlani recently sold out the Oakland Arena, which boasts a 20,000-person capacity. According to Billboard, the singer has never had a top-10 hit, nor does she have a single currently on radio rotation. To sell out a major arena is an accomplishment. Popular act Silk Sonic took '70s

With each era, R&B has undergone many transformations, but its relevance remained. Take The Whispers as an example. They are a group that had chart-topping hits throughout the '70s, '80s, and '90s. Now, they are still touring and performing for crowds of up to 10,000 people.

Later, American Music Award winner Keith Sweat dominated the '90s. He was among many artists bringing New Jack Swing, a contemporary blend of R&B and hip-hop, to the masses. This was an R&B sub-genre pushing the music forward and keeping it relevant.

As the 2010s ended, fans noticed an increase in classic R&B songs being sampled in hip-hop songs. In 2019, producer London On Da Track was responsible for the Top 50 Billboard hit “Come 7 K U X ´ 7 K L V L V V L J Q L ¿ F D Q W E H F D X V H the song samples Usher’s “Make Me Wanna...,” which was a number two Billboard hit from 1997.

Although modern R&B listeners notice a decline in mainstream promotion, its impact is undeniable.

