

Opinion:

Why you should care that teachers are leaving their profession

Following the hardships of the pandemic, there have been constant reports about the shortage of teachers in schools across the nation. Many of these teachers who once loved their profession are now leaving due to negative student behaviors, low wages, and the politicization of classroom curriculum.

It's no surprise that student behavior has changed from the early 2000s. This is due to the easy gratification of technology and ensuing difficulty engaging students. As teachers try to grab their students' attention, many are growing frustrated at a general unwillingness to learn.

Along with student behavior, teachers earn low wages, placing undue financial stress on them, even if they participate in a union. Considering the large impact teachers have on future generations, it is unfortunate how much they are taken for granted.

During a PBS interview, Minnesota's 2020 Teacher of the Year, Qorsho Hassan, stated, "I also feel like there's this expectation that we do free labor, without any foresight or any thought about the families that we have, and the other roles that we carry besides teaching."

Instead of giving teachers

more tools and resources, administrators have put a focus on increasing their school's individual ranking compared to other schools. The United States educational system, primarily K-12, has prided itself on acquiring higher rankings compared to foreign countries. However, according to author Kimberly Amadeo from The Balance, this has not been the case since 2018. In 2020, the US placed third.

The focus of ranking schools against each other by using standardized testing puts more emphasis on the test material than it does on meeting student

needs. This focus causes students to fall behind and lose interest, so they turn their attention to anything else than their education. It is a vicious cycle.

The educational system

should work to help students navigate life and problem-solve in a productive manner. If the system focused more on teacher-student relationships as opposed to rankings, students would thrive, and so

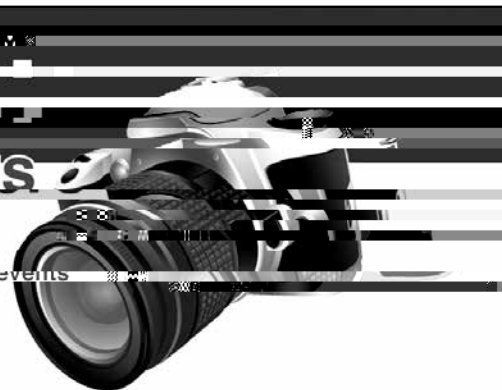
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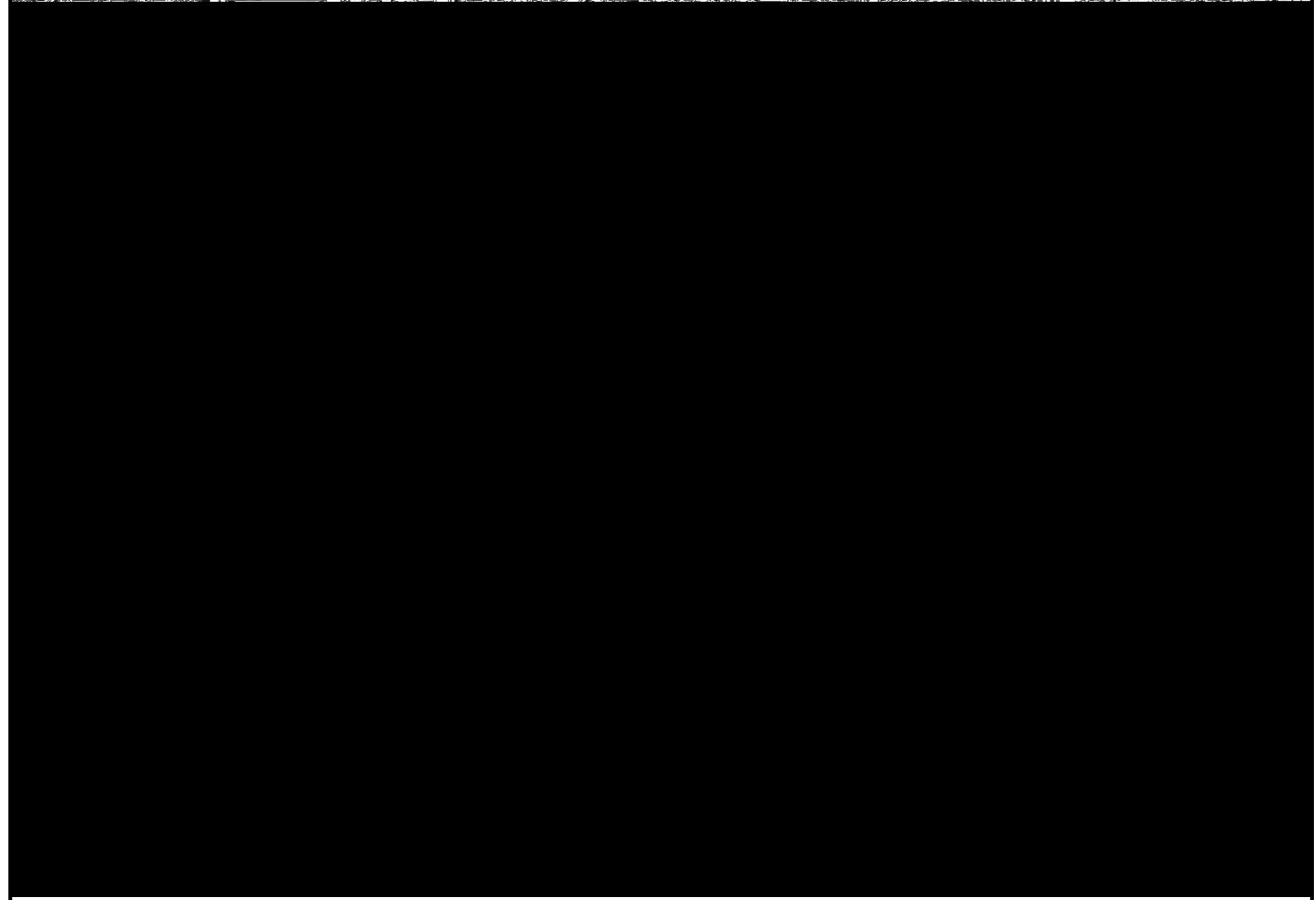
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As a busy teenage girl, I am guilty of stopping at Wawa to pick up a Monster energy drink on my way to work or school. While I would not call them delicious, they are a quick way to get an extra boost of energy prior to any activity. Yet, are energy drinks really the best option for a consumer's health? Studies have shown that while energy drinks indeed boost energy and productivity, they also can do more harm than good.

Energy drinks, such as Monster or C4, are often used as a pre-workout drink to increase endurance during exercise. According to Dr. Rosenbloom of Verywell Fit, if an energy drink containing large amounts of caffeine is ingested one hour before a workout, it can raise both aerobic and anaerobic performance. She also found that ingesting caffeine prior to a workout can boost muscular strength and increase both jumping and throwing performance.

Energy drinks are also proven to bolster the mood of consumers. While the result is often short lived,



In the United States, theme parks have always been the go-to destination for thrill-seekers and families. Nowadays, there are more parks in operation than ever before, but not many offer the variety of Universal Orlando. Florida is known for hosting Walt Disney World, but just nine miles away, Universal has made its reputation as one of the best theme parks in America.

Opening on June 7, 1990, the park welcomed the world to its original site. Five years later, construction quickly began on a second park known as the Islands of Adventure. Today, the two main parks remain, with the addition of a water park called Volcano Bay and a fourth titled Epic Universe in construction. Universal Orlando continues to grow in popularity, even post-pandemic.

Entering the park is like walking into the screen at a movie theater. When traveling through certain sections, visitors are transported into the worlds of “Dr. Suess,” “Harry Potter” and “Jurassic Park.”

A few characters, such as Gru (from “Minions”) or Optimus Prime (from “Transformers”), roam the park to entertain fans of all ages.

James Hill, who has been a Universal season pass holder for five years, visits the park any day he wishes. He said, “I love everything about this place. The atmosphere, the sights, the rides. All of it is quite special.” Hill is not the only person who enjoys going to the parks as much as possible. Many visitors arrive in the early morning hours to avoid the long wait times for their favorite rides, which can stretch into hours.

There are many rides based on popular movies that guests can enjoy. At the front of Universal Studios Florida is the “Despicable Me”-inspired ride, “Minion Mayhem.” Other attractions include “Transformers 3D” and “Men in Black: Alien

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Based on my observations, the three pillars of a successful life seem to be forming meaningful relationships, building a solid career, and experiencing overall well-being. Everyone should

Review:

Soul for the Sea offers simple cooking for complex lives

With a passion for cooking and serving people, Devin Robertson used his extra downtime during quarantine wisely. Cooking was something he did for years, but the pandemic allowed him to sharpen and experiment with his culinary skills.

Soul for the Sea is a catering service that offers traditional Black-American food with a Caribbean influence. By using social media, Robertson has grown his audience and established repeat customers. On two Mondays a month, Soul for the Sea sells more than 40 platters at what he calls “Mon-deals.”

On November 5, 2022, Soul for the Sea catered the “Voices in Power” poetry open mic in Philadelphia. It was the largest event Robertson has serviced, feeding 200 people. This milestone was a great opportunity to make new business connections and provide joy through the love of food.

Soul for the Sea got its name from the two areas that Robertson wanted to fuse. As a Black American man, he grew up in a family that loved to cook. At the same time, many of his lifelong friends are Caribbean American. He spent time learning to cook from his Virginian family as well his Caribbean chosen family. Soul for the Sea is where southern cooking meets the Caribbean and

Central America.

One of Soul for the Sea’s most popular dishes is the street tacos. There are two protein options: brisket or chicken. The brisket packs the most favor, with spices like cumin, aleppo pepper and tomatoes. On the outside is a corn tortilla, dipped in the same brisket’s stew, or consommé, and then grilled. When it is fried to perfection, the tortilla is layered with cheese, shredded brisket, onions, and cilantro. Robertson chose these tacos as a menu item because he wanted to offer comfort food that was sure to be a crowd favorite.

A more decadent dish is the shrimp-stuffed lobster. This plate comes with a bed of crispy grilled asparagus spears. The vegetable is seared on all sides, but not burned. Then, the lobster tail is centered on the asparagus bed and presented steaming hot. The tail is scored down the middle to allow room for sizzling shrimp.

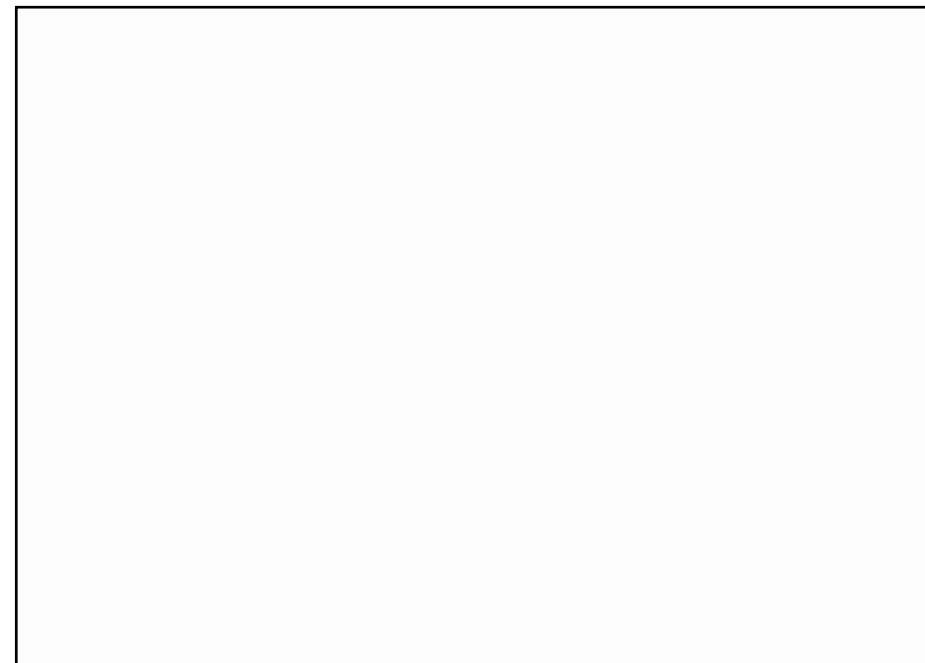
When the dish is brought out, Robertson then drizzles a made-from-scratch garlic butter sauce over the creation. The butter covers the shrimp, seeps down over the lobster, and pools around the asparagus. If there is any part of the meat or vegetables without butter, Robertson provides a ramekin full of the same garlic butter for dipping

Soul for the Sea’s garlic butter is a commodity on its own. After many customers raved about it, the butter is now available for purchase by the block. Some customers also purchase the herb butter and use it at home for their own cooking.

Soul for the Sea boasts repeat customers and good customer service. Many patrons purchase platters regularly (every week), along with the butter and custom spice blends.

Robertson looks forward to expanding his merchandise to make his branding more noticeable. He hopes to secure a food truck by the end of 2023. For now, platters are available for pick-up, and he also offers delivery to the greater Philadelphia area.

The chef focuses on marketing his services via Instagram @Soulforthesea5 and word of mouth. Business inquiries can be sent to soulforthesea5@gmail.com.



Chicken street tacos platter.

(Photo / Devin Robertson)

