

Springfield Technical
Community College

**Final Exams Begin on
December 16, 17, 18, 19.
Final Grades Due on
December 26
at Midnight.**

Fall Semester 2019
Volume • 14 – Issue • 4

STEM Day at STCC

by Jessie Mongeon

Every October, Massachusetts has a statewide “STEM week”; a week dedicated to boost the interest and awareness of STEM education and STEM employment opportunities, meaning anything that falls into the science, technology, engineering or mathematics fields. During the week of October 21st, schools around the state dedicated their resources to events and activities revolving around STEM avocation. Here at STCC, Octo-

ber 23rd was STEM day, which included a fair that showcased student clubs and projects, aimed at local high school students and STCC students with undeclared majors.

The STEM Expo gathered on the Seventh Floor of Building 2 for a STEM Fair, where current STEM field students showcased projects that they have worked on for their courses. Students also showcased club projects, such as the eMakers club who showcased

their robotic arm that could write words. Other information tables included the Spectrum Laser Club, the Society of Women Engineers club, and a table for each of the 28 STEM programs offered here at STCC.

In the Gymnasium of Building 2, STEM faculty and industry representatives were gathered to speak with students about career paths and give industry insight. Participants received ‘passports’ that they could get stamped

by visiting the various STEM program representatives. When students completed the passport, they were entered into a raffle. By talking to professionals in the industry, interested students can get a real idea of the type of work they are interested in studying.

To find out more about STEM programs on campus, you can contact Dr. Reena Randhir, STEM Starter Academy Director. <https://www.stcc.edu/about-stcc/news/stem-day-at-stcc-to-showcase-career-pathways.html>

Using the Fitness Center in Building 2 is Free!

by Shawn Ferrari

An underrated part of the STCC campus is the Fitness Center in Building 2. We could be paying \$10 a month to be a member at Planet Fitness, or we can go to the Fitness Center for free. You’re paying for your education, and on top of it you can use the gym on campus for no additional cost.

The Fitness Center has everything you’d want from a gym. On the STCC website they say, “The Fitness Center is equipped with Cybex cardio equipment, strength training machines, and free weights.” Most machines are well labeled with information on how to use them properly and

what muscle groups they’re working out. If you’re still unsure, they have staff there who can help you.

Working out is good for your physical health and it can also do wonders for your mental health. According to ScienceDaily, “A study of 1.2 million people in the USA has found that people who exercise report having 1.5 fewer days of poor mental health a month, compared to people who do not exercise.” Working out is like hitting a reset button. You may be anxious beforehand, but during and after working out your worries go away. ScienceDaily also say, “More exercise was not always better, and the study found

that exercising for 45 minutes three to five times a week was associated with the biggest benefits.” It’s okay to go at your own pace and to set your own limits, there’s no need to compete with others all the time.

Don’t be scared to work out on campus. You may think that people will judge you for being the new kid on the block or for not knowing what you’re doing, but it’s the complete opposite. It’s a welcoming and judgement free zone. Usually more experienced people at the gym don’t mind helping others out and showing them the ropes. It’s all right if you want to try going with friends at first, but eventu-

ally you’ll start learning more and feel right at home.

When you go to the Fitness Center for the first time, you’ll need to sign a few papers regarding liability and policies. You’ll also want to have your student ID with you every time or else they won’t let you work out. The Fitness Center is closed on the weekends, but they’re open 6:00 am to 5:00 pm every weekday which should allow plenty of time to work out before or after your classes. It’s free, so take advantage of it!

Sources: <https://www.sciencedaily.com/releases/2018/08/180808193656.htm>; <https://www.stcc.edu/campus-life/fitness/>

New Parking Process Coming Spring 2020

by Shawn Ferrari

Beginning this upcoming spring semester, STCC will be putting a new parking process into action. The process will include license plate readers, cameras, and a real time count of each parking lot. From Debbie L. Belucci, the Senior Director of Business Services, “Students will now register their license plates (they can actually register two plates, but only one can be in a student lot at one time), the camera will take a picture upon entering a lot and check the license plate against our database of registered plates.

Non-registered cars are subject to ticketing.”

This new procedure will get rid of stickers and assigned lots. Students will be able to park in any lot on a first come first serve basis. Electronic signs will show whether or not a parking lot is full. They will update when cars enter and leave the parking lots. If a lot is full, students should proceed to a different lot until they find a lot with space. There seems to be no downsides to the new process, especially since Debbie said, “We tested it with students from student government and they

were pleased with the ease of the registration process and with the idea in general.”

STCC students who are registered for Spring 2020 can start registering their license plates on December 4, 2019. If you’re still registering for classes or making financial arrangements, don’t

worry because you can register your license plate through the spring semester. STCC will store all license plates in a database, but the data will be cleared every semester so you’ll still need to apply for parking for your future fall, spring, and summer semesters.



A beautiful snowy campus on December 1, 2019.

<https://www.facebook.com/SpringfieldTechnicalCommunityCollege/photos/>

Healthy Students, Successful Semesters: Health Services on Campus

by Jessie Mongeon

Keeping yourself healthy while attending college is vital to your academic success. Whether it be treating physical or mental health, students should keep their health as a priority despite all the hustle and bustle of college life. STCC has always had a health center on campus, though up until this past spring it was located in Building 20 with the rest of the Health Services department. However, the new campus Health and Wellness Center is located in the new Building 19 along with all the other student services.

The Health and Wellness Center is a place where students and go and see Jonathan Miller, a certified physician assistant. Here, students can get patient evaluation for any issues they are hav-

ing. Students can also get services like the annual flu shot. You can also get information about sexual health, and of course some free condoms. The Health and Wellness Center does not accept insurance as a form of payment.

This year, as a new addition to the Health and Wellness Center that was not previously in the old one in Building 20, there is a student Self Care room. Students and employees can use this room for lactation, wound care, self-administration of medications, meditation and other reflective practices, and nearly any other lawful healthcare needs. Use of this room is limited to 30 minute intervals and operates on a first-come first-serve basis. <https://www.stcc.edu/resources/personal-support/health-services/>

Common Sense Act of Nutrition

by Tatyana Moriarty

We all know how important nutrition is. In 2017, the Common Sense Nutrition Disclosure act was enacted. This bill will amend the Federal Food, Drug and Cosmetic Act to revise the nutrients information restaurants and food establishments must disclose. The FDA may not exempt states from nutrition labeling requirements.

With this bill passed, restaurants will be legally held to report accurate nutrition facts for consumers to review. Consumers will be more aware of what they are consuming and can decide what to eat and what is best for them. It is very important that parents follow this and teach their kids; also educate friends and families about the following.

OLD LABEL	NEW LABEL
<p>Nutrition Facts Serving Size 2/3 cup (55g) Servings Per Container About 8</p> <p>Amount Per Serving Calories 230</p> <p>Total Fat 1g 2% Saturated Fat 1g 2% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 12% Dietary Fiber 4g 8% Sugars 1g Protein 3g</p> <p>Vitamin A 10% Vitamin C 20% Calcium 30% Iron 45%</p> <p><small>Percent Daily Values are based on a diet of other people's misdeeds.</small></p>	<p>Nutrition Facts Serving size 2/3 cup (55g) Servings per container About 8</p> <p>Amount per serving Calories 230</p> <p>Total Fat 1g 2% Saturated Fat 1g 2% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 12% Dietary Fiber 4g 8% Sugars 1g Protein 3g</p> <p>Vitamin A 10% Vitamin C 20% Calcium 30% Iron 45%</p> <p><small>Percent Daily Values are based on a diet of other people's misdeeds.</small></p>

One of the major problems with nutrition labels in the United States is that people do not know how to properly read the labels, which can lead to diseases such as obesity and diabetes because people are not aware of what they are consuming. The information on nutrition labels is often missing crucial information. Portion sizes often are not clearly stated. Since nutrition labels are not as effective as they could be, consumers tend to overeat causing high risks for obesity induced diseases such as diabetes. Consumers may also just eat low calorie, or low fat foods and be malnourished.

Learn how to read nutrition labels and teach your children how to read them as well. Choose the lighter portions at restaurants, taking into consideration the variety of sizes, and ask for seasonings on the side. Limit the purchase of processed foods, and buy more fruits and vegetables (which do not have a nutrition label since they are in their natural state). Being educated about nutrition is so important; that's why nutritional labels are being made more visible and restaurants are required to show calorie intake for their selections.

Fall: A Favorite Season

by Maria Cruz



Fall, 2019 in Granby, MA. Staff photos.

Fall is one of the seasons most people love. People love fall especially for Halloween, Thanksgiving and the changes in colors of leaves.

But sometimes the weather gets a little weird. For example, it's really chilling some days and other times it's warm. But hey, you can't fight the weather right? We get to see people put up their decorations for Halloween or Thanksgiving. The only hassle of fall is cleaning up all the fallen leaves. But at least the kids have fun with fallen leaves; once they are in a pile they tend to jump in. It's also fun because you can hide in the leaves and scare your family. Children love doing that, and parents enjoy seeing the smiles on their kids' faces.

Halloween is also a big part of fall. We get to enjoy getting dressed up as scary characters or funny ones and then go get candy. There are also Halloween parties that adults attend to have fun. Kids get to dress up as their favorite characters and go trick or treating. It's fun seeing the children enjoy themselves. There are some homes that create haunted attractions to see kids get scared and at the end they get a bag of candy. There are other places that people go to get scared like McCray's Farm, and a few other places that you can travel to.

Thanksgiving is just around the corner which is when everyone comes together to celebrate. But there are some families that can't make it to Thanksgiving because they live far apart. We have technology so that those families can be able to communicate even if they aren't there personally. There is also pumpkin picking which everyone loves to do with their family and friends.

Fall is the best season because it's calming. Sitting at home by the window, sipping hot chocolate or tea and watching the leaves fall from the trees is kind of calming. You can also sit at home with friends or family and watch scary movies all night. This is fun to do

because you are bonding more. For example, let's say you haven't seen your friend in a while and you both love scary movies; you could spend the whole night watching horror movies, and then when you get to Christmas, scary Santa waits in the wings scheming for his annual home invasion.

Correction: In our Fall 2019 issue, Chief Editor Jessie Mongeon's name was misspelled throughout. The Tech Times staff apologizes for the error. **Back by popular demand:** There are two articles reprinted in this December issue.

Behind the Tech Times

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Jessie Mongeon

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Maria Cruz

General Reporter
& Focus on Lifestyle
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& Gaming Specialist
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The State of Cybersecurity: Bay Path University's 7th Annual Cybersecurity Summit

by Jessie Mongeon

Did you know that October is Cybersecurity month? What about that Massachusetts employs over 12,000 workers in cybersecurity at the state level? Cybersecurity is a rapidly expanding field which many schools, especially here in Massachusetts, are now offering degrees in. One local university has an especially well established cybersecurity program, launched just seven years ago.

Bay Path University in Longmeadow hosted their 7th annual Cybersecurity Summit on October 4th to kick off National Cybersecurity Month. The Summit has been held every year since the university's Cybersecurity program began seven years ago. Since then, the program has gained increasing popularity, making Bay Path University one of the most desirable female only universities in the area to study information security and data forensics and an obvious location for a conference surrounding the topic. The Summit included a continental networking breakfast, two keynote speakers, and a presentation from a group of Master's students.

The first keynote speaker was Kim Casci Palangio, who is the program manager for Cybercrime Support Network of Rhode Island.

- Own IT.
 - Never Click and Tell: staying safe on social media
 - Update Privacy Settings
 - Keep Tabs on Your Apps: best practices for device applications
 - Never Click and Tell: staying safe on social media
- Secure IT.
 - Shake Up Your Passphrase Protocol: create strong, unique passphrases
 - Double Your Login Protection: turn on multi-factor authentication
 - Shop Safe Online
 - Play Hard To Get With Strangers: how to spot and avoid phish
- Protect IT.
 - If You Connect, You Must Protect: updating to the latest security software, web browser and operating systems
 - Stay Protected While Connected: Wi-Fi safety
 - If You Collect It, Protect It: keeping customer/consumer data and information safe

CSN's mission is to help Americans fight the growing threat of cybercrime and provide resources to victims of cybercrimes.

Since many cybercrimes are committed anonymously, and often from different places in the world, it is often very confusing to victims looking to report the crime for compensation or to reclaim their stolen information. Many people call their local police department, though very few local police have any cybersecurity training or personnel ready to deal with the issue. CSN is working to bridge this gap left in law enforcement by providing a 3-digit phone hotline that can be dialed with the same ease as 911.

This hotline is 211, and is currently live in the state of Rhode Island as well as select counties in Michigan and Florida.

When someone calls this hotline, they are able to find information on many different services, not just cybercrime resources. People can find information about local homeless shelters, food banks, public transportation routes, and more. CSN also has a website that has easy walk-through guides for both individuals and businesses to follow when they discover they are a victim of a cybercrime.

The second presentation was presented by a group of three Bay Path Master's students who are

pursuing their Master's Degree in Cybersecurity Management. They are also taking part in a state funded internship through Bay Path, which was the topic of their powerpoint presentation. They gave an overview of their internship program through Paragus IT, where they have been performing cybersecurity assessments for small, local companies in the area.

The final keynote speaker was Stephanie Helm, the first director of the MassCyberCenter at the Mass Tech Collaborative. Her background includes a 30-year career as a cryptologic information warfare officer in the US Navy. Her presentation detailed the mission statement and purpose of the MassCyberCenter, and what resources are available through the Mass Tech Collaborative.

Cybersecurity is an increasingly growing field, growing both in size and in importance. You can keep yourself safe online by remembering this year's mission statement: Own IT, Secure IT, and Protect IT.

Sources: <https://staysafeonline.org/ncsam/about-ncsam/>
<https://www.baypath.edu/events-calendar/details/state-of-cybersecurity-7th-annual-cybersecurity-summit/2019-10-04/>

The \$25 Portfolio Challenge

by Jose Alvarez-Perez

People I shared this concept asked me why I suggested them to gamble for increased profits from their income. If you consider buying something that may be increasing or decreasing in value after the purchase to be gambling, then a round of gambling in the casino may not be that bad tasting for you if you're with friends. If you tell me that you will sell me a plastic fork for a dollar, and will buy it from me again in two days for a dollar fifty, I will buy three and wait for you to bring me a dollar fifty more to my weekly budget. About buying stocks, the profits aren't assured but life tomorrow isn't assured either, is it?

Life is a constant gambling journey full of choices but buying stocks shouldn't be confused with gambling. Buying stocks is possessing public shares of companies, something accessible to the general public. As you buy a bottled water of preference instead of drinking water from a



drinking fountain or sink, people decide to buy stocks from the company instead of just being a customer. This water is processed through the Wall Street river, and you can drink from it at major scales buying from composite indexes as NYSE and NASDAQ. Nowadays, counting with a great tool that is part of our hands known as a smartphone, you can improve your trading skills.

How can you trade without risk of losing money? Nothing is for sure, because no one can pre-

dict the market's upcoming earnings and declines. The sure thing is, you can make a big profit if you study the market and politics from an unbiased perspective. How can you trade without losing money and without considering risk? The risk is always there, but the word "risk" isn't always in negative tense.

Thanks to mobile applications like Robinhood, the risk is less if you trust the experts and your intuition. Robinhood was launched in 2013, allowing trade

and bringing analysts' trading suggestions. I have a \$25 portfolio with a current 14.25% profit. Honestly, I believe the smartphones bring us equal opportunities around the nation and buying stocks from your hand comfort is one of those equal opportunities you just can't miss.

If you see me around and ask me about my portfolio's stocks, I will suggest you keep PLUG and GLUU in your watchlist. Remember that trading is about aiming for profits if you consider one cent to be a valuable profit for a reliable future. If you ever accept the \$25 portfolio challenge, please use the hashtag #25portfoliochallenge in your favorite social media to catch up with the conversation.

Source: <https://www.psginco.com/how-portfolio-management-increase-operational-efficiency-and-drive-growth/>

Reading Is Important

by Maria Cruz

Do you like to read books? I like to read different books like horror, manga, romance and many more. Many books end up being movies like Harry Potter; Hunger Games. But some are better off not being movies because sometimes the movie is not what you imagined it to be. Books are life and they help us develop more.

Books are very interesting to read when there is nothing else to do. Books are another world that we can explore. When you read you get so into it that you end up imagining that you are there with the main character. You can relate to the main character. There are so many things that you can read. But in today's world, people don't really read much; they are always on their phones. Their world revolves around technology.

A Fantasy book, *Wolves of the Beyond: Lone Wolf* by Kathryn Lasky is about a wolf pup called Faolan that was left behind because he had a twisted paw. His mother knew that the pack would kill him so she hid him in the woods. Then Faolan was found by a bear who took him in and cared for him. In the book you follow him while he goes through his tough journey. The main reason that Faolan didn't perish was he had courage and the love of his dear care bear. When reading his story, you feel like no matter what happens in life, you can change it for the better.

Another genre is horror if you like to read scary things or seek out chills. Horror has a totally different vibe than the real world. For example, Stephen King is a writer of horror. So many of his books have been made into successful movies. Reading horror is fun because you will end up getting chills. When reading, you can feel like someone is watching you or that someone is sitting next to you.

Reading is another way to help us understand what's happening in today's world. You can go online and find an article about the weather and how it's affecting us. Or you can find things like sports and what's going on in society. By reading books we make our minds work which means we get to learn about more worlds. Let's say you didn't know a word so you get online and find a definition. We make our minds develop more due to reading. Without books or articles where would we be? Books help us with our feelings and they help to keep us away from the real world.

We should never stop reading; because if we do, we would probably cease to exist in today's world. Reading is important because it helps us gain more communication skills, and improves our vocabulary. Reading also helps us express our thoughts and ideas. If we didn't read anything, how would we know about fantasy, horror, and all the genres? \ddagger



Tech Times wants YOU to get more involved in our college newspaper!

We are looking for submissions of poems, photography, recipes, short stories, etc., to be considered for publication.

Submit early and often to djohnson@stcc.edu

for possible inclusion in the next issue!

Tech Times WANTS YOU!

The Evolution of Gender and The Fight for Transgender Rights

by Shawn Ferrari

Whether you go by he, she, they, etc., everyone has a gender. Most people don't think about or question gender, but that doesn't ring true for everyone. In recent times, gender has become more complex. Questions have spawned from the complexions such as: Are sex and gender the same? Are there more than two genders? If so, how many are there? These aren't bad questions, but they usually lead to pointless and unproductive debates, though sometimes these questions can lead to people learning more about gender and other related topics.

It's common to think that sex and gender are the same, but the two terms are becoming separate entities. Sex usually refers to your biological assignment, including the genitalia you were or weren't born with. Gender is starting to become a social construct, or as defined by Merriam-Webster, "an idea that has been created and accepted by the people in a society". Our construct of gender is changing towards gender identity, which Merriam-Webster defines as, "a person's internal sense of being male, female, some combination of male and female, or neither male nor female."

An umbrella term that may be used to describe people who identify differently is transgender. The National Center for Transgender Equality (NCTE) states, "Transgender is a broad term that can be used to describe people whose gender identity is different from the gender they were thought to be when they were born. 'Trans' is often used as shorthand for transgender."

Some transgender people may be fine being referred to as he/him or she/her, but not everyone uses the same pronouns. The pronouns "they/them" are usually used by someone who is non-binary; someone who may not feel just male, female, or either. There are an abundant amount of genders and pronouns, but no one should be expected to be a walking encyclopedia. If you're ever unsure, it doesn't hurt to politely ask someone what they prefer to go by. It's like asking someone if they have a preferred name or nickname.

Trans people are trying to be more comfortable in their skin and often going through some form of a transition. Someone's transition can be as simple as preferring certain pronouns or dressing differently. It can also be more complicated and involve legal and

medical action like changing their name, getting surgery, or taking hormones. No matter what they're going through, trans people should be given the same respect that we would give to anyone else.

Trans people usually have a hard life, so it's important to respect them. According to NCTE, "Discrimination can be an everyday experience for many transgender people and can affect nearly every area of life. The National Transgender Discrimination Survey showed that 26% of trans people lost a job due to bias, 50% were harassed on the job, 20% were evicted or denied housing, and 78% of trans students were harassed or assaulted."

These cases happen because there isn't enough legal protection for trans people. As claimed by the Human Rights Campaign, "According to the Human Rights Campaign's 2014 State Equality Index, only 18 states and the District of Columbia prohibit employment and housing discrimination based on gender identity; only 17 states and the District of Columbia prohibit discrimination based on gender identity in education." The trans community has some protection, but we should fight for more clear non-discrimination laws.

This fight is similar to the fights that African American and gay people had to go through in America. Both communities were seen and treated poorly in the past, to say the least. Over time they gained rights and respect that they deserve, and hopefully the same can become reality for trans people. No one should be expected to know everything about gender or transgender, but it's important to learn about these topics and to respect trans people. The discrimination that transgender people face may not affect you directly, but it shouldn't affect anyone. No one should be discriminated against for trying to be themselves. \ddagger

Sources: <https://www.merriam-webster.com/dictionary/social%20construct>
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<https://transequality.org/issues/non-discrimination-laws>

Politics and Gaming: An Ongoing Issue

by Shawn Ferrari

Online gaming Grand Finals will conclude at BlizzCon in California where 8 players will fight over the prize pool of \$500,000.

As the online portion occurred, a player in the Asia-Pacific region made a political statement during his postgame interview. After winning his match against Jang "DawN" Hyun Jae, the Hong Kong player Wai Chung "blitzchung" Ng – while wearing a gas mask and goggles –shouted in chinese, "Liberate Hong Kong, revolution of our time!" The statement is a common phrase tied to the Hong Kong protests. Blitzchung boldly stated his support for the protests happening in his home territory, even though he may face consequences.

Shortly afterwards, on October 8, 2019, Blizzard stated that blitzchung broke a rule from the Grandmasters Official Competition Rules. On page 12, section 6.1 it's stated, "Engaging in any act that, in Blizzard's sole discretion, brings you into public

disrepute, offends a portion or group of the public, or otherwise damages Blizzard's image will result in removal from Grandmasters and reduction of the player's prize total to \$0 USD, in addition to other remedies which may be provided for under the Handbook and Blizzard's Website Terms." Alongside kicking blitzchung from Grandmasters and taking his prize money, Blizzard also banned him from Hearthstone competitions for a year.

This breaking news didn't sit well online. Tons of outrage went towards Blizzard with the hashtag "#BoycottBlizzard." It eventually started trending on Twitter. Fans of Blizzard were far from being the only ones mad. During a match of Hearthstone's official Collegiate Championship, one team held up a sign that read "FREE HONG KONG BOYCOTT BLIZZ," though production quickly cut away from the sign. The collegiate team didn't face any repercussions, so they took action themselves and

dropped out of the league. Some Blizzard employees covered up "Think Globally" and "Every Voice Matters", phrases that Blizzard claim to be part of their values, on a statue that sits outside their headquarters. Later on, employees also stood around the statue to "stand with Hong Kong." Two staple name Hearthstone figures, Brian "Kibler" Kibler and Nathan "Admirable" Zamora, both disagreed with Blizzard's harsh punishments and decided to step down from working at the Grandmasters finals. Last but not least, famed e-sport journalist Rod "Slasher" Breslau went on Fox News and broke down the situation while stating his disapproval.

On October 12, J. Allen Brack, the president of Blizzard, came forward and made a follow-up statement. In his post on Blizzard's website, he stated that blitzchung's ban will be lessened to six months and he'll get his prize money back. However, he still believes that the right choice was made, saying, "If this

had been the opposing viewpoint delivered in the same divisive and deliberate way, we would have felt and acted the same." He also claimed that their relationship with China didn't influence any decision. The bulk of Blizzard's argument seems to be wanting "to keep the focus on the game" which is understandable. But, lots of the criticism thrown at Blizzard is because they're contradicting their own values.


Blizzard's fiasco isn't the only of its kind. Recently, Daryl Morey, a general manager for the Houston Rockets tweeted, "fight for freedom, stand with Hong Kong." He was quickly told to delete the tweet and apologize, in an effort to try to mend their relations with China. Similar to Blizzard, the Houston Rockets also met backlash. Politicians like Ted Cruz, Beto O'Rourke, and Julian Castro stated their disapproval of bowing to China for a paycheck. Ted Cruz made an excellent point by saying, "We're better than this; \ggg continued on page 8

HONEST FOOD GUIDE.ORG

The food guide built to benefit you, not Big Business.

« Disease

- Animal fats, lacks fiber
- Fried fats, white flour, lacks fiber
- Added sugars, acidic
- Chemical sweeteners
- MSG, high sodium, dead foods
- Artificial colors, added sugars
- Animal fats, lacks fiber, homogenized fats
- Hydrogenated oils, white flour
- High sodium, MSG, artificial preservatives
- Lack fiber, refined grains
- Hydrogenated oils, MSG
- Refined grains, added sugars
- Hydrogenated oils, MSG
- Hydrogenated oils, MSG
- Added sugars, MSG
- Added sugars



Chronic pain
Behavioral disorders
Aggressive behavior
Learning disabilities
High medical bills
Reproductive disorders
Skin blemishes and spots
Easily injured
Frequently sick
Sleep disorders
Tired and fatigued
Irritable

Health »

- Free of pain
- Mental clarity
- Stable moods
- Accelerated learning
- Low health care costs
- Reproductive health
- Clear, smooth skin
- Easily healed
- Rarely sick
- Sound sleep
- Sustained energy
- Happy
- Essential nutrient for nutrition
- High vitamins, fiber, complex carbs
- High antioxidants, healthy brain, heart
- High in vitamins, phytonutrients
- Healthy heart, brain, and more
- Healthy oils, high fiber antioxidants
- High in vitamins, fiber, and more
- Healthy immune function, minerals
- High fiber, healthy oils, vitamins, more
- High protein, minerals, phytonutrients
- Quality plant-based proteins
- High in healthy oils

Legend:

- Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats:** promotes heart disease
- Artificial colors:** promotes ADHD, behavioral disorders
- Artificial sweeteners:** promote cancer, heavy liver detox load
- Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- Fried fats:** contain carcinogens, promotes heart disease, obesity
- High sodium:** stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats:** unnatural alteration promotes plaque in arteries
- Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate):** migraines, hormonal disorders, overeating
- Refined grains:** promotes diabetes, obesity, vitamin loss
- White flour:** promotes diabetes, obesity, vitamin loss

Be Healthy! Learn More:

GROCERY WARNING
DANGEROUS FOODS REVEALED
www.GroceryWarning.com

HealthRanger
HEALTH THROUGH EDUCATION
www.HealthRanger.org

Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower

CAT 214071

A Great Pop Album From FKA Twigs

by Shawn Ferrari

Magdalene is the second album from the British female pop artist Tahliah Barnett, more commonly known as FKA Twigs. Released on November 8, 2019, the album is a mixture of art pop and glitch pop with hints of alternative R&B and ambient pop. The production credits are enormous, including production from artists like Kenny Beats, Skrillex, Cashmere Cat, Koreless, Arca, etc. Magdalene is 9 tracks and 39 minutes long, an average length, but there's a lot to digest.

It starts with the track "thousand eyes". In an acapella-like song, FKA Twigs sings about her fight with the public eye, one of the many issues she highlights throughout the album. In the song she sings about all of the eyes on her, "If I walk out the door a thousand eyes." She talked about this further in an interview with i-D Magazine saying, "I thought, if I was any less than perfect I was going to be completely torn apart publicly." Alongside being thought-provoking, the balance between her vocals and the production is perfect on this track.

Next in line is "Home with You." This track is good, though some parts are rough. Once again, FKA Twigs provides an interesting message. Throughout the song she sings about the different relationships and balancing all of them while taking care of yourself. On the website *Genius* she said, "So I had people that I loved and people that loved me dearly kind of depending on me a lot and needing things from me. "Home with You" is about that battle of wanting to be there for somebody, but also struggling to be there for yourself at the same time." She also throws nods towards Kate Bush's song "Running Up That Hill" which is a popular art pop song that shares a similar message.

"Home with you" is followed up by the lovely track "Sad Day." In the chorus, she sings and repeats the line, "Ah, would you make a, make a, make a wish on my love?" over and over. It's about a relationship slipping away, but hoping to continue it, hoping to get a second chance. She's tried to make the relation-



<http://www.brooklynvegan.com/fka-twigs-details-new-album-magdalene-going-on-tour/>

ship work, but she can't, she's done all that she can. It's a sad track, but executed very well.

We then hit a bump in the road with Holy Terrain." The 4 minute track is all right until the halfway mark. It then becomes a juggling act; too much is going on and the track loses focus. After that, the rapper Future has a featured verse that seems out of place. Altogether "Holy Terrain" isn't horrible, but hurts the flow of the album.

The album comes back strong with the track "Mary Magdalene" which follows the different views surrounding Mary Magdalene, a well-known follower of Jesus Christ. FKA

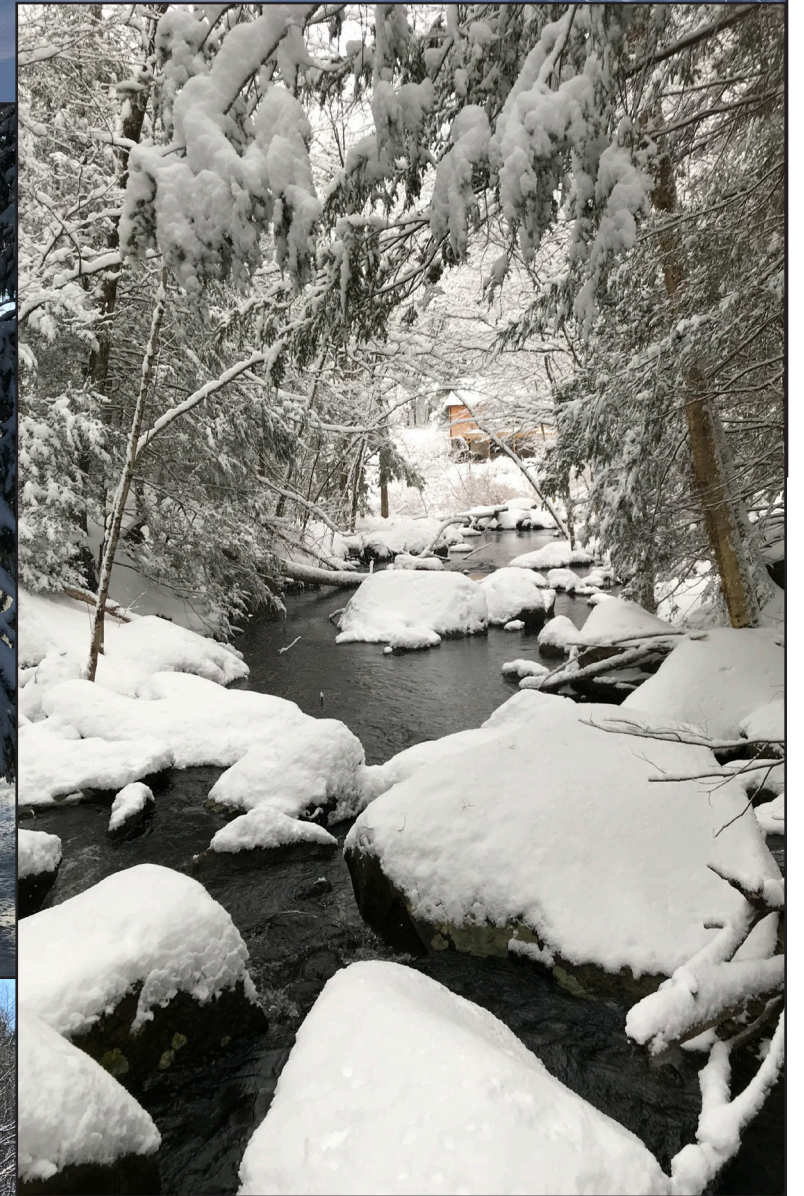
sings about intimacy and women and ties it in with Mary Magdalene. It's a beautiful track and very women empowering.

Magdalene then blasts into outer space with the amazing track "Fallen Alien." The instrumental perfectly switches between upbeat and fun verses into soft and somber choruses. On "Fallen Alien" she sings about not being happy with the relationship she's in and wondering how she got to this point. The lines "I never thought that you would be the one to tie me down" and "I'm searching for a light to take me home and guide me out" paint a good picture of the song. It's a stellar track, probably the best one on the album.

With three tracks left, the album starts to dull down and becomes more depressing. First, it starts with "Mirrored Heart." Here FKA Twigs sings about her troubles with dating, especially referring to her relationships with Robert Pattinson and Shia LeBeouf. She feels like she's been

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Snow Day Photos from the Tech Times Staff



Caiden, the Border Collie

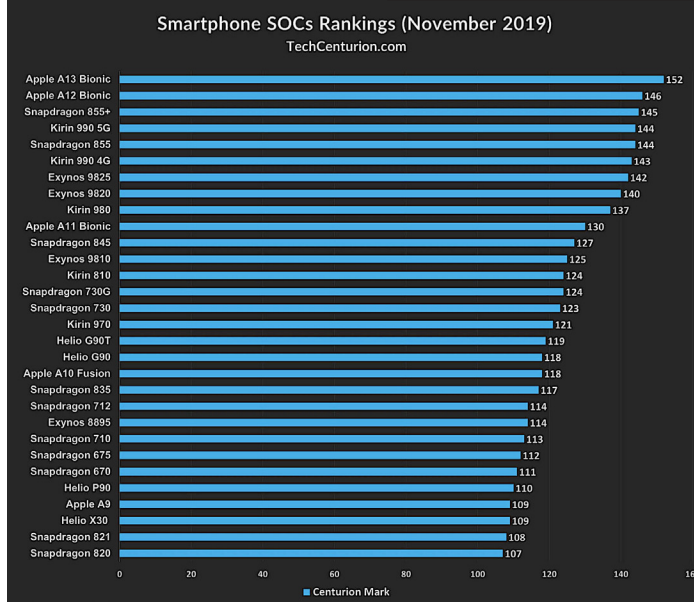
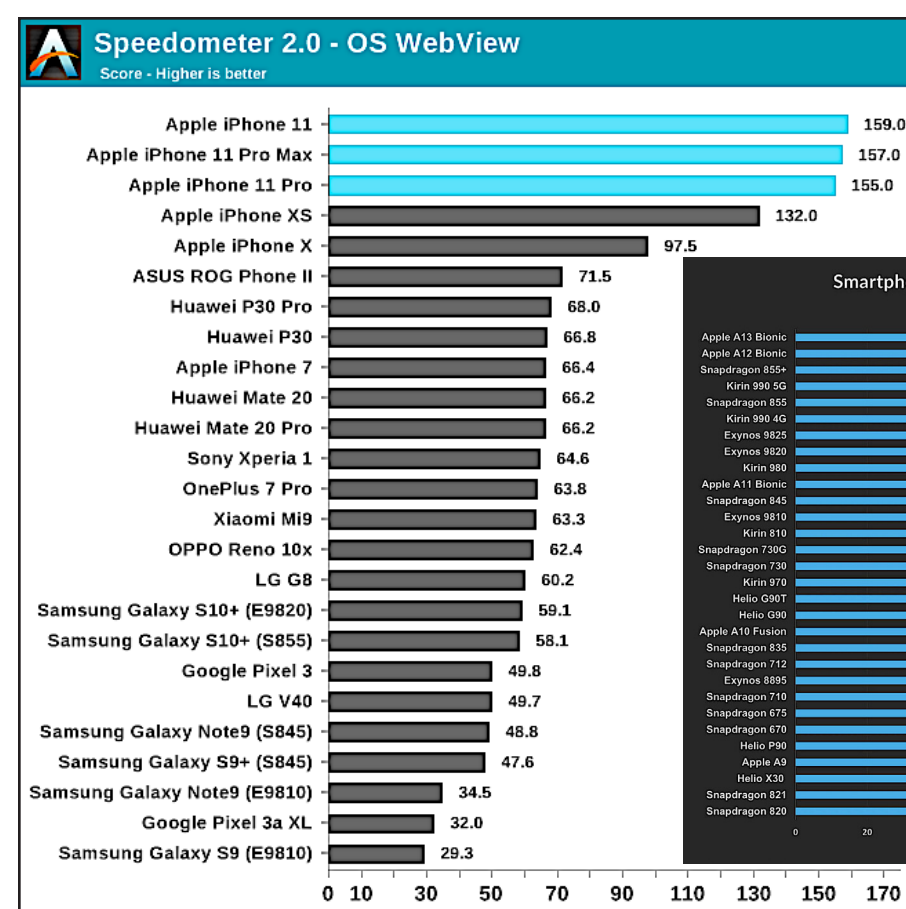
The Day After the A13, A Third Camera and Tomorrow

by Jose Alvarez-Perez

After an amazing Special Event in the Steve Jobs Theater, I had to visit my nearest Apple Retail Store to see the new store's layout. As a child, I was a huge admirer of the Plaza Las Americas' Apple Retail Store in Puerto Rico and Apple's logo in the front. I never forgot that first impression, which I'm pretty sure every customer felt the very first day visiting their majestic retail store.

As a consumer, I appreciate the company's commitment to safety and security; it is the major reason I switched from long-time Google user to the iCloud platform, although I still need to deal with Google via my student account. It's no secret that Google sells your data for "improved performance and adaptability", but I hate Big Brothers when it comes to opening the browser for being targeted with everything I think of.

Recognizing the fact that Apple is the trustworthy brother that will always bring you the best quality for the fair price, you can be pretty sure the iPhone 11 isn't the exception. The A13 Bionic is a huge update for app developers willing to take advantage from it. The front facing camera jumped



to 12 sweet megapixels with the TrueDepth technology, which marks a real difference compared to the iPhone XS' 7 megapixels camera. Screen Touch ID was expected by a lot of people, but I bet Apple trust their FaceID technology.

On the day after the release, which I call the day after tomorrow for those who dropped the same \$999 in the iPhone XS as

the best version of the 10 years anniversary, I visited the Holyoke Mall's Apple Store to see the iPhone 11. Staff members described the major day as "busy", but I didn't receive any sales data after requesting to the mall administration and the retail store. I asked for customer data collection and sales impact around the other stores inside the mall, but permission wasn't granted. The store

looks extremely beautiful with the addition of the Watch studio and the iPhone 11.

I heard customers complaining about a problem they identify as "the same phone as last year's (iPhone XS)," and other enthusiastic customers praising the new hardware updates. If you reach me inside the campus to hear my opinion, I will tell you my gear consists of a disconnected 64 GBs iPhone XS with a charging case

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human rights shouldn't be for sale."

A common denominator in both situations is a Chinese media company called Tencent. Tencent own the rights to stream the NBA in China. They've claimed that they aren't going to show any of the Houston Rockets games. They also have a 4.9% stake in Activision Blizzard, Blizzard's parent company. Their stake in the company might be enough to get a seat at board meetings, and in turn they could possibly affect outcomes. Many believe that Tencent should take the blame, but it seems like these companies in general are choosing money over rights.

These situations should set an example for companies in the future. Corporations should be able to exercise freedom of speech just like anyone else, but they shouldn't punish others for speaking up. It's understandable

that not all companies want to get political, but when they're put into that light, they should handle it better. Hong Kong is fighting for democracy and we shouldn't shut them up, we should stand with them. Liberate Hong Kong, revolution of our time! ††

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used and that those previous relationships were for show and not for life. You can really feel her pain in the chorus when she sings "And for the lovers who found a mirrored heart, they just remind me I'm without you."

It's followed by an even sadder song "Daybed". It's a heavy track. She sings about her experience with depression. While the experience is unique to her, there are parts that people can definitely relate to. In the background there's an amazing ambient pop instrumental, but it's subtle and puts more weight onto her words.

Finally, we reach the last track "Cellophane." This track revisits themes covered on the very first track "thousand eyes." She sings towards someone, possibly a lover or the audience, and asks, "Didn't I do it for you?" She's unsure if other people are

happy with her right now or if they're waiting for her to fall. The only thing she knows is that people are watching her. It's an excellent closing track.

Magdalene isn't perfect, but it's near perfect. Most of the album is great; the only track that's mediocre is "Holy Terrain." The production, instrumentation, themes, and vocals throughout the album are phenomenal. There's so much detail in every song that you'll find something new that you missed with each listen. If you're into art pop, this is an album you don't want to miss. ††

Sources:
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Crackers Are Food, Too

by Sean Monahan



Crackers; what are they good for? Well, lots of things. For instance, you can eat them by themselves, or you can eat them with stuff on them. What about stuff in them, like making a cracker sandwich? They could be food for a rat, or food for a cat. They could soak up water and become a soggy, mushy mess. They could be microwaved if you like your crackers warm. They can be extra salty or lightly salted. A saltine is very dry so maybe you should add water.

Animal crackers are cool, but you have to murder each helpless animal as you eat it. Most go for the head first, and then the legs finishing up with the body later. What did they do to deserve this life? Nothing, because they are crackers and are meant to be consumed. What about Cracker Jacks? I've never had any, but I've heard them used in lyrics of songs, so they must be good.

Crackers leave your mouth dry; then what if you dehydrate and end up ill because you ate too many crackers? Wonder if that has happened to anyone before?

Crackers often times have little holes in them. I've never

thought about this before but why are they there? Now, I feel like a cracker would look very weird without them, almost too plain and flat. I'm assuming they are called crackers because of the noise they make when they break, but wow, how creative in making the name. Is a wheat thin a cracker? Because I don't think those have any holes in them but I could be wrong, I guess they are just plain, flat crackers.

It appears I have reached a block, and have run out of ideas about crackers—flakey sometimes stale, salty—crackers. A pretzel makes almost the same sound as a cracker does when it breaks, so is a pretzel a cracker? Those have holes when in twisted form, or none when they are just sticks. Kind of looks like a tree branch if you ask me, one with no leaves.

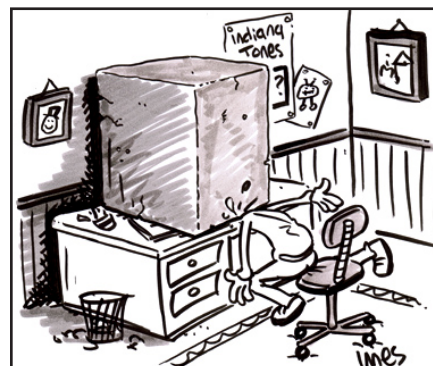
What if a cracker has a higher purpose on life, one we haven't discovered yet; something that will benefit humanity as we know it? Or maybe a cracker will always be—a cracker? ††

Source: <https://www.consumerreports.org/crackers/healthiest-crackers-for-snacks-and-parties/>

Hmmmm...

by Sean Monahan

I'm supposed to be writing right now, probably about something important, or at least relevant. What happens; when you hit a wall and just can't think of anything that would be worth writing about? Well, I guess this is what happens; you write about what happens when you can't think of anything else that is happening. But it is going to happen.



So here it is: I've spent some time thinking, maybe about things with the school, or random things that I've seen over the past couple of days, and it all seems uninteresting; either that or I've given it some thought and wouldn't be able to write more than a paragraph about it. So then I said to myself, why not write about what's going through my head while hitting this writer's block?

Words, words, words, and then more words. Trying to rattle off as many as I can, to see if I can expand upon one; even right now I'm doing it, "squirrel"! Could probably write a few sentences about squirrels, but that's about it. Still nothing...

If something comes to mind that would turn into a decent

article, I may just delete all of this because if so, it would all become pointless, and nobody would ever know I wrote this because it wouldn't be saved. Don't worry though, I still can't think of anything good so as of now, this is what you will probably be reading.

Right now I'm hitting a writer's block while writing about my writers block... What else do I say about it? I've said everything I can think about, so where do I go from here? I guess just a conclusion is needed so I can end it. I'll just consider this my ending paragraph because I can't think of any other way to end an article about writer's blocks better than actually hitting a writer's block.

Source: <https://mystudentvoices.com/how-to-get-over-writers-block-dan-harmon-a20dab2771e9>

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I use as a PDA. Also, I love my 32GBs iPad 6th with the First-Generation Apple Pencil as my notebook. I have no intention to upgrade this year, but if you're a student, then you should get a disconnected iPhone 11 PRO and the iPad 7th with the respective Apple Pencil to experience the college life as a whole journey.

Don't forget to look at the mighty Watches and some AirPods, by the way! ††

Sources: <https://bgr.com/2019/10/17/iphone-11-battery-review-a13-processor-innovation/>; <https://www.techcenturion.com/smartphone-processors-ranking>