

Teaching Independence

by Lauren Delude

School is the place given the most responsibility to prepare students for their futures. Maybe academically schools are doing so, but the majority of schools have let go of a “real world” touch. According to *The Boston Globe*, Home Economics, created by Ellen Swallow Richards, was originally intended to “bring scientific rigor into the home” by promoting “dignity and efficiency.” Now such a class is quickly dying out and being replaced with “teach to the test” classes.

With schools not upholding their end of education of the home, the weight is being pushed to the other end, to families, but is being neglected there too. As of 2015, the United States Census Bureau states that nearly 60% of students take part in extracurricular activities and an even greater percent of those students come from families who have one or more full time working parents. With such schedules piled on top of the 180 days of school and the homework that is never ending, where is the time for home education?

Time, however, is not the main reason for the lack of home economics classes. Schools generally speaking, have five to seven periods in a single school day and of those, a minimum of one free period, whether every day or every other. Students should be able to have the option of taking home economics as an elective even if the school does not provide it as a core requirement. Another option would be to combine nutrition classes with home economics. In this way it would be a more hands-on experience with students not only learning about health and food but gaining skills how to create it for themselves.

The number of students moving back home after college graduation is greater than ever and one can't help but wonder how dependent young adults are becoming. The majority of young adults are lacking the long list of necessary life skills any adult needs, from the basics of laundry to the heavy weight of paying bills. There is a popular joke among students that goes, “I may know that the mitochondria is the powerhouse of the cell, but I don't know how to pay my taxes.” The truth is that this is not much of a joke; today it is much more of a frightening reality.

Schools are not realizing that there is more to be done to prepare students for a self-sustaining life than being able to complete a multiple choice test in less than an hour. Home economics must be brought back as a core class if young adults ever wish to break free from the dependency they hold on to. ¶

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Money, Money, Money...

by Elizabeth Zahradnik

As students we are emerging into adulthood and most of us have entered the workforce in some way or another. This access to money and having bills can be stressful and confusing. It is important to keep a balance between spending and saving and keeping records of spending and income. Another pitfall we face is the temptation of credit cards.

What are your priorities? What do you NEED to pay for versus what you would like to pay for? Necessities include keeping a roof over your head, having food to eat, and sometimes, transportation. From there, there are less necessary things like clothes and a phone that many people need in their daily lives. So how much are you going to spend every week on these things? Bills should be at the MOST 75% of your income. That means there will be 25% left to do as you please.

Having that 25% may seem great because who wouldn't want to get to spend that on anything? The important aspect though, is the fact that that 25% should be accounted for in a different way. What will you do if you get injured and cannot work? What will you do if you get laid off? What will you do if you need emergency surgery and there is no option but to go into debt? It is important to have a “rainy day fund”. This fund doesn't necessarily need to be the entire 25% every week but should at least be a portion. This rainy day fund would be a good idea to put enough in it so that it could cover 100% of at least 3 months of expenses. Having this security will prove beneficial if there happens to be a problem down the road. Plan ahead.

Speaking of planning ahead—wait, let's backtrack a little bit. Credit Cards! Credit cards can be bad; they can cause accrual of large amounts of debt. BUT credit cards play a major role in acquiring a credit score. A healthy credit score is the key to the future. It is what lenders look at when you want to buy a car, or any other large item. The important thing to remember about credit cards is they can work to your benefit if you only use them to buy things you would usually buy anyways, like fuel or groceries. Only use them for things you have the money to pay back.

- Sample Budget—(weekly)
- Car Insurance: \$20
- Rent: \$125
- Fuel: \$25
- Groceries: \$50
- Phone: \$40
- Emergency: \$50
- House savings: \$100
- School savings: \$100

Another thing to consider is that it is never too early to start saving for retirement. One of the best retirement funds to start as a young person is a Roth IRA. The benefits of this system is that through the life of the IRA, you can withdraw from what you put into the account just not the interest earned. This could be beneficial if there were to be some family crisis or a child going off to college, etc.

Basically, one of the most important parts of making and saving money is to have a plan. No matter how you differentiate how you'd like to spend or save your income, have a plan and stick to it, every week, every paycheck. It's hard at first but keeping track and setting goals for savings will pay off with great rewards of financial freedom. ¶

MOVING ON (OR NOT)

by Alex Marquez

As we get older and some approach graduation, some move on to other levels of education while others move on to the workforce. But as we move on with our our lives, do we evolve as people when we advance in education? Surely we read all the books, do all the homework, stay up long nights, and feel ready to handle and take on the world, but does some psychological effect happen once someone has completed school? Do people feel as if once they get that “degree” that they will be valuable enough to take on the world?

Is it a natural growth and development brought on by evolution? It's unknown why, but it is certain we must grow. We must put aside and

leave behind some aspect of youth in-order to fully take on that “Adulthood”. It might mean leaving behind hobbies, relationships, habits, even your social life. “Because you need to be successful”, says society; “you must have a nice House, family, 401k”. But if one were to never move on with life and maintained being a student, it would be just plain unnatural and a tad meaningless, so it's clear we have no option but to move on. Just try not to let go of too much even though you get older. Try to maintain the best of all of life's chapters.

The best question to ask yourself is, did you prepare your self enough for this? Shouldn't life after school be easier? Then, why does every life

phase seem harder than the previous? Say you don't prepare for the next phase-- then what happens? Do you die, or give up and do something you hate every day (“but it pays good” you tell yourself)? How easily your path to success can be ruined, if you don't ready yourself.

My message to all taking the next step is to use the time you have now to set up the future. That stays true from your first 101 class to getting your diploma and beyond. Don't concern your future with the overall goal of making a lot of money. Seek to pursue a future or career that you enjoy so much you don't consider it work. Find out what you love here at STCC while you still can. ¶

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Honesty in Trying Times

by Adam Czerwiec

Almost daily we are asked by people, “How are you?” Even when we are not, we respond in some variation of, “I’m OK.” For some reason, we are afraid of being open and honest with individuals. Some inert force tells us, “Don’t be honest. Lie, it’s alright. No one needs to know.” But what if you’re *not* ok? What if your knee jerk reaction is to say, “Terrible, thanks for asking,” and to mean it? Will you suddenly be looked at differently by your audience? More importantly, does it matter? Similarly, what if the idea of a perfect family life is just a facade, and underneath the surface is a more difficult and complex story?

In November of 2016, Nora McNery put out a podcast that deals with this exact theme. In the inaugural episode, she throws out a bombshell - “I’m in love with two men. And I’ve had a baby by each of them.” Throughout the next twenty minutes, she discloses to her listeners the pain of having a miscarriage, watching her husband die of brain cancer, and losing her father to cancer - all within a span of 2 months. The second episode follows the theme of the first, where Nora wonders what are the implications of having a child without a father? It only took 5 minutes of the first episode for me to be hooked. This was raw; this was real. In a world where “reality” television reigns supreme, it came as a shock to me that something *legitimately* real

existed. You can empathize with Nora and her guests’ struggles. We’ve all had that moment where we thought we did something great, and then our world slowly comes crashing down around us. But amidst the chaos, we find our proverbial silver lining: It may have sucked at the time, but it’s going to be ok.

In dealing with the concept of honesty and reality, and understanding that this is life and it is going to be ok, another heavy hitter comes to mind, this time on the television waves. NBC’s hit drama, *This Is Us*, brings together four interlocking storylines to tell one giant story of love, loss, and lessons. From the promotional trailers I saw over the summer, I had an inkling that this was going to be a good show. It wasn’t until I watched the first episode that I realized just how much truth and reality was there. While we may be unable to connect with each individual character, the fact of the matter is that it shows that family isn’t always perfect. We have secrets, we have struggles, and sometimes, life takes over in ways that are beyond our control. What the show does do is show us that love is the power that drives us all. For in a world that seems to be fueled by hate, a little love goes a long way. Each hour-long episode will make you feel love in a different way. Sometimes, all you need is love and a little honesty to make the world a better place. ¶

Memories Loading...

by Elizabeth Zahradnik

It’s a typical morning and there is fresh snow on the ground. Miriam is awake and ready for breakfast. Her mind is awake as she sips her tea, reads the newspaper that she won’t remember and will most likely read again later. Pretty soon though, the home health aid pays a visit to help her get ready for the day. She has doctors’ appointments and physical therapy and the swim club where she gets to visit with all of her friends that are around the same age.

The thing is, Miriam does not live on her own anymore but also does not live in an assisted living facility. She has the blessing of living with her eldest son and daughter in law. Within this typical day, her daughter in law describes it as a continuous game of hide-and-seek with everything from slippers and glasses to her cane and purse. Her daughter in law is now her main caretaker and has to be there to take her to appointments and make sure she uses her walker and does things in a safe manner.

Dementia is a funny thing; it takes away everything current and makes a person into someone who they used to be, sometimes a less mature version of themselves. Eventually it makes the body stop telling itself what it needs to be doing to function. Miriam tries to stay active and stay involved in her community but over time this has become more difficult because of her lack of understanding or memory of what is going on.

Sometimes it makes her get irritable and sassy like the teenager she once was when she got everything she wanted. But mostly she likes to tell stories, stories of what is “current” to her and stories that sometimes have embellishments in the parts she doesn’t remember, which is sometimes difficult to differentiate.

Being a caregiver is many times not easy either. There are days that it is very difficult and frustrating. But the best solution has been for her daughter in law to learn to laugh with her and try to help keep Miriam’s life as full and healthy as possible. It is important that she gets her meals cooked, laundry cleaned, get told she needs to take showers even when doesn’t want to. Taking care of Miriam is a full time job but her family wouldn’t have it any other way as long as they can provide the best care for her.

Since dementia is not a ‘specific disease’ and there is no cure for it, there is only hope that the medicines can help with the symptoms and slow the memory loss. But for now since there is no cure, Miriam’s family is enjoying the time they have left with her and the continuous flow of stories of childhoods long ago and a time when the world was a different place across past 94 years she has lived.

So ready or not, here she comes, taking on this new reality of life and making the best of it all with her family by her side. ¶

New Perspective on a Weighty Issue

by Lauren Delude

Obesity is not the epidemic we have been led to believe it is—really, it is not an epidemic at all. (Cue gasps.) This is not to say that obesity is not a problem, but after so much time it’s important that there are individuals out there willing to take on a new perspective on obesity. It is not always the cause of a problem but rather an effect or symptom of one, a symptom of a greater epidemic people do not hear about as frequently—insulin resistance. Dr. Peter Attia presents a TEDMED talk about this very topic and approaches obesity head on from an alternative perspective going forth to “challenge all assumptions.”

Obesity is in the spotlight now more than ever and is typically attributed to overeating and under-exercising. Attia stands to challenge this idea with a new notion. Being someone who had followed a healthy diet and strict workout routine, Attia never thought he’d be heading towards obesity. He soon found out he had metabolic syndrome, more common-



ly known as insulin resistance. This means that the insulin in his body was not doing its job of partitioning the fuel of the food, regulating whether it should be burned or stored in the body. The cells of his body do not function properly and store the energy rather than burning it, causing weight gain due to the fact that the energy goes to the less complex fat cells to be stored. Without his medical insight he may have looked at his situation as obesity causing his insulin resistance, but instead began to think maybe being insulin resistant had put him on the road to obesity.

Attia saw fit to change his diet reducing or completely removing his intake of refined grains, high levels of sugars, bad carbs, and starches. These everyday substances have been proven to lead to insulin resistance which in turn according to Attia’s theory can lead to obesity. Obesity acted as a symptom alerting the body of the insulin resistance. So, if the metabolic syndrome is treated with a refined diet as such, and exercise, then the symptom of obesity should be alleviated as well. Attia went on to lose forty pounds after changing his diet which helped to prove his hypothesis.

Dr. Attia’s experience revolves around one key point, nutrition. As his diet changed so did his symptoms of obesity. He attacked the cause, metabolic syndrome, and successfully combatted the effect, obesity. The true epidemic is the amount of processed foods flooding grocery stores today.



Less and less food is left untouched or unrefined only putting individuals at a higher risk for developing metabolic syndrome, disguised as obesity. Attia proves how important it is to rip off the blindfold of thinking one way because “it is time to stop blaming the victim.” ¶

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Medical Pedestal

by Mark Balicki

When it comes to the front of medical marijuana, there have been movements to try to push for legalization in several states. It is hard in some cases to come to a consensus on the topic because there are so many differing opinions. Some say there are absolutely no benefits, some say there are more risks than benefits, and others are totally on board with marijuana being used for medicinal purposes.

There are many arguments for all three points of view, but recently there has been talk about giving football players marijuana as medication for head injuries sustained on the playing field. This is a topic that could potentially stir up some commotion from the peanut gallery. Although it does seem like it holds a lot of logic, the beneficial aspects may not hold up against the cons that drag the idea down.

Although brain trauma and other forms of negative brain stimuli can be treated by marijuana, the practicality behind giving marijuana to athletes seems to have some holes, and not just the ones that are already in the heads of some of these football players. This topic may bring up the argument of these athletes being put on a pedestal and being able to do something that not everyone around them

may have the ability to do. It would bring rise to a kid on a playground sort of feel; the mentality of, “if they can do it, why can’t I?”

If I were to take the road that has the sign that says this is a genius plan, I would feel confident I was on the winning side of the argument. I mean, it doesn’t bother me if some almost brain-dead football players want to get baked and see how life progresses, if they don’t cross my path too often. Hell, it might even be a sight for sore eyes, some celebrity zombies walking around with red eyes and a bag of chips; just the sort of role models that young people need nowadays. But to drop it down to a serious level, the concept of treating illness related to concussions is a good one.

Marijuana improves blood flow to the brain, which would cause the brain to swell and unswell at different moments. Marijuana would also pose a sort of placebo effect, giving the athletes more of a mind over matter feel to help them forget about the ailment that was causing them trouble while under the influence.

For the other road, my road less traveled, the people that say that this is an awful idea just need to settle it in a little. They look at marijuana and a bunch of propaganda ads start flowing through their minds, which

are things that some people watch now to induce a laugh or two. I hate to say the people against it need to get with the times, but they clearly do. By placing what they already know above knowledge they could gain by looking on the internet, these people just have a false outlook.

Using a bit of double vision here I can see this point of view as holding some points that I can stand by. The one stand out being the fact that if they have enough concussions to make them need to resort to marijuana to help them out, then their brains don’t need much more abuse. There are enough kids being bred into lifeless zombies with modern technology; society doesn’t need a bunch of adults acting the same way.

All in all, I say good call on this one; roll them joints until their brains feel no pain. Athletes are already allowed to do illegal things, so may as well add to the list they can do that the public can’t. I guess they deserve a little something to help them relax at the end of the day after they have been out saving the world from evil, right? Marijuana kills if you eat too much food after you get the munchies. People just need to relax a bit on the subject, let the mind be at ease, and just let the goons smoke some weed. ¶

<<<<Battleground, cont'd from page 2

Both Umbridge and DeVos have an agenda to push their own beliefs onto the people who are the most susceptible: the children who will be leading this world in the future. DeVos wants to “impact our culture in ways that are not the traditional funding-the-Christian-organization route, but that really may have greater Kingdom gain in the long run by changing the way we approach things — in this case, the system of education in the country.” (Politico) Umbridge, on the other hand hopes to subtly change the face of education at Hogwarts. She informs her colleagues and pupils at the start of term, “Let us move forward, then, into a new era of openness, effectiveness and accountability, intent on preserving what ought to be preserved, perfecting what needs to be perfected, and pruning wherever we find practices that ought to be prohibited.” (Rowling)

Either woman is a force to be reckoned with in the world of education. Both are highly unqualified for the position they are holding. While one would rather teach the theory of why, the other wants the students to learn an alternative way of thinking, breaking from the traditional standard instilled by previous holders of her position. While Umbridge may be a template for our new education secretary, let us hope that the radical beliefs of DeVos are just rumors, and that instead we see a flourish of education, rather than reform, sweep across America. ¶

Sources: Rowling, J.K. “Harry Potter and the Order of the Phoenix.” 2003, Scholastic, New York, NY; <http://www.cosmopolitan.com/politics/a8580091/betsy-devos-trump-administration-education-secretary/>; <http://www.politico.com/story/2016/12/betsy-devos-education-trump-religion-232150>

Ode to the Drivers

by Alex Marquez

This is my second semester here at STCC, and one thing I definitely notice is the skill of the shuttle drivers. I am a student lucky enough to park in Lot 4, a slight ways away off of Worthington Street. Not only do these drivers manage to get hundreds of students on campus, but they avoid every single hazard pedestrian, and vehicle that all manage to congregate in this one particular congested cramped corner on Worthington St. Now the shuttle commute isn’t a long ride but I get to witness the driver slice through traffic leaving a mere inch and a half of space from other cars. I get to sit back in confidence even though the margin for error is

high. I remain calm because I know the driver is savvy and deals with these situations every day.

Also, you might notice that you will receive nothing but manners and positivity from these drivers. Most of us have just crawled out of bed and that little comment or conversation with the driver can really start your day out right, even if it is just a simple, “have a good day” you’re greeted with. It’s easy to say that these guys deserve a little more credit than the school gives. Take one ride on the #4 and you’ll see what I mean. On a side note I have no clue why the city permits parking on both sides of the street, (most likely due to the area’s

housing) but I think they should not permit parking on the “MJ’s Pizza” side of the street. Can’t say I have seen many accidents there; it seems everyone here has adapted to how tight the traffic is at that particular spot.

Never the less these drivers do what it takes to get you to campus safely with ease, and the additional friendly smile and “have good day” makes them, in my opinion, STCC Heroes. Students should learn from these drivers, that no matter how bad it is, to stay positive and pass it on. So next time you ride the STCC Shuttle remember to say, “Thank You!” ¶

<<<<<<<<Divide, cont'd from page 2

are worried about the state that our country is in. The divide amongst those there was stark and clear. The people against the current administration were willing to talk about the division, and express their concerns. From propaganda of Putin in Nazi attire coddling an infant Trump, to handwritten signs begging for George W. Bush back, it was clear these people had a voice that they wanted heard. On the contrast, the minuscule group of supporters were a close knit pack that moved as a single amoeba, going into the crowds, swallowing up unsuspecting victims, and berating them. As an undisclosed source from the upper levels of security told me, “Things are worse than we believe.” Two different opinions, two different group, one goal: Make America Great Again. Only time will tell how that goal will be achieved. ¶



“Drake is the Best Rapper of All Time”

by Alex Marquez

As I was walking down the hallway to snag a coffee in Building 2, I overheard a conversation of three gentlemen debating popular hip-hop/rap artists. As I put the lid on my coffee, I then overheard this girl chime in who stopped the conversation dead in its tracks with one phrase; “DRAKE is the hottest rapper in the game right now!” Then immediately after, the circle of dumbfounded gentlemen raged their objections. But they just seemed to fall short with their reasons why, since her obvious response would be pointing out his popularity and album success. But I knew exactly how these guys felt. Especially when 2 seconds before they were discussing “G-Herb & lil Durk” (popular underground rappers). Since I didn’t have the time to rant on with strangers that day, I still want to



<http://blog.imamusicmogul.com/wp-content/uploads/2016/04/drake-style-hi-hats-sample-tutorial-future-beat-making-tutorial.jpg>

help explain and define (set the record straight) about Drake.

I will start by saying, that there is something about Drake and his music that doesn’t make him at all as people make him out to be. In my opinion Drake is not the best rapper in the game but in fact he is the king of “sing-along-rap” and should be labeled in music and history as such. “Sing-along-rap” is in my definition of simple rhymes, harmonized in easy to sing along patterns. This is why



Drake is able to appeal to a larger demographic because everyone can sing along to it. Also, rap and hip-hop are an expression of one’s environment, and Drake’s music in comparison to the “harder” (more violent and vulgar) isn’t up there. I think overall that Drake’s biggest problem is that while everyone knows all of his lyrics, the rate at which he releases music and the rate the radio plays out his songs, slowly kills the quality of every song he makes. So I thought it

was best not to fire this well thought response that was boiling in my head, at this random girl who I have never met. But my point is Drake is not the greatest or the best right now, but he sure is catchy and played out.

And, though it can’t be proved, I’m sure Drake is merely a **team** of people designed to produce catchy songs to sell and make money from radio and advertisements. Also I suspect “Drake” the person is just an actor living the role of a rapper and he is filthy rich because of it. Much like Nicki Minaj (Female rap artist, formally child actor like Drake), the industry creates these types of artists to be played out every six months, just to make millions, instead of Creating **ART** itself.

Don’t Let the Radio Fool You -- There is Better Music Out There!! ¶

Power in Beauty

by Mark Balicki

There are many different groups of peoples throughout the world and throughout history that will attest to the notion that feminine beauty is a form of power, a concept necessary to address from a male perspective. It is the male perspective that gives the power to those women whom men find to be physically attractive. The irony of beauty as a source of power is prevalent, where there is a feeling of powerlessness until someone else grants an individual the power of beauty. From this it is easy to see that the truest power a woman can have is the confidence in herself, the assurance that she is beautiful without someone else having to tell her.

The Greeks were well known for their appreciation of beauty in the time of Plato. Plato relates beauty in many cases to things that are considered good, but not in the case of poetry; when it comes to this art form, he finds that the poetic lines are simply deceptive attractiveness. Among other forms, both natural and man-made, there is beauty in the human form. The human form of beauty has characteristics of imperfection, which bring about an inspiration to improve what is already existent. Plato states there are “three wishes of every man: to be healthy, to be rich by honest means, and to be beautiful.” This exemplifies the concept of beauty as being something coveted from a very early point in history. By grouping these three things, it brings out several different variations of what power can embody. With health, it brings out the idea of vital power. With riches, it brings out the idea of social power. That leaves us with the final virtue;



<http://coveteur.com/content/uploads/2017/03/Paris-Jackson1-1280x720.jpg>
http://beauty-tan.com/wp-content/uploads/2015/10/Beautytan_slider_01.jpg

the final power expressed by Plato’s thoughts— beauty.

Many broadcasts and periodicals have emphasized the fact that men make more money than women. Newsweek reports on average that handsome men earn 5 percent more than coworkers whom an employer may find less attractive, while good-looking women earn 4 percent more on average. It is inherently logical to conclude that these “more attractive” people get more attention from their peers as well as their superiors. When power can be obtained through beauty, the obsession with that power corrupts the mind. These workers probably feel they deserve the extra money because they have no other way of discerning it. They likely feel that their good looks have nothing to do with their increased pay; instead they see more money as a well-deserved perk for purely being good at what they do.

Susan Sontag, in her essay “A Woman’s Beauty: Put-down or Power Source?” opens with a brief description of Socrates’ view of beauty; how there is inner beauty in intelligence and outer beauty in physical appearance. She believes

the term “beauty” should be reserved for the female gender because of the feminine form it has developed. Sontag considers the power source of beauty to be a power that women have an inherent right to. She captures this idea perfectly with the following words; “But to get out of the trap requires that women get some critical distance from the excellence and privilege which is beauty, enough distance to see how much beauty itself has been abridged to prop up the mythology of the “feminine”. There should be a way of saving beauty from women-and for them”. By using the word privilege to describe beauty, she is basically saying that only a select amount of people should be granted the properties that would be considered beautiful. This narrows down the pack into a hierarchy, where the more privileged are awarded the excellence that is beauty. With the last line with the “from” and “for” diction of saving beauty, she is implying that the designation of beauty should be reserved for women, but it should not hold a heavy burden on their minds.

In his book, “The Sense of Beauty” George Santayana talks about the ideologies that surround the principles

of aesthetics. He brings the ideas of ethics and values into this philosophical work to describe how we search for beauty in things we should not, which brings moral conflict in the way of clear minded decision. He discusses, as Plato did, the beauty of form, and how the mind perceives form. “There must . . . be in our very nature a very radical and widespread tendency to observe beauty, and to value it. No account of the principles of the mind can be at all adequate that passes over so conspicuous a faculty.” (Santayana).” In this Santayana is saying that it is physiologically challenging to overlook something or someone that stands out as beautiful in form. When a man comes in contact with a woman he finds to be beautiful, he has a psychological inclination to look her way; it’s simply in his nature.

When it comes down to it, there is no doubt that there is an inherent power that comes with having beauty, both outer and inner included. If a person were to ride that confidence and allow themselves to become the person they are striving to be, inner beauty would manifest on the outside. This beauty, although transparent becomes the shell that a person lives in; it becomes everything they are. When the mind is allowed to focus only on the virtue of beauty, it becomes corrupt, it can see only that. Beauty is such a hard thing to overlook in our current society because it has such high esteem in many people’s opinions. Programmed into our very nature is the innate attribute to observe, and what most people find pleasing to observe is beauty. ¶

Haymarket's Paradigm Shift

by Juhi A. Dasrath,
special to Tech Times

After 25 years of business the Haymarket Cafe, located on Main Street, Northampton recently changed their tipped service to hourly wage. The shift has led to a wide array of opinions causing some employees and customers to leave the establishment while others are in full support. The Cafe was named after Haymarket Square in Chicago where in 1886 workers took to the streets to fight workers' rights. In an effort to keep the spirit of fairness alive, owner, Peter Simpson, felt this shift was necessary.

Simpson hopes restaurants in the surrounding area will follow example with the sentiments that it is possible to pay workers fair wage and still make a profit. Moving his servers from the state's serving minimum wage of \$3.25 to an hourly rate of \$14- to start, Simpson's goal is to have everyone, servers and back-of-the-house staff, at \$17 an hour in 2018. The inspiration for the change occurred in November of 2015. Simpson's transition is attributed to his recognition of the pay inequalities between his servers and back-of-the-house staff. Simpson highlighted that his awareness of unfair wages comes from nine years of working as a chef for someone else before owning his own restaurant.

At the end of a night when servers pooled and shared their tips, Simpson said this action, "demonstrated the clear gap between what the servers were making a night versus what the kitchen workers were making."

General manager Jerome Golden, started at the Haymarket from its birth. "For the people who were back here making and preparing the food, it was unfair because we felt like we were putting just as much work into making the food as the servers who were selling it," he said. Many servers have met the change with dissatisfaction and gradually left the restaurant after testing the waters. Their experience showed that tipping made them more money in less time. Simpson understood why workers left. He expressed that, "People do what they have to do. I have a lot of students working for me that schedule their money-making time on weekends only, and that's OK!"

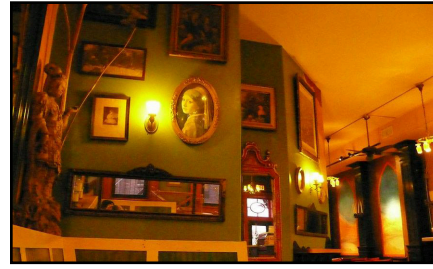
Other servers, like Sonia Perez welcomed the change, "Some days you're tipped well and it's great, other days you barely make enough to make ends meet." Hilary Talbot, recently promoted as assistant manager, agrees with Perez noting that servers in a college town see their income decrease when students leave for home. "Summers and winters used to be the worst," Talbot said. Servers could



<http://www.haymarketcafe.com/gallery/>

not provide an average of how much they were making yearly with the wage change because the shift was so recent but stated that their weekly income was far more steady and they worried less about how much they'd make a night in order to pay the bills.

As the first restaurant in the city to do away with tipping and move to fair wages, some customers were a little upset because this meant menu prices had to be raised. A clear explanation of the new prices made its way on the menu and on posters



in the restaurant but some customers still felt they were not informed in a "proper manner," said Roman, the general manager.

"I would say a small percentage turned away because of the prices but our regulars, the ones who were here from the beginning, they stayed. They understood," Roman said. Roman wasn't surprised by Simpson's decision to move everyone to fair wages because, "Peter's a fair guy. He's more than a boss. He's a friend to all of us." Employees at the Haymarket push themselves to provide excep-

tional service even though they're receiving an hourly wage. "I feel that I work harder now because I know that everyone's paycheck relies on the work we all do," said Talbot.

Roman stated, "I've seen online reviews go up about our service. Customers say that the Haymarket had a new feel since the switch so I'd say it's been a positive thing." Reviewing the books, Roman reflected that the sales were up from last year. One customer Jenna Finely of Hadley, said that, "she wasn't too happy about the change" because she was once a waitress and knew that a server's money came from their tips but she understood the movement and continued to support the restaurant, "As long as the workers are happy, I'm happy." ¶

Poetry Corner

by Mark Balicki

Here's to Never Growing Up

Adulthood –
Cherished and meaningful in adolescence,
Abhorred in senior status.
Why be prim and proper
Like Mary Poppins wants you to be.
Peter Pan had it right.

I remember in my youth
Anticipating growing up,
And having it mean something.
All it means now –
I've wasted my time.

Who really wants the responsibility,
The pressure, the stress
That adulthood brings.
The relaxed days
Of playing in the woods
Is where it's at.
Bills, creditors,
Gray hair,
Early Alzheimers –
Is this the American Dream?

Pressure to get married
Have children
Buy a house
I'll keep my room in my parents' house
(Thank you very much)

Reliving my glory days
As a 26 year old adult
In a room full of prepubescence
I feel my bones creak
And my muscles ache
Get me to the nurse:
Here's to never growing up.

A Soldier's Mother

As we send men over one by one,
A mother sits in silence over
what might become of her son.
As a tear wells in each of her eyes,
A plane is flying through enemy skies.
As it reaches the point where the men must get off,
A mother remembers each moment of love.
As she remembers the day she welcomed her boy,
He remembers each birthday, all of the toys.

As he wonders what will happen
in the case of a fight,
She wonders how she will sleep through the night.

http://media.graytvinc.com/images/810*455/fallen+soldier+generic+mgn.jpg

Why I Write

by Adam Czerwiec

Most people write because they're forced to. Some people write because they want to. I put myself into a category with the latter. I write because I believe, like most, that I have a story to tell. I also write because it's calming, relaxing, and overall fun. To me, there is nothing more exciting than being able to create something out of nothing. Will I be the next Stephen King, or J.K. Rowling? Perhaps not. But I do know that with perseverance, and self discipline, I can be just a fraction of what they are.

Do I want to write for the rest of my life? Maybe for pleasure. I can't see myself being a career writer - forced to slave away in front of your computer and write until you can't write anymore. Instead, whenever an idea comes up, I'll just go with it. I feel like writing novels is too much work. It takes the fun out of it. Writing

is an art, and when you rush art, or put too much emphasis on it, the deeper meaning of the piece is gone.

It is my goal that I can be able to liberate myself from the pressure, and just go with it. Let the words flow. I need to write not for a purpose, but instead because the story is there, itching to come out. And when it's done, it is done. On to the next one, they say. Someday, I will learn to shut down the critical voice inside my head, the one that prevents me from putting pen to paper. Which is funny, since I usually type my stories. Once upon a time ago I would write them down. But it's 2017—the age of digital. However, if I really want to get back to my roots, I should learn to go back to the good old pen and paper—they never let me down.

Sometimes, having a wandering mind will be my downfall. Too many ideas are in this head of mine and it

sucks when you can't put them into cohesive words and proper sentences. Here comes the hyper-critical part of me again. Just be like Elsa—let that stuff go. It's trivial—you can do it, if you put your mind to it. Maybe that's why I write—to prove to myself a mundane point that automatically invalid. Who cares if you can write? Congratulations, you mastered a skill that was taught to us in grade school. But *why* do you write? What makes your voice different from anyone else? What makes your story significant? Is it your intelligence? Your demeanor? Your personality?

I'll lean more towards that last one. Be like your characters you create—they're relatable. Remember, people liked Owen. But what's his story? Do you have a purpose when you write? Owen has a body, now give him a voice! This is why you write—because you have an army of

people that believe in you. Now you need to ask yourself if you believe in you. You write not for others, but for yourself. It's a mastery of life lessons. Or is it to make yourself become more of a persona? As long as pretend doesn't become reality, just write. It's healthy. You feel better when you do it. It's an accomplishment to be like, hey look what I just did. No participation medals needed. It is a pride thing, but not necessarily an ego thing. It's pride in your work, pride in yourself, pride in being stuck. You write to learn skills. While it is nice to set goals and deadlines, you write because at this juncture in your life, you can. You have nothing stopping you but yourself. That and the lack of coffee, that's making it hard to stay awake, your 1 year old MacBook that keeps spinning when you're on a roll. Get it together computer—I'm a man and a writer on a mission. ¶

Paper Voices

by Lauren Delude

I am the soap box for the people. I do not look to stand and blurt the thoughts of my own mind, but I am here as a vessel of yours. Then again I am selfish. I want my voice to be above the rest and ideas to be acknowledged for more than just words on a paper. There are two conflicting sides to the words I put down. I am here for you just as much as I am here to be heard.

If a tree falls in the forest and nobody is around to hear it, does it make a sound? Yes, but I refuse to be the unheard tree. For I am out here in the world making all of this noise, waiting to be heard. So I choose to be the words of others. I hear the falling trees, and I speak for them as they come crashing down.

All that it takes is a single word or phrase to make all the difference. Writing is therapy because once it is out, it is known and it rickshays through the air for all to hear and this is where human connection begins. Language is more heavily loaded than a gun and can affect a thousand targets with a single blow. It is not how much is being said but the impact and thought behind those few words. I guess what is being said is I have so much to say but very few words that I feel are necessary to say such. The thoughts continuously flow, but I don't find the need to ramble on without meaning.

Listening can be even more crucial in the writing process than the physical touch of pen to paper. In this way I want to listen and only listen at times because words can not carry

the weight of tone that someone has expressed, and here is when writing becomes frustrating. There is power in the voice that I so desperately want to transfer to paper with the same emphasis and understanding I would be able to give with my spoken voice. It is a never ending battle where the paper may never come to say all that you desire. But yet we do not stop; we never stop. My mind is the paper and there, I never have a moment of writer's block; my thoughts just flow.

To many, my thoughts do not make an ounce of sense. I am a writer and I am here to interpret so that the paper is no longer filled with boring explanations, but rather you hear the person speaking as if it were to you directly. I feel that too much is said overcomplicating the focus of what is needed to be heard. I am made of a thousand words, but look to edit them down to only those that will have an impact. I not only want to be the voice for the people who know exactly what they want to be said but the voice the people cannot put into words for themselves.

Where they stutter I will write; I will fill the silence with the thoughts they have yet to have for themselves. Connection. They are not alone in their ideas but to be the first to speak them aloud is bold and cannot be taken back. Fear comes in and prevents voice from coming out. Here I am to be the connecting thread, the fighter of fear, the voice no one can quiet. I will carry a kindness and relatableness that even those who do not agree are forced to step back and listen even for

a moment because the power behind my words leaves them speechless and questioning.

How can you agree and disagree? There is the area of gray, (or grey) whichever you prefer, an area people don't like to enter into. There has to be a right or wrong, but with words you can explain that this in fact is not the case. With the right words you can sway the mind of a nation back and forth. If you make someone believe that you are on their side and can relate to them, a thousand more ideas are opened to hear. It is a never ending conversation. That is the problem

<<<<<< Tradition, cont'd from page 1

But education is a constantly evolving field. Once you were taught "how," but now students are being asked not only "how" something is done, but "why" this the right way of thinking. Common Core State Standards, the new methods being introduced in schools, put the focus on "developing the critical-thinking, problem-solving, and analytical skills students will need to be successful." The skills taught in Common Core recognize the value of consistent, real-world learning goals and ensure all students, regardless of where they live, are graduating high school prepared for college, career, and life. With these new skills, students are prodded to take their "I don't get this," and understand why it makes sense.

though. People take the time to listen (sometimes), but rarely take the time to understand. My goal is to get people to the point of understanding before the thought of reacting can even cross their minds. Answers and outcomes could be so vastly different if people took the time to understand rather than this constant retaliation. An almost editing of their thoughts is vital but everything is too fast paced for them to care because they must keep going. Here I write as the referee of the voices, the megaphone of the meek, and the soapbox of the people. ¶

These skills have helped make me into the self-proclaimed powerhouse student that I am today. Coming from Holyoke Community to Springfield Technical was one of the best decisions of my life. Here, I feel like I have a sense of self in the realm of higher education. I feel ready to go into each day of class knowing what is expected of me. I have turned my world around, and for the better. Every day is a new challenge, and everyday I accept the challenge. I anxiously anticipate the day I move from community college to Westfield State, to finally finish what I started almost 11 years ago. ¶

Sources: http://www.aascu.org/uploaded-Files/AASCU/Content/Root/MediaAnd-Publications/PublicPurposeMagazines/Issue/10fall_adultstudents.pdf; <http://www.corestandards.org/about-the-standards/development-process/>