

**Flyers Cup President Eric Tye celebrates 44 years of champions, Page 14**

**MCCC Professor wins PA Mayor of the Year, Page 2**

**A taste of home at The Farmer's Daughter, Page 7**

a student publication

# The Montgazette

FREE

The Students' Voice

Issue 95

Serving Montgomery County Community College and the Surrounding Community

October 2023



**Getting away from it all at Montgomery County's Green Lane Park. Page 8.**

(Photo / Layla De Lorenzo)

## The Staff

Steven Wicher Jr.  
*Editor-in-Chief*

Zainab Afridi  
Nicholas Bruno  
TJ Corcoran  
Layla De Lorenzo  
Michael Gray  
Katherine  
Grohowski  
Desdemona  
Guerra

Mason Smith  
Julia Starr  
Melissa Ochabillo  
Dean Traore  
Trevor J.  
Wambold

### October Contributors

Yaniv Aronson  
Robin Bonner  
*Advisors*

Joshua Woodroffe  
*Design & Layout*



**The Montgazette**  
The Students' Voice

from the  
**Editor**

# MCCC Professor wins PA Mayor of the Year

Steven Wicher Jr.  
The Montgazette Editor-in-Chief

One of my duties as editor-in-chief for The Montgazette is to write an opening letter for readers. In the past, I have used this space to encourage students to help each other achieve greatness. As an Eagle Scout, I have seen the community change for the better when just one person steps up to the task.

For the first issue of the 2023-2024 school year, I want to use this opportunity to recognize a member of our college community who has stepped up and made a difference to the

townspeople he serves. During the day, Yaniv Aronson is a Mass Media Productions professor here at Montgomery County Community College. At night, he handles his responsibilities as Conshohocken's mayor.

The council meeting room buzzed with excitement on September 6, 2023. Friends, family, and borough residents lined the walls as every chair in the large room was filled. With five minutes left until the meeting's 7 p.m. start time, Mayor Aronson and First

Lady Sarah Aronson arrived to the thunderous applause of anticipating guests. Nestled in Sarah's arms was 8-month-old baby Thomas, dressed in his best formal attire and bowtie.

Residents and friends descended upon the trio with celebratory cheers. Aronson greeted as many people as possible as he made his way to his designated seat. Along the back wall of the room, the mayor was surrounded by a board and staff of 10 colleagues.

The agenda was full

of important matters to be discussed, but first was the special presentation. Just a few weeks prior, Conshohocken learned that Aronson had won the prestigious 2023 Pennsylvania Mayor of the Year Award.

The award has been around for 35 years to highlight the effort that mayors put into improving their communities. The recipient is chosen by an executive 22-member board that covers the entire state.

**Continued on Page 5.**

## Advertise!

To advertise in The Montgazette, please email  
[themontgazette@gmail.com](mailto:themontgazette@gmail.com).

All clubs chartered through the Student Life office may advertise in The Montgazette free of charge.



# Mustang Athletics launches first all-gender cheer squad

**Melissa Ochabillo**  
MSP 111 The Montgazette Contributor

Give me an M-C-C-C!

Montgomery County Community College has proudly unveiled its first-ever all-gender cheerleading squad. This initiative aims to foster a more inclusive environment on campus while celebrating the athletic talents of its students.

The launch of this cheer squad is not only a significant move for the College but a step forward for inclusivity and diversity. It also serves as an inspiring example for other educational institutions to follow suit in promoting equal opportunities for all.

Unlike high-school teams in the area, this is a non-competitive cheerleading squad that will not participate in local cheering tournaments. Instead, the group will focus on increasing the excitement of fans in the stands. Not only will the squad bring Mustang spirit to varsity athletics, but it will also be waving their pom poms at local community events.

The athletic department was eager to create the team. Tryouts began in late August, and the season will continue year-round for registered students. Officials felt it was the perfect opportunity to make this addition to Mustang Athletics after hearing many requests for this type of squad in the past.

The College's athletic director, Kelly Dunbar, said she is "looking forward to launching this program and seeing the talent of our cheerleaders."

The cheerleading squad will be led by Head Coach Mark Lebron. Lebron served as an assistant coach at Trousdale County High School and Glenbard West High School. He became varsity cheerleading coach at Upper Dublin High School before joining Mustang Athletics.

The team has received widespread support

from students and faculty. Aiden Rapp, a College baseball player, said, "I think it is important to include more clubs and activities in the school to get more people involved, so I think it's a great thing."

As excitement builds for the team's first public appearance, the cheerleading team hopes

to bring a "Mustang Mentality" to campus, promoting school spirit and fostering unity among students, faculty, and staff.

For more information about the program, visit [www.mustangsathletics.com](http://www.mustangsathletics.com).

Students can also contact the athletic department at [athletics@mc3.edu](mailto:athletics@mc3.edu) or [montcocheer@gmail.com](mailto:montcocheer@gmail.com).



Montco cheerleaders pumping up students outside Parkhouse Hall on October 5, 2023.

(Photo / Mark Lebron)



# Opinion: Accessibility (or lack thereof) of women's sanitary products on campus

Desdemona Guerra  
MSP 111 The Montgazette Contributor

The women's restrooms on the College campus have been carrying an empty companion. At the time of this writing, on Blue Bell campus, nine out of 10 women's restrooms have sanitary product dispensers that are either out-of-order or out-of-stock. The one functioning dispenser contained only tampons when they were advertised as providing both tampons and pads, each for \$0.25. Additionally, four out of five girls interviewed said they were uncomfortable wearing tampons. They preferred pads, so the only option of tampons would not benefit them.

This is one reason why students on campus do not depend on these dispensers. Instead, they

choose to carry their own menstrual products. "I was unaware of this until it was brought to my attention," said Nursing major Abby Dillinger. "If this was my last resort, what can I even do?" added Dillinger.

It can be an uncomfortable situation for females to not have a pad or tampon handy. Not having these resources on campus can affect a student's learning ability. Many interviewed complained about the lack of sanitary products in case of an emergency, as not everybody can bring themselves to ask a stranger for assistance. "What if someone is too scared to ask?" said Dental Hygiene major Alea Rockwell.

Of the dispensers, Rockwell asked, "What's the point of having them in the building if they're not going to work?" The typical solution for women on campus is to carry extra sanitary products, but what about emergencies or even simply forgetting to pack these necessities?

Founded in 2014, the Menstrual Equity Movement highlights "the importance of ensuring that all individuals have equitable access to menstrual products, because menstrual hygiene is a basic human right and should not be compromised due to financial constraints."

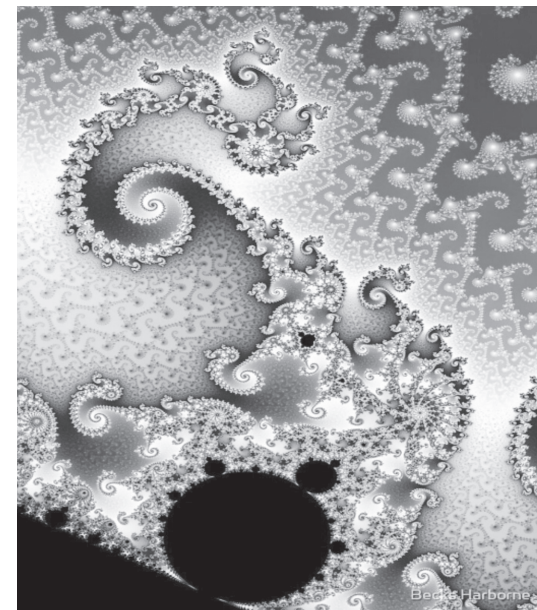
Is this simply an oversight or a systematic problem that the College needs to address? Emails to the Student Government Association and Student Life were answered, and both promised to find a solution, though there is no further update at the time of this writing.

Nursing major Leen Shloun said, "The college would have to come together, administrators and students, and find sustainable solutions that can guarantee equitable access to menstrual products for all students. By doing so, the educational environment will become a healthier and more inclusive space."



Join the  
**MATH CLUB**  
Special Speakers & Interesting Topics

Email [cvaughen@mc3.edu](mailto:cvaughen@mc3.edu) for details  
or find the club on Montco-Connect.



*Past Topics*

**Chaos Theory**

Dr. Eschenozi; University of the Sciences

**Rieman Zeta Function**

Prof. Durbha; MCCC

**Mathematics of the Rubics Cube**

Prof. Scott Vaughen

**Intro to La Tex I**

Geon Ye

**Kerbal Math & Physics Lab**

Scott Manley



Pad and tampon dispenser located in  
Parkhouse Hall on September 6, 2023.

(Photo / Desdemona Guerra)



## Mayor & Professor Yaniv Aronson

Continued from Page 2.

This year, out of 11 nominations, the Pennsylvania State Mayors' Association recognized the hard work that Aronson has initiated since his election in 2018.

Mayors Jim Nowalk and Scot Funk represented the Mayors' Association as they presented the award to Aronson. They noted how on Memorial Day Weekend, Aronson visited 11 cemeteries to honor the sacrifices made by Conshohocken's servicemen. During Aronson's time in office, he also oversaw an 11-block arts festival and car show and holds a free paper shredding event every September for residents. Along with the award, Aronson received a citation from the Pennsylvania Speaker of the House, Joanna McClinton, acknowledging his accomplishments.

For full disclosure, I have known Professor Aronson since taking his MSP 111 class back in January 2022. He also serves as an advisor for The Montgazette

newspaper, but, until very late in assembling this issue, I had no clue I would be writing about him in this letter from the editor. Ultimately, I felt it was important to highlight such an incredible accomplishment by someone in our College family.

Aronson stands as a local example of helping the people around you. He assists students by advancing their knowledge in college. He attends to the needs of his townspeople while also raising a family with his wife. He is the testament to the motto, "When you put good out into the universe, you get good back." It is a motto I recommend everyone take to heart.

To all Montgomery County Community College students and staff, enjoy your fall semester. I hope you make the best of it. Best of luck to everyone and keep an eye out for the next issue of The Montgazette!



Conshohocken Mayor Yaniv Aronson with First Lady Sarah and baby Thomas on September 6, 2023.

(Photo / Michael Gray)

# HOW DO YOU MONTCO?

## BY MAKING TIME FOR MY FAMILY AND MY FUTURE

With a flexible class schedule, Katelyn can make time for her family and her job while still prioritizing earning her degree. Her college courses are on her time. And that's how we like it.

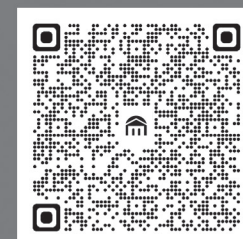
### SPRING SCHEDULE:

- 15-week session starts 1/17/24
- 7-week session I starts 1/17/24
- 7-week session II starts 3/18/24



**MONTGOMERY**  
COUNTY COMMUNITY COLLEGE

**ENROLL NOW**  
[mc3.edu/HDYM](https://mc3.edu/HDYM)



# The oldest Lutheran church in America

Nicholas Bruno

MSP 171 The Montgazette Contributor

Every town in America has something interesting to offer residents and visitors. Whether it is a famous restaurant, a national park, or the world's largest rubber band ball, every place has its own sense of what makes it unique. The town of Trappe, Pennsylvania, is home to a magnificent historical landmark: Augustus Lutheran Church, the oldest Lutheran church in the United States.

Augustus Lutheran Church is a focal point of Trappe. The town itself was settled by German immigrants in the early 1700s, with the church being built in 1743. In the following years, a much larger brick church was built on the same property in the mid-1800s. The original church, however, still stands to this day.

Although weekly services are no longer held in the original church, it is still used for special occasions, including summer and Christmas Eve services. Today, the congregation is much larger than when the church was first consecrated.

The church was named after Augustus the Strong, the king of Poland and elector of Saxony. During his reign in the early 18th century, he was a devoted supporter of Lutheranism. Augustus Lutheran Church was built on land donated by Jacob Schrack, a local farmer who was one of the church's founding members.

While not everyone in the town of Trappe practices Lutheranism, residents still view Augustus Church as the centerpiece of the community. Each year, tourists come from all over Pennsylvania and beyond to get a look at the church, in addition to various other historic landmarks in town.

Trappe resident Thomas Bernard said, "It's a reminder of how far we've come and how far we can go." Bernard went on to describe that not every town has something

historical like the Augustus Church, so living within proximity to it is "eye-opening to our local progress."

One of the most notable aspects of the Church is its historic pipe organ. Built by David Tannenberg in 1776, it is one of the few surviving examples of his work in the United States. The organ has been restored several times, most recently in 2013. It is still used regularly during worship services and special events.

Augustus Lutheran Church has played an important role in the community. In addition to providing a place of worship for generations of families, the church has been involved in social outreach and disaster relief efforts. They also host special events

throughout the year, including concerts, historical reenactments, and festivals.

The Augustus Lutheran Church is a living testament to the long history and enduring legacy of the Lutheran Church in the United States. The beautiful architecture, historic pipe organ, and rich cultural heritage serve as a reminder of the faith, courage, and perseverance of the German immigrants who founded Trappe over two centuries ago. Through community outreach and special events, the church hopes to inspire a new generation of Lutherans to embrace their legacy for many years to come. Their efforts will also garner interest from U.S. history buffs throughout Montgomery County.



Augustus Lutheran Church in Trappe, Pa., on May 4, 2023.

(Photo / Nicholas Bruno)

LOCAL



The Montgazette  
The Students' Voice



# Review: A taste of home at The Farmer's Daughter

Dean Traore  
The Montgazette Contributor

Nestled in the heart of Blue Bell, right near the College campus, The Farmer's Daughter offers a culinary experience that is nothing short of delightful. With its charming ambiance and farm-to-table philosophy, this eatery has quickly become a local favorite that draws patrons from far and wide.

Upon entering The Farmer's Daughter, customers are greeted by a cozy atmosphere that sets the stage for a memorable dining experience. The rustic décor comes complete with wooden beams and earthy tones that exude a warm, welcoming vibe. It is like stepping into a modern farmhouse, making it the perfect choice for family gatherings or date nights.

However, it is not just the ambiance that makes this restaurant stand out. It is also a dedication to

sourcing fresh, local ingredients that truly sets The Farmer's Daughter apart. The menu boasts an array of dishes celebrating the flavors of Pennsylvania's countryside, from farm-fresh salads to hearty entrees.

One highlight of the menu is the restaurant's commitment to seasonality. The culinary team crafts their dishes around what is available locally, which means a menu that changes with the seasons. This not only supports local farmers, but also guarantees that customers taste the freshest ingredients on their plate.

Begin the meal with the mouthwatering "Farmhouse Cheese Board," which features a selection of artisanal cheeses and house-made preserves. Next on the menu are the crispy "Fried Green Tomatoes," served with a tangy remoulade sauce.

These options set up an entrée that promises to tantalize taste buds.

Moving on to the main course, The Farmer's Daughter offers a diverse range of options. Whether a carnivore craving a perfectly grilled steak or a vegetarian in search of a flavorful dish, diners will find something to suit their palate. One standout is the "Farm-to-Table Pasta." This plate consists of a medley of seasonal vegetables and house-made pasta, tossed in a delectable sauce that leaves the mouth craving more.

The eatery's beverage menu features an impressive selection of wines, craft beers, and signature cocktails curated to complement the cuisine. Staff members are more than happy to help customers find the perfect pairing for their meal.

Dessert at The Farmer's Daughter is an experience in itself. Be sure to save room for decadent sweets, like the "Blueberry Lavender Cheesecake" or the "Warm Apple Crisp." Both capture the essence of comfort food with a sophisticated twist.

The Farmer's Daughter is a hidden gem that combines the comforts of home-cooked meals with the flair of fine dining. Its dedication to supporting local agriculture and delivering exceptional flavors is evident in every dish.

Pay a visit to a restaurant that celebrates the bounties of the region and provides a warm, inviting atmosphere. Every customer will leave satisfied after their culinary journey through Pennsylvania's heartland at The Farmer's Daughter.

## Love the ARTs?

Visit:

[mc3.edu/livelyarts](http://mc3.edu/livelyarts)



## Rotaract

Club of Montgomery County  
Community College



- A worldwide community service organization
- Have fun, meet new friends, serve your neighbors!
- Find us on Montco Connect
- For more info, email [MCCCRotaract@gmail.com](mailto:MCCCRotaract@gmail.com)

# A closer look into Green Lane Park

**Layla De Lorenzo**  
MSP 171 The Montgazette Contributor

Green Lane Park, located in Green Lane, Pennsylvania, is enjoyed by nature enthusiasts, local and out-of-area visitors alike. With hiking trails, boat rentals, horseback riding, and picnic tables, Green Lane Park offers plenty of healthy, fulfilling experiences. These 3,400 acres of deep woods, breezy meadows, flowing streams, and large bodies of water allow visitors to explore nature in Montgomery County's largest park.

Aside from being a beautiful local park, the history of Green Lane Park dates back to the Indigenous people of this land, the Leni-Lenape. The name Leni-Lenape translates to "true people." This Indigenous group were the first inhabitants of the area before European settlers arrived. However, the surrounding land served many purposes before it became a park.

Local historian and ex-Green Lane Park employee Robert Wood explained the land was first utilized by Smith's Powder Mill Company. The surrounding bodies of water were used to power this mill. Unfortunately, the company went out of business toward the end of the 19th century. Soon after, an ironworks facility was established, with two grist mills located along the Perkiomen Creek.

Amidst the turn of the

20th century, however, a new commodity took over this land. Ice was so pivotal that the Green Lane area supplied it to multiple companies, such as the American Ice Company and the Hickerbocker Ice Company. The Hancock's Ice Company built the Deep Creek Lake dam between 1890 and 1900. Wood states that during the winter, "hundreds of thousands of tons" of ice was harvested from the lake. There was a long gas-powered conveyer that led from the lake to a four-story house. From there, the ice would fall down chutes, be loaded into insulated boxcars, and transported to Philadelphia daily. Ice remained both a necessity and prized commodity until refrigeration was popularized in the 1920s.

In 1939, the Montgomery County Commissioners set aside 425 acres of land for a public park to be enjoyed by residents. The park was built by Otto Quinque from 1939 to 1941. Despite the strict limitations on visitors, the park still attracted thousands from Montgomery County.

At that time, one of the major attractions were the hundreds of picnic tables available to visitors. The park was seen as a retreat from urban life, and many flocked to reserve these tables. Wood,

who worked as a park guard in the 1960s, recalls how the park organization was much stricter and more structured than it is today. There was a specific procedure for renting a picnic table that involved calling in advance, being sent a confirmation postcard, and checking in at the park's office upon arrival. Since then, the park has become much more lenient to accommodate the changing times.

Green Lane Park also looked different back then, too. The park had a 1000-foot beachfront on the edge of Deep Creek Lake. Although swimming is no longer permitted due to a buildup of bacteria and sediment, many families and children spent hours in the water until it closed. Yet, activities such as fishing and boating are still enjoyed today, just as they were back then. In addition, during the 1990s, trails were established, along with a pavilion where local acts, such as the Red Hill Band, performed.

Throughout its history, Green Lane Park has been the destination where people can spend time surrounded by nature. Its rich history made it an integral part of the Upper Perkiomen area. Green Lane Park remains a cherished location within Montgomery County for visitors to enjoy and explore.



**MONTGOMERY**  
COUNTY COMMUNITY COLLEGE



What's going on at  
**MCCC?**

Just visit the  
**Active Data  
Calendar**



# Raw Replenish celebrates one year of success in Schwenksville

Trevor J. Wambold & Mason Smith  
MSP 111 The Montgazette Contributors

Specializing in freshly cold-pressed juices and carrying a wide range of organic house-made smoothies, Raw Replenish allows the perfect meal for anyone looking to start, or continue, their health journey, or just to get a bite to eat.

Franchise owner Melanie Lyle opened her Raw Replenish in the heart of small-town Schwenksville. Lyle said, "This community needed easier access to healthy eating options, which were easy to grab, to create a healthier lifestyle each day."

In opening her franchise location, Lyle strategically placed this business on a main street to capitalize on the rush-hour traffic, which has yielded success. Many customers have added a stop at Raw Replenish to grab a smoothie into their daily routine.

Lyle says, "Healthy eating is a lifestyle change. Implementing more plant-based foods into people's daily lives is what I strive for." Lyle's goal

was to have people break away from "the American diet," and realize the importance of filling the body with high-quality food.

Raw Replenish drinks are 100% natural and organic. There are no added sugars and no fillers, and they are entirely vegan. For example, Raw Replenish's most popular smoothie, known as The Unicorn, is made only with banana, strawberry, dragon fruit and coconut milk.

After a year in business, Lyle's Schwenksville location has seen sales soar, grossing more profit than any other location. Lyle explains, "Marketing and customer service are very important to me; at my store, we prioritize both." Creating a good environment and building relationships with customers is what sets Raw Replenish apart from competitors.

Raw Replenish, an alternative to fast-food restaurants, provides

a happy environment and serves natural, organic food. Located at 526 Main Street, in Schwenksville, Raw Replenish aims to help customers live a better lifestyle.

Raw Replenish has several locations across the area, including Pennsburg and Souderton. For more information, visit [rawreplenish.com](http://rawreplenish.com).



Spring Fling, one of Raw Replenish's more popular products.

(Photo / Trevor Wambold)

## WANTED!

### Student Journalists

The Montgazette is looking for writers from the Pottstown and Blue Bell campuses.

Report on a wide range of content:

- news
- sports
- arts
- entertainment
- music
- community events
- ...and more!



For more information, email [themontgazette@gmail.com](mailto:themontgazette@gmail.com)

Let Your Voice Be Heard!



## Opinion:

# Bedtime is healing time for the body and mind

Zainab Afridi

The Montgazette Contributor

After using electronics all day, it is expected that they would lose battery power. When we get home, we plug them in to charge and wait to use them again. Our bodies and brains operate in a similar fashion. After a full day, we need to put our body and brain to sleep to recharge. Yet, many students and adults love staying up late. There are people who take pride in pulling an all-nighter. They must be unaware of the huge importance of sleep and how it affects our daily lives.

People in every corner of the world sleep, but what really happens when we do? Danielle Pacheco of Sleep Foundation states that once we fall asleep, our bodies follow a cycle divided into four stages. There are three non-rapid eye moment stages, and the rapid eye moment stage.

In Stage 1, muscles lose tension, our heart rate slows down, and brain activity becomes limited. In Stage 2, people fall deeper into sleep as body functions further slowdown. In Stage 3, the heartbeat and breathing are at their minimal levels. Meanwhile, the brain slowly forms a low activity wave patter.

Finally, after two hours, Stage 4 takes over, as our eyes move back and forth rapidly, while heart rate and blood pressure shoot up. According to Pacheco, our muscles paralyze to stop us from physically acting out on our dreams. These four stages repeat

throughout the night.

Normal bodily functions change during these cycles. Harvard Medicine details how the body goes through thermoregulation. It is a process controlled by mechanisms such as shivering, sweating, and changing blood flow to the skin, so our body's temperature remains stable while we are awake. Therefore, sleep is a state of resting that is required for all living organisms to survive.

Sleep Foundation recommends that adults sleep for at least seven hours a night to have proper cognitive function. If we do not get enough sleep, the mind has trouble focusing on tasks and thinking clearly. In children, the lack of sleep leads to a particular set of problems. They begin to have difficulty retaining new information and develop poor eating patterns.

Furthermore, sleep can deeply affect mental health and our emotional state. Dr. Erica Jansen is a leading researcher at the University of Michigan. She notes that constantly exposing the mind to poor sleep quality is associated with depression, anxiety, and other conditions. A tired mind can only take so much before cracking under the pressure of sleepiness.

One dangerous side effect of lack of sleep is that it can cause vehicle accidents. Microsleeps are brief, seconds-long bouts of sleep that occur when deprivation affects

the mind most. When people doze for a split-second during class or driving at night, that is microsleeping. The brain picks this moment to shut down and get a jump start on increasing energy. Since we cannot control when the brain enters microsleep, it poses a serious danger.

It is not only our overactive brains that benefit from a break: Our busy hearts rest by reducing heart rate and blood pressure during the non-REM stages. In fact, most physiological activities, such as kidney and liver functions, decrease during sleep.

However, other bodily functions increase. Harvard Medicine discusses how the release of growth hormones and cell regeneration stimulates development in adolescents. The circadian clock of our body guides metabolism, as it prepares the liver to digest fats at appropriate times.

Sleeping occupies one third of an average person's life, making it one of the most important forms of self-care. To maintain a healthy life and mindset, it is important to maintain a healthy sleep pattern. A lack of sleep is detrimental to both physical and mental health. It can be dangerous for those around us as well. Sleeping allows our occupied minds to take a break from the daily stress and prepare for the next day. Bedtime is healing time.



# Opinion: How to improve your morning routine

**Julia Starr**  
The Montgazette Contributor

When I was diagnosed with ADHD, I searched for new methods to help keep me focused on tasks. Prior to my diagnosis, I would scroll on my phone through breakfast, then walk like a zombie for the first two hours of the day. I found myself constantly distracted from work and checking my phone embarrassingly often. Managing ADHD is a constant challenge, so starting myself off on the wrong foot every day only made it worse. Through trial and error, I learned that changing my morning routine could transform my focus.

It is no surprise that someone's morning routine affects the rest of their day. In a world of 9-to-5 jobs and to-do lists, the morning routine is an important step before launching into

a busy schedule. The morning routine acts as a template. What happens in the morning can impact someone's mood, focus, and productivity until it is time for bed again.

When I would get on my phone in the morning, I was unknowingly affecting the rest of my day. Phones are designed to give users low-effort dopamine hits. For people struggling with ADHD or anyone doing a boring task, these dopamine hits are hard to resist. Users will search for these hits for the rest of the day.

I found the earlier in the morning I sent texts or scrolled on social media, the more I itched to check my phone again. Now, I aim to go the first hour of the morning without using it. On a time crunch, I make sure I get

ready and eat breakfast before I turn my phone on. Regardless of the day, I make sure it is the last thing I do before walking out the front door.

Like any new habit, it was a struggle in the beginning. I smoothed the transition by substituting my phone for other healthy activities. If you do not want to get out of bed yet, play music instead of scrolling. If you watch YouTube with breakfast, find a book you enjoy instead.

If hunger distracts you from working, you are not alone. I am guilty of interrupting my tasks to search for a snack. A low-sugar, high-protein breakfast fills the stomach longer while staving off the never-ending cycle of sugar cravings. Protein helps maintain healthy dopamine levels, which

ADHD brains usually lack. Among other benefits, protein supports brain health and keeps blood sugar stable.

Although it seems simple, getting 15 minutes of natural light as soon as possible each morning will help wake up the body. Allow sunlight in by opening bedroom shades or eating breakfast out on the porch, in the sunlight. The practice proves refreshing and also alerts the mind. On top of that, sunlight resets circadian rhythm, so sleep at night is sounder.

What's more, a healthy morning routine is vital to a successful rest of the day. Eat a well-balanced breakfast as the skin absorbs sunlight. Most importantly, do not let an electronic device dictate your life. Allow this advice to launch the day with clarity!

## Wanted: Photographers

**Get your photos published!**

- Photograph college & local events
- Conduct on-campus photo Q&A's
- Great portfolio-building opportunity
- All students welcome

No equipment? No problem! We've got you covered.

For more information, email The Montgazette  
at [themontgazette@gmail.com](mailto:themontgazette@gmail.com)



The  
**Montgazette**  
The Students' Voice

# Opinion: Artificial intelligence infects the music industry

**Nicholas Bruno**  
MSP 171 The Montgazette Contributor

With the advancement in programs such as ChatGPT and MyAI on the social media app Snapchat, artificial intelligence has become a hot topic in public conversation.

Today, various viewpoints argue over how to utilize this evolving technology in everyday life. The topic is so important that unions for writers and actors only recently ended a strike that began because of Hollywood's AI obsession with making a fast dollar.

These concerns have also been raised in the music industry. Popular artists such as Drake and The Weeknd are the victims of a newfound unethical practice: using artificial intelligence to illegally replicate an artist's voice to create music.

This controversial issue is not only affecting current live artists, but it impacts deceased musicians. On May 3, producer Timbaland incorporated artificial intelligence to replicate the iconic voice of rapper The Notorious B.I.G., who was murdered more than 26 years ago.

The idea of electronically manufacturing a copycat voice has divided many artists. Both Tyler the Creator and Ice Cube publicly announced they will

pursue legal action against any label that attempts to mimic their voices. On the other hand, the artist Grimes has embraced the technology, stating it will help fans to craft their own music.

Some figures in the music industry have also argued for the beneficial implications of artificial intelligence. As the technology becomes more refined, it could save hours of work for artists, who can then dedicate their time to other creative endeavors.

Artificial intelligence may save time, but it does not change the fact that this technology lacks humanity. Artificially created songs are void of all creativity. Instead, AI resorts to algorithmic mathematical calculations to make the next chart-topping single.

This technology also calls into question who would be responsible for the music's creation. Since the technology mimics the artist, does that mean the artist is entitled to any money made from the music? Who represents the technology within the industry itself? These questions paint the unresearched basis on which this technology lies.

In the age of information,

using artificial intelligence has dangerous implications that are not yet fully understood. Technology should not be used

to replicate the artistry of those it seeks to mimic, and it most certainly should not be used to mimic live or deceased artists.



An electric guitar, an amplifier, and a laptop can be a steppingstone to making music.

(Photo / Nicholas Bruno)



## Review:

# Revisit Alfred Hitchcock's underrated classic, "Rebecca"

Katherine Grohowski  
MSP 210 The Montgazette Contributor

"Rebecca" is an Alfred Hitchcock film released in 1940, adapted from a 1938 Daphne du Maurier novel by the same name. The story follows an unnamed woman as she marries the wealthy Mr. Maxim DeWinter and moves into his home. She soon discovers, though, how beloved Maxim's late wife, Rebecca, was by his family and staff. The new wife slowly realizes how much power Rebecca still holds over the estate, even in death.

Director Hitchcock was born in London in 1899. Growing up, he was fascinated by stories of Jack the Ripper terrorizing the city and murdering unsuspecting victims. These ideas of death and fear sparked his life-long interest in the macabre. Hitchcock carried these ideas as he created numerous influential films, such as "Psycho" (1960), "The Birds" (1963), and "Rear Window" (1954).

After a string of successful talkies (movies with sound) in London, Hollywood producers convinced Hitchcock to move to Hollywood in 1939. "Rebecca" was among the first of his films to be made in the United States. The film stars Joan Fontaine as the unnamed lead; Laurence Olivier as her husband, Mr. DeWinter; and Judith Anderson as the unsettling housekeeper, Mrs. Danvers.

One thing that "Rebecca" does incredibly well is use moody, dramatic lighting. Within the film, Maxim's estate, known as Mandalay, is portrayed to the audience as both a dream and a nightmare. To accomplish this feeling, Hitchcock captures both a sense of wonder and disturbing horror through the lighting. When Mandalay is first introduced, it is deep in a twisting, secluded forest. Everything is pitch black and hidden in shadows.

The lighting transforms as the film progresses. In the beginning, everything is magical for Joan Fontaine's unnamed character. She travels to Monte Carlo as a companion to a lonely rich lady. In Monte Carlo, she quickly falls in love with Laurence Olivier's Maxim. The lighting is very bright as they stroll around under the sun-filled sky. However, when the newlyweds reach Mandalay, the dark clouds roll in and rain pours down.

The same technique is used when Fontaine's character enters Rebecca's bedroom. Despite how uncomfortable she is shown to be whenever Rebecca is mentioned, the bedroom is brightly lit, airy, and white. It appears pure and sweet. This atmosphere directly contradicts everything that has been established thus far about Rebecca.

Even though Hitchcock's use

of lighting elevates the tone, the hit-or-miss acting drags the film down. Anderson gives a chilling performance as Mrs. Danvers. She presents her character with a stone-like expression and unwavering voice. Every time she appears on screen, she is confusing, cold and mysterious. In the occasional scenes where Mrs. Danvers shows another expression, Anderson consistently makes great choices for the character.

In the scenes where Mrs. Danvers describes Rebecca, she suddenly becomes soft. Her expression and tone barely change, so the character still seems like the same person. Yet somehow, she seems so much kinder and more supportive of the main character. It causes the audience to question whether the main character is an unreliable narrator and Mrs. Danvers is not so scary after all. As the story evolves, Mrs. Danvers is painted to be the villain. However, the admiration and love in Mrs. Danvers' eyes when she reminisces about Rebecca really has the audience doubting their knowledge of the character.

On the other hand, Maxim and the main protagonist feel flat and boring to no fault of the actors. The hardened, traumatized man and the innocent, confused woman were

both common tropes at the time. The male characters were often not allowed to show their emotions, so that the audience could be captivated by an air of mystery. Directors wanted their male characters to be intriguing and tough by reacting coldly to any threat.

The female characters tended to be the exact opposite of that trope: wide-eyed, child-like, and confused. They would speak with a sweet voice, look beautiful, and be someone the audience could sympathize with. Fontaine's character is no different.

Unfortunately, the use of these tropes makes both characters difficult to care about. They are ultimately one-dimensional due to the lack of any complex emotion that the audience can connect with. Both Fontaine and Olivier struggle to break free from these tropes, leading to performances that feel lackluster.

Despite its on-screen flaws, "Rebecca" is a very well-made film on a technical level. It not only tells an interesting story, but the various elements of cinematography and lighting keep the audience questioning and haunted. These elements show how much care was put into the film. This is a credit to Hitchcock's masterful directing on his first Hollywood picture.

# Flyers Cup President Eric Tye celebrates 44 years of champions

TJ Corcoran  
MSP 171 Montgazette Contributor

For over 44 years, The Flyers Cup has been the ultimate test for high school hockey teams in the Philadelphia area. Teams from across the region, extending into New Jersey and Delaware, devote their time and effort for a shot at the championship title.

Since 1979, The Flyers Cup has been the destination for winners of the A, AA and AAA divisions of the tournament. In the Pennsylvania state championship, the Flyers Cup champion plays against the winners of The Penguins Cup. This is the same style of tournament as The Flyers Cup, but for Pittsburgh-area athletes.

The Flyers Cup's history can be accessed through their website in an archive of tournament programs dating back to 1980. In those early years, there were only seven teams. These teams were made up of students from Germantown Academy, Council Rock, William Tennant, Malvern, Archbishop Carroll, Archbishop Ryan, and Bishop Egan.

Today, over 50 teams compete, with A, AA and AAA divisions being accompanied by a girl's division and a New Jersey-Delaware division. Teams are pulled from the Inter-County Scholastic Hockey League and the Suburban High School Hockey League, respectively.

President of The Flyers Cup,

Eric Tye, stated, "We use fewer ice rinks now, fewer facilities, for more exposure... it's easier for us as a committee to manage."

This season, The Flyers Cup championships were held at Ice Line in West Chester and Hatfield Ice in Colmar. In previous seasons, championships were hosted by the Class of 1923 Arena at the University of Pennsylvania, as well as the Wells Fargo Center in 2019.

Tye continues, "About our community outreach, this past year we partnered with Philadelphia Blind Hockey, an upstart program...and we've had high school kids come out and practice with them. We've made them a nice donation to make sure they get their program running."

Philadelphia Blind Hockey is a new program running at the Laura Sims Skate House in Cobbs Creek Park. It provides visually impaired and blind children with an opportunity to try the game of ice hockey. Blind hockey is played with a larger-than-standard puck filled with metal bells that the players are able to hear. At each of the 2023 championship games, The Flyers Cup hosted participants from Philadelphia Blind Hockey to drop the ceremonial first puck.

Tye also discussed changes in tournament rules. He said,

"We now have four refs on the ice for every game played in the Tournament, which has helped control temperament of the games. We haven't had any nonsense, or shenanigans, you could say."

This change was made after an unfortunate event back in 2017. Six players from Ridley High School faced off-the-ice consequences for a team brawl in the handshake line. No similar incident has occurred since this change was introduced in 2018.

Tye continues, "One of the biggest things is the growth of the girl's game. This past year we had eight girl's teams in the tournament, which was a first, and we're pushing for a state championship with the girls."

Downingtown West took home the girls' Flyers Cup championship this season against Avon Grove. This is in part to a stellar 10-goal performance by Sophomore Ava Thomas. Due to the lack of a girl's division for The Penguins Cup, Downingtown West had no state championship in which to compete.

Tye added, "We always want to make it better than the year before. Now we have a little bit of an anniversary coming up, since next year will be the 45th year."

The 45th hosting of The Flyers Cup will be played in March 2024. West Chester East, Pennsbury, LaSalle, Downingtown West, and Salesianum will have a chance to defend their 2023 Flyers Cup titles.



President of The Flyers Cup, Eric Tye, being interviewed on April 20, 2023.

(Photo / TJ Corcoran)

SPORTS



The Montgazette  
The Students' Voice



# MONTCO CULTURAL CENTER AT MONTGOMERY COUNTY COMMUNITY COLLEGE YOUR PREMIER ARTS DESTINATION



Located in the heart of Montgomery County, our new, reimagined facility is a dynamic social-cultural hub that invites people to experience the wonder of live music, theater, dance, art, and ideas.

A key feature is a breathtaking new 563-seat main stage theater that celebrates the best of traditions with the most advanced acoustics and lighting. Designed by a team of the nation's top sound architects, the stunning theater environment and its modern, immersive technology surrounds audiences with a unique sensory experience, allowing audiences to experience the arts in a whole new way.



 **MONTCO  
CULTURAL CENTER**

Join us as we kick off the 2023-24 Lively Arts Series! Visit [mc3.edu/arts](https://mc3.edu/arts) and get your tickets today!



# Art & Literature magazine

**Art & Literature Magazine**

**Now Accepting Submissions for 2023-2024**

**Now Accepting Submissions for 2023-2024**

**E-mail to [MC3ArtLitMag@gmail.com](mailto:MC3ArtLitMag@gmail.com)**

**<https://bit.ly/3uviigt>**

